

The
TRANSFORMATION
Promise

A book about love, healing and the flow of life

Johanna Derbolowsky

Author's Note

Please note that all names and stories from clients are changed to ensure confidentiality and privacy. Even though the events are true the settings, names and circumstances are changed beyond personal recognition.

The Transformation Promise

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For my amazing children Max and Sophie

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Introduction

Everything starts out with a thought, a feeling, a dream. Dreaming is an essential tool in life. In our dreams we can play out scenarios, come up with solutions or find new directions. Once we have a dream and get excited about it we automatically energize it. Our excitement is like fuel to a car. What's left is to start the engine and drive toward our dream or goal. But if it were that easy, then why do dreams not always work out? This is a common question I get from my students and clients and one question I have asked myself many times on my path.

There are two reasons for this.

One is that we think we have a dream, when instead our dream is something that society has conditioned us to have. In this case no matter how perfectly we concentrate on the achievement of this dream and work towards it, it may elude us. Because this dream is not congruent with our heart and soul purpose. The overriding soul purpose will redirect and guide us in the direction we need to go in for our true dream.

The other reason is that we get into our dream car and we forget to look where we are going. We look over our shoulder at our starting point rather than where we are going. At the same time we leave our foot on the gas and inevitably we crash. We believe that our goal, dream or direction wasn't the right one for us, when instead the problem was that we didn't keep our eyes on the road ahead. We were distracted by the past. After the crash comes the healing of wounds, repairing the old car, or getting a new one and starting out again and again. Our inner GPS still knows the direction and it will let us know where to go. So we set out again, sometimes crashing even before we get going. This is a cycle that is often repeated before any change happens.

The purpose of this book is to show you how to look ahead and how to connect and trust your inner GPS so that you can focus and better navigate the currents of every moment. The GPS holds your ultimate goals, dreams and your soul purpose and will guide you without fail through life.

Sometimes it may reroute you because of unforeseen circumstances called life. Therefore the other purpose of this book is to encourage you to "go with the flow." If you can learn to navigate your journey with ease, chances are your destinations will turn out better than you could have dreamed. The Universe will always supply us with what we need. Sometimes its exactly the same thing we wish for, and sometimes it is not until long after that we realize we got exactly what we really wanted and needed.

Growing up I met and learned from different healers and shaman. Deep down inside I had a strong wish to become like them. There was just one problem: all of them were Zen masters, monks, or otherwise reclusive people and I was a girl of the world. I wanted to hang out with friends, was always in love with some boy and certain that I didn't want to become a nun. For a few months I went to church regularly because I had a crush on one of the boys who attended. But most of the sermons made me feel bad. I didn't understand why God would give me the desire to enjoy life and at the same time tell me it was bad to enjoy anything. This question was present as far back as I can remember. I used to talk with my grandmother about it. She visited us a couple of times a year and we took long walks. She told me that anyone can talk to God and get all the answers. The

only requirement was to get quiet enough to hear the answers. And since I was convinced that this world was seriously flawed, she told me to take my issues up with God. I tried and tried. Even though I often felt discouraged and frustrated because God seemed silent. When instead it was me who was hard of hearing. But I never lost my faith. I always had just enough evidence of miracles in and around my life to know that there was more than I could understand at the moment.

Still I have crashed many times, dusted off my clothes, put on band-aids and moved on to the next adventure of life. Especially when growing up I couldn't envision how I could be worthy of gifts from the Universe. But the Universe presented me with teachers and experiences that rekindled my dream and my remembrance of why I came here. Even though I had given up on my dreams my GPS still knew the direction, and led me back to the topic of healing, to my gifts and to the desire to understand the Universe.

After I finished school in Germany I moved to Maine, New York City and later Los Angeles. I worked in the film business as a camera assistant and studied fine arts. I tried different professions and I tried to fit myself into a so called "normal" life, but something always happened to shift my focus back to the desire to help and the wish to understand the Universe.

