

# *The Heart of Transformation*

## And The Butterfly Effect

### Preface

It was a very hot, humid day on the Island of Bali. The ocean waves were twinkling like diamonds as the sun cast its light on the beautiful bay, highlighted the sandy beach, and filtered through the tall palm trees overhead. I was there as a speaker and participant for an Earth Day Conference, sponsored by Power Places Tours.

One of the presenters was describing the meditation she was about to direct. She explained that during the meditation, she would ring the small, Tibetan Bells she held in her hands. The first ringing would lift our consciousness from the base chakra (“survival” at the root of the spine) to the second chakra (“creativity” at the level of the belly button). The next ringing would move our consciousness to the third chakra (our “power center” at the solar plexus) and then to the fourth chakra to our hearts (the energy of Love and the source of creation).

At the fifth ringing of the bells, we would move our awareness to our throats (our communication center) and the sixth to the third eye (intuition) followed by the

seventh to the crown chakra (our spiritual connection). At the eighth ring, our consciousness would rise above our heads to the angelic realm; and finally, at the ninth ringing, we would move higher still into the flow of Universal Consciousness.

I relaxed, sitting cross-legged on a blanket spread on the grass under the trees, closed my eyes, and followed her directions as she rang the bells. At the sound of the last ringing, I found myself floating among the stars. The feeling and sensations were of expansive freedom beyond anything I could have imagined. There were no boundaries. I was in space and space was in me. There were no questions to ask and no fear or confusion.

I was just floating among the stars when I heard a voice pleading, “Verlaine come back! Verlaine come back!” Friends sitting near me noticed that I was turning blue. They became afraid and were calling out to me.

I heard the voices and wondered, “What is a Verlaine?” I had no idea about an earthly body or even the earth.

They were pleading louder, “Verlaine come back!”

Just then, I heard a phrase in my mind: “A name is a word with memories attached.”

“Oh, yes,” I thought, “That word must be my name. They are calling me. There must be memories attached to that name. Gradually, I moved back into my body and

opened my eyes to the immense relief of the people gathered around me.

As my consciousness settled back into my body, it was interesting to see so much light around my friends and an effervescent glow around the plants, flowers, and trees. Everything was emitting multicolored, pastel colors like soft clouds of iridescent light.

It took days to integrate the expansive energy I had experienced. When I was around people, I felt as if there was a balloon of light surrounding me that moved in and out every time I came near another person.

The effects of that moment still echo through my days. My journey among the stars has changed my perspective on being present in this lifetime. The memory and feeling of that experience are always with me. I know we are all One with the Universe.

*"Universe"* is an interesting word. It can be divided into Uni = Unified. And Verse, which is defined as a single metrical line in a poetic composition, one line of poetry, or a song. We are each a part of the poetry...we are each a part of the unified song of the Cosmos.

This was one of many experiences I have lived that made me aware of the realm beyond the physical, mental, and emotional world that we normally inhabit. I have had the opportunity to test and trust my intuitive guidance, which has always led me to my highest good.

This is the first in a proposed series of books in which I will discuss my understanding of many aspects of life, including health, wealth, love, self-expression, and spiritual awakening.

I desire to share what I have learned and provide my evidence and experience of a Higher Conscious awareness that is available to each of us during every moment of our lives on Earth and beyond.

# Chapter 1

## Who Are You?

*You are far greater than your mind,  
your body, and emotions.  
You are a Being of Light  
manifesting in human form.*

**Y**ou were born into this world capable of learning about the beauty of nature, the facility of languages, the intimacy of relationships, the unfolding of history, the mysteries of science, the dynamics of mathematics, and so much more.

You were an empty computer filled with love and equipped with a myriad of emotions that would allow you to participate in the excitement and drama of being alive on a beautiful planet. Arriving in the world, you were full of energy, curiosity, and enthusiasm, destined to become the very best person you could be.

And then the programming began. If you were fortunate, you had loving, responsible, and dedicated parents to help you learn about your talents and abilities.

Unfortunately, most people were raised by parents who were too busy to do parenting. They were great at saying, “No!” when you wanted to explore new places or ideas. They imposed their version of how you should *act* and what you should *do* regardless of whether their plans matched the incredibly amazing human you were capable of being.

Even if your caretakers were encouraging and helpful, you were still confronted by thousands of voices, millions of words, and pictures that programmed you with conflicting beliefs. Your mind eventually consisted of bits and pieces of an enormous jigsaw puzzle of concepts and ideas that rarely fit together in a cohesive form.

### *Becoming Fractured*

Many people on the planet have become fractured by a myriad of competing voices. Parents, friends, teachers, politicians, religious leaders, professionals, actors, media hosts, authors, movie producers, and more propagate their ideas about every possible subject.

These competing concepts coming from all directions cause confusion and emotional upheaval. The deluge of personal opinions framed as facts eventually fractures the brain’s organizing principle of rational thinking.

Years of cross-referencing, victimizing, blaming, and hateful commentary eliminate the central core of a peaceful mind. Caught in a web of chaos, the individual weakens. The spark of life dims, and the power and will to succeed often fade and evaporate into the confusion called life.

Exhausted by a mind constantly attacking internally and flipping from one subject to another, individuals give up control of their lives and follow the path of least resistance. They end up with voices in their heads telling them to do this or that, arguing with them, denigrating their spirits, dampening their enthusiasm, and eliminating their ability to expand and truly enjoy life.

This book, “The Heart of Transformation” is meant to give you answers about how to work with all those voices inside your head by imagining them to be sub-personalities. You will be able to reason with those parts-of-you and integrate them into the whole of your being.

The premise of sharing this information from my heart to your heart is for you to be able to expand your inner strength and power to create a peaceful, harmonious place in which to dwell. You must have the ability to wipe away false perceptions and see the world more clearly and joyfully.

Hopefully, with this information and by using the Infusion Integration Technique, you will gain the

wisdom and understanding to make informed decisions easily. You will be able to relax into success, health, creativity, and to love yourself and others and your life completely.



