

SELF-HELP / INSPIRATIONAL

*"Fearless Future is a roadmap of the challenges ahead in these difficult times. Louise Hauck is a wise guide, whose insights will help anyone open to the potential for joy and fulfillment that lies within everyone."*

—LARRY DOSSEY, MD,

*Author of Recovering the Soul and Space, Time and Medicine*

LOUISE HAUCK guides you across a bridge that joins the worlds of physical and non-physical reality. Through her work as an international speaker and time-traveling intuitive, she takes readers and clients to a loving place within themselves, where the timeless soul resides—a place beyond the illusion of time and death. Her insightful guidance minimizes the fear that inhibits and constricts today's world. Louise cautions that decisions and choices made in fear are neither wise nor divinely inspired.

In Louise's third book, *Fearless Future, A Map Through An Uncertain Present*, her trademark illuminating style convinces us that we can all access our true, multi-sensory and multi-dimensional selves. In a deeply personal journal, Louise takes us to a more authentic place, where intuition expands and enables us to receive and interpret new dimensional symbols and images, unchallenged by our usual linear perceptions. Moving beyond the censorship of the rational mind, Louise guides us out of self-doubt and fear and into our greatest future—a more enlightened one for humanity.

*In a world consumed with fear and hate, this book comes as a beacon of light. It gives us a glimpse into a future of hope and love. As we learn to access and then live with our Divine selves, there really is a promise of an abundant life for us.*

—GLADYS MCGAREY, MD, Medical consultant for Future Generations—Afghanistan, INTA Humanitarian Award Recipient, author of *The Physician Within You* and *Born To Live*

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Louise Platt Hauck

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## FIVE

# *Accessing the Future*



*“The present is pregnant  
with the future.”*

—Voltaire

Sometimes people think that because I can see their future, I created it. I remember describing a future partner to a client. I was doing this in the context of pointing out an old, repeating pattern to which I felt she needed to pay attention. I explained that if she should choose to observe her tendency to play the victim in relationships, there was a good chance that this pattern could change. Such a transformation would position her to meet this new partner, who differed dramatically from the men in her past. I described him as I saw him, existing in a probable future. She pondered my counsel, then asked, “Can’t you see him a little taller?”

I get a very itchy feeling when people give me such power. It is not mine, and I do not desire it. The moment that clients relinquish their own personal power, I feel a tremendous energy drain. They toss it into my lap with statements such as, “So, you *do* think, then, that I’ll be happily married?” or “So, my kids *will* be okay, then?” I start to yawn and become very sleepy.

Conversely, I experience quite the opposite effect when I consult for awakened clients who have learned how to surrender to a Higher Power. They know when the Universe is directing them to move on a decision full-throttle and when a barricade simply represents a free-will choice that is going nowhere. They have learned how to ask for guidance *before* life lets them down, requesting clear and gentle road signs. I am impressed with their growing ability to identify and interpret the answers they receive.

When I consult for these clients, we can truly get their consultation off the ground. The experience is fun and enlightening for everyone involved. I upload clairvoyant images of past, present and probable futures; communication from the client’s timeless, all-knowing, Higher Self; and messages from transitioning (coming in, going out and departed) souls. After I take a moment to sort it all out, I download all the images and information. The client and I then proceed together in a delightful duet, interpreting entertaining charades, meaningful metaphors and humorous puns.

“I see you sliding into the next chapter, on a road that looks as smooth as cake icing.”

“Yes! I hope to return to my life’s passion—cake decorating,” chimes the client.

“You’re coming out of a period that looks as if you were skipping along, then tripped over a pothole and turned back around to beat it to death with your shoe,” I say to another.

“You’re referring to my time in Scranton, Pennsylvania. It’s known as ‘the pothole of the Universe.’ Let’s just say that after I moved there, I stayed too long. Nothing went well. I finally moved away . . . and I am second only to Imelda Marcos when it comes to collecting shoes.”

“Your father [on the Other Side] is doing a pantomime. It is as if he’s shaking a money tree with silver dollars hanging from the branches . . .”

“Our last name is ‘Money.’ My sister recently mentioned Dad’s silver dollar collection that she found in her basement. He saved them from the Korean War. He must want us to sell them for some extra money.”

What a refreshing contrast from days when some clients would sit with arms folded across the chest, unable (or unwilling) to help me decipher the images during the downloading phase of a consultation. “You tell *me!*” one client barked, when I asked if there was a “Chris” in the family. I was picking up on her son, with whom she had several issues to resolve.

“What do you want from me?” I thought, feeling extreme frustration. I continued to interpret additional information onto the client’s tape, reminding her to *please* listen to it at a future date. I hoped that at such a time her heart might be receptive. During the session, her analytical mind stood in the way of a potentially validating experience.

Some clients simply seek confirmation of their own interpretation of door-opening *synchronicities*—no longer referred to as *coincidences*. They receive assurances that their personal paths are unfolding in the highest and most flowing way. We all need assistance in navigating from time to time, whether it comes from an intuitive source or through more traditional forms of counseling.

A consultation can be analogous to checking in with Command Central to get your bearings on your earthly travels: “OK, so, right now I’m coming up to the intersection of Maple and Elm Streets. What if I sail on down Elm? Or should I turn right onto Maple? What if I explore that intriguing alleyway, just past Main Street? And over there, it looks like an interesting fruit stand along the road just before that big detour . . .”

And sometimes, we need to call roadside service: “Help! I’m driving into a fog! Where am I going? I can’t drive a stick shift.” At these times, it is important to be sure that you have called a responsible dispatcher.

Clients who utilize their own multi-sensory gifts become extremely effective conduits themselves. They experience an increase in the accuracy of intuitive hits and find themselves communicating, unmistakably, with loved ones who exist beyond death. They also find themselves perceiving beyond time as easily as they can focus on the present. They become comfortable embracing multi-dimensional perceptions and information that their linear minds cannot translate.

Many of these clients are those whom I invite into my apprenticeship program. I find that my apprentices are dispelling myths about being psychic. Starting out as pretty savvy clients, then apprentices, many progress into full-fledged seers in their own right. They prove that we all have the potential to bring forth and perfect these gifts, given the commitment, some guidance and lots of practice.

You are here to make use of your own personal ability to transmit and receive through your personal, internal broadband connection. I support you in moving into the unknown, free from fear. You are here to become a very powerful being of the future.

## How To Go There

Earlier, I referred to Dr. Larry Dossey's description of the non-local mind. Not only are there medical benefits from detaching from a linear perception of time, but doing so will also increase your ability to receive multi-sensory information.

In the biofeedback studies that Dossey reported (page 61), it was found that "paranormal or extrasensory events regularly become more frequent; precognitive dreams may occur; intuition and creativity may flower" after retraining patients' sense of time.

