



**SPIRITUAL
AMNESIA:**

*A Wake Up Call
to What You
Really Are*

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Sketches by Emma Ocean

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Have You Forgotten?

Imagine feeling content. Imagine being free of the chronic undercurrent of tension and stress that seems to plague us all. Imagine knowing without doubt that you belong; in the moment, in your own skin, in the world, in the Universe.

What if the snarled traffic, spilled coffee, and the angry supervisor didn't ruin your day? What if the hassles of child care, family dynamics and the endless to-do lists didn't make your heart race? What if you could breathe, sleep, and even raise a smile as you faced a career shift, a relationship ending, health challenges or money dilemmas? What would your day be like with a sense of true peace, knowing that all is well, no matter what?

This contentment is not only accessible, it's already within you. It's a natural part of who you are. Finding it requires only that you wake up and remember.

Remember that you are indeed a soul on a journey, connected always to the divine. Remember that all that is manifesting around you, both physically and experientially, is a result of your dancing with the immense possibilities of consciousness. Remember that you create reality from the inside out, and that reality is yours to create.

Spiritual Amnesia: A Wake-Up Call offers a path to a joyous, abundant life. Through inspirational teachings, the sharing of transformative personal experiences, and practical, how-to techniques, Lauren Skye reframes the experience of life from pain to joy, from challenge to adventure.

The soul-calling practices she offers in the form of easy, accessible meditations and "imaginings" transform the insights she shares into lasting change in your everyday world. The exercises are perfect for those new to the concepts of meditation or for those with busy minds and lives. For those already familiar with energy work, the techniques will expand your practice in a wonderful way.

Get ready to look at yourself, your life, and life itself in a whole new way. This book will wake you up from forgetting and guide you gently toward a new perspective. You'll never look back.

Spiritual Amnesia: A Wake-Up Call is a roadmap to a new way of being.

Remembering Cheryl

My friend Cheryl died at the young age of forty-six after a bone marrow transplant we'd hoped would save her. In the final hours, I sat with her in a Denver hospice in the dual role of friend and Minister. During a break from the vigil, I gathered with some of the family in the cafeteria. After half a cup of coffee, I knew it was time to get back to Cheryl's room, and we all hurried to return as a group.

Cheryl's unconscious body emitted a jarring, weighted, snore-like sound with each gasp of breath. She had been breathing this way for hours. I sat beside her, held her hands, looked at her beautiful face and then gave up my chair. The man who had been her long-term partner came, sat and held.

I moved to where I could see both Cheryl's physical body and her energetic body, in one of the upper corners near the ceiling. Family and friends filed in. I looked back and forth from bed to ceiling, acknowledging the body and the being of light that had created it. Things grew strangely calm in the room, and the conversation drifted to stories from Cheryl's sisters about farting contests they had as children. Everyone erupted into laughter and I turned to Cheryl at the ceiling. "See, Cheryl," I said aloud, "you've healed your family."

At that moment her harsh, labored breathing stopped, Cheryl smiled from the ceiling, and the eruption of laughter transformed into an explosion of pain as those gathered began the journey of letting go.

I see Cheryl still. Our friendship continues in a different way. There are stretches when she visits frequently in my meditations, always radiating contentment and offering words of encouragement. Sometimes, I don't see her for months at a time. I know she'll be there when it's my time to watch from the ceiling.

Why are we here? To be ourselves fully, to express our unique gifts, talents and the wisdom we carry. It is our contribution to the whole.

Equally important, we are here to love each other into doing the same.

Most spiritual orders speak of a version of heaven, or nirvana. A place where there is peace, unconditional love, light and no pain. Perhaps nirvana is a place. Perhaps, even more, it's a condition. The condition of knowing oneself in totality, as a soul, as a being of light, a part of the all-one consciousness and at the same time, unique.

Perhaps our over-arching mission is to love into being the creation of heaven on Earth.

