

Table of Contents – *Staying Grounded in Shifting Sand*

Introduction

Part I Foundation:

Chapt 1 – The Awakened Path

To Start the Game- Sign the Learning Agreement

Chapt 2 – Spirit and Matter as One

Old Paradigm of Dualism

Integrating Spiritual realm and Physical Realm into One Reality

Evolving Scientific Paradigm

Energy as the New Paradigm

Living the Divine Expression

Chapt 3 – Integrating Spiritual Love with Daily Living

Learned “Rules” for Love

Become an Open Channel for Love

Spreading Love by Staying Connected to Love

Developing “An Attitude of Gratitude”

Chapt 4 – Embracing the Shadow

Tools for dealing with the Shadow

Basic View of Humanity

The Shadow Brings a Gift

Mirroring the Darkness

Chapt 5 – Conscious Evolution

4th and 5th Dimensional Beings

Harmonic Vibrational Match

Managing the Flow and Attachments

Social Change through Conscious Evolution

Meeting Needs with God as your Foundation

Part II Application:

Chapt 6 – Spiritually Aligned Relationships

Discerning Three Forms of Love Energy

Energy Fields of Your Body

Chakra Alignment with your Partner

Chapt 7 – The Power and Meaning of Money

The Meaning of Money – What's of Value to You?

Money and Power

Money and Justice

Conscientious Consumerism

Money as Energy- Prosperity vs. Poverty Consciousness

Using Money vs. Money Using Us

Chapt 8 – Working Spiritually

Applying Spiritual Principles to Workplace Problems

We're Operating on God Time

Acceptance as Spiritual Practice

Spiritual Centering

Chapt 9 - Living in the Aquarian Era

The Emerging Aquarian Era

Emerging new Gender Identities of Wholeness

Calling forth God-Sourced Energy

An Invitation to Answer the Call of the Aquarian Era

Transformational Empowerment™

Dancing in Your New Adventure