THE TWIN FLAME TRANCE

Reaching Sovereignty

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BACK COVER CONTRIBUTION

A captivating spiritual tale of a deep love entanglement designed to take you on an intense energetic rollercoaster ride from the highs of an ecstatic sexual connection to the lows of a dysfunctional trauma bond, highlighting coping mechanisms playing out within the dynamic. We follow the journey of this couple both at different stages of their lives yet trying to navigate a romantic relationship in two entirely different Dimensions.

Come along for the read as the triggers intensify, activating involuntary spontaneous breathwork and trance frequency seizures until Agatha finally let's go and surrenders into the unknown of this soul journey. Whether this is an ascending soul shifting in consciousness or the magnetism of a Twin Flame love connection, discover how Agatha continuously pulls herself back up from the depths of despair. As she breathworks through each layer of detachment, the deep seated emotional wires conditioned to respond to cycles of fight or flight begin to surface and untangle.

Finally, through this intense healing crisis, a new layer of self-awareness, self-love, self-respect and self-worth emerges highlighting the potential to come into sacred union within herself. A pivotal time for discernment to dismantle the coping mechanisms of the core wounds and ancestral traumas playing out. With the development of new healthy boundaries an epic transformation is birthed to rebuild a healthier foundation aligning with a renewed connection to her soul essence.

It's an honour to have been called in to assist on this journey, welcomed into Agatha's family and day to day life, supporting her through the many ups and downs, but most of all to have witnessed her dedication to doing the inner work required to align with her highest calling and assist humanity during these pivotal times on Earth.

Much Love and Blessings ❤ Jade

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Acknowledgement

This is where I take the time to acknowledge my Twin Flame for everything he's been, and everything he is to me. When the soul activates and these kinds of connections get brought through, they're connections on a Fifth Dimensional level and above all, the love is pure. What I came to understand throughout this journey is that when we first meet our Twin Flame, we are falling into an Ascended love so deep that it's the most intense connection ever felt between two lovers at that moment in time. As it's an energetic connection, the energy blends and it's extremely difficult to have the skills to pull the energy apart without first walking the journey to gain the skills. Therefore, it's a relationship of non-stop triggers, designed to bring pain to the surface.

It's very different from meeting a soul mate who can still be a deep telepathic connection but with less polarity in frequency and the ability to remain unattached to the outcome. We learn that to balance our frequency on a daily basis as a sovereign being we must be responsible for the power of our own energy and how it affects others on their journey of Ascension. The intensity of energy at this level can wipe our partners out when we're energy working others. I'd like to emphasise that the challenges that Twin Flames face in regards to Lightworking the energies flowing through the Earth at any one particular time are extreme. Essentially, they're leading an Ascension, by raising the frequency of Earth.

This connection is a mission of teamwork, where the contrast and polarity works to ground and anchor in the Twins, to complete their purpose. In my situation, I was not an easy energy to ground and it took constant hard work which brought much fatigue to those in my physical energy field. When I reached a certain frequency I began to suffer severe Ascension Symptoms, it was a turning point in my life and I healed my physical body at an epic level thanks to the help of my Kinesiologist at the time. I then decided that I would do to others what she had done for me. So over the next ten years I gave energetic frequency activations to 65 people, at a total of 150 energy healing sessions. In the example of the Fifth Dimension, 145 of those sessions, at no charge, simply an exchange of energy. No matter how hard I tried in business, my work never eventuated as a business model. Not the Energy Healing, the Holistic Medicine or the Counselling. My design was not to be a business woman, it was to simply hold the frequency of the Fifth Dimension as these 65 people in my energetic down-line, navigated through a spiritual Ascension, many to a degree, subconsciously.

Where the business model was always designed to fail, a large part of that success was what my other half did for me, to ground me, to allow me to go so deep into this journey without losing the rational logic of my mind throughout. This journey puts much pressure on the minds of those doing frequency healing work.

