



## Alison V. - Wayfinding Guide

November, 2022

### **About the reading itself:**

This reading has been coming through fast and furious. There is a lot of information, and a lot of energy behind it. I feel a significant buzz anytime I tune into you and your questions, and it has been challenging just to keep up with. All of which is to say that you are indeed READY, i.e. the timing is right. The door to your higher wisdom is open and flowing vigorously! All you have to do is receive it.

There is also a high degree of synchronicity. I actually started getting downloads a day or two before we spoke on the phone, and they aligned VERY well with the questions you were asking. The downloads that started right after we spoke were equally aligned. This all tells me that you are already syncing up with your higher self, even if you are not fully aware of it yet, and you predominantly feel tension at the current moment.

There is also what I would call *reflexivity* in your reading. Your most important lessons are reflected in your life circumstances and the path in front of you, and the path in front of you is mirroring your purpose itself and the big lessons. It's all *very* circular and poetic, which is a big sign of alignment. You are spiraling toward higher and more pure expressions of your being. This is very cool, and somewhat unusual.

The overall message is that you are in the opening stage of a major energetic shift, what I sometimes call "leveling up." That is why you feel like something "big" is on the other side, and why you feel tension now. It's like when a big wave is coming, and you feel the water, and yourself, getting pulled into it. These are very fundamental shifts in your being, and they're why you sense that the mechanics of your life have to change in a significant way but you don't understand exactly how it's going to happen. Big energetic changes do not happen through the usual routes, through your known ways of problem-solving, so you can't necessarily see the path. But don't worry: you're going to grow into a new Alison, and part of that is learning whole new ways of moving and thinking, and the path will make sense as you start to walk it. I know—scary!

Why is this necessary? Because, as you sense, you have big things to do in the world. But first, you need to become this new version of yourself. Even if the universe showed you exactly what

you'd be doing five or ten years from now, your current self wouldn't fully understand how to get there or envision the path. When you allow (and "allow" is really the word) this new self to be born and take hold, you will have new eyes to see your future with.

### **The nature of the shift: from thinking to feeling/sensing, from doing to asking & receiving**

**Image:** I see you hunched over a desk, writing somewhat feverishly. Your higher self is standing nearby, watching. Higher Alison has a blue-ish glow, but it's pale. It even appears to flicker a little bit.

Your habit is to attack your problems cognitively, trying to plot and plan and *do* your way forward. Of course, this is how most of us solve problems. What else do we know? But what is needed for you (and for many of us) is to learn how to receive, to tap into divine light and wisdom and let it flow into and through us. That light and wisdom is currently being ignored, flickering and not shining at its full potential.

That said, this is *not* a message that you're doing anything wrong. You've done so many things right to get you to this point, and your higher self wants me to affirm that. You've made hard choices, and taken care of many of your Earthly obligations. Now that you're ready, it's just communicating that it's time for a wholesale shift in the way you do things. One of the reasons that change is hard (I'm now realizing why I felt the need to say that on the phone) is that to make a significant change sometimes means not just changing **WHAT** you do, but reconsidering **HOW** you do most things. This coming change will impact you at *the base vibrational level*, which means the way you think, process information, make decisions, and ultimately navigate life is going to shift to one where you tap into your higher wisdom and channel your divine energy on a regular basis, integrating it with your analytical mind and energy for doing, and applying it to your core work in the world.

### **What it feels like to level up**

Because this change is energetic, it's important to start to recognize the symptoms, as they are not always of the nature we come to expect, and tuning into those feelings is part of the shift. You have already named a few of them:

- You feel an energetic urge to sync up your divine capacities—to focus and align your energy and your effort. This is because you've had *just enough* space in your life to feel those first few flickers of your considerable divine energy starting to flow through (as I write this, Higher Alison, with her flickering blue light, looks up and smiles at me. I've

been seeing this image for a few days with NO facial expression. It's like she was waiting for me to write that sentence. Ha!).

- That first trickle of divine light can be subtle, though. In fact, it can be so subtle that you may primarily notice it as a sense of *frustration*—that feeling of readiness, combined with the fact that other things are *not* yet aligned and standing in the way of your growth. But your recognition of *misalignment* is your intuition speaking! The misalignment has been there for quite some time, but the feeling it creates is evolving.
- There is also a feeling of excitement and anticipation, though, as you described. You feel like something BIG is ready to happen, but you don't know WHAT it is, and just wondering about it gives you a buzz. That's the buzz of your divine energy itself, and that feeling will be one of your guiding lights going forward. You will get to know it well.

