

Ron NaVarre  
610 W 142nd st #2-D  
New York  
NY  
10031  
stressdefense@gmail.com

Diary of a Multidimensional Being

by  
Ron NaVarre

## **PREFACE:**

The Earth is in the throws of a rebirthing cycle and an ascension of frequency that is affecting all life on the planet. The old paradigm of the last twenty five hundred years is ending, and a new paradigm of higher consciousness is emerging. We see this shift in many forms and in many dimensions of experience: climate change and environmental transformation. The breakdown of social systems, politics, religion and economics, and the crisis of identity that we as humans are struggling with. Then there is the emergence of new discoveries and technologies that have the potential to either hasten our demise, or make our lives healthier and more balanced and help us become more aware of our innate power to choose what kind of future we wish to create.

The following is an account of my activation into spiritual transformation and full ownership as a sovereign soul. My story is unique to me but can resonate with the millions of others who have suffered and struggled with the burning desire to claim their personal power. Everyone can find within them the power to heal, to transform and to discover and create a new identity that transcends the crippling limitations of our social conditioning. This is not a recollection of my past, rather, it is a celebration of my liberation and of my sovereign choice to be of service to the many who are seeking clarity and freedom from their own limiting stories.

There are several layers to this book. This is not just a story about one man's awakening and discovery. It's a guide for the process of activation, initiation, attunement and integration that billions of people on this planet are beginning to experience but do not have a language for, a context for or a clear map to help them navigate this often confusing experience. It is the story of the evolution of

human consciousness as it ascends into a new paradigm of creative expansion. It is the story of the interconnectivity of the multidimensional soul into a much larger universe of spiritual community and harmonic cooperation.

This is not just a book, it is a living transmission of spiritual frequency. A tool for activation and initiation into your own multidimensionality and spiritual ownership.

As you follow this journey, I encourage you to make a map of your own experience through writing, journalling and noting what you discover about yourself.

In harmony, love and light.

Ron NaVarre



## INTRODUCTION:

Throughout my life, I have always felt a connection to something greater than myself. Although I did not relate to my early religious training as a Lutheran, I sensed a higher force of consciousness and inner guidance that I could never clearly, define, or express until my activation in 2023.

As I look back, I can see the many pivotal moments in my life where divine guidance helped me navigate the path to ownership and self-acceptance. My first recollection of inner guidance came as a child. I was around four years old and had not yet learned to read or write. I composed a poem, seemingly out of my imagination, but I now understand *it as having come from a higher guidance*.

Although I do not remember the poem verbatim, I do recall the content speaking of divine love for all life on this planet and for the need for opening ones heart to hear the voice of God. I recited my poem for my parents and older brother one night after dinner. The reaction was not what I expected. I remember feeling an intense love and joy *of having created*, and expressed this simple truth, only to be crushed by *my family's* disbelief and critical judgment. My family could not accept that I had created this poem. Instead, they accused me of plagiarism and wanted to know where I'd stolen it from. They were certain I'd heard this on the radio or television and was simply reciting it. In their eyes there was no

possibility that I could have created this myself. I was crushed. Why would they question me this way? The gift of my *poem* and heartfelt joy was dismissed, and rejected without further consideration.

Not long after this I had another divine experience. One night while trying to fall asleep I glanced over at the sleeping form of my older brother, and saw instead, a white haired, bearded man looking at me. *The moment is seared into my memory.* The light of the moon shone through the windows and illuminated the figure as clear as daylight. What happened to my brother and who was this guy? As I stared at the man, I could feel my heart beating like a drum! I was concerned about my “missing” sibling and at the same time I felt this deep love and acceptance coming from the old man. I was so freaked out, I rolled over and pulled the covers over my head and willed him to go away. After some time I poked my head out and once again saw my brother sleeping soundly in his bed. I specifically remember making the choice to not tell my family about this incident because I knew they would not believe me. I knew I was experiencing things that they could not understand and would not accept, so I decided then to keep my inner life secret. This was the beginning of my multidimensional journey.