Growing up I helped in my dad's medical office. He believed that I had a gift for healing. It scared me, so outwardly I moved away from all healing ideas but deep inside they grew. I couldn't lead an unconscious, superficial life without feeling depressed and empty. I tried to numb myself but it didn't work. When one of my then 4 year old relatives got sick with leukemia I researched support and found out about Attitudinal Healing. I signed myself up and completed the training. Intrigued by what I learned, I studied the psychology of children facing life-threatening illnesses and searched for answers to healing. I read books filled with biographies of people who had healed the impossible and created miracles in their lives.

During my search for answers I became a Hypnotherapist, Matrix Energetics Practitioner, Reiki Master, Minister, Clairvoyant Counselor, and remembered the learning I had received as a child from Shaman and Healers. I went through an extensive Clairvoyant training and then taught clairvoyant development for many years. The training helped me make sense of all the energies and things I had been seeing all my life. I began to clear my own energy and implemented all the things I learned to forgive and let go.

When my kids were born I left the film business to be able to be a full time mom. But no matter what I did in my life the Universe always brought back the subject of healing until finally I said yes to the call instead of hiding from it.

Life did not get any easier by saying "yes", but it became clearer and more focused. There were and continue to be many challenges pushing me forward on my path, but the rewards are priceless. I welcome it all: the challenges and the rewards, the darkness and the amazing beautiful light after dawn, but most of all the incredible love all around. Life is a journey and I walk it with the desire to be the best possible self at any given moment.

What I am offering with this book is a pathway to discover the best possible you. You will see the chapters have been constructed to circle inwards, first touching on your outer layers and then revisiting those layers on deeper levels. In order to help you in the healing process, I have sprinkled reader questions or suggestions throughout. These are meant as guides, so feel free to do them all, a few or none at all. By just reading this book, you are

open to the possibility of something new. And with this openness alone, you are set to gain new awareness and an enhanced life experience.

PART I

Grids, Flow And Dreams

Remember when you were a kid and you sat on small chairs, fit through the tiny doors of small houses, slept in a crib and rode small bicycles. Imagine you now still had to sleep in that crib, hunch down to fit through the door to your house, and fit your knees on that old bicycle. It would be very uncomfortable if not impossible. Now imagine that there is a big house with large chairs and a comfortable bed waiting for you. It looks nice and inviting but in order to get there you have to leave the old one or, at least, what is left of it. If you stay in your kid size surroundings, your body will be forced into uncomfortable positions for long periods of time, and your sleep will not be restful or restorative, which could lead to deformities and an accelerated aging process. Life is the same way; we grow and expand constantly and our structures need to accommodate our expansion. Sometimes in order to shift we need to be kicked out of the nest to fly, and sometimes we can manage to walk out the front door. But either way, the structures around us have to change for us to expand and grow. The best way to synchronize the inner with the outer world is to understand yourself and your structures. It is an old wisdom that even the ancient Greeks pointed out in the aphorism “Know Thyself”, inscribed at the Temple of Apollo at Delphi.

If you want to build a house for yourself you first examine your needs and wants, see what fits your life, and maybe consult with experts before you start. You will design something to fit your needs in this moment. But no matter how much energy you spend designing and building your house, always remember you are not the house. The house is just the structure you live in. This is true for all the constructs around us, even our own physical body.

One of the goals of this book is to help you determine if your structures fit you or if they need to be altered. In part one we will talk about the different kinds of structures and what weaves them together. There will be general questions for you to consider or

meditate on. If you are inclined, you can actively seek out the answers, otherwise, just let the questions percolate in the back of your mind, as we will revisit each structure on deeper and deeper levels in subsequent parts.

Chapter 1

Grids Of Life

Everything in the Universe, from the smallest particles to the largest bodies, is organized by a grid. Planets, stars, moons and their orbits move within a construct. If they didn't the sun could just migrate towards us and burn everything at any moment, or move so far away that it would get too cold to live here. Everywhere you look you will find an underlying structure down to the atoms and cells in your body.

