

not victimize you. Higher guidance never says, “No” and never criticizes you. Higher guidance would not interfere with your freedom of choice.

I often hear people say, “My guidance told me not to go there.” Or, “My guidance told me I have to change jobs.” These comments are merely our interpretation of guidance’s urging. Like a beloved, unconditional lover, it suggests and gently redirects our focus. It leads, guides, suggests, urges, recommends, supports, highlights and offers. It loves. It does not censure, punish, rebuke, shame, blame, reprimand, condemn, lay guilt trips or shut off the faucet stream of connection. It does not make demands, should’s, should not’s or requirements. Only we do. We interpret and close down because of our fears and self-doubts. Guidance provides useful and repetitive information to gently and constantly remind us of our highest and best path.

Transmutation: The Art of Converting Your Fears into Love

Transmutation is the act of changing a thing into something else. On its grandest level, it is an alchemical process. As with the alchemist of old changing lead into gold, the real objective is to change the perspective of unawake, limited, separate, unworthy human beings into those who know they are unlimited, conscious, connected, wholly worthy, and aspects of God, Creator, All That Is, Source, Oneness. The process we are discussing here is changing our fear-based selves, attached to emotional pain, into beings that release pain naturally and consciously.

This is our highest path to joy. We will always know when we are on that path because of the many signposts of joy along the way. This path may flow through the process of transmutation. We can then use this process by applying it to everyday life occurrences. In doing so, we release our limited human selves to experience our greater spiritual selves. We become more of who we really are—the expression of God experiencing reality as our Self. We become creators of our lives. We leave victimhood behind forever. Love is our natural state. Joy is