By the time I was five years old, I had developed a stomach ulcer. A condition I shared with my father who also internalized his emotions and was unable to communicate his feelings openly. I was sensitive and empathic and constantly overwhelmed by the energy, thoughts, and feelings of everyone around me. I could sense, feel and sometimes hear the inner thoughts and intentions of others. This created great anxiety and confusion in me because I identified those thoughts and feelings as my own. I was a child, concerned about all these adult issues like money, sex and how to protect and provide for my family. I could not process these energies and I could not communicate my experience to anyone out of the fear of rejection, so I held it all inside.

Living with this intense internal pressure created a pattern of anxiety, distress and daily stomach aches. I simply could not digest the experience or the energies I was subjected to. Around age ten I discovered the martial arts. My older brother had started taking classes; he was very enthusiastic and liked to “practice” at home. Six months later I enrolled in an attempt to protect myself from becoming his personal punching bag. It was weird how quickly I learned and became proficient in this art form. It did not feel like a new experience for me. In fact, it felt like remembering something I had done before. I was double-promoted twice and praised by my teachers as a gifted student who could hold his own against higher-ranking black belts. Though I was new at this, I was often accused of having previous training. The feeling of knowing something to which I had no prior exposure, seemed to trigger more feelings of somehow “previously knowing” in other situations as well.

Around the age of thirteen, I discovered Eastern culture and philosophy and became obsessed with the mystic traditions. I explored Taoism, Buddhism and Hinduism. I read every book I could get my hands on and the strange thing was how familiar it all felt. This was not new, I had walked this path before. From this exploration/ re-visiting, I learned how to ground and center myself, how to meditate and how to begin to listen to my inner guidance which presented itself to me as a feeling of urgent excitement. I recognized, that whenever I was exposed to something I needed, it had manifested within as a feeling of urgent excitement.

This feeling activated again, when at fourteen I was exposed to theater. I remember seeing my first stage play and knowing with absolute certainty that I could do that and be very good at it. And I was.

I spent my high school years immersed in theater and martial arts. My main focus in theater became dance and choreography. I had a natural talent for

movement and design. After graduating I was awarded several scholarships at some of the finest classical ballet schools in North America. I accepted a full scholarship to Canada's Royal Winnipeg Ballet school. But after almost a year of training I suffered a devastating injury to both knees. Because I started ballet training late in my teens, I over-worked and stressed my body to try to conform too quickly to a process that normally requires years develop. Just as I was offered a position in the professional company, I had to decline due to injury. The prognosis was grim. My injuries would prevent me from having a career as a ballet dancer and according to the best sports medicine doctors, I would be lucky to walk without a cane for the duration of my life.

My dream of becoming a classical ballet dancer was crushed before it could begin, or so I thought. I spent nine months in physical therapy. I had to re-learn how to walk correctly while slowly strengthening and realigning my legs. During this period I shifted gears and enrolled in the teacher training program of the professional school. Within a year I was choreographing and teaching basic dance classes, and slowly regaining my full strength. In addition to my physical therapy I was introduced to the healing art of therapeutic massage. I'd found a gifted massage therapist who had worked with dancers at the Bolshoi Ballet in Russia. His knowledge of ballet and its demands on the physical body, was invaluable. Through intensive sessions, he broke down my scar tissue and helped me heal to the point of my being able to return to the stage. But it became apparent that my time in Canada was coming to an end. During my convalescence I'd developed a reputation as a budding choreographer and teacher and had apparently become a threat to my mentor. Afraid of the competition, he arranged for my visa to be revoked and I was forced to leave the country.

Just as I was beginning to create a successful career and life, I had the rug yanked out from under me and was set adrift. I left Canada emotionally shattered and

lost. However, what appeared to be a devastating betrayal turned into a blessing in disguise. About four weeks later, I found myself in New York City with three hundred bucks, one acquaintance, and a couch to sleep on. But six weeks after my arrival I was offered a show. The national touring company of the Broadway musical: A Chorus Line.