While acquiring my corner piece of this puzzle, through observation of a beautiful high frequency male in our soul group, I noted that when going too fast through the levels between 3D, 4D, and 5D it can bring great dysfunction to our working life. By not remaining grounded we can lose control of our own mental capacity and confuse our own layers of Ascension with the work that we're doing with the frequency of others. It can be difficult to discern our own Ascension symptoms and how much influence we have on others while sharing energy. Pulling this apart to understand the major differences between a journey of Ascension and the mechanisms of energy healing others at the same time is total mind fuckery. However, Twin Flames are experienced, powerful souls that are beyond strong and capable of confronting their issues around confidence, courage, rejection and self-worth. This comes from experiencing many lifetimes on Earth and gaining more wisdom each lifetime in preparation for the final Ascension into God energy.

That being said, I'm taking this moment to honour my Twin on this journey, for the beautiful job he did in pushing me further and deeper into the challenge of sovereignty. There are many parts of this raw story where the heaviness of his own trauma would get the better of him and just like me he was struggling to make sense of something extraordinary. Coming in strong from the beginning, this man helped to keep strengthening the soul so that we never lost sight of what we came here to do. I believe I would not have reached the level of enlightenment without the power of this man whose main blockage was not being able to see in himself, what I could always see in him. The good, the bad and everything in between. An unconditional love and I fell deeply in love with it all. What I would come to realise over time, was that the playful smile, the sparkling eyes, the amazing body and face and the intensity of the way that he loved, was weighed down with a heaviness we were both yet to discover. With that heaviness came an armour, a ten foot wall in the form of a protective personality to shield him from more pain. Also known as the ego, this dark shadow self was there for protection and until this is brought to the surface it's only ever a path of destruction. I believe the power of love is by far strong enough to heal the darkness and the Twin Flame journey works in increments for both to be able to Ascend towards the light.

There are parts of this story where a reader may think "not again" due to connections and circumstances beyond our control. Ascended relationships are intense and to some degree can only be tolerated in small doses. The love is so powerful that it's magnetic, like a drug. We have to learn how to split that energy once the souls have their work to do, so it's learning detachment on a daily basis, at an epic level. Until you walk the path of meeting your Twin Flame you can't fully understand how magnetic the pull really is.

I truly honour my Twin soul for the man that he is, the man he is becoming, who he is to me and what I have become through his love. This may be an energetically heavy read for some as there are many cruel aspects of someone yet to shed their protective ego on their journey of healing to the highest levels. Keep in mind that many souls here on Earth are nowhere near the level of being able to face the amount of heaviness that a Twin Flame has to walk through to become that powerful with frequency. It's a story of an empath on the journey with one man who's missing a love language due to the trauma of having never been taught the safety of communication. We all have work to do and after we master judgement, we find gratitude in every situation and connection as it was all pre-planned to be delivered exactly as it's received. My soul's love has done his role perfectly for the Ascension of our soul. In many ways it was the perfection of the intricate design along with the deep connection that kept us holding on so tightly throughout the years of our Ascension.

Preface

Holding the 5th through the waves of Ascension

Celibacy is a powerful part of Ascension, crucial for honouring the body and holding the frequency sacred. Each time we take a lover, we take in the frequency of that person which significantly impacts the journey of Ascension. By building and building the energy, we call in the deepest level of love for an Ascension journey of the highest magnitude. With the simultaneous elimination of alcohol and finally releasing the addiction to sugar, the soul becomes pure enough to hold the energy of Twin Flame Ascension.

Cutting off the sexual energy to a partner who's energetically surviving on their other half initiates the first stages of a magical Ascension into pure God energy. By developing the strength to initiate this process it finally sets each other free. Few souls make it to this understanding due to the current paradigms of our systems and society that keep people rooted in dysfunctional relationships, fear of being alone, unhealthy lifestyles and addiction to sugar which interacts with the higher frequency. Very few people are willing to sacrifice all for the benefit of Ascension into the higher levels of consciousness. Many believe that when we love someone we grab hold of them tightly and we lock them into a legal binding to show them how much we care.