And like the planets, people also orbit or move around life within a grid or construct.

For example, our social life, our way of dealing with situations, our environment, all of that is part of our grid. Life takes place within these constructs. We move within the grids, but we ourselves are not structure. We are the energy that flows within the structures of our lives. This means that in order to understand, heal and shift one's life, it is essential to understand the constructs that affect us and the flow that is us.

It is also very important to note that all structures are temporary: bodies get older, the earth shifts and moves, especially if you live in California, houses deteriorate with time etc., even our social grids change and constantly adjust to situations. This includes jobs, careers, where we live, how we live, who our friends are, our interactions with one another and how we respond to events. Much like spiders we create a temporary web of life to sustain us. And while the web itself may change, what remains constant is the space within. From physics we know that most of our universe is empty space. Take a look at the nucleus of a cell or atom. The electrons, protons and neutrons move around mostly empty space. In High school physics I learned that the solid matter of a large container ship could fit into a small matchbox, containing all the weight of that ship. That is if one could separate all of the atoms that make up the container ship and eliminate the empty space from those atoms.

So space is everywhere within us and all around us. This space is infinite. And it is this space that connects everything in Oneness, a space that doesn't deteriorate. Now just for a moment consider that we are this space, that we are the energy that moves and experiences life within the grids and structures we choose.

For the purpose of explanation, I have divided structure into three different kinds: physical, mental/emotional and spiritual to help you understand and heal yourself.

When working with clients or transforming my own life, I learned to look at all three aspects as well as their infrastructure in order to help with any kind of permanent shifting or healing. I have studied and read many stories of instantaneous healing, have witnessed moments like that myself and experienced them in my own body. I know without a doubt that miracles are possible, I have also seen these miracles recede and regress into their prior states of being. For example a couple gets divorced only to find themselves in new relationships with the same problems as the marriage they just left. The grass may be greener on your neighbor's lawn, but if you watered your own, yours would look just as good. Or if you moved next door and treated their lawn the same as yours, it will lose its vibrancy. To achieve lasting change and movement, all structures have to be involved in the shift. It is more important to change the structures of your life than it is to change symptoms or a disease. Because just by changing the structure you already set the stage for healing to take place. When you create a lasting shift in your life your conditions have to adjust to it.

Physical Structure

Our body is made up of physical structures. This includes our DNA, our skeletal system, our circulatory system, and so on, it includes everything physical. Through this structure we feel pain, pleasure and any kind of touch sensation. It is amazing how the body functions. Take a look for example at its built-in self-healing systems and processes. If you break a bone, the structure is interrupted but by setting it back into place, it will self repair. If the structure remains out of place, the body will still heal to the best of its ability. What is interesting however, is that although the bone grows back together, the healing is not done by the structure but by the energy that flows within it. Therefore if a body is dead, the bone will not heal.

Physical structure is not just our bodies, it is the world we live in. Everything around us is physical - cars, buildings, bodies, plants, stars, sun and moon. These are all physical constructs we perceive as our reality. As soon as we attach meaning and a story to a physical structure, it becomes a key element in our web of life.

Take a moment to look around and observe the structures that surround you. Are they useful to you?

I love the ocean, playing in it or watching it gives me pleasure, energy and inspiration. For me it is a very useful structure. Living near the ocean has always benefited me.

Another useful structure is my car. It gets me to where I want to go, and of course my home, it gives me shelter and peace, but if I look inside my home there are some things whose only purpose is to be dusted off. They don't make me feel better or inspire me and whenever I notice things that just take up space, I get rid of them.

Coming back to the body, let's not forget that the body really is the most important structure, because without it we would not experience life. Be mindful of keeping your body in shape so your essence can flow with ease.

Mental/Emotional Structure

The web we build with our thoughts as well as our social connections make up our mental/emotional structure. This includes your tribal group, your friends, family, coworkers, neighbors, enemies, television stories, newspapers, all in all everything and everyone you interact with on a mental or emotional level. On a larger scale it includes your nationality and race as it relates to your surroundings.