Let your emerging extrasensory abilities assist you in developing a new relationship with the future. It will happen as you suspend your skepticism and become increasingly familiar with new sensations, such as experiencing an occasional glimpse of the future. These "sneak previews" add to your understanding of what is occurring during a particular moment. You receive a clear sense of how a current action, event or thought relates to the future and to the bigger picture. It is a very satisfying, confirming feeling.

When you experience this gift, it adds meaning to situations that you might otherwise consider to be mundane. Your enjoyment in performing daily, routine responsibilities increases. Each task becomes a meditation when you are fully present and in this awareness.

I have mentioned how being present clears your channels to receive intuitive insights. When you slow yourself down and live in the present moment, there is a greater chance of activating the multi-sensory capabilities that will give you the sneak previews of the future. You will experience a shift in your relationship to the future and an awareness best described as a blending of the present *with* the future. By contrast, obsessive

speculation about the future takes you away from the portal of the present.

Science fiction novels and movies such as *Bladerunner* often portray futuristic storylines with ominous scenes: . . . rain soaked streets . . . steam escaping from manhole covers . . . dark days. Once, a sudden realization shifted my distant, futuristic visions and integrated them into my present reality. I became conscious of the way those images influenced my perception of future times.

I was driving through Berkeley, California, listening to a talk radio station. The discussion was about carjacking. A policeman was available on the air to chat with listeners who called in. One listener reported that just the day before, while driving along San Pablo Avenue, a gang of young men approached his car as he stopped at a red light. The caller boasted to the policeman, "I showed *them*." He said that he opened his sunroof and tossed out his keys, way out of reach of the perpetrators.

"That's real clever," replied the cop. "They might just as well have shot you." I heard his remark just as I crossed San Pablo Avenue. It happened right here, in my present reality, I thought to myself. I remembered hearing predictions several years before that in years to come there would be this crime called "carjacking."

My futuristic impression of this crime had been ominous, dark and foreboding, like something out of *Road Warrior*. Once I was able to identify where a variation of that occurrence already existed in my present, the fearful images of the future were neutralized.

My point is not to minimize the danger of such violent acts, but rather to show how the texture of the unknown can change with a shift in how you envision the future. Anchoring fears in

reality makes them tangible. The bogeyman can snatch you out of the night, but the worst your boss can do is fire you.

I played with my ability to see the future differently. I noticed that when I did so, it no longer loomed over me like a dark cloud. Instantly, I was re-connected to the Source, feeling protected and watched over. I was separate from nothing. Therefore, no one and no thing could harm me. Fears need not separate me from that infinite power.

When I lived in New York City, I noticed that more than one of my friends was afraid to come visit me. Their heads were filled with violent images from too many movies and television shows. Once they took the opportunity to merge negative impressions with reality, their perceptions changed dramatically. When New York City became a known entity, grounded in their own personal reality, they thoroughly enjoyed their visit.

One morning, during a very trying time as a recently divorced mother, I really hit bottom, emotionally. I was in a downward spiral, overwhelmed by my children's needs and financial responsibilities. I felt powerless and ineffective as a mother. The future seemed dark and hopeless. I felt so alone, as though there were no place to turn. I was overcome with an age-old belief: *I must have done something terrible, for God to be punishing me like this.* In desperation, I surrendered to the Source, pleading, "Please help me!"

Suddenly, I felt myself hugged by the warmest blanket of unconditional love. There are no words to describe this embracing sensation. In the next moment, I was illuminated with a crystal clear, profound epiphany: *I was not being punished. God must have known that there was something deep within me that I had yet to discover in myself. Otherwise, I would not have been assigned these two children, and under these circumstances.*

With that sudden, intuitive realization, I was instantly transported from a feeling of dark despair to one of exaltation. I felt deeply honored to have been credited with enough love and wisdom to raise those precious souls. The Source must have considered my potential to lead them, love them, honor and protect them. My whole life looked different. I started to spiral back upward.

Foreboding fear dissolves in the present moment when you broaden your view. Similarly, you can see a past and present moment from a new perspective. This can alter your future. It is through the present moment that your future emerges.

We tend to view our life's path as a one-way road, a line that stretches out from point A to point B to C to D and into later time periods. Eventually, the line leads us to our inevitable death, where many fear that they will fall into a dark abyss. Here is one of my favorite "sound bites" that I composed for my book tour in 2000: *"In times ahead, we're going to look back on our perceptions of death the way we now look back on those who thought that the earth was flat and that you could fall off the edge."*

Desperately, we squint our eyes to see down the road to point G, even though that vista might not be revealed until we reach point E or F. Sometimes point E will pull in events that will have a repositioning effect, thereby allowing us to *recognize* point G.

I know a woman who moved from a very nice apartment to another one with which she became increasingly dissatisfied. *"Why did I ever move here,"* she lamented. *"This one is so much smaller and dingier. Why can't I live in an apartment like the one I can see across the way, through my kitchen window?"*

The apartment that she gazed longingly upon was precisely the one into which she eventually did move. She had to arrive

at point F (the undesirable apartment) before point G (the preferred one) was revealed. Point F had a repositioning effect on her journey. In terms of a linear path, this could be viewed as a natural stop along the route.

In terms of a non-linear, grander scheme emerging, the Universe delivers cues at specific junctures. It does so through synchronistic signals and events that are sent from beyond time and space. It is rare these days to hear an awakening soul respond to an amazing turn of events with, "What a coincidence!"

So, if the woman *had* been able to catch a glimpse of her future apartment, (looking directly from point A to point G) she would have been limited in her ability to interpret what she would see. She might have interpreted it as a residence belonging to someone else, or simply not a possible option. Again, we are only able to interpret through the filter of the present moment. It is a good idea to live with a feeling of expectancy, but without specific expectations.

Moreover, the woman's resulting move to the ideal apartment might not have been her preference at another time. It was not until it came into view through her kitchen window, at point F, that she could appreciate it.

Many strategic components must configure on our paths before the right timing can occur. These components are less dependent upon specific timing than they are relative to the players and events necessary to come together. All the elements are configured and set in motion from beyond time.

One evening while still living in New York, I was walking home from seeing the movie *Sliding Doors*. It was a good depiction of parallel realities. The storyline followed the results that one event had in the life of a young woman who was living in London. In one reality, she caught the Underground (subway)

in time to go home to her boyfriend. In the other reality, she missed the train and went on to experience a very different—but parallel—progression of circumstances.

The movie took the viewer through both routes that the woman experienced, simultaneously. The outcome of both paths brought her to pretty much the same juncture, or outcome.

I was thinking about the concept of parallel realities when I reached my residence. There I met up with Ed, an older man who lived in the same building. He was rumored to have been a scientist who worked on the hydrogen bomb. He kept to himself and was always quite secretive about his past, but we often chatted about physics meeting metaphysics. As it turned out, he had also seen *Sliding Doors*.

Ed told me about a psychic reading that he had attended, years before. He said that the psychic described “pieces of colored paper” draped around his shoulders. At the time, she interpreted this to mean that Ed would eventually be traveling to Hawaii. The colored paper must have represented a flowered lei.