### **Losing things like your driver's license**

It wouldn't be fair to list this as a "symptom," because there is a bit more to it. I don't have to tell you that we lose track of things when we have too much going on, and part of the message is definitely that as you enter this phase transition, simplifying is important. You're going to find that you don't need *things* anywhere near as much as you need to simply be with yourself and your own wisdom. But, it's more fundamental than that. Shedding the unnecessary is a deep and integral part of evolving to a higher energy level. If you were about to blast off to a new life, and you could not go back, what would you take with you? Who would you take with you? What would you leave behind? And what parts of *yourself* would you leave behind? The driver's license is such a blatant, amusing metaphor. Realizing that you do not have to be the same person going forward is hard to grasp at first, but is ultimately one of the most liberating realizations you'll ever have. What will it feel like to be lighter?

### **So how do you do this "leveling up" thing? Not alone, and not in the ways you've done things in the past.**

You're right to perceive that part of it is creating more space in your life, purposefully creating potential for focused time and energy, and having more freedom from daily concerns—you're already listening to that voice. But the truth is that the world and the people around you will never *completely* align with your desires. This one will not be achieved by *doing more*. The most important change is not logistical. It is, like your own pending transformation *energetic*.

**Image:** I see you surrounded by movement of people and things. It's like a whirlpool of humans, cars, furniture, dogs, etc., with you at the center. The idea is that you are sending your energy OUT in so many directions, orchestrating so many things, giving so much to the world around you. In a second image, you *don't* send all of your energy out. You stand still. I see a few of the people around you (your kids are definitely involved) reach their hands out and throw

energy back to you. There is a big \*whoosh\* and I see this rush of energy, mainly light blue and yellow, flow back into you.

This was a little bit of a surprise, but as soon as it came through it made sense. I suspected we'd be talking about you learning to say "no" more often, but that's not what it's about.

This image helped me see just how interwoven you are in the lives of others. That your pattern of doing for others is so hard to change is not surprising when seen this way. Your energy is an expected part of so many lives, and as someone who has gotten to know you (and been drawn right into your loving orbit :)) I understand it personally. But it means that unwinding these relationships and your commitment to them could be too complicated. There needs to be another path, and that path is actually quite poetic.

Some people have dysfunctionally codependent relationships, which need to be broken to preserve health. Yours do not feel like that. I feel lots of love and mutual appreciation. What that means is that energy can flow in a life-giving way in both directions. The people you have given your time and love to for so many years have much to give back to you.

When the second part of the image, of people giving back to you first came through, I was actually in my car, and had to stay focused on the road to keep from crying, so this may be an emotional one for you, but a wonderfully transformative one. One by one, I see you asking the people in your life to help you. Your children, your husband, your friends, your work colleagues. The ask is not for anything specific, though. It's *not* a logistics conversation. It's an energetic request. You're just communicating that you are going through this big change, and asking for their help in creating the space for this big shift to happen. And then *they tell you* what they can do to help. And all of these people, who know you and are 100 percent aware of how much you've given to them, are ready to give back to you, and more than you could ever imagine.

The people you care about are in a position to do this *because* of how much support you've given them. The endless amounts of energy you have to give others has done wonders in your family and your various communities. When it starts coming back to you, you will actually get a sense of the enormity of what you have contributed to others. It will come full circle and you'll witness your own gifts from an utterly new perspective. It will be humbling, rewarding, and exactly what you need. One of the reasons you can't see your big future projects, and your future purpose, is that you haven't fully grasped your own gifts. This will help you understand who you are and what you actually do in the world.

It finally makes sense why I never feel like I can charge you money. I've been asked to show you this all along. Wait til everyone starts doing it :).

## The practices to practice: ASKING and RECEIVING

This is where the rubber meets the road. As described above, one of your first jobs is to ask the people you love for help, to be vulnerable in that way. While difficult, I suspect it will make sense to you as soon as you read it. What you may find a bit more challenging, but is equally important in your transformation, is learning to *receive*: to be patient and still; to listen and feel; to be open and yet discerning; to not have control and accept what gifts come to you. These are hard. I'm not going to lie and say otherwise, but a.) there is no shortcut for a lightworker on these lessons, and b.) if you're being sent these lessons, it means you're training for big time service.

So, as I asked what "practical-ass" things you should try, almost all of them follow this asking and receiving pattern, validating that this is more about the spiritual shift than about the specific tasks. But still, what does it mean practically?

The ask is half action, and half intention. It's crucial that you put it out there, because that is the act of vulnerability that sets the forces around you in motion, and changes the dynamic of you as the helper and the doer. But as you know, it's not easy to do, so it will demand you do a little soul searching, and find your place of surrender before you can have this conversation with your people. So, the act of the ask initiates both the inner and the outer transformation. Simple, but powerful.