This structure is pivotal when shifting and healing because you are so deeply enmeshed in it, which makes a shift often very scary. For example imagine you worked for a pharmaceutical company who pays you quite well. Financially you are dependent on your job. Your family counts on your paycheck to make house payments, to pay for your children's school, vacations, clothes, etc. What if the company you work for sells medications to manage a condition you have and would like to heal? Now you are in a mental/emotional structure with some physical dependence.

As soon as you attempt to change this part of your structure your whole web will be affected. It would require you to shift everything. Let's say a miracle or some home remedy heals your condition. Now you would no longer feel good about promoting a medication that merely manages it and is expensive. Maybe this medication even has undesirable side effects. In that case, you may want to give up your job. But your home and finances would be endangered and your family may be unhappy with the effects this would have on them. The question now becomes do you want to shift out of your medical condition and heal or would it be easier to continue managing it as best you can to stay within this grid?

Think for a moment: Does anything come to mind when observing your mental/emotional structures? Do any of them restrict your life force flow?

Do you sacrifice yourself in order to maintain a mental/emotional construct in your life?

I make sure to go to places and events that inspire me. Right now I am participating in a poetry workshop. Getting feedback on my poetry as well as listening to other people's work energizes me and inspires me to expand. In the past I also belonged to some groups and attended events that left me feeling depleted and exhausted. I went because I knew the people, some moments were fun and I didn't want to lose the social connections. One of these groups promised great networking opportunities, which could have benefitted my work. Every month I talked myself into going to the meetings. Even though it would have been better for me not to attend, I found some reason to remain a part of the group.

One of my issues in life has been wanting to fit in and to be part of a group. This became more important to me than feeling energized and inspired. I thought if I could fit myself into this structure, the structure would eventually work for me. Needless to say, these gatherings never amounted to anything and were not good for my business or anything else. They were not bad either, they were just not inspiring and time consuming.

It took me a long time to become aware of this structure and how it affected me. My kids asked me every time I left for a meetings "why are you going?" Finally I asked myself and discovered I couldn't come up with a positive reason. I cancelled my membership and freed up the time previously spend with the group as well as the time I spend thinking about attending the mandatory meetings. Almost immediately after I left the group my

business opportunities started to come in from other areas. The truth was opportunities could not have come from this group because I felt low in life-force-energy when within the construct of this particular group.

The moment I left this structure, I opened the doors to new possibilities. The nice thing was I was able to maintain a connection with some of the people from the group without remaining in the confines of it. I make it a rule now to ask myself “why?” before I go anywhere. This doesn’t mean that I only do things that are fun, although I try to. It means that whenever I can, I choose to do things that support the most possible life force flow. And often these things are more difficult, because to expand, one has to stretch and grow. I welcome the stretching because it leads to a construct that allows for an increased flow of life-force-energy. I also never worry about not being challenged enough, life has a way of adding the challenges to help us grow without any help or planning on our part.

Spiritual Structure

The spiritual web deals with belief systems. And we all have them, even if it is the belief that we don’t believe in anything. Believing in science and what it can do for us is just as powerful as believing in religion. I hold no judgment here as to what belief system you have; I just want you to become aware of it and to see how it affects your life, and of course how deeply it connects with everything you do. For example, if you believe that no matter what happens, things will work out for you, you will be open to many possibilities when in a situation of despair.

There is no roadmap to belief; it is something you must find within yourself. Your belief system is the strongest structure and to move against your own grain is not only stressful, but most likely will have no lasting effect. We are continuously creating evidence, stories and proof to support our belief systems. This is our constant focus.

Ask yourself, what are some of your belief structures?

If you don’t know what to look for here are examples of common belief structures. You have to suffer to succeed. You are born a sinner and can never be truly good. If you do a good job you will be appreciated. Teenagers often believe that they are invincible. Life is hard. I am not relationship material. No one is going to love me. People like me don’t become CEO’s. I am too old to You can fill in the blanks...or, no one wants to hire someone over 50, etc.