Ed said that a few months later he was crossing a street near Sixth Avenue. A building was being torn down further up the street. As he continued walking, a string of colored paper floated down through the air and landing squarely on his shoulders.

“Can you believe the synchronization of time and place that had to come together for that to occur?” Ed mused, scratching his head.

I supposed that this must have seemed phenomenal to Ed the Scientist, who had probably calculated probabilities and linear equations in his head to explain this “coincidence.”

“Not at all,” I replied. I described to him how I perceived all the elements of that event were configured from beyond time and space. They simply appeared in this dimension and came

together at a certain point in time. To perceive such possibilities in a linear way *would* be baffling.

I believe it is in this way that strategic and synchronistic events configure to cross our paths. When you think about your dreams and desires, try to do so without attaching a limiting, linear belief. For example, if you want to move into a fulfilling career, ahead at point D in your life, drop this notion: “I will need to experience a number of prerequisite events and make the logical contacts to get myself from points A to B to C.”

When you release such beliefs, your expansive all-knowing, all-seeing Higher Self is free to guide you through unexpected, logic-defying circumstances. By traveling an entirely different route from the one that you had been conditioned to expect, you might attract a job with more depth and enrichment than you could have ever dreamed. But you must stop calculating what your future ought to be. And be prepared for magic.

Once I met a man on a blind date. In the preliminary stages of getting to know each other, he blurted out, “I pretty much figure that in the last ten years of my life, I’m going to have tubes coming out of me. You know, on life support.”

I gasped. His conviction about the future shocked me. It felt like the sound of fingernails on a blackboard. “Why in the world are you choosing that future?” I asked.

“Why not?” he replied. “It’s just logical. That’s what happens when you get old.”

Consider how people cheat themselves when they anticipate their journey with fixed perceptions. You might believe that leisure time or relaxation—doing what you really want to do—will enter into your life around point G, during a retirement period. There are infinite ways that these desires can manifest, even back at point A or B. But if you are looking

away to point G, you will miss important guidance that will lead you through those possibilities.

You will arrive at the destinations on your path in a much more flowing and enlightened manner as long as you stop trying to manipulate the path to the future. Point A bears its own gifts. Infinite roads lead to unlimited variations of point G. One way or another, you are going to get there. Just put down the map, get onto the bus and hold on to your hat.

### Strong Future Events and Free Will

There was a time when I was enjoying frequent discussions with a physical chemist. We were tossing around the question, “How far off your path can your free will take you?” I conjectured that if you let Divine guidance pull you along life’s path, you could not stray far. If you exert enough energy and free will, however, you might succeed in opening a few closed doors. But it would be a struggle.

My scientific friend felt that some choices might lead you away from critical destinations. However, you will eventually come to a node, something like those in train switching yards, directing you back toward your destiny. The node might be a seemingly insignificant event, such as sitting next to a stranger on a bus. He is looking to rent out his apartment, one that turns out to be the ideal place that you have been looking for. You end up living two doors from your next girlfriend/boyfriend . . . and so on. Synchronistic events switch you back onto your path.

My friend also expressed some interesting ideas about what he termed “Strong Future Events.” We referred to them as “SFEs.” They are not necessarily the traditional significant life

events, such as graduations, birthdays and funerals. They can be seemingly fickle, fleeting moments, when you could have made one choice, but instead, made another. You could have gone to the right, but you went to the left.

He explained that these SFEs are prevailing future probabilities. I find that they create a strong pull through corridors from a specific moment or event to the present. I make this information practical when I work with clients whose paths seem to present continuous struggles. It often looks as though they are being pulled through a tunnel sideways, staring at the wall, stymied and confused.

In consultations with clients, I often see certain inevitabilities lurking on the horizon. They appear to be in place for the purpose of forcing the surrender of my clients' free will. One client was extremely frustrated that her life was not following her specific agenda. "You are trying to play God," I said. She replied, "Somebody has to!" She was serious.

Life works out best when frustration leads to the release of personal agendas to the grander scheme. When effective, a serendipitous chain of events ensues and ultimately positions these clients to move forward. Their lives start to flow with greater clarity.

Meg is a client who insisted upon exerting her free will. She did everything in her power to become a partner in her law firm. She was so focused on this goal, determined to make it happen, that she was willing to do anything. Maneuvering in ways that compromised her relationships with co-workers, she was eventually fired. A few weeks later, an old friend from law school invited her to lunch. At the last minute, she accepted the invitation.

The two had been very supportive of each other through school and had worked well together on community service

projects. Her friend had recently quit an unrewarding government job. They commiserated about their mutual dissatisfaction with the legal profession and joked about the possibility of becoming partners in their own practice. They now work together building a legal practice that is gratifying for both.

When you climb up the wrong way on an escalator, the stairs work against you. Likewise, Strong Future Events can appear to pull you backwards, kicking and screaming. SFEs often pull us through toxic patterns that are counter-productive to the soul's evolution. They are revealed by the exaggeration or repetition of those themes. The challenge is to surrender to new perceptions about your life and experience the resulting shift in reality. As a result, you are likely to find yourself strategically repositioned, facing the right direction on the escalator.

One always has the option to set aside egocentric desires and defer to the bigger plan: "Let Thy will—not mine—be done." Give in to what God is telling you through the events in your life. The Universe will then be able to deliver joy and new adventures because you are no longer resisting.

One of my favorite concepts is what I call "perverted joy." This is when people live their whole lives so as to prove victim beliefs about themselves. In the end, on their deathbeds, they proclaim with a strong sense of righteousness, "See? I was right! Nothing ever went my way!" These unfortunate souls, so focused on being right, never realized that they were walking the wrong way up the escalator. No wonder they never got anywhere.

A certain kind of SFE can have harsh and lasting impact. A seemingly innocent, fleeting or insignificant decision can result in tremendous grief or misfortune. Jobs can be jeopardized, relationships can be ruined and lives can be lost. People may lament

endlessly that they did not make a different choice. Sometimes, however, it was not their choice to make.

Nan is a client who left the cap off the kerosene can in her garage. She will forever live in torment over the loss of her two-year-old son who drank the solution while he played. He was unsupervised for only a few short moments.

In California, a father forgot his infant son in the back seat of his car while he went into work on a sweltering day. He will replay that fatal morning the rest of his life, wondering at what juncture he might have made a different choice and spared his son's life.

Employees who made the fatal choice to return to their desks in the World Trade Center left their loved ones forever re-running "what if . . ." scenarios.

Seemingly fickle wrong turns that lead to such tragedies might actually be SFEs that are configured to draw those exact circumstances onto one's path. From a larger perspective, experiencing the unimaginable might be a soul requirement for growth. Disasters and loss offer opportunities for expansion and evolution. They catalyze spiritual awakening and balance karmic scenarios.