What I've come to learn on this journey is that ascension into God consciousness begins with the freedom to grow and change and experience the journey of life at the deepest of levels. It's modern day Christ consciousness, sharing the message that's been corrupted by the evils of religion throughout the periods of time. Being sent the love of all love only to be sacrificed for the greater good is the essence of Christ consciousness. As more and more souls are awakening at this time the Twin Flame journey will become more widely known and understood. To walk the path of Ascension we must first walk the path of solitude. Appreciation to my Twin, my teacher, who will forever hold a special place in my heart regardless of how many times he's not been honest with himself and to me.

The true Twin Flame connection can require many periods of long separation for the soul to grow and really understand the journey inside out. As it requires each side to have the space needed to enter into deep reflection while the soul is guiding your human not to be living together.

In my experience a 5D Twin Flame love connection won't bring lower level karmic things to each other such as malicious lying, cheating, physical abuse or cruel behaviour. They may torture you emotionally but this will be more in the form of withdrawal, unavailability, sky high walls and ego blockages. If they don't tell you the truth at times, it's because they don't feel safe enough through their intense fear of vulnerability. Ego will most likely be present to protect them from their painful lack of truth to self.

To reach the frequency of calling in your Twin Flame you'll most likely have had to clear all your 3D karma by this stage. This may not be the case for the less spiritually evolved Twin who will still be clearing throughout the journey. The Ascended Twin will have high integrity, an open heart and the ability to hold the frequency of their incoming other half.

Soul calls in a mirror to clear patterns, work through relational patterns, generational family trauma and work towards self-love, respect and sovereignty to balance masculine and feminine throughout Ascension. Every Twin Flame journey is different and although we think we may know the story there is still so much unknown that slowly unravels over a lifetime of experience. This is a beautiful journey felt between two lovers, a journey that no one else can take away and an experience that will forever be felt between these two individuals. It's a journey of healing, a journey of growth and a love deep enough to keep coming back for more, time and time again.

Don't let anyone's view of your situation influence your perspective on your soul's connection. It's a personal journey of Ascension and more than likely for long periods at a time the Twin relationship will be done solo

as the awakened Ascended Twin will have years of acquired knowledge long before their other half is even ready to acknowledge this deep and profound connection they share. The Twin Flame in essence, is a solo journey. May we all find the peace and the light within ourselves through the freedom and gratitude of unconditional love and self-worth. My mantra for the Twin Flame journey….. Meet you in the Fifth.

Chapter 10. The Meeting

It was now February, the year 2016. While still trying to get on top of my parasite issue I had this niggling feeling that time was running out. I wanted the problem finished yesterday but I didn't understand the urgency besides the crawling in my ears, which was a pretty good reason in itself. I knew I needed to recover as I still had no real diagnosis and I was mindful that I may be spreading my parasites to everyone that I was coming into contact with. It was a huge mindfuck. Parasites seemed to be a reoccurring topic for my core friendship group and I wondered if I was the instigator. In hindsight now, candida is not contagious. Regardless, I was growing impatient. Once I'd reduced my sugar consumption my symptoms significantly settled down and I kept working on my immune system with herbals, parasitic remedies and energy work. Life was healthy and my job at SEC still enjoyable. Although I was extra sensitive to the computers and the power lines around the CBD I managed and I liked having a job that was challenging to me as my mind was growing stronger and clearer. I realised how much more I could achieve now compared to any other time in my life. My body was healing.

I was far more sensitive to energy at this stage and I was beginning to be able to differentiate between sickness that was happening with my body and sickness and heaviness that I was picking up on in the body of others. For a long time I thought I'd had a sickness but it was environmental toxins to my frequency. In essence I was starting to feel sick because I was dropping dimensions. This would present to me in the form of anxiety. Anytime I was feeling anxious I often looked at my environment and soon realised it wasn't me at all but others that I was feeling. Police Officers were a challenge as we crossed paths throughout the CBD. The negative energy that would transfer whenever they crossed into my energy field could take my breath away. They were a heavy energy but with my experience with darkness, I knew how to move back towards the light.