One of the first things I suggest when something happens that challenges ingrained belief structures, is to start collecting evidence of other possibilities. Look around yourself and see if there are people who had the same kinds of issues. Find out how they have solved them. Or if you believe that you have to suffer to achieve certain things in life, collect stories of people who have achieved those very things without suffering. If you believe you are too old to get a good job, collect evidence of older people who have gotten good jobs. Create evidence that supports you in achieving your goal.

Our belief systems can also affect and sometimes limit our healthcare. I grew up believing in Western, Eastern, Natural, Herbal, Homeopathic, Energetic and Spiritual Medicine. When I get sick I look at all possibilities and decide which will be the most helpful and congruent with myself and my particular condition. In this way my belief system is open and does not restrict me to just one approach. Since the same energy flows

through all things, remember that when you judge things outside your belief system you limit yourself.

Here are some questions:

Do you believe in spiritual healing being the only answer to your condition? Can you look at how Western or Eastern medicine has helped people with that same condition? Or do you only believe in Western medicine? Are there Eastern remedies that address your condition?

Infrastructure

Here is where it all comes together, the different grids are intertwined and cannot be separated from one another. We are multifaceted creatures and all aspects of life work together within each of us. This is your story, your creative web in which you move around. An infrastructure can either be supportive, destructive or sometimes both simultaneously. Let's go back to the spider web. While the web is supportive for the spider by attracting all it needs for its survival, it is deadly for the fly, which is trapped in it. And in our own grids, our webs, we are both spider and fly, we hold both aspects simultaneously. It doesn't matter whether we constructed the grids in our life or were born into them.

Understanding structures is a helpful tool. If you are in a tall building it is helpful to know where the staircases and rooms are. It will help you move around more efficiently. This is the same with the constructs of your life. Becoming aware of the structure and infrastructure makes it easier to shift and move around. As I have mentioned earlier, structures don't give life they contain life. A corpse has the same physical structure and grid as a living body, but it is the life-force-energy that moves within the constructs to give it life.

With this life-force-energy we can decide where to put more or less energy and where to focus creativity for change and rebuilding. If you know the limits and capabilities of your physical, mental/emotional and spiritual structures, you can navigate easier on the ocean of life. Life is motion, no moment is the same, it is constantly flowing and changing. Embrace this and become a good swimmer in the ocean of your own life.

Chapter 2

Flow Versus Control

Energy must flow, it cannot be stagnant and stay alive. When we try to control our world or our lives, we are going against the nature of being. Only our structures are rigid and beg for control. But life is a mystery. We don't know what will happen tomorrow or the next moment and we certainly don't even know if we will be here to enjoy it. We often get caught up in trying to predict the future and act according to the most possible control we can get.

Big industries have been created around control. The insurance industry tells us that we will be fine and taken care of if we subscribe. Wall Street analysts try to predict the future and so do psychics. The information obtained may be right or wrong but the important thing is that no matter how much security and control we seek or think we have, that kind of security is nothing but illusion. I am not recommending you cancel your retirement fund and insurance, they are helpful structures just like homes are good shelters, but they are not dependable, they are temporary. What I am asking you to do is to see it for what it is: a good tool.

When people come to me and say they want security, I recommend they move into the highest security prison they can find. It is the most predictable environment to live in. But even there, they would be unprotected from natural disasters, illness or death. Plus I doubt that any of you want to spend the rest of your lives in that kind of environment.

What is constant and predictable is the flow of motion. How it will flow and where it will flow, we don't know. But that it will flow is guaranteed.

Imagine you are watching water, tar and light flow over a distance towards you. Immediately you know which of the three will reach you first. According to the laws of physics light is by far faster than the others and water is still much faster than heavy tar. The same is true for life-force-energy it also is affected by its consistency. The lighter we keep things, the easier it is to flow. I always recommend a good sense of humor and not to take yourself too seriously. I am sure you have heard the expression that *laughter is the best medicine*. That is because energy flows easier when we laugh.