During the two week rehearsal process in New York I suffered another injury this time to my lower back. Out of desperation I called a massage therapist who's number I'd randomly picked out of the phone book. Before I could describe my issue, he told me that my lower back was out of alignment "based on the sound of my voice." Whoa, who is this guy? I thought: I am checking him out. Turned out he was a gifted Shiatsu therapist, (Shiatsu is a Japanese massage practice based on acupuncture theory.) After one session I was eighty percent better and able to continue rehearsing. But in the background, I had that urgent excitement feeling of knowing: This man and his teaching was something I needed. Now I recognize I was guided to find this man, with whom I eventually apprenticed with over a four year span.

By twenty three I was performing in the Broadway company of A Chorus line, and had started my own private practice as a Shiatsu massage therapist.

Over the next decade while performing on Broadway, and building my private practice I continued to study the healing arts and was introduced to Taoist esoteric yoga, tai chi, qi qong, White Cloud yoga, reiki and light body ascension therapy. I had discovered each practice through synchronicity. Just as I'd feel the need for the next piece of the puzzle, someone would mention a name or a practice and that sense of urgent excitement would direct me to exactly what I needed, though I still did not understand how.

The point of my story is to highlight the feeling of inner guidance/ recognition. It shows up perhaps in different ways for each of us, but we should trust and

respond when that feeling activates. Throughout my life I have followed my gut, my inner compass, my inner knowing, and it has always served me beautifully.

Fast forward three decades. I am happily married and have raised two incredible children. I have enjoyed a career as an energy therapist and teacher of the embodiment arts and as I am entering my sixth decade of life on this wonderful planet, I suddenly begin to lose interest in everything. I lose my creative drive which has supported me all my life. I lose my interest in discovery and exploration of the healing arts and I begin to feel increasingly despondent. It feels like I have reached the end of a journey and I can no longer see the path ahead of me and I am perplexed. I am unsure of how to move forward or even if I wish to continue to move forward at all. The last four years have been some of the most challenging. Covid, the death of several loved ones, including my father, and the increasing chaos of rapid global change have all had a deep impact on my life. I turn inward and ask for help from what I now understand as the unseen force of divine guidance within me and my request is answered in the form of an old client who tells me about his experience with MDMA therapy. Urgent excitement activates and I know I need this even though I have never experienced or even considered the use of any kind of medication. I listen and I respond to the feeling, and what follows is the beginning of my awakening into the next chapter of my life of discovery and service. A life I sensed vaguely but could not see clearly until now.

*“Disclaimer: I do not endorse the illegal use or misuse of any medicinals or therapies. I have been told, subsequently, that my experience with this medicine is not typical at all. Please do not think that my experience is what a person who tries this medicine will experience, it is not. This was unique to me - based on my energetic and spiritual makeup and dynamic.”*



# Chapter One



PRE MDMA

I am including a few journal excerpts - prior to my first MDMA session - so that the reader can get a clear sense of my state of mind and being that led me to the decision to commit to this therapy.



**2/12/23**

I have been struggling with the effects of age and the feeling of despondency. I have not done anything creative in months. I often feel like it does not matter, that nothing matters and what is the use of doing anything if the world is coming to an end. This is unusual for me. I am normally more optimistic and curious about life and the world.

I feel limited and held back by my fear of uncertainty. I have been taking a Phosphorous homeopathic remedy as prescribed by my homeopathist for my chronic anxiety. This may be bringing up deep issues and constitutional dynamics to resolve. I

hope so, I hope I can transform my deep fear and anxiety so I can be free.

I have been entertaining suicidal thoughts on occasion, again, unusual for me. I understand how people can take their own life when their suffering is so great. It feels like the choice I had to make when I was six months old, to live or die. (I developed pneumonia and was not expected to survive). I know I chose to live and I know I have the strength to endure any amount of pain and suffering, I just get tired from time to time and want to check out. I am a warrior. I need to fight, to strive and to struggle.