Mid February I got the rare urge to go shopping. As fashion had never been a priority I was in desperate need of some new business attire. Also a sucker for sales I bought a dress on the smaller side and a little too sexy for work but nonetheless it was purchased. I woke up the following day on the 18th of February and there was an energy in the air. Although I was paranoid I decided to try the dress that day to see if I copped any feedback. There was something magical in the air on this day that I'd never felt before. If I was to describe it in detail I'd say that it felt like there was an etheric party going on and my guides were all present and dancing. It was a tingling and an energy of deep awareness. I drove to work as normal and held my breath as I entered the office, walking by my team leader. To my relief, no one looked twice at me, not at that stage anyway.

The morning went like any other day. ANZ, NAB, Westpac picking up cheques and preparing paperwork. As 2pm began approaching I rounded up all my settlement packets, ten or so in total, packed my bag with my usual afternoon gluten-free sugar-free brownie (phenomenal recipe used, shared at the end) and water bottle and prepared to leave the office. The reception area was filling up as people were arriving for their settlements and the tables and chairs nearly full. As I said goodbye to my colleagues I walked towards the group in order to exit the building. I quickly scanned the usual mix of agents and my eyes fell on one dark man who I noticed had arrived early enough to secure a table and chair. To leave the building I was walking directly towards him. Other than 'he's new' I thought nothing more of it at the time. Right at that moment he looked up briefly, scratched his chin or nose deep in thought and dropped his eyes immediately back down to what he was concentrating on. Nothing too unusual. In that same second he raised his head straight back up again and stared directly into my eyes. 'Now that was weird' I thought as I brushed passed his left shoulder and out the door. Although flattering, the thought didn't linger and I completed my afternoon as usual.

It would be exactly 24 hours before my eyes would again fall on this same man. I was beginning to hear office gossip about who this man may be. The following morning my co-workers were speaking about our main

competitor company 'InfoTrace.' Apparently they had a new office manager as the last lady had just been fired. As they all really liked the previous woman, this particular man was already known as the devil for replacing her. His name was Brad and they threw words around like arrogant and bossy but I also observed that they were yet to meet him themselves. This is why I had very little to do with office workers as they seem to bitch about whoever's not in the room and as usual I never fit in. That being said my awareness was sparked and I was intrigued as challenging ego, energetically, was my specialty. I had a way of pinpointing their weakness very quickly, where they were lying to themselves and deliver one liners made of pure gold in very few words, bringing their darkness into the light. Should our paths cross again, I'd be ready to mirror his reflection and see who he really is.

I didn't have to wait too long. Later that afternoon the elevator doors opened and I saw the same man walking the corridor as I closed the office door behind me. It was ten to two and he was an early arrival at my office. Our eyes met as we walked the corridor and what should've been an awkward moment was nothing of the kind. We didn't break the focus until he'd passed by my right shoulder and with our heads turning briefly we ended in a wide-eyed side-eye before again focusing on our paths ahead. This moment definitely had more impact than the day before and as I pressed the button on the elevator he'd disappeared around the corner. I felt an involuntary feeling of butterflies in my stomach as I felt deeper into his lingering energy. Why was this reasonably good looking, cranky man from InfoTrace staring me down in my corridor? Then came the red flag to stay away from trouble. I shook it off and decided I was no longer attracting bad boys on my new higher frequency. Just like that I let it go and continued on my way to my settlements. The thing with settlement agents is that we all work settlements in the same Central Business District on the Gold Coast. There's only so many offices. So an hour later I got to explore that unusual corridor look and what it would mean in the whole scheme of things.