It is not uncommon for me to communicate with souls on the Other Side who confirm that their exit route was no accident. They often indicate that they are currently very involved in work to be done in the non-physical dimension. In many cases, those projects position them for subsequent re-entries. They share glimpses of those paths ahead.

When the path of the willing participant—the "victim"—is one of a child, it may be a configuration that is designed to bestow that soul with wisdom gained from experiencing the part it played. Then the soul is released to return "home." An

exit may also be timed so that the soul can re-enter to execute a subsequent, specific mission in the physical dimension.

That re-entry might coincide with a key placement in history. Perhaps it will involve a more opportune time for the evolution of that soul. Or that re-entry might enable the soul to team up with a group of souls for a collective purpose.

I once did a Reading in the Round for a group who all lived on the same street, in a cul-de-sac. Tiffany was a young mother of two who had also lived there but had died from influenza a few months before. She communicated messages to each one in the group as I went around the circle.

It became apparent that the entire group had been guided to live in that particular neighborhood for a unified purpose: to awaken spiritually and realign with the Source. I discovered that as pioneers, living in another life space, this soul-group had died of starvation and exposure. They cursed God for their misfortune.

Figuratively, this group had once again circled the wagons: this time, in the cul-de-sac. Their awakening was triggered by the loss of their beloved friend. Now this group meditates together and cultivates a neighborhood garden.

I also recall Olivia, who called me with an urgent concern. Her son, Jeremy, had been killed. His body was found lying on railroad tracks near a beach, unrecognizable. I told her that I do not usually consult for cases involving mayhem, except where that type of information enters into the landscape of a bigger picture. I referred her to a psychic who worked with the police and FBI. She decided to call upon us both.

At the beginning of her phone consultation, Jeremy projected himself to me clearly, exclaiming, "The experiment worked!" He related, telepathically, that from his life review process, he now understood that the way he passed was influenced

by karmic circumstances. He confirmed to Olivia that she had indeed been in communication with him the night of his death. He was also aware that his passing had been the catalyst for the spiritual awakening of his father and sister.

“I know that Dad is grieving terribly,” Jeremy said, “but please tell him to stay focused. He could hit his hand with a hammer next week.” Olivia said that her husband worked as a building contractor.

Then Jeremy listed the names of several of his friends who had surfed with him at the beach that day. “I know they are in pain. They blame themselves for leaving me to walk home that day, along the railroad tracks,” he acknowledged. “Please tell them that there is no way they should have done anything differently.”

Jeremy turned to me, asking me (telepathically) to explain my version of SFEs to his mother. Just as I was able to access his consciousness, he could do the same with mine. He had picked up on my reference to SFEs. I explained the inevitability of Strong Future Events to Olivia.

I am not advocating that we should not always try to do the right thing and contribute whatever we can for one another. But most SFEs are impossible to override. In Jeremy’s case, his friends played a crucial part in his life’s journey, but they were not responsible for the outcome of the event.

Olivia had another consultation several months later. She asked if I would consider looking into any details about Jeremy’s death. The police had uncovered very little and the psychic to whom I had referred her had not been able to help. She knew my hesitation. I did agree to see what might be revealed in a larger context, rather than to explore grizzly details. At the onset of this session, Jeremy arrived to describe the karmic significance of his death.

I moved into Jeremy's consciousness at the time of his passing and saw through his eyes. Three men were standing before him. One with a tattoo on his arm, one with a knife. The third looked into Jeremy's eyes. Jeremy looked right back, almost through this man, the moment the knife was thrust into him. I told Olivia that I felt that this man was ready to confess.

Then Jeremy showed me a scene from a past life space. He was a warrior, stalking his foe in grassy marshlands, cutting his way through very tall reeds. He came face to face with three of the enemy whom he was ordered to kill.

For a brief moment he hesitated, looking into the eyes of one of his adversaries. He paused, indecisive as to whether to kill his adversaries with his sword—as commanded—or to follow his heart and spare their lives. He shook away his hesitation and proceeded to kill them. Apparently Jeremy's death was a re-enactment of a past scenario with one or more of the same cast of characters. This time, Jeremy played the victim. A deep karmic connection was formed, then confirmed, when the two looked into each other's souls at the moment of their physical deaths.

Olivia said that when Jeremy was in high school, he wrote a composition about a soldier who faced three men he was ordered to kill. He wrote about the dilemma, whether to follow through or set them free. I said, "It seems that he was writing from a soul memory."

The most baffling, nonsensical relationships and events that come in and out of all our lives are often those that run the deepest in terms of karma seeking balance. Generally, when you are spiritually awakened, you are an unlikely candidate for such karmic vignettes.

When you are alert, present and awakened, you are able to gain insights from the themes and lessons as they present themselves.

You learn vicariously from observing the way that challenges unfold and are resolved in others' lives. You create less need to act out dramatic events. Closure and balance result from the insights rather than necessitating the arduous experience of a karmic lesson. I call it "jumping off the karmic conveyor belt."

Our fears and misperceptions derail us. They can turn us away from the beam of Divine energy. However, our timeless journey can be balanced. The enlightening insights promote shifts in perception, which gets us back on track. The resulting effect places us back in the "beam" to receive the ultimate gift of Grace. Love flows through, unconditionally.

One client, living in Big Bear, California, experienced an SFE that pulled her in a positive way. One day, she and her husband were shopping in San Bernardino, the town at the foot of Big Bear Mountain. Late in the afternoon, they contemplated driving on to Palm Springs for dinner. At the last moment, they decided to drive home, back up the mountain.

A few moments after they arrived in the driveway, they found themselves standing in the front doorway (as Californians are taught to do) with their arms around their teenage daughter. It was the exact moment of a major earthquake. If they had chosen to dine in Palm Springs, their daughter might have experienced the quake frightened and alone. Most likely, their decision had not been their choice to make.

I have a delightful recollection of a time when everything in my life figured as the result of the magnetizing pull from an SFE. I have to say that by now it is becoming easier for me to identify this phenomenon even as it starts to gain momentum in my present, rather than becoming identifiable to me only in retrospect.

I was traveling around the U.S. on an extensive book tour, waiting in long lines in too many airports. Hotels and other

accommodations made quick-energy, unhealthy food too readily available to me. When I am tired and overworked, there is a ravenous “cookie monster” in me that grabs up any delectable morsels within reach. He tosses them my way for my immediate, gluttonous consumption. Usual prey for this monster can appear in the form of the complimentary cookies, such as those typically found at a Seattle B&B. The cookie monster went wild on that particular tour.

I returned to New York, tired, undernourished and plumped up. I can usually resume my healthier eating routine right away, once I am home. Normally, I reduce my travel weight back to a more attractive, comfortable range within a couple of days. But the cumulative result of this trip’s eating left my weight residing on the near side of porky. Something compelled me to set up an altogether different routine. All the doors opened and pulled me into a perfect, unanticipated regimen.