**3/16/23**

I have been reading my old diary from 1997 through 2002. Very interesting to see my mind, what I was focusing on and what events took place. I am working on the same things today as I was over twenty years ago. My health, my anxiety, my teaching and searching. This re-reading has had quite an impact on me in the last two days. It is stimulating movement, inquiry and the release of feelings and energies.

**3/21/23**

I have been having mini anxiety episodes at inopportune moments such as during teaching and during my tai chi form practice. I get triggered by small sensations and react as if it was a big deal. I know this is a conditioned pattern and I know I can re-condition it. I wonder how much of this is from the phosphorous remedy? Is this bringing up deeper layers to be resolved? One thing is true, it is giving me an opportunity to practice my response to the trigger. My response is to acknowledge the event and my reaction, then to shift my focus to the sense memory of balance. When I can do this and if there are no ongoing gastric sensations, I am usually successful at neutralizing the pattern. When I am not successful, I indulge in negative and fearful thinking and I describe myself as "broken" and a failure.

I have been considering MDMA treatment to help me form new neural pathways that might help me heal this trauma pattern. A pattern that goes back to early childhood and the overwhelming environment of my household. Dad's alcoholism, Mom's anxiety, my older brother's abusive behavior and my younger brother's inability to take care of himself because of his young age.

I watched the movie "The Tale" yesterday and it highlighted the life of an abused girl who was sexually groomed at the age of 13. As she grew up, she told herself the abuse was a love story until she saw an interview with someone who had a similar experience and realized later in life that it was indeed abuse. It made me think of the abuse I endured as a child and how as children we don't know we are being abused because we do not have any other reference and just accept the experience as "normal." I wondered if I was repressing any sexual abuse as well as physical and emotional abuse? I know there were some early sexual experiences in the attic of my grandparents' house. I know there was some anal penetration involved, I recall someone being on top of me while I lay on my stomach and how it hurt. But I never thought it was "bad" or wrong because my adult uncle was guiding the whole process. That is pretty fucked up!

As I sit here and recall all of this, I am surprised at how casual I feel in documenting this experience. I guess it's because I don't blame myself the way I used to for how I am. It was not my fault. As a child I did not know any better. I was abused and I was powerless and not to blame. I can see that now and I own that history and that part of my self, the corrupted part of myself that needs to be properly nurtured and healed. This is the beginning of that process, the acknowledgment of the truth. Now I can begin to seek out the tools and resources I need to go further.

Is it any wonder I became hyper vigilant as a child, and how my hyper vigilance for danger and abuse activated my stomach aches because I could not digest my abusive experiences? There is a direct connection for sure. It is also clear how I came to blame

myself for being abused. I was constantly gaslighted by my brother as a way to protect himself and I was neglected by my parents who would not acknowledge his behavior.

Jesus Christ! I also see how I never could accept religion as a child because I could not believe that God would allow me to be abused, and if God did allow it, it was because I deserved it. Another distortion from my child mind. One revelation after another right now. I decided I was "not good enough" as a child because if I was good enough, God would not have allowed the abuse I had to endure. This is how I developed the masochist-endurer personality. I had to endure in silence because in my mind I deserved it. Well, NO I DID NOT DESERVE TO BE ABUSED. I did not need to suffer needlessly and blame myself. I needed to stand up for myself and fight back which took me until the age of 15 to finally do. That was when I fought back in self-defense against my brother, when I punched him in the balls and told him I would kill him if he ever touched me again. That was when I claimed my own authority and my own power to make my own decisions which led me to move out of my parents' house at the age of seventeen. I was not going to take it anymore and I was going to take care of myself even though I did not have the slightest idea how.



**3/27/23**

I spoke with the MDMA facilitator, I am going to do a session with him either April 14 or 15. The medicine is not psychedelic or hallucinogenic, it is more body-heart centered. I am excited to experience it and I hope it will help me process and digest some of my trauma. Speaking of trauma, I am afraid I am creating a victim narrative for my identity. The more I describe my trauma and my painful life experiences the more I feel I am identifying with them. I hope this is the process of acknowledging and digesting. The goal is to be free, to let go of any attachment I have with my painful past or any sense of victimization.