There is so much more to the universe than we know and understand, it is always expanding and challenging us with new riddles to solve and things to discover. Because of life's unknowns it has been my experience that the universe always has the upper hand. When I am dead set on an answer or have an unwavering opinion, something often happens to challenge that answer, that viewpoint, or outlook. And in the end, it is not the answer or point of view but the ever-expanding movement forward that makes life worth living. Limitless challenges will present themselves to propel us forward and keep us alive.

Pretend you were on a beautiful tropical island, enjoying everything you could possibly want and a quiet voice inside you told you to get up and do something that would cause you discomfort and challenges your core, you would probably ignore it, or at best say I will do it later. But what if moments later a hurricane approaches and shakes you out of your comfort zone and you are now faced with challenges? Instantly you become much more open and listen to that voice for possible solutions. This is the universe's way of nudging us forward and giving us the opportunity to shift. And the

truth is, there is no way to control the nature of flow. The only option you have is to navigate well on the ocean of life.

I live near the Pacific, which has taught me a great deal about navigating. I enjoy playing in the water whenever I have the time and the temperature is comfortable enough for me. Some days the waves are big and scary, with dangerous currents and rip tides and sometimes the water is relaxing and calm. Just like life. So here is how I apply the lessons from the Pacific ocean to my life:

In the ocean: Never swim against a rip tide, it will exhaust you and you will eventually drown and get carried out into the vast ocean.

In life: When caught in an intense current of events and demands, don't exhaust yourself going against it. Instead move diagonally until you are out of the current. Then move in the direction you desire.

In the ocean: When a wave approaches there are several options. If it is surfable and you are in the right position for it, you can let the wave carry you in fun, speed and exhilaration across the water.

If you are not in the right position to surf, depending on where you are, you can gently flow above it or, if the wave is breaking, you can dive under it.

In life: If the time and the momentum is right, jump on board and ride the wave of your life adventure.

If the moment is not right, know when to let it pass and wait for the right time.

In the ocean: If the wave is very big and threatens to smash you around, you can roll into a ball and let it tumble you like tumbleweed without doing you any harm. If you fight against it and flag your arms and legs around the wave will smash you in the ground and get the better of you.

In life: When it feels like a wave of events is crashing down and there is no way for you to get immediate control of the situation, it is best to roll into a ball until the wave has crashed. Then respond to everything without panic and a clear head.

In the ocean and in life: The motion of the water cannot be stopped or controlled. How we deal and respond to the motion will affect the outcome of any situation.

To summarize, everything is easier when we flow with the situations at hand. And while the universe will constantly ask us to expand, luckily sometimes it will do so in a humorous way as the following story shows.

The Universe Has A Sense Of Humor

A few years ago while living in Los Angeles I was teaching workshops on intuition, psychic development and prosperity. I planned to teach a Saturday intuition workshop in San Francisco. Up until that point, I had been mostly a stay at home mom and only taught locally. After 9 years this was to be the first weekend away from my children. Schedules checked, lists written, all seemed to be in order, except for the fact that no one had responded to my flier announcing my Saturday workshop. The only people that had registered were from my mailing list, not enough to pay for the venue. My friends and

promoters had hung the fliers all over the city and everyone was surprised that there had been no response.

Oh well, I canceled the workshop and accepted a friend's invitation to the opera instead. I really needed time away and looked forward to experiencing myself as someone other than a mother. My friend Jennifer was away that weekend and let me stay in her apartment. She had even let me use her local phone number for the flier. I wound up having a great weekend seeing old friends and walking around San Francisco without strollers, bags of toys, extra emergency clothes and whatever else one needs to keep kids happy on an outing.

Sunday evening, after I returned home from San Francisco I wanted to thank Jennifer for her help and for letting me stay at her beautiful place. I couldn't find my address book. Never mind, I thought, her number is on the flier, along with my name and a photograph of me. So I grabbed a flier and dialed the number. The phone rang only once when a sexy voice answered: Hello you reached the triple X erotic bunny farm, your credit card please. I hung up, dialed again and again.