Receiving is more subtle, but the ask is the perfect catalyst for practicing it. The ask takes away your control, your prized self-reliance. It puts you in a position where you have to wait for a response (exercise patience). When you ask a person for help, for instance, all that's left to do is listen to their response. Or sense their reaction. Or sense your OWN reaction. Or flow with the ensuing interaction. ALL of these subtle acts of equanimous attention, and more, are part of the act of receiving. When you put the ask out there, you don't know what will come back. You practice the art of receiving the response, and doing your best to discern and understand what comes back to you. THIS is meditation in practice.

You could also do this on your own. You can simply ask a question to the universe, with humility in your intention, and a willingness to receive, and see what your intuition says.

Ultimately, this is your "practical-ass" coaching for now. Practice asking and receiving.

- Ask your friends and loved ones to help you in your transformation, and to help you have the space you need. You cannot do this alone.
- Ask your higher self for guidance
  - Try asking one question a day
  - Try different ways of receiving:

- meditating and seeing what experiences arise
  - going for a walk seeing what you observe or think about
  - writing and seeing what comes out
  - Drawing or making
  - See if my [“What is Intuition?”](#) guide is helpful
- I also downloaded a couple of [energy meditations](#) in which you can ask for energy to sync up, and for your wisdom to sync up and come online.
  - You can do this with money concerns also, which is a form of energy exchange. What does it look like to “ask” to shift the flow of money, to ask how you can send less out and let more flow in?

### **Alison The Gardener**

Although it seemed apparent I would not get a specific answer, I continued to ask what your “big thing” actually is. After several attempts, I realized that this was why I kept seeing you gardening.

Throughout the reading, I kept seeing these lovely images of you in a garden, patiently tending to plants, noticing all of the details of a particular plant, in no hurry, but all with care, purpose, and a deep sense of peace.

At first, I assumed this was a message about an activity you could do that would be healing, grounding, and meditative (and that may be part of the message also), but what I eventually realized was that I was being shown HOW your big thing will work. The garden is a metaphor for your gifts, your purpose, and your path to your most meaningful work, and the metaphor has a few different layers, probably more than I’m able to understand right now, but here are a few that showed themselves to me for now. My guess is that these are images/thoughts for you to meditate on, which will continue to reveal themselves to you in new ways as you grow into your new level of being.

A garden is part art, part science, and part using your senses to diagnose problems and figure out how to help individual organisms, and the garden as a whole thrive. In this, it represents you at your highest vibration, using all of your senses, your intuition, your vast knowledge and experience, and your deep care and attention. Not everyone has the patience, care, and range of knowledge to raise and maintain a beautiful garden full of different types of beings.

A garden is also a cooperative, and a system of systems. Plants thrive as individuals, but also together in their garden, and also within the much larger ecosystem in which they sit. It’s

interesting that you, in your work, are keenly aware of co-dependence and the limits of our individualism, and this aspect of the garden metaphor reflects one of your gifts. You understand how it relates to systemic human problems and human organizations. However, you are in the midst of learning how it applies to you personally, and thus it also represents your biggest, forthcoming lesson.

A garden requires what Buddhists might refer to as “radical attention.” It is an act of non-judgmental love to observe plants daily, get to know them and what they are communicating about their well-being and their needs. You cannot make plants bend to your will, you can only try to understand them and provide them with a fertile environment. This is probably why monasteries often have gardens, and is all very similar to the “ask/receive” message in your reading. To give the plants your attention and to care for their health is to ask. To attentively and non-judgmentally observe how they respond to your care efforts, and accept the limits of your power over them, is to receive.

It takes time and humility to build a great garden. You can try to plan one, but plants can only grow so fast, and there is only so much you can learn from a book. A good gardener starts small, and learns *with* the plants and the land. This is how your most meaningful projects are going to start—not with you getting hired to fix something that is big and not thriving properly, but by you using all of your love, attention, wisdom, and patience to build a thriving community here, a thriving community there, and watching them grow in place after place.

The final image I see is of you sitting on the steps of a lovely little house in the center of a large property, and the property has several magnificent, but reasonably proportioned gardens neatly landscaped into it. Each garden has its own unique character, but all of them are thriving in their own way. In fact, you appear quite relaxed, as though these gardens are rather self-sustaining now and do not require a lot of maintenance from you. Many visitors walk around admiring your gardens, and many smart people are especially interested in coming up to you to ask how you did it. To each person who asks, you explain that it’s about the relationships. “Each plant,” you say, “is in balance with the soil, and with the plants nearby. It’s a reciprocal exchange of energy. And that reciprocal exchange of energy is found at every level of scale, from a single plant and its neighbor, to this whole plot of land and the ecosystem in which it lives. If you want things to thrive, that’s what you pay attention to—the reciprocal flow of energy.”

“That’s amazing,” the visitor says. “How did you learn to do that?”

“Personal experience,” you say.