When I described my history to my homeopathist, it brought up some deep feelings of

guilt and sadness. Admitting to myself and to my wife that I need help has also added to my feeling and recollection of these deeper memories.

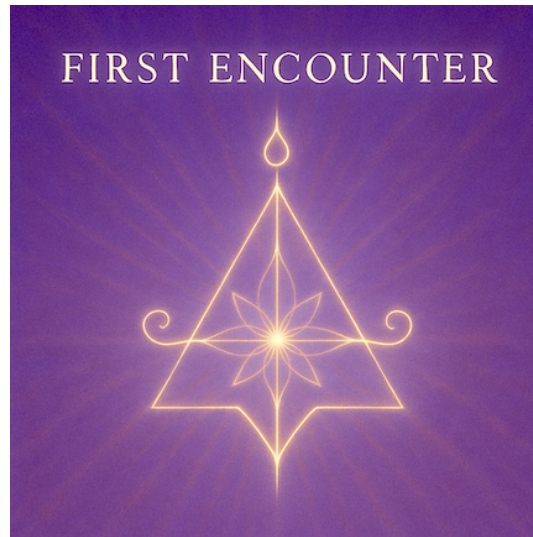
**4/2/23**

So much has been going on internally, many old feelings and memories. I am trying to accept this process and let myself shed what I no longer need. I am also becoming aware of my unhealthy behavior and am beginning to see the link going back through time. My addiction to cannabis to sedate my anxiety and my history of physical injury and ailments. I see how I habitually punish myself by eating poorly, drinking too much and indulging in fearful scenarios. I want to stop beating myself up. I want to purify my soul and raise my vibration. No alcohol, no junk food, no caffeine. Keep it clean and be kind to myself. I feel like two distinct personas right now. One part of me looks at my history of trauma and says "it's not so bad" and the other part says "it was horrible, painful and frightening and I can't believe I survived all that shit and became so successful and look as well as I do."

I have scheduled my MDMA session for April fifteenth. I am not sure what is going to happen but I am ready for a change. Here I go!



## Chapter Two



**4/15/23**

My session is scheduled for 10am. No food, just water in my system. I will bring something to eat for after the session. I am nervous and excited. I feel like this is going to be a significant experience regardless of the outcome. I must ground myself, breathe and allow the experience to unfold. Soften, smile, breathe and allow.



**4/16/23**

Wow! This was the best thing I have ever done for myself! I am still feeling the effects and it is hard to describe what happened. Here is a recap of yesterday's incredible journey.

I got there a little before ten am. My facilitator was soft spoken, gentle and very grounded. His office was homey and adorned with beautiful art and woodwork. There was a large chair and a couch similar to a therapist's office set up. We talked for a few minutes. I asked my facilitator if I should set an intention before I took the medicine and he said "no, just let the medicine do what it does." I took the capsule, put on an

eye mask to block out extraneous light and reclined on the couch. Gentle music played throughout the session. I told myself to just breathe and allow and relax. I don't know how long I had been laying there before the medicine kicked in. After a while I noticed a shift in my state of being, it was kind of like being very grounded in my body and floating at the same time. As I brought my attention inward to my breath and belly, I noticed a foreign presence in my pelvic area and I shouted, "there is a negative entity in my body and I want it out!" "This entity is a little gremlin that has been feeding off of my anxiety and my sexual energy my whole life." I began gesturing with my hands like I was pulling a long rope out of my abdomen to extract this negative energy out of my body. "Get the fuck out of me now, you sneaky little mother fucker!" I pulled it out and tossed into the air where it appeared to ignite into flames like a magician's flash paper. The imagery was very clear in my mind's eye even though my eyes were closed and I had on a blackout eye mask.