Shortly after my return, I happened to stop in at the Integral Yoga Center, just down the street from where I lived. Not only were there classes available that jibed with my schedule, but there was also an opening for a volunteer to work in the kitchen at noontime. I could exchange work hours for free classes and lunches with the staff. This appealed to me, offering me a new way to get acquainted with new people and share a meal with enlightening folks. I had found it challenging to meet people in New York while running my own, very solitary business. Barhopping had never been my cup of tea.

Three times a week, I washed community-sized pots and pans with a dancer from Brazil, an actor from Julliard and a nearly homeless divorcee. I ate wonderful organic lunches with yoga teachers and stimulating residents from the Yoga Community. Between the beginning of November and the end

of January, I effortlessly dropped the excess tonnage I had accumulated on the road.

In December I was invited to speak on my first cruise, due to embark that following February. I would never have anticipated the need to be in my best shape for a winter event. I believe that the cruise was a SFE and it created a magnetic pull from that future to the present, just as I was retuning home. It brought about a synchronization of events that primed me to arrive on board in good shape.

## The Continuum of Consciousness

I enjoy receiving endless examples that our soul is truly eternal. It carries with it aspects of all that we have ever been and all that we have experienced, through a continuous stream of consciousness.

In *Heart-Links* I relate the example of a client who, in a future moment, was watching her yet unborn little boy walking towards her. In that future moment she was aware that there existed a connection between this soul and a good friend of hers in the past. A few months before the consultation, a close friend of hers passed from a terminal illness. Before passing, she said to my client, "I really like the man you married. He would make a great father. Hey, I ought to come back as your child." And indeed, that had come about.

In London, I was consulting for a very successful entrepreneur who had practiced meditation for years. He was not surprised when his wife joined us to confirm that she was doing well since her passing from cancer. My client felt that he was in touch with her on an ongoing basis. His wife began our three-way chat, opening with, "About that final conversation

we were having before we were so rudely interrupted by my death . . .” This was a superb demonstration of the seamless continuum of consciousness.

I did a phone consultation for Paige, a repeating client who has lived most of her life in Southern California. In 1989 she attended a drama program in England at the British American Drama Academy at Oxford University. There she met and fell in love with a young man named John. He was fifteen years old at the time, and she was twenty-one. John had been attending high school in Maryland before they met in England.

John aspired to be a dancer. He and Paige had a mutual friend at the Academy who was six foot four to John’s five foot eight. One day when they were all standing outside chatting together, John looked over at Paige and smiled. Then he walked about ten feet away, took a running start and did a split leap over their friend’s head. He walked back over to Paige and said with a grin, “It’s the closest thing to flying.”

At the time, Paige was discovering that she was an “empath,” intuitively feeling what others feel, and was exploring the extent of her intuitive abilities. John expressed that he wanted to learn from her. They had long discussions about philosophy.

From the time that Paige and John first met, they felt a connection. They discussed reincarnation, and John said how “cool” it would be to return one day as Paige’s child. Paige didn’t pay much attention.

Apparently, John’s sister had taken her own life a few years before. Paige mentioned to John that he could never know how his sister might turn up again in his life one day. When she suggested that she could even reincarnate as a child of his own, John turned to Paige and said, very seriously, “No, I think that I will come back as *your* child!” This time, she understood that

he meant it. Considering his age, she laughed. Then she replied, “Now *that* would be difficult.”

The age difference was challenging for Paige, which she did not hesitate to express to John before they left England. John, on the other hand, had no problem being with an older woman. John spent the next three years back in Maryland. The physical distance between them further prevented any chance for a relationship.

Later, John invited Paige to visit him at UC Berkeley, where he had decided to attend college. She declined. He did, however, come down to visit her in Los Angeles. Even though Paige was dating someone else at the time, she and John found that they were still in love.

After that, Paige traveled up to San Francisco on business and did take the time to meet with John. This time, John had found someone new, but again, their meeting confirmed their love for each other. It was shortly after that last meeting that Paige learned that John had been shot and killed by a mugger in Berkeley.

John passed when he was twenty years old, two months after his birthday in 1993. He started visiting Paige in her dreams almost immediately after his murder. She said, “It wasn’t long afterwards that I was talking to him ‘in my head.’” Later, she understood that these were very real conversations and that he has been looking out for her for quite some time.

At the time of Paige’s most recent consultation, she reminded me that in a reading two years earlier, I had interpreted for John from the Other Side. He still maintained that he would eventually return as Paige’s child. “Your job,” he told her, “will be to keep me focused on my spiritual path.” I confirmed that when John was killed, he ejected from his body “like being shot out of a canon.” Then John said, “Now I can *really* fly!”

John pantomimed someone using a pair of scissors. Paige was dating a man who had a vasectomy. This is how he got me to ask Paige how he might return to her if her boyfriend could not “contribute” to the project.

At the end of Paige’s consultation, she told me that she was no longer dating that man and that she had applied to adopt a baby. She had no idea when this would come about. In that reading, John said that it would be “soon,” that the birth mother would be from California and that there would be a “synchronicity with the timing.”

John also said he would be returning as a daughter because that is what Paige would prefer, since she was going to be a single mom. He said that her spiritual awareness would serve as the “tarmac for his flight” as a metaphysician in this life.

John said that as Paige’s daughter, he will be certain to remind her frequently that they are only pretending that he is the younger one. He plans to demonstrate this to her by doing things before she shows him how. The two examples he gave in the consultation involved riding a tricycle and being able to hold a fork or a spoon.

Paige now believes that John was having a premonition when he expressed his desire to return as her child one day. She said, “When he first made that statement, the look in his eyes told me he was stating a fact. From that moment, we talked about it as if it were a certainty. I can’t even tell you why. I was the only one of the two of us who prefaced the statements with, ‘If you should leave this life before I do . . .’ John never did. He would simply say, ‘When I come back as your child . . .’”

Paige told me that the mere fact that she was able to get a consultation with me the last time I was in Southern California was, in itself, serendipitous. She said, “I was lying in bed very

late one night and started thinking that I should find out when you would be in L.A. It became so important that I got up to search for my old tape that very night . . . after midnight. I couldn't sleep until I found it. Then I accessed your website. It turned out that you were in the area that very same weekend. You just 'happened' to have a cancellation. John wanted to tell me he was on the way."

CJ is another soul who transmitted through timeless consciousness from a "no-time zone" before birth. He presented a fascinating "sneak preview" of events that would occur after his birth. At the time of this consultation, Kerri, his mother, was eighteen weeks pregnant. The baby's mother confirmed much of this information when her son was two months old.

CJ began by alerting Kerri to the fact that he would re-enter carrying an aspect of "Harry." Kerri said that Harry was the grandfather whom she never met. He passed before her birth.

CJ also said that throughout his childhood he would be very attracted to "the one who jingles keys or coins." Kerri said that this is a well-known characteristic of her father-in-law, who rattles his keys constantly. In a recent communication she wrote, "CJ has already successfully turned this rough and tough, seventy-year-old Ph.D. businessman into mush."