The Settlement was held in CJ's which was the dodgiest office of them all. It was like walking back into the early 90's with boxes and boxes of files and folders. It appeared like they were yet to discover the internet. We sat diagonal across from each other, my heart was pounding and my anxiety high. We were there on different settlements but over the next ten minutes I could barely speak. Why did this man have such an impact on me and who was he? I scanned over my documents and noticed some missing detail that was required before settling. A lot of agents would settle without the forwarding details of the seller but in this man's energy all I could manage was "I need that address." We glanced at each other again and trying to play it cool I asked him what company he was from. He replied and that was our brief introduction. I was certainly not in any state to challenge one's ego. I pulled myself together and moved on to my next settlement.

Over the next few weeks we would stare each other down every chance we got. As I walked from settlement to settlement I would scan the streets in search for this man. As I only worked three days a week it was quite sometime between meeting. I was straightening my hair regularly and putting much effort to impress but he was nowhere to be seen. One day when I'd given up trying to impress and made little effort on my appearance I walked into the boardroom at NAB and he was sitting at the head of the table. My heart in my throat I took a seat with our eyes firmly on each other. There was some back and forward chit chat between other agents while we waited for all parties to arrive. Someone made a joke and he laughed and it was the first chance I got to really look at him and absorb his features with awareness. When he laughed I got to see his beautiful smile and his eyes sparkled with playfulness. We looked at each other again and this time it was like seeing him for the first time. He was absolutely gorgeous and I wondered why I hadn't noticed that before now. In joking around with another agent I accidently let out a few F-bombs and immediately checked my professional awareness. We completed the settlement, smiled again and parted ways. I couldn't wait for the weekend to pass so I could return to work on Monday in hope to see him again.

By the middle of the next week our paths were still yet to cross. That afternoon I picked up on his presence before he came into my sight. I immediately felt anxious and I looked around in search for a cause. Directly across the street, walking in opposite directions, with 50m in between us we again stared each other down. Quite seriously to begin with until his face softened and lit up in an enormous smile. I smiled back at him and at that moment we both knew. We held the gaze as long as we could until a shy smile remained on his face. I wanted more of this man and I couldn't wait to see him again. In the weeks to follow I used my pendulum to pull a card from my set of Oracle cards. The New Partner Card is what was brought to my attention and I wondered if that would be him. March was a quiet month and I didn't work as often as usual. A whole month went by and we hadn't laid eyes on each other since those smiles that told us so much. I was so impatient back then and one of the downsides of this was that I always seemed to make the first move on a guy once he had my attention. I always knew what I wanted and the courage to give it a try. The worst he could do was say no. I figured it was best to put it out there and avoid wasting time or energy on him. Although my behaviour patterns were modifying significantly it was safe to say that I was still running that programme on this particular day.

On April 4th I decided to look him up on Facebook and soon found out what I needed to know. Everything I saw I liked and I made the decision to initiate contact and I sent him a message on Messenger. I referenced the F-bombs that were dropped at our last settlement and excused my dirty mouth. My heart pounding I pressed send and wondered what would become of us. What became of us was nothing. In the weeks that followed I heard he had a girlfriend, that he was not just an office manager but the InfoTrace State Manager and that his staff weren't happy working for him. I was a bit taken aback as I hadn't seen much of that coming. I saw no girlfriend in those looks we'd been sharing but I believed the information to be accurate and again let it go.

I was happy to not bump into him for the next two weeks until one day we ran into each other at ANZ, quite literally. His smile lit up his face and we both started talking at once. Then I felt a moment of apprehension as I remembered his girlfriend and his lack of reply to our Messenger chat. I decided now was as good a time as any to address those things. "Did I offend you with the message I sent you?" I asked directly. "What message? You didn't send me a message" he replied, very matter of a fact. "Yes I did" I challenged back and he just gave me a confused look and shook his head. "I did" I replied as I smiled at him and said "have a good day" before slowly exiting the bank. As I walked back to my office I could see through the glass shopfront that he stayed stationary for quite some time, a blank look of confusion in the distance.

