

The Promise

Preface

This is a book about Mystery and the Sacred and our everyday lives as humans in the process of becoming. I have been told, in wondrous and blessed revelations, that before we take on this human life, we make a Promise. The Promise our soul makes to our Creator, and those who will guide us, is that we will do our best to discover and fulfill our individual destiny in this lifetime. This Promise, this destiny, is held in our soul as we enter our bodies. In return, we receive a Promise: all the tools and guidance will be revealed as needed, once we set our foot on the path of discovery. This journey begins when we consciously reflect our truth in our inner and outer lives. Then, we remember our Promise.

Despite, and possibly because of, the uncertainty hanging over the world, we can find guidance, comfort and individual personal truth by uncovering our deepest purpose encoded in our soul's Promise. It is my intention to assist you in uncovering and fulfilling your Promise as we travel the path together.

The phenomenal success of books about manifesting our desires speaks to the need of people to believe there is more than this physical body being born and dying in a world that is all about the material. In fact, many recent articles on research done in this area point out that people in the United States, the richest industrialized country in the world, rank 23rd in happiness. We were once number 1. In the *AARP Magazine* of May/June 2007, "...according to research compiled at the University of Leicester: Alcoholism, suicide and depression rates have soared, with fewer than one in three Americans claiming to be 'very happy'. Even more frightening is the trickle-down effect of this malaise on our kids. Studies suggest that today's average American child reports suffering higher levels of anxiety than the average child under psychiatric care in the 1950s."

Finding ways to accumulate more, resulting in children and adults with more toys, more activities and more space per person than ever imagined, has not led to an increase in satisfaction—quite the opposite. The search, and the process of attracting what we need, is as old as time. There is no secret, but we have forgotten the purpose of attraction. I see this searching, and worry when it is exploited by those who would simply tell you to use the miracles of your soul and the universe to get more stuff. We are so much more than that! Once we use our hearts, souls and minds to uncover the Promise we made to ourselves and our creation, then we will know, intuitively and through the tools I share in this book, what to do with our wisdom and power to create the glorious life we were meant to have. Instant gratification is not the key, nor is focusing on the material things that we desire. Plato said, "The learning and knowledge that we have is, at the most, but little compared with that of which we are ignorant." This is true of me, and I know that what I can teach is that which I have absolute knowing about—my own life experiences and the messages I have received from enlightened teachers. The story of each life is as individual as fingerprints, but an examined intentional life leads

to the same knowledge: what we Promised to do on this planet, what was Promised to us, and how finding our personal Truth will show us both of these things.

I knew when my life was about to shift into a new reality. Magic and movement were in the air and there was no stopping them. Multiple messages, and messengers, told me to tell “The Truth” and reveal “The Promise.” This book traces how I did precisely that, in the belief that the template of my journey will help others to map and recognize their own journey. We are meant for truth telling—truth with a capital T. The promises given to us throughout history—from prophets, saints, writers, poets, musicians, artists and happenings in our own lives—can only be revealed by telling our Truth. In every part of this book, you will hear that message from many sources, including those that prompt us by way of our internal knowing. It is the one thing to take with you, body and spirit, to give birth to the rest of your life.

The truth is that despite changes in our lives, only one thing remains constant, and that is love. The soul is pure love, and a container for our purpose and destiny. It resides in this wonderful body that experiences everything: pain, joy, ecstasy and sorrow. When we are not in the service of love, which is often because we are also human, we feel its loss in our bodies and spirits. This is an elegant warning system; a gift of the Universe.

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