Among several "sneak previews" that CJ projected were the images of a dog hitting its head, a mobile looking to be off-balance and something about an ice cream truck driving by. His mother reported that these three events transpired in the same day.

First, she noticed that the baby seemed a bit agitated while lying in his crib. She straightened his tilted mobile. A little later in the day, the dog sneezed so hard that he hit his head on the floor. She said that CJ laughed, almost uncontrollably. (More than one soul has cautioned a mother-to-be, projecting

“... and when you see me laugh after I’m born, know that it is not gas!”) About the same time that day, she heard the song from the ice cream truck going down their street.

Before writing this account, I confirmed these details with CJ’s mother. She sent me some fun information that further shows the challenge of trying to interpret the future in terms of the present. She wrote:

“In my first consultation you were conversing with my grandmother who had passed. She was telling you something about a bird fluttering in the corner of a house. It appeared to you that that the bird had become trapped. I believed this was a time when I saw a bird overhead and felt certain that it was my grandmother’s presence.

“However, while typing this just now, sitting out in my backyard, my husband approached me. He was holding a folded towel in his hands. He said, ‘Hey! Do you want to see a magic trick?’ He opened the towel and out flew a bird! I couldn’t stop laughing.

“Then the bird flew to perch on the fence. I watched him and he sat there for a few minutes, looking back at me. I think that my grandmother was alerting us to a future moment, this one that just now happened in the present. She must have known that I would be in contact with you, right at this time.”

These souls, transmitting before birth, are wonderful examples of the continuum of consciousness that we will be witnessing in times ahead. More and more souls will reincarnate, remembering. And their parents will not be discounting their children’s intuitive sensing or the “memories” they recall.

The mothers of both of these souls were invited into my apprenticeship program after I assessed the level of their own multi-sensory abilities. They demonstrated trust in multi-dimensional awareness, even when their rational minds discount what is being received. In the apprenticeship program, I have no hesitation in sharing all my “secrets” and tools in an effort to further the next wave of extremely aware and “dialed” individuals. They are the bridge to the future.

## Interpreting the Future

Earlier, I summarized an interesting investigation by Peter Russell regarding a probable future shift in consciousness. His influence underlined a compelling new emphasis for my work. This emphasis is a determination to assist others in aligning themselves with their true and eternal spirit. I am resolved to empower people with a realization of their true identity. I seek to facilitate the repositioning of people to face forward and open up to an entirely new existence.

Glimpses of the future can only be interpreted in terms of the present. And present perceptions are unavoidably influenced by experiences from the past. For this reason, I take great pains in consultations to interpret future information every possible way—literally, symbolically and metaphorically. I encourage clients to receive all that their linear, “local” minds cannot comprehend. It is only through passage of time that the most accurate interpretation of the future unfolds. Time will tell.

I ask clients to keep the future images I interpret during consultations “lightly on the shelf.” I instruct them to resist the urge to obsess about identifying what has been prognosticated.

The tendency is to impose their desired interpretation onto subsequent events. To do so is a sure way to pull out of the present and miss important guidance—and the access to that future. In any event, speculation about the future is less engaging the more you live in the present and without fear.

I personally had a dramatic example of the challenge in accurately interpreting the future. Years ago, when my daughter was twelve years old, she came into my bedroom where I was meditating. She sat on the bed and sighed, “Mom, I just don’t think that I’m ever going to get married.” Being in a relaxed and somewhat transcendent state, I unexpectedly saw a vision around her. There was the letter “J,” and that person wore white.

At the time, I was raising my daughter in Newport Beach, California. I could only interpret this image in terms of my present repertoire of experiences. Naturally, I deciphered this to mean that she might eventually meet a “Jim” or a “John”—quite possibly a tennis player, a doctor or a dentist.

How incredulous I would have been had my future self tapped me on the shoulder at that moment and whispered into my ear: “Excuse me, Louise . . . but, uh, what you are seeing there, is that your daughter will eventually convert to Judaism and meet a man over a particular holiday when he is wearing white.

“His name will be Joseph. She will marry him and join the strictest Hasidic tribe in Jerusalem, where she will live more happily than ever in her life. In that foreign land, the two of them will raise your grandchildren who will speak only Yiddish!”

This was years before I relocated to New York City. I could not have entertained the faintest idea of the meaning of

“Hasidic.” The other elements of that eventual reality would have been equally incomprehensible to me. How futile it would have been to interpret that future with the limited perspective available to me in that present.

I believe in a future, an existence that will truly reflect the nature of our eternal, divinely generated spirit. Given the prospects of an eventual shift in consciousness, it is a reality in which our natural multi-sensory abilities will be fully operative. Multi-dimensional understanding will no longer be funneled through limited linear perceptions.

Fear is a product of the dual nature of this physical dimension. Duality offers us the opportunity to experience the dark and the Light. The darkness serves as a contrasting backdrop that makes the Light more discernable. Inarguably, our world is becoming pretty dark. As the Light gets brighter, it casts a wider shadow. The more distinct the Light becomes, the more effective a beacon it becomes to lead us out of the darkness.

In the future, such conceptions of duality will fall away. We will experience life without duality, without the need to learn from contrasting experiences. We will expand without the need to define ourselves by comparing “that which I am, by that which I am not.”

The soul recognizes truth. With the increasing illumination in this world projected against the backdrop of a darkening landscape, people will not tolerate that which is not spoken in truth. Nor will they support decisions that originate from inauthentic motives.

Given the limitations of interpreting the future in the context of the present, I will share a future to which I was once transported, in a spontaneous, unexpected, single moment that transcended this dimension. Years ago, I was driving down the “Grapevine,” a

long stretch of highway that extends from Bakersfield, California, over the mountains and into Los Angeles.

As I was driving, an overwhelming feeling of gratitude swept over me. This was accompanied by a sense of tremendous awe for the infinite workings of the Universe. Suddenly, I shifted to expanded consciousness while continuing to safely drive my car.

I experienced an amazing future that I assumed to exist in another dimension. I could not tell if I was an occupant in this living community or a visitor from the past. Rather than appearing as a New-Age-ish commune, it was more a coming together of very present, grounded souls.

Incidentally, I get impatient with those who feel that they ought to become more “cosmic” or “airy-fairy” in order to be more intuitive and multi-dimensional. I always caution, “Be here, now. You must ground the wire to be an effective receiver.” After a talk at a bookstore, a woman once approached me to ask, “Can you tell that I am one who always seems to get things in series of threes?” I replied, “No, no, no.”

For some to contemplate the idea of people living in a community is to conjure up images from the 1960s: flower children walking around in gauze clothing, high on mind-altering substances and free love. Members of those communities often served a patriarchal guru. Often, the emphasis on the community’s goals compromised the individual’s sense of wellbeing or integrity.