For the next two weeks like fate I would see this man every day that I was working. Our paths seemed to cross constantly. That being said I still kept my distance and firmly stayed in my own lane. He tried to catch my attention several times during settlements but I packed up quickly with completion and moved on without delay. One day when I had a break in settlements I was killing time listening to music on a street bench under a tree. With my earphones in he appeared out of nowhere and there was no escaping this encounter. That big smile crossed his whole face again and some nervous conversation followed. He never stopped smiling with me and I could feel his soul organically light up in my presence. We exchanged a bit of flirtatious banter and he was trying hard to allow me to get to know who he was. We discussed our children for the first time and I noted that between the two of us they were 10, 11, 12 and 13. It appeared we had many similarities once we got talking. What were we doing? I remembered his girlfriend, his lack of response and again excused myself that I had to go. He flashed me a beautiful smile and I returned a look of uncertainty.

After not seeing him for my next few working days I'd kind of forgotten, released our interactions and moved on by the following week. At the end of my working week I was packing my bag and a notification lit up my phone. It was a message from him replying to the original message I'd sent him five weeks prior on Messenger. I was left shaking my head. He explained that he'd just got my message after having the girls in

his office change the settings on Messenger to allow non FB friends to make contact. I must admit it took me by surprise but this man seemed to be good at doing that. With butterflies in my stomach I played it cool and refused to reply too soon. I went to my parents that night for our usual weekly dinner. As the pizza arrived I was still gazing at his message contemplating my reply. What I did in that moment, was accidentally bump the call button and to my horror initiated a call. My reflexes have never been so quick. I shut that thing off wondering if a call from another woman had just disturbed his sweet happy home life. In my deep anxiety I quickly text him on Messenger and replied to his message with 'I'm sorry, I did not just try to call you.' With that incident, I severed our connection and asked the Universe to keep me away. That's exactly how the following week would play out. I would see him nowhere and dodge him energetically everywhere. The Universe delivered and our paths were not to cross for quite some time.

On his end, he was wondering where I'd got to and why I'd sent that message about calling him when there was never a notification for missed calls. He was confused. For weeks he searched for me constantly on the street and then started to panic that I may have left. A new person began working at SEC and each time he saw him walking the streets he was sure he'd seen the last of me. He was really feeling the absence which didn't make any sense. As far as I knew he was still rumoured to have a girlfriend and I had little interest in that type of a situation.

On Wednesday the 18th of May 2016, exactly three months after he'd looked twice at me in my office I unexpectedly received another message from him on Messenger. This time the wall came down and the truth came out. He acknowledged the deep connection that we both shared and although he didn't understand it he confirmed the impact that it was having on his life. That night we text back and forth for hours on pure adrenalin as Cupid held space energetically for our love to blossom. The first question that I needed addressed and particularly the only one was his girlfriend situation and if they were living together. 'No, nothing like that' he replied, 'I see her on the weekend only, it's very casual' was his reply. With that answer I was able to proceed.

We talked for hours and as he opened up he questioned me as a soul mate which took me by surprise at that time, as I guess I hadn't gone that deep into thought. I was certainly admiring his every word and I was impressed with how he held himself. We wrapped up the conversation in the early hours of Thursday, with him admitting he'd need some lavender oil to come down to sleep. I knew I was going directly for the big guns and without a doubt needed a sleeping tablet to ground the high. There's some moments where I know my body will not switch off and tonight was one of those magical nights that my energy did not want to sleep.

In the days that followed he ended his relationship of nine months with some unavoidable and expected heartbreak on the other side. A week later we were together. Our first dinner date was scheduled and he arrived at my door with flowers which I'd never experienced before when going on a date. He communicated his feelings by opening doors for me and carrying my bag. He sent flowers to my work repeatedly and met me every afternoon after work to walk me to my car. I was so attracted to this man, pinching myself regularly. Our intimacy was on hold as we both agreed on bloodwork before sharing it all. An afternoon on Tamborine Mountain was where we continued to deepen our connection. This was a romance unlike any other. We were completely obsessed with each other and couldn't get enough. We shared lunch and a bushwalk and the love began to deepen unusually quickly.