It turned out I had my face and name on a flier all over San Francisco with the phone number for the triple X erotic bunny farm. I searched for my address book and the email conversations with Jennifer about my flier. There it was, I had made a mistake on one digit in the number. In my initial panic I called another friend and told her what happened. Well you may have guessed, she laughed so hard she could barely talk. I called someone else and got the same reaction. Finally I started laughing. In the days that followed, the story made its rounds in my community bringing joy and laughter to many. I ended with more clients and names on my mailing list through the story than I would have by teaching a workshop that weekend, not to mention the joy I spread.

Initially I felt so embarrassed that I thought I would never teach another workshop and certainly not in San Francisco. Thanks to my friends, I was able to see the humor in the situation, well it was hard to miss, with all that laughing going on. I always knew the Universe has a sense of humor. I also understand that if I can manage to see the things that happen in my life with humor, life moves with ease. I allowed the flow of events instead of stopping them and had a great time in the process. Light travels lightly, allow your life force energy to travel lightly too.

Chapter 3

Desire To Improve, Shift, Change And Heal

The desire to improve any kind of situation is part of the motion and expansion of the universe. If you feel the desire for change you are at the starting point of a shift in your life. Perhaps you have become aware of something that could improve. Whether it's a physical, mental, emotional or spiritual situation, you have determined that something could be better. This means that there is space to grow into. It is as if you discovered a window to your room, and by looking out, became aware of life outside your room. New possibilities and adventures await you.

Ask yourself:

Do you want to heal, improve or change anything in your life? Your health, your job, your living situation, your friends, even the color of your room.

Take a moment to think about what you would like to change?

You can write it down or just think about it as you read.

Life is a cycle of hypothesis (desire), thesis (possibility), antithesis (current experience), synthesis (new situation) and then we create proof (new experiences). We have a desire how we want our improved life to be. We observe other people, who live the life we desire or at least are closer to it than we are. Thus giving birth to the possibility of it also becoming a reality for us. Now we can form a conclusion about how this could work in our life. Then we shift, adjust and create evidence of new ways to live and we change. It often takes a while because we are strongly connected to our structures. Even though the desire to improve is there, it is usually not as strong as the ties we have. But there are times when we get a little help from the Universe. A situation can become so bad that shifting is the only way to survive, or the offer of something new becomes so enticing that we can't resist any longer, or nature will wipe out the old situation, creating a clean slate for us.

While many shifts take time and effort, instantaneous and miraculous shifts and healings are definitely possible, but they can be overwhelming. The bigger the shift, the more severe the adjustment will be. Some shifts are so powerful that the person is not able to cope with the new situation right away. In that case, they will grab hold of whatever structure is nearest to them. For example a person can become suddenly religious or leave society and move to a reclusive area.

More often than not, the desire to shift prepares us for the change. And even if the shift appears to be instantaneous we have been transitioning into it for some time. People pilgrimage to the Temple of Healing in Tibet, where many miracles and great shifts have been experienced. While the healing takes place at the temple in one moment, it had been well prepared by the long trek through harsh and rugged areas. Before setting out for the Temple of Healing there had to be a desire for change. Once the desire became strong enough the journey started. It is through this difficult journey that a seeker will sever ties to many of the grids he or she was attached to. By the time the destination is reached the grids have changed and the space is prepared for the seeker to expand and step into.

The thought of miraculously shifting from one condition to the next might sound exciting and desirable but it is much more sensible to go a little slower and adjust to the change step by step. It doesn't matter if you are sick, if you are in a relationship that no longer works, if you are involved in a work situation that needs changing, or if you are on a spiritual quest ready for a new level or dimension; in order to shift you have to release the ties you have to your existing grids.