In this future, I observed people living with greater dignity than in the stereotypical communal experience. Many ran their own small businesses, similar to a growing trend today. Some worked in an elaborate communication network that connected this particular community to many others around the world. The technology that supports greater autonomy in our current

age of communication and links people to each other had developed in unimaginable ways.

Most people who lived in this community were involved in some form of creative arts. They felt inspired to express themselves from the heart. It has been said: "Creativity is Divine energy expressing itself."

In my current life space, I am already seeing traces of new creative avenues that I cannot define in today's terms. For example, I once described a moment that existed in the future of an artist client. She was able to bring sound through color. She said that she was having dreams where she saw people standing and looking at her painting, hearing celestial choirs.

In the future community, I saw children learning expressive dance and movement. Young people were painting very large murals that coordinated beautifully with the architecture of nearby buildings. Those buildings blended unobtrusively with the lush, natural landscape that surrounded them.

The verdant vegetation looked greener than I had ever seen. Beautiful gardens, which were created without genetic manipulation, grew without pesticides. There were new hybrids of plants that thrived in soil composed of new elements. The population had a reverent respect for all that nature provided, cultivating no more than what was needed to sustain the community.

I remember the brilliant red of tomatoes in one of the vegetable gardens that caught my attention. There were outdoor garden plots and indoor greenhouses. Flowers bordered the community in decorative gardens. They also grew in large fields in a nearby valley. The land looked fertile with dark rich soil covering the natural inclines and slopes. The community clustered around the natural formation of two or three lakes and streams.

At one point, I found myself participating in some sort of ceremony. Participants were standing in a circle on a hill. The purpose seemed to be in preparation for a gathering to take place within the next couple of days. A boat was bringing a delegation of emissaries from another community. Both communities were guided by spiritual priorities that served the greater good. Standing with these people, I felt new sensations that I have never experienced.

I was instantly aware of the telepathic communication that linked us all. The moment that I joined with the others in the circle, I became aware of their thoughts and sensed that they knew mine. When feelings of love and gratitude swept over me they looked my way, smiled and nodded. They had a way of acknowledging intuitively who I was, as if they had always known me on a very deep level.

Telepathy was used as an efficient and complete method of communication. By contrast, written and spoken communication seemed laborious and contrived. Subtle nuances and intentions were instantly conveyed telepathically, adding depth and flavor to communication. So much could be transmitted so quickly, beyond words. It was hard to know who had “spoken” first. It reminded me of how it works when I interpret for loved ones on the Other Side.

Each person was able to access a group mind. This ability prompted creative ideas to grow exponentially from the contribution of many minds envisioning together. At the same time, the group mind allowed for the contribution of each person’s unique perspective.

Each individual joined in with a clear and intuitive sense of his or her own role within the community. Diversity was valued and respected. There were no enemies, since there existed no perception of any one being separate from another.

People were not motivated by any desire to rival each other. All maintained and lived by a unified vision. Man had finally learned that there truly is enough love to go around.

In physics, entrainment is the effect of one frequency joining with another oscillating frequency. First there is dissonance, then resonance, as the one frequency starts to vibrate with the other. The new vibration is entrained or brought into resonance with the other. Discordant thoughts could be entrained and brought into harmony. Sound and color were used to heal energy fields that were disturbed or out of balance.

There seemed to be this effect of entrainment when I sensed the group's thoughts combining. Sometimes, in my present reality, I feel a somewhat less unified version of this. When I conduct "Readings in the Round," I tune into a group of ten participants at the same time. It is often a group of individuals who have not previously met each other. Most of them share a mutual intention to receive information that will enlighten and heal. By the end of the evening, they are on the same wavelength, as if they have been friends for a long time.

In the future community, telepathic communication was effortless. I can only guess that it evolved naturally as a result of deep, personal inner healing. Consciousness was unclouded and undistracted by personal issues. It became evident that the outer projections of man's inner chaos were the greatest challenges that had confronted civilization. That realization affected tremendous emotional healing in the world. People's thoughts and consciences were clear. With nothing to hide, telepathy was easy.

In my present work, I enjoy the way telepathic communication transcends any language barriers. Clients often ask how it is that I can interpret for a loved one who spoke a foreign language in their physical life. Their gestures may

exaggerate a particular cultural characteristic, but transmission and reception is easy. This type of communication circumvents the limitations of linear, verbal language.

The entire future community would call on a Higher Power for one in need. Some were able to come to others through dreams. Dream interpretation promoted healing and greater understanding of problems or lessons to be learned.

With illumination of personal dark shadows, people no longer obsessed about ways to maneuver, dominate or manipulate others. I experienced an awareness of complete understanding of, and gratitude for, individual talents that contributed quite perfectly to the whole.

The emptiness and frustration that people had come to feel from believing in the illusion of the material world necessitated a worldwide spiritual awakening. Each individual's divine connection was recognized and confirmed—for it has always existed. Motivations were Divinely inspired and guided.

This community was entirely self-sufficient, materially and economically. It was also politically autonomous. Those who served in leadership roles were supported by the group consensus. People were not elected to positions through any political process that I could identify.

The delegation of roles and duties was obvious to the whole, understood through more refined intuitive sensing. The capacity through which each person served the community was one that they performed the most effectively, utilizing individual talents and gifts to the fullest. People contributed their gifts freely. The community thrived and was nurtured by the contribution of these valuable gifts.

When I became aware of personal relationships in this future existence, it was evident that through self-healing, all

were quite capable of taking care of themselves. This independence left much more room for adventure. The old obsession for unrealistic romantic expectations no longer existed.

Both male and female energy were recognized and balanced in both sexes. This balance allowed everyone to share and contribute as integrated beings. This supported a personal observation of mine: When men and woman are in a seduction mode, they are often unconsciously trying to reach for the energy of the opposite sex and bring it into themselves.

A “macho” guy might pursue women who embody the feminine aspects of intuition, vulnerability and the ability to nurture. Likewise, a woman who lacks more assertive, proactive, rational aspects might attempt to bring it to herself by being seductive around men who exude that kind of strength.

I saw men and women living in a balanced way in the future. It allowed both sexes to enjoy and support healthier qualities in each other. There was no desperate need to control or take anything from each other.

It was evident to me in this future that children were valued and respected for the wisdom they brought forth at birth. No longer were they treated as lesser beings because of their chronological age. They remembered who they were and from “where” they had come.

I remember the time that I laughed long and hard when a client told me something that her three-year-old granddaughter had said. The little girl looked in the mirror and exclaimed, “Goodness! *I’m a BABY!*”

Children in this future were taught to trust themselves at an early age. Adults took the time to listen and validate their perceptions and feelings. They were also encouraged to talk about their dreams as they learned how to work out personal issues through lucid dreaming.

Intuitive abilities come naturally to children in our world, but they fade with exposure to parental and societal skepticism. In this future, multi-sensory abilities were easily integrated into life experiences.