The physical sensations were building and with one kiss from this man my body was burning. As the weeks passed by there were more flowers delivered to my office and I acknowledged his effort to impress. On my working days I would meticulously make chicken and salad wraps for us both and call by his office first to deliver with a kiss. We now had the green light medically and physically we weren't willing to wait another day. I'd never been with such a strong man before and his natural muscle tone was flawless. After having a small Indonesian husband this man proceeded to blow my mind. This was my first time with a man that could

take me on the shower wall while supporting my weight at the same time. I was more than impressed, I was in awe. Together we felt unstoppable.

In that first week that followed we released three months of built up desire in every way we could and at every opportunity. We met for passionate kisses in the bank toilets between settlements and had car sex in his underground car park. Way more humid than either of us envisioned, but there was nothing we wouldn't do for each other. I was quickly in love with this man and the feeling was very mutual. By the third bouquet of flowers arriving at my office I began to feel guilty and assured him no more flowers to my work, it was clear how he felt. I was reciprocating with inviting him into my world of energy healing with several sessions of deep soul healing.

Right from the get go his healing sessions were intense and his healing crisis so extreme that he had to limit the frequency of treatments. For days he would be sensitive afterwards while his body adapted to the new frequency which made him feel sick at work while being around the technology. He would feel nauseous holding his phone while his frequency was still balancing out and he felt resistant for any further treatments in that first year. He'd risen as much as he could handle for now. Having just done my Reiki one and two, his four sessions of my blended modalities during our first year had already kick started the unblocking of all blockages. However, there was a need for healing far greater than I had anticipated at that time.

After being single for four years I could see no reason to say no to this man and I let him deep into my life. In the months that followed we remained in absolute bliss. He was affectionate and loving and I easily let him in. I finally felt cared for by a man who I admired with pride. We shared work engagements and exclusively became known as a couple. It was a romance that didn't come anywhere close to anything I'd ever experienced until now. We introduced our children soon after and they gelled like they were lifelong friends. All chocolate brown in colour, they could've all passed as my children. His children had a white mum and a dark dad and mine had a dark dad and a white mum. The family dynamic was close to perfect and we all spent every weekend together at his house. This was tiring for me in some ways as I'd have to pack all our stuff up on a Friday and unpack it all after the weekend. I would have to squeeze maintaining my home into my working week. I didn't mind because I was 100% in.

As the year came to a close in late November we had our first holiday away together as a family on Fraser Island. It was a perfect time to take a few cars on the beach and share with them the magic of the island. It was a divine trip away and we had the time of our lives. We moved into 2017 still madly in love and feeling blessed. I was captivated by this man's capability and as a manager he was overly capable of everything. I didn't have to tell him anything or mother him in anyway. He had energy and effort that gave the illusion that he was romantic and communicative. I was yet to realise that his language of love did not flow organically. There wasn't a natural love language, it required conscious effort to communicate. Over this period my health was doing really well but I was noticing that these weird seizures that I'd been having had now increased from one a year if I was run down to over 60 in this past year despite significantly reducing all the chocolate, ice-cream, sugar and drinks. As I no longer drank alcohol, I was rarely absorbing any sugar anymore.

When the trance moments of seizure would come through for quite some time I thought they only lasted for a second and that no one noticed. Over time I came to realise that they were becoming longer than they used to be when they originally started happening back in 2000. When they first began after travelling the world they were extremely rare and would begin with a feeling of euphoria, or a feeling of 'déjà vu'. It was like a glitch in the system and felt like I was going somewhere else briefly before returning. They were so weird I never gave it much thought and then they eventually subsided and would happen so rarely that it was not so relevant to my life. Now, with less brain fog I was seeing them in a different light and it felt like I was tapping into a pocket of energy somewhere, a portal or a recharge station of some kind. Afterwards I'd feel really vague and wiped out, sometimes I wouldn't know it had happened unless someone told me. The

thing was I appeared quite conscious at times throughout but then other times I was completely gone and would talk about weird out there stuff during.

