

NOTE FROM THE AUTHOR

Although you may read this book in the traditional way from left to right and from beginning to end, as the author, I suggest an alternate for your consideration.

First, read the forward and introduction in the normal linear fashion. After that, any time you pick up this book, relax, clear your head, open your heart and take a few deep breaths. Open the book randomly, 'holding the space' for the universe or the divine to guide or direct you. Don't project or intend any specific outcome, choose to trust the universe to fill in the details for you. A truly amazing and remarkable result happens when we stop pushing the door from the inside out with our mind/body/ego/identity's agenda and allow the door to open inwardly and be filled by universal/divine intent.

When you open the book randomly, just read one bold-type sub-chapter title and contents, read between one paragraph to a couple pages. Each sub-title stands as a complete independent unit of information. From that point you can read additional sub-titles either to the right or the left of the first one. As you do this, an increase in information and clarity around the first sub-title topic will develop.

This formatting was intentional on my part to offer a novel way to read my material and is a mirror reflection of a natural and deeper process whereby we are all waking up and connecting the dots in an ever expanding sphere from a central core.

It's also a lot of fun to do this with friends, family or as a discussion class. Have someone read a sub-title out loud and then engage in a dialogue/discussion about the material.

FROM MY HEART TO YOUR HEART

IN JOY,

LANCE