How? By bringing spiritual awareness through to our incarnated state; by bringing the beauty and contentment of full awareness into physical form through thought, emotion, words and action. Imagine a planet vibrating at the light and love of spirit.

We start from within ourselves. We clear the way for our own internal heaven, and cultivate the willingness to hold the light for others.

Cheryl transformed her life with spiritual awareness during our years together. She shifted a childhood of pain into a life of joy and contentment. Even as she faced death, she walked with immeasurable grace and peace.

What will knowing yourself as spirit do for you? How will your life change as you experience the truth of what you are? Let's find out together.

Introduction

Spiritual amnesia is an epidemic. Many of us are in chronic pain, questioning what it all means whether we're driving to work or sitting at the Thanksgiving table. Major life change brings catastrophe when something we treasure is taken away—a job, marriage, even the life of a loved one. Spiritual amnesia creates the emptiness you feel at night, home alone, or sometimes even when you're surrounded by people.

We have forgotten we are spiritual beings on a human journey. Forgetfulness is a catchy disease. We are bombarded with amnesia by a culture that doesn't acknowledge levels of reality beyond the five senses. We catch it by being taught that success and fulfillment come from particular material possessions or social statuses. We get it through traditional religions and their controlling games of punishment and reward.

You are a spiritual being on a human journey. You exist across a span of reality.

In our physical world we can see, hear, touch, taste and smell. In another layer there exists the world of atoms and particles; vibrating, living forms that set the foundation for the physical. Yet another layer is the realm of energy, of information, of non-material yet very real forces that lay the template for the particulate layer and the physical experience.

All of reality exists across a span of forms, and so do you. You are both a Human Self and a Spirit Self. On one level of reality, here you are, a personality and a physical body, reading a book. Your life involves interacting with the physical world and other personalities around you. But that's not all there is to you. You also exist as energy, as does everyone and everything else.

Spiritual amnesia involves forgetting about the realm of energy, the realm from which you've created your Human Self. When you have it, it seems like life is just happening day to day with occasional moments of happiness and love. You try to do things "right;" you eat well, work hard, be a good parent, friend, partner. But there's a missing exuberance, vitality and natural contentment.

What's absent is knowing yourself as energy, the Spirit Self. The experience of knowing self as spirit brings a fulfillment that's hard to describe and can't be replaced. Without knowing what's missing, we try to plug the hole that only self-awareness can fill with money, relationships, status and a myriad of other substitutions. It never works. Still, there's the pain, the sense of being lost. The part that is seeking is seeking itself, the lost awareness of the energetic self.

Being awake means being aware of the realm of energy and of ourselves as energetic beings. When we are awake, life looks, feels and is totally different. Our day may look the same to an outside observer, but we experience contentment, peace, and enjoyment in being alive, no matter what comes our way. **As we become aware of the Spirit Self, our sense of ourselves grows larger and larger.** Challenges become smaller relative to our range of awareness.

Think of energy as the fabric of reality, with an infinite number of possibilities, like different textures or flavors. Some of the flavors are love, joy, anxiety, worry, peace and contentment, to name just a few. We ourselves are energy as well as physical matter, and the vibrations in our energetic bodies become the seeds of belief. What we believe is true becomes true in our experience. What we believe is the seed of what we think. What we think is the seed of what we feel. Believing is seeing; it's not the other way around.

When we are awake and aware, we see that life happens *through* us, not to us. Our inner landscape of belief, thought and emotion is a result of the energies we carry and is reflected back to us with absolute brilliance in the experiences of life. The energies we carry can be changed, transformed and released when appropriate. And when energy shifts, there's a corresponding shift in our experiences.

When we know ourselves as spiritual beings, we can change the energy we're carrying, evaluate beliefs, question and reframe thoughts, and allow new and different emotional possibilities.

Spirit is a funny word. When I say spirit, I mean the realm in which all of existence is energetic form. I don't mean it in a religious way. All religions at their origin honor the concept of spirit, but there's been so much corruption in the name of control. Putting rules, regulations and

hierarchies between the individual and their experience of themselves as energy is a cruel and heartless game.