It was around the nine month mark that I noticed things began to change in our relationship. When they changed, they changed overnight. The softness was fading, the patience growing thin and I noticed snappier and less loving replies. When I challenged these behaviours I was met with irritation and moodiness. The differences were starting to break the surface and I was struggling to hold onto his happy state. The honeymoon period was beginning to fade and we had our first fight. We repaired almost instantly with a lot of love and remorse however I noticed this becoming more regular as stressors and triggers started making their way through. I noticed the easy to read love language disappeared and the communication dried up which left us in a constant state of assumptions. I tried hard to raise the frequency but the set-ups were coming hard and fast. We had challenges that pressured our fatigue and with time he was growing distant. His detachment was beginning to show and I could feel his open heart space ready to close. The lust period was over and we were at an energetic crossroad where the relationship would fall away or deepen by design. This brought many challenges for someone not yet in his heart. Although I was calling out the unhealthy behaviours we were still very much connected. There was an undercurrent of frustration and I found myself being silenced when questioning his change of character.

One of the first major issues to come our way was our sleeping arrangement. Brad was a light sleeper and I snored like a bear. He could hear a fly fart and I soon became very self-conscious and aware of his discomfort. As sleep was a main priority to us both the resolution would eventually move us into different rooms to sleep. This decision was logical and sleep for us both improved. Despite this change we remained sexually magnetic and still spent much time together. The love was deep and we knew we had a unique soul connection. The triggers and small arguments persisted and this disturbed us both greatly. When observing this situation I noted that they usually always came out of nowhere, suddenly threatening our relationship.

There were things about me that irritated him. Besides the intensity of my energy and my direct honesty he didn't like that I swore a lot so I stopped doing it immediately. As I was going so high through an Ascension at the same time as working and managing children, at times I had to think of things for all six of us so I was often late on arrival which irritated him the most. But when I'd show up I'd have everything that everyone would need and a little after arrival my energy would then settle. These were the ways that we were different. I was often in overwhelm because I had so much going on in the energetic world as well as the physical and the dysfunction could easily set him off. There was no flexibility and on my end that made it difficult for me to function.

As my Ascension was going so fast, back in the beginning when we first met I didn't have as much conscious awareness at this stage as I was the one that was more in survival. Brad was the more balanced one as none of his trauma load was even close yet to breaking the surface. Swept firmly under the rug it would begin to slowly leak out throughout our time together and my ability to trigger was in warm up mode.

As I needed to eat consistently for Lightwork, the days that I'd be running late for workshops I'd have to bring my food with me if I wanted to eat, often eating on the run. He had warned me that he didn't like me eating in his car, at times it was either I'm going to go all day without food or you just let me eat in the car. To me it was no big deal but the ramifications after I'd done it were huge as it hit triggers of not being respected. These were the ways that we were different, there wasn't a whole lot of easy going.

It wasn't that he was changing, it was that he was becoming himself and his irritation at my functionality was reaching surface level. This was the beginning of his healing journey as he was now allowing himself to be himself in the relationship. Together we were going to bring lifetimes of trauma to the surface, perhaps making this our last visit to planet Earth and becoming light enough, wise enough and experienced enough for Ascension.

Although we had issues arising there was no abusive behaviour, it was mainly just triggers and withdrawal. I learnt early on that Brad had no skills to communicate his emotions and instead of an argument which neither of us would tolerate, he withdrew in a very unhealthy way. If something minor came up between us his reaction was to cut all contact and internally withdraw. I had no experience with this kind of behaviour but I was about to learn the ins and outs of a Twin Flame journey.