It was gratifying to see that in this future, the elderly were no longer invisible. They were considered to be vital and valuable members of the community. They were relied upon for their experience and their wisdom.

People became more interesting and interested with every birthday. Even though there did not seem to be physical aging, there was still a sense of certain souls who were valued for carrying greater wisdom, as if from having lived and learned over a longer span of time. Young people once again respected and admired their “elders.”

Attitudes and beliefs about aging had changed dramatically. In the way that form follows thought, the physical body’s aging process was transformed. With their awakening, people had become attentive to the body’s efficient way of communicating its needs and requirements. People listened to their bodies’ messages, which alerted them to any issues. It was therefore unnecessary for the body to manifest disease to get its owner’s attention.

With no clocks or watches in this future, people moved through their days in accordance with their own natural rhythm, in sync with the light of day and with the seasons. Life was in rhythm with the earth. The seasons were different, although I cannot really describe why, or how this came about.

Without an imposing linear perspective, stress was nonexistent. People worked and played together. Both were equally valued activities. No one worried that he/she would run out of time. There was no need to save it.

I speculate that one effect from current and future weather changes is that survival issues will force people into a more tribal, community-focused way of living. It will certainly influence how people live and care about each other. It is important to notice the indicators that are already leading us in that direction.

Occasionally in the present, I alert clients to future opportunities that will encourage or even impose this kind of awareness. For one client, I described a scene where a fire was likely to start down the street from her home.

The scene was neither ominous nor foreboding. Rather, it indicated an opportunity. Previously, the residents in this neighborhood were living without awareness of each other, isolated behind their satellite dishes and automatic garage doors. The neighbors would be forced to come together, exchange phone numbers and share meals.

Your future awaits you in this very moment.

It is adventurous to the degree that you are willing to leap beyond your comfort zone and embrace the uncertainty of the future. It will guide you on to new journeys.

It is challenging to the degree that you are resistant to learn and grow from life's lessons. The future does not cater to the ego-self.

It is exciting to the degree that you are willing to release your confining expectations to a greater wisdom. It will reveal fantastic insights.

It is meaningful to the degree that you are able to surrender your confusion, seeking guidance and clarity. You are not alone.

It is forgiving to the degree that you are willing to forgive others. Grace is a gift bestowed freely.

It is responsive to all your needs to the degree that you have

learned to take care of yourself and ask for what you need. God helps those who help themselves.

It embraces you with unconditional love, to the degree that you are able to love and accept yourself. If you would have love and acceptance in your life, then demonstrate them to the world and your future will reflect both back to you.

It protects you from your enemies to the degree that you no longer see yourself as separate from anyone. In the absence of separation, no one will try to harm you any more than they would try to harm themselves.

It is patient, waiting for you to ask the right questions. It will show you who you are when you ask, "Who am I?"

Step through the portal of the present into the fearless future. You are here to experience it through each passing moment. It is what you came here to do.

## Epilogue



*“Reality is merely an illusion,  
albeit a very persistent one.”*

—Albert Einstein

I recently found myself feeling fearful when I heard some information regarding potential terrorist activity and earth-shift predictions. The information came to me in the same day, from several directions. I must have been attracting it.

Fortunately, this encroaching perspective triggered a reminder: my need to stay out of fear. Fears have such a contracting effect on my whole outlook. Through the week I observed my usual optimism about life’s infinite possibilities steadily diminish. Those of potential impending disaster took their place.

Determined to retreat from fear, I forced myself to bring the precepts of this book back to mind and to practice what I preach. I remembered to come back into the present and made myself recall how certain aspects of the future (now in the past) used to look to me at various junctures of my life.

By now, those speculated future moments have passed by in entirely different shapes and sizes. They were outside the scope of my most active imagination. Sometimes they arrived as growth-promoting challenges. But most often, they arrived through synchronistic, creative and adventurous avenues.

I also remembered my advice to the reader, to become at ease with the impermanence of all things. Life is continually in motion and ever changing. I am, myself, a work in progress. When I anticipate future possibilities, I usually forget that for myself, I can only see to Point B.

By the time I arrive at Point B, I will be changed by the experiences that led me there. If I stay awake, I will arrive there more evolved with new perspectives, greater wisdom and life-shifting insights. Point C will take on a whole new interpretation.

Indeed, it is important for me to maintain a “heads-up” awareness. I need to steer clear of the mindless choices made by those who are motivated by fear.

It is also important for me to stay mindful of the increasing vulnerability of certain locations on the planet. I need to remember that I will be guided to all the right locations in all moments. I am resolved to let this awareness flow into a safe place in the periphery of my consciousness.

By taking myself through this process, I found that I came back to center. I stepped back into “the beam” of Divine energy where clear guidance is not elusive. It will not fail to take me where I need to go.

When I am no longer a physical being, I will want to see that I approached every possible adventure with expectancy, but without expectations. I will want to have experienced each and every event consciously and fully . . . and not in fear.

### Being Fearless Among the Fearful

Years ago, I signed up for a year of law school. Looking back upon the experience, I would now define it as a totally unremarkable, free-will choice that I made at a directionless time in my life. I achieved so-so grades, I did not meet anyone with whom I stayed in contact, and I found the reading and reporting of legal cases to be a tedious waste of time. I also had to contend with an annoying distraction from deceased plaintiffs and defendants who would contact me during class discussions to telepathically communicate their side of a case.

With each approaching midterm and final, I remember feeling a contagious hysteria that spread like smoke through hallways. It was spawned from a fear of being unprepared. Frantic whispers in the elevators made me nervous: “Get Barons for torts!” or “You’ll nail contracts with . . .” Rather than a benevolent gesture to reach out and help others, it seemed to be more an attempt to appear to have the inside scoop on how to cinch exams. Competition for future internships prevented that kind of altruism.

People do strange things when trapped in the contracting emotion of fear. Once you observe yourself in a moment of fear, then try to identify the fear, embrace it (rather than deny or run from it) and shift to a feeling of gratitude—for anything that you can think of at the time. You will immediately find yourself

out of fear and back to center, where you can sense more clearly and make more responsible choices.

When you find yourself *among* the fearful, you may need to show others how to rise above the herd and take the high road. When I do this, simply taking that action diverts me from judging others for the ridiculous way they might be acting.

For example, people sometimes cut in front of others in line when they fear being left behind. Show them how to be courteous. This happened to me recently in Israel. I was standing up to get off a bus when a woman shoved ahead of me, nearly knocking me back down into my seat. I stood back up, assuming that her husband, behind her, would then let me go ahead of him. Seeing that he had no intention of making space for me, I smiled and gestured for him to go ahead. The man standing *behind* him had watched all this unfold, then smiled at me and gestured for me to go ahead of him. Kindness was catching on.

You become a more powerful being in any moment that you simply pause . . . and allow Divine energy to flow through you. You will be moved to act in ways that demonstrate fearlessness and compassion. This is how you become “a light in the market place.”