The moment this thing left my body I felt free! Not only that, but I could see how this negative entity had been subtly controlling me for so long. This thing had enough intelligence to generate fearful images and memories in my mind to trigger my anxiety and panic attacks and feed off of my energy. I then saw where it came from, my uncle, my mom's brother who initiated my first sexual abuse when I was a child. My uncle was infected with some very dark energy and transferred it to me. He always scared everyone in the family with his violent drunken rages and was eventually institutionalized with mental illness. During his stay in the psych ward his brain was fried with so much electric shock treatment he became permanently disabled. I remember the day he came to visit after getting released from the hospital and he was as docile as a child. He never hurt anyone again after that.

After the negative entity was banished from my body, I saw something else which I had not been aware of before. I saw how my mother's trauma resonance was transferred to me as a developing fetus. This energy got passed on to me in the womb and had become one of the core elements of my identity as I grew up. That is why we were so close and why my mom always said we were just alike. We were both worriers

and always anxious. Well, it was definitely more than that, it was a shared resonance of sexual trauma at the hands of the same man, my uncle and her brother. I saw this for what it was now that I had released my personal demon. It was my mother's story of pain and suffering that got passed on to me and I did not want to identify with it any longer. I announced that I did not want to carry this painful legacy any longer and I was suddenly aware of being surrounded in a circle by nine tall beings of light. They were giant luminous beings that embraced me and communicated to me that they were my council, my tribe of light. They felt like a part of me and I felt like an extension of them. The energy was loving, warm and so supportive. They then told me that they would perform a special healing ceremony called the light heart timeline healing. They took me back in time to the point of inception when my father's sperm penetrated my mother's egg and the cells began to divide and then stopped the process at the eight original cells. At this point they surrounded the eight cells with a neutral zero-point energy field, a protective energy field that would prevent the transmission of my mother's trauma resonance to me as a developing fetus. I could see this image like a stop motion movie. Cell division, eight cell ball, freeze frame, a field of light surrounding the ball of cells and then fast forward to the present moment. I took a deep breath and when I exhaled, I could feel the negative resonance dissipate from my body. The feeling of pain was gone and I felt light and free. My breath was deep and expansive and I felt like I was reborn. It was glorious. I laughed out loud because I was so damned happy. What a gift! Thank you! I heard a voice say, "Happy Birthday!" The journey was just beginning.

During my session, my tribe of light introduced me to an energy grid that surrounds the earth. I saw many nodes of light on the planet that served as connecting points to the greater network that extended up from the ground and around the globe. I realized that I was one of the nodes and that I was now connected to a vast web of other souls who also served as nodes within the grid. I could feel the presence of many of these people and knew I would be able to communicate with them in some fashion and that I was tasked with finding them and meeting them in person.

While I was looking at this grid, I began to see other dimensional fields that surrounded the earth. It was like looking at the atmosphere of the planet from above but with more layers and varying degrees of density. My attention was directed to a specific field of energy that was described as the interference field. This field of energy is being created by our technology and by the radiation and frequencies of our wireless phones and satellites. It felt like I was in a pool of static noise that was so loud and irritating it blocked out my ability to listen and feel myself clearly. With this feeling came an instant understanding that this energy field is being used to create the feeling of dissonance within the human nervous system as a way to prevent the masses from relaxing or finding a sense of quiet harmony. Not only that, but it keeps us in an agitated state which can be amplified to the point of violence. This was mind blowing to see. I understood how our technology was being abused and was coopted by some dark force in an attempt to control our mood and perception. I was then shown images of our media, TV, social media and news outlets and how it was specifically curated to direct our attention to a specific frequency of fear.

I always knew this on some level but why was I being shown this now and in such detail? I asked this question in my mind and like an echo I received a response. I saw a handful of people, mostly men from all around the world who controlled massive resources of money and technology and who worked together to create division through fear and violence. It felt like I was seeing behind the curtain at a magic show. These people profited off of the pain and suffering of the masses. They were able to manipulate how people think, feel and behave by feeding them fearful narratives and by surrounding them with an energy field of dissonance and irritation. No wonder there was so much chaos and instability happening at this time.

I also saw how this was similar to my personal experience with my negative entity that had been irritating and agitating me constantly in order to feed off of my anxiety and fear. Wow! I felt like my eyes had been opened by lightning. I could not look away and I felt a searing sensation in my brain. "OK, I see this very clearly. Now what?" I said in my mind. A voice/feeling in my mind and body told me to detach from the narrative of

fear and to detach from my family narrative and let go of who I think I am. When I focused on this directive, I felt myself zooming away and out of my body. I was looking at the planet from outer space and I felt peaceful and calm and I could breathe freely.

I could also still see the energy grid around the earth. I was then shown how this grid and this community of light/nodes/people who were building this grid were creating a unique energy field that could counter balance the interference field. This was zero-point energy, a neutral energy field free from dissonance. I could see it and I felt it throughout my whole body. It felt peaceful and harmonious.

I understood that I now had access to this energy and could generate it at will. This was part of my service to the world at this time of great change. It made sense to me, after all, I had been working toward this for over fifty years, learning how to ground and center myself through the martial arts and teaching others to do the same in order to create a neutral state of harmony and acceptance. This is what I taught in all my classes. But this understanding was new and very profound. I had never seen it in this context before and what a service this was. I accepted the task and I felt a sense of joy flowing through my whole being. "I can do this!" I said out loud.

Zoom! The moment I accepted this task I found myself traveling through space at light speed. I saw galaxies and star systems fly by and within an instant I was floating in front of a star... and I knew... this is where I am from, this is my origin star. With that I flew back through space and back into my body with a deep breath. What a trip, what an incredible journey, what an awakening!

For the rest of the six-hour journey I was introduced to more of my dimensional consciousness. I saw my spirit animal the Eagle soaring above the earth and I began to recall a past life as a native American medicine man. I was standing on the open planes

in the Midwest, I could feel the wind and smell the grass and at the same time, I was the Eagle above, looking down. I saw my current life in review, my parents, my brothers - and I understood that I chose my family - because they were the perfect family to teach me how to find myself again and reclaim my sovereignty in this lifetime. What I did not receive from my family as a child became the impetus and foundation for my search for answers and unmet needs. I chose then to forgive my brother and let him go, I no longer blamed him for his abusive behavior. I also saw how underneath a shroud of negative energy and pain; he had a loving heart. I understood that after all the years of trying to help him, to save him from his poor decisions and addictions, it was not my job or my responsibility. He had to help himself. Maybe he would find peace in this life, maybe not. Regardless, I was free of any obligation to him and it felt great! "I wish you well, go in peace brother."

The session lasted about six hours. My facilitator was a rock of stability and grace. I have had many healing sessions in my life and have worked with many healers who could hold the space, but never had anyone held it for so long and stay so neutrally present. I was so impressed with his presence and his stamina.

My wife came to pick me up and took me home. I shared some of my experience with her and I felt her apprehensiveness. This was not an experience she was familiar with but she could see how elated I was and how grateful I was for this opportunity. When I got home, I felt like there was more to experience. I sensed a connection to my higher self, my soul and to a community of loving guides. I ate dinner, rested, and then sat in repose on the couch for several hours. There was an odd sensation in my pelvic floor at the base of my body and in my mind's eye I could see what appeared to be a shattered structure of some geometric design. The pieces of this structure were slowly joining and mending to become whole. It was then that I realized, my first chakra, the first energy center at the base of the body and spine had been shattered in childhood and was now beginning to heal. This made sense to me now. My early sexual abuse shattered and wounded my grounding center - and from that time on I never felt safe. The first chakra is the first to develop after birth, this energy when nurtured gives us the

feeling of safety and security in our physical body and in the present space and time. My wounded chakra also motivated me to seek out grounding practices such as yoga, tai chi and qi qong, all essential practices that enabled me to function and perform at a very high level throughout my life. Without those practices I would never have been able to experience and achieve all that I have in my life. I most likely would have succumbed to addiction like my father and my brothers.