Discarding religious dogma is clearly a step in the right direction. Threats of eternal damnation for particular behaviors are ridiculous and outdated given our current understanding of the nature of reality and the Universe. Many of us have wisely let go of the dogma. But, we've thrown out the foundation of joy and living well along with the threats of punishment.

Knowingness of the Spirit Self has to be experienced to be recognized. It doesn't always fit into the realm that the thinking mind can embrace and understand. That's why miracles seem impossible. Miracles are movements of energy that exist outside the realm the thinking mind can grasp. We can read about, think about, and talk about energy all day; but until we experience it, we won't know it.

Through this book, I invite you to experience yourself as energy and to bring forth the empowerment and peace that comes from that awareness. I seek to share this with you because I know it will make a tremendous difference in your life and your experience of yourself. **You'll be happier, healthier and more powerful as you tap into yourself as energy**, get to know your Spirit Self and how to interact with the world of energy. As you become aware of all of you, you radiate energy outward that invites others to do the same, spreading a new vibration, replacing amnesia with remembering.

I've structured the material to put the experience of energetic awareness first. In Part One, I'll show how to become aware of energy, how to change energy and how to experience yourself as a spiritual being. In Part Two, we'll talk about how to see things from a spiritual perspective and apply this emerging awareness in your daily life. In Part Three, we'll go even deeper to explore living with conscious spiritual awareness every day.

Welcome to your journey of self discovery and a whole new world. I'm honored to walk beside you.

Part 1 – Experiencing Spiritual Awareness

EXPERIENCING SPIRITUAL AWARENESS

Chapter 1: Basic Concepts and Grounding

In this section, I'll describe the foundation skills for experiencing yourself as energy. As you practice them, you'll naturally open up to your Spirit Self.

You may also notice positive changes beginning to happen in your daily life. You'll be calmer, feel more powerful, happier and more resilient when responding to challenges. As you open to the beauty and grace of spirit within you, that unfolding is miraculously mirrored in a renewed sense of strength and joy in the everyday.

Meditation Is a Journey

Let's develop your energetic skills through a series of imaginary journeys, or meditations. If you've tried meditating before but haven't been successful, don't worry. These techniques are simple, fast, easy, and don't require you to stop thinking.

Instead, the meditations redirect your thinking mind toward the world of energy through a series of experiences. Gradually the intellect will let go and gently surrender to a deeper awareness of the miracle within you: your Spirit Self. If your thoughts argue a little bit along the way, don't be surprised.

There's a part of all of us called the "Analyzer." The analyzer likes to figure things out, pick them apart and be certain that everything makes sense. The problem with the analyzer is that it is limited – it's already decided what's true, what can make sense and what fits into a small box of possible realities. If you get any arguments, it will be from this part of yourself.

The techniques we'll be exploring will speak to the larger part of you, beyond the thinker. We'll build a bridge of awareness between the Human Self and Spirit Self. If the analyzer finds this work silly or unreasonable, that's ok. Simply notice those thoughts, try the presented exercise anyway, and notice your inner experience shift.

Life Is a Mirror

Think of the skills you'll learn as energetic "tools," built on the core principal that we are spiritual beings having a human experience. We'll be using the tools to build our bridge of awareness.

We're made of energy, and the flavors of energies we embody influence our lives. We create our lives from the inside out. The vibrations we carry bubble up through the layers of reality to form our beliefs, thoughts and emotions.

Our experience of life is a direct reflection of our beliefs. Remember, believing is seeing, and it all starts with energy. With some simple tools, we access the Spirit Self where the energies we

carry can be changed, transformed and released when appropriate. That shift will change our experiences.

To change our experience, we need only change the energy we're carrying, evaluate the beliefs, question and reframe the thoughts, and allow new and different emotional possibilities. We'll use the tools to create the shift. It really works!