Try to expand a little bit every day. Move forward into the direction of your desires. If you are driving a car to a new destination, you may have detours, supplies to get, expected and unexpected stops, maybe even some delays, but as you drive look at the road ahead of you. Maybe there are a few seconds spent to look in the review mirror, to see if anything is coming to get you from behind or to glance back at the road you traveled. But unless you want to be in a car crash your main focus needs to be on the road ahead. I can't stress this enough, look where you are going, and let go of the structures that are behind you. If you are not ready to leave for your road trip of life at least start getting ready for it. The longer you are stagnant, the more you atrophy.

I use a questionnaire to help clients get clear about their situation and whether or not they really want to improve at this time. I started doing this because I realized that clarity about the situation is helpful and the more factors are known the easier the transition will be. There are always many sides to every story. Everything in our life serves a purpose and the clearer we are about all the elements involved the better we can navigate.

Here are the questions from my questionnaire:

- 1. Do you want to heal or shift your present situation?*
- 2. If it is a physical issue, what would it feel like if you did not have this physical condition?*
- 3. If it is a situation like work, relationship, living arrangement, etc., what would it feel like if the situation were different?*
- 4. How will your infrastructure change if your condition changes? For example how will your closest relationships change?*

5. *How does your issue affect your social life?*
6. *Can you see yourself without this condition or issue and all that is attached to it?*
7. *How is the condition serving you in your life?*
8. *Do you want to heal or shift your present condition?*

I am sure you noticed that the first and last questions are the same. The first one is usually answered: *of course otherwise I wouldn't be here*, while the last one is answered in a much more thoughtful manner. When you are able to answer the last question with a clear yes, you have passed the tipping point and are on the home stretch of changing, shifting and healing. The questionnaire if answered sincerely will move you from the desire to shift to actively shifting. To explain this I have chosen to add Sam's story.

Sam's Story

Sam is 45 years old and suffers from a painful autoimmune disorder. He is taking all kinds of medications to keep the pain under control. He had been to many doctors and healers, tried out a variety of modalities to help him heal or at least cope better with his condition. I gave him the questionnaire to fill out. He was a little annoyed by the first question, *Do you want to heal or shift your present situation?*

"Isn't that why I am here," he said irritated and ready to doubt that coming to see me was worth it. He was unable to answer the second question, because he had no reference point for being without it. So he just said *great*. We skipped the third question but when we reached the fourth, he became quiet.

He thought about his wife, kids, parents and even co-workers who related to him and identified him with this condition. He said, "I don't know if my wife would still like me if she didn't have to take care of me. It is a big part of her life." His thoughts went from his wife to his job and his relationships with coworkers, to his mother who had always helped him cope with situations and so on.

His attachment became even clearer when he got to the 7th question about how the condition was serving him. He realized how much attention and care he received because of his condition. After a moment of silence he got up and told me he didn't know if he was ready, or if he even wanted to change anymore. He realized how comfortable he was even with the pain.

I had not expected that reaction to my questionnaire. At first I thought it was not good for business. But then again, I do not want to string people along in sessions that go nowhere, and Sam was too attached to his condition to shift at this point.

But Sam was not unchanged. He left with a new awareness and clarity about his situation. The seed for change was planted in his mind. He was no longer ignorant of the fact that he was holding on to his structure and how deeply embedded he was in it. Suddenly he felt uncomfortable accepting attention and help from others.

Only a few days later I received a call from Sam. He told me that he thought his wife might be happier and their relationship had a possibility to improve if he could do more things with her. He wanted to start the work and play with new possibilities.

Sam is now feeling much better and does many things to move into the direction of his new structure. He has chosen a slower pace and to be more involved in his process.

Wisely so, because an instantaneous shift from his illness to wellness would have been too drastic for him.

Becoming clear of what is holding you in your structure is mostly all you need to leap forward in your life. Sometimes we have things that are holding us back and we may not be ready to let go of them. Relationships, especially when children are involved can be challenging grids to shift out of, but not impossible. Financially supporting grids that provide the illusion of security are also challenging. But in most cases the desire is the first step, clarity the second and the faith and knowing that it will be better will tip the scale in favor of a real change.