Here are a couple of tips for getting the most out of the experience. First, please don't push or rush yourself or the process. Give yourself room to practice the techniques and let awareness emerge. It's best to go at a relaxed pace, not working too hard, and without hurrying to get to the finish line.

Accumulate the Tools You Need

The skills are cumulative. In each chapter of Part 1, we'll build upon the previous skill set, expanding our practice and our awareness. We're building a toolbox of energetic skills that work together. So, it's a good idea to read the chapters and do the exercises in sequential order.

That being said, if you need a break from the learning journey of Part 1, rest by exploring the topics in Part 2. You'll be re-inspired to come back and learn more about the power within you; the power to command your own energy.

I call the process Meditation for Living, because it's so effective in creating our experience of life to the fullest; with joy, abundance and that natural contentment we all seek. **Meditation for Living wakes us up to the reality that we are energetic beings, free to create change and built to experience joy.**

The Meditation for Living program I'll be teaching you here is also available as an audio series, and you can find it on my website; www.laurenskye.com. You can listen to the first track of the program by visiting the site.

As you read through, if you find more audio would be helpful, contact me at lauren@laurenskye.com and I'll send you the full first lesson for free! If you visit laurenskye.com and sign up for the newsletter, you will receive that first lesson automatically.

Imagine Your Way to Remembering

Throughout the process, you'll notice the words: visualize, pretend and imagine. These are interchangeable words that refer to ways you might engage with energy. If you aren't a visual person, that's ok. Just pretend.

As you practice meditation, you might begin to feel drowsy at times. You might even yawn during some of these practices. That's absolutely fine. And, there's no need for your body to be perfectly still. If you fidget, cough or anything during the process, that's all ok.

And last, I invite you to approach the tools with a childlike spirit of adventure. Be curious, and let yourself have fun as you learn. In lightness and laughter, energy flows, so let's just play.

For best results, I'd suggest you read through an exercise or portion of it, then close your eyes and do the meditation. If you'd like, read through it again, and try it again. Practice each tool as much as you'd like. You can't over-meditate!

Let's Get Started

Find a comfortable chair and have a seat. Place your feet flat on the floor and close your eyes. Take a breath, and another, deeper breath. One more. Notice if you are compelled to get up and do something. If so, please simply notice that without acting on the idea. It's just energy. If you stay in the chair, it will pass.

Notice that just closing your eyes for a few moments is a meditation in itself. By simply closing our eyes, we disconnect from the constant stream of visual input coming into our brains. There's more space to become aware of the inner world.

With your eyes closed, simply begin to notice your body; take a quick inventory of the sensations you feel and the thoughts in your head, without having to change them.

The body is always communicating about the energies you're carrying. The communications come in the forms of physical sensation, thoughts and emotions. Just notice, breathe and listen to what's going on within you. Sit with yourself for just a few moments. This doesn't have to take long, but it's very powerful.

The Imaginary Grounding Cord

Now, let's ground. The foundation skill of the Meditation for Living process is called grounding. It's the first tool we'll be placing in your energetic toolbox. Grounding is simply an imaginary connection from the base of your spine to the center of the Earth (see Illustration 1). Here's how to do it:

With your eyes closed, become more aware of your back, spine and the base of your spine. Imagine a colored beam of light of any color but white or black, extending from the base of your spine, just like a tail would. (I'll address white and black in just a moment.)

The colored beam of light grows from the spot where, if you had a tail, a tail would grow. This spot is the back of the first chakra energy center. Imagine a tail of light.

Imagine your tail of light growing straight down, through your chair, the floor, the building you're in, into the Earth and all the way to the Earth's center. Imagine it reaching, and connecting with the center of the Earth. Breathe, and notice the sensation of being grounded.



This colored beam of light is called a grounding cord, and it has several purposes. One is to help us be present in the moment, the only time that's real. Another is that the grounding cord becomes a trash chute, a way to release energy you don't need to be carrying instead of recycling that energy over and over and over again. You can even imagine anything you don't need, stress, worrisome thoughts, anxiety, fear, all of it can fall down the beam of light into mother Earth, where it is received, recycled and transmuted into neutral creative resource energy. Take a breath... let the grounding cord work for you, you don't have to monitor or check on it.

Colors other than white or black are best for grounding. White tends to rev us way up, and black often moves us toward sleepiness. If you are compelled to use white, try tinting it just a tiny bit to perhaps a light-light blue or light-light yellow, or very light lavender. If you are drawn to use black, try brown, or a deep blue or slate grey, and see how your body responds.

Grounding Review

Grounding is the creation of an energetic connection from the first chakra energy center of the body to the center of the Earth. The image of the connection is called a grounding cord.

Notice when you ground, your body feels different. Your emotions and thoughts might begin to change. All you did was imagine. When you visualize energetic forms, such as the grounding cord, you are creating energetically. What you imagine becomes real.

Now, let's evolve the grounding tool.

Customize Your Cord

In the last exercise, you used a colored beam of light as a grounding cord. But you can use any image you like; any image that works for you as a conduit for energy; like a strong root, a tree trunk, a plant stem, a pipe, even an animal tail... anything at all that you can imagine.

Try it now. Close your eyes, place your feet on the floor and take a big breath.

Notice the difference when all that visual input you've been receiving is put on pause for a time.

Notice your body... your head, face and neck, your shoulders, arms and torso, your hands, your legs, your feet. Noticing your body and the constant stream of communication it provides helps you relax and become present in the moment.

Specifically notice your spine and the base of your spine, that's the location of the back of the first chakra energy center. Generally, chakras are energy centers in the spiritual body, and they house different types of information and abilities. We'll talk a lot more about them in Chapter 4.

The first chakra, at the base of your spine, is also called the root chakra. Notice that root chakra in your body. It's the spot where, if you had a tail, your tail would grow from. Grounding is a matter of visualizing, imagining or pretending that a cord grows from your first chakra to the center of the earth.

Go ahead and visualize a colored beam of light, or tree root, or plant stem, or pipe, or tail or whatever you'd like, extending from your first chakra and growing downward; through your chair, the floor and the building you're in.

Imagine the grounding cord moving deep into the Earth, through the layers of soil and rock, all the way to the center of the Earth. Imagine the cord reaching the center of the Earth and connecting there.

At the Earth's core, there is molten lava. But if you'd like, you could imagine a different picture to represent the center of the Earth for you to ground into. For example, I like to envision a field of flowers at the center of the Earth. I grow my tree trunk grounding cord all the way down and root into the field that represents the center of the Earth.

Any image will work that works for you to make the connection easy and real. In my years of teaching, I've heard many creative ideas; including an ocean at the center of the Earth that the grounding cord anchors into; a pile of rocks that the grounding cord wraps around, a crystal cave that the cord winds into; even an open socket that the cord plugs into. Maybe some of these will inspire you; or maybe you like the field of flowers image.

Grow your grounding cord all the way to the center of the Earth, and make the connection there with whatever image you'd like. If you don't like the way it feels, you can always start over and play with a new image; or simply see your grounding cord merge with the lava core of the Earth as it exists in physical reality.

Notice the sensation of being grounded. Grounding helps us be present, more clear-headed, more calm and less reactive. Grounding also gives the body a way to release energy it doesn't need to be carrying. Take a breath. Allow anything you don't need to be carrying to drop down the grounding cord.

Have you been stressed, worried, or anxious? These energies can be released into the Earth where they are welcomed, recycled and transmuted into neutral creative force.

Great job! This might be a good time to stand and stretch. When you do, your grounding cord may fall away, or it might stay in place. Either way is fine for now.

More Grounding?

Are you ready for more? Find a comfortable spot to sit and close your eyes. Take a couple of deep breaths. Notice if your grounding cord is still connected. Or, maybe it's connected to you, but not attached to the center of the Earth. Use your imagination and guess if the grounding cord is still there. Imagining and guessing open you up, cracking the doorway to spiritual awareness.

Whatever the case, even if the grounding cord is still well connected, would you imagine releasing it, and let it fall to the center of the Earth for recycling. Releasing an old grounding cord and making a new one is great practice, and re-grounding is an effective way to reset and refresh yourself.

Let's do it. Close your eyes and make a brand new grounding cord for yourself. Maybe you want to play with the same image as before, or try something new.

Imagine that beam of colored light, pipe, root or whatever image you'd like; extending from the first chakra energy center at the base of your spine and growing down through your chair, the floor, the building and the layers of the planet all the way to the Earth's center.

See the grounding cord connect to whatever image you like to represent the center of the Earth. Settle into it, and let your body release and relax.

The Release Button

Next, we'll add two pieces to make the grounding cord even more effective.

The first is the idea of a power switch. Imagine, somewhere on your grounding cord, a switch, like a light switch, a button or a lever. So, yes, you may have a blue beam of light for a grounding cord with a light switch on it! Energy doesn't have to always make logical sense, and often doesn't. So let yourself play, and you'll see that it really does work.

The switch will have an "on" setting, and when you turn your switch on, it powers the grounding cord to begin drawing out energy you don't need, helping you cleanse even more. Create the switch with your imagination and turn it on. This is called "putting the grounding cord on release." Feel the gentle pull. Let me be clear that putting your grounding cord on release does NOT mean you are releasing the cord itself, you are instead strengthening the cord's ability to help you release energy you don't need.

Try it. How does it feel? Do you feel more solid in the chair? Notice the invitation to let go, and accept.

Sometimes when we work with energy and the images don't make logical sense, resistance can arise. The analyzer within you may push back from the process. If this happens for you, let it come, and let it go. Why not try it anyway, even if it seems silly? Why not let go, let the Earth support you, and see what happens next. Maybe your body would feel calmer, your mind a little clearer, as you begin to relax into a gentler state of consciousness.

Timestamp Your Grounding Cord

You're doing a great job. There's just one more piece to this grounding process, and it's about strengthening our ability to be in present time. We'll simply add the current date to the grounding cord. Date stamp it, or write the date in elegant letters somewhere on the cord.

Again, this may seem silly, but it really works. You may have a tree trunk grounding cord with a button power switch and fancy gold numbers for the date.

Dating the grounding cord helps us be in the now, the only time that's real in the physical world. It invites us forward from the past and into freedom from decisions we've made about who we are and what's possible based on the past. It brings us back from the future, which hasn't been created yet and can only be created moment-to-moment, from here and now.

Great work! This is the completion of the grounding process.

Let me sum it up (see Illustration 2).



- Imagine a grounding cord extending from your first chakra energy center at the base of your spine.
- Watch the cord grow all the way to the center of the Earth and connect it there using whatever image you like to represent the Earth's core.

- Add the power switch, putting the grounding cord on release, powering the grounding cord to help you let go.
- Add the present time date, inviting yourself right into the moment.

Take a breath, enjoy the sensation of being grounded. Grounding is always Step One of the Meditation for Living process. And, you can also do it just by itself. You can practice grounding anytime, anywhere. You don't have to be sitting with your eyes closed. You could be standing in a line at the store, in a waiting room at an appointment, stopped at a red light driving, or anywhere at all.

Grounding creates the opportunity for change by changing the possibilities of energy flow. Grounding yourself creates broader possibilities within you. Since everything is energy, you can ground anything.

Try this experiment: Before driving, sit in your car for a moment and ground yourself and then ground the car. Create a grounding cord from the bottom of the car to the center of the Earth. Imagine any energy the car has picked up on its many journeys is released, leaving it refreshed and new. Notice how your trip goes with grounding in play.

You can ground anything; cars, houses, computers, any object. If you have a dog, try grounding your dog! They seem to love it. Cats are another story. My cat won't let me ground her, but she will sit right in my grounding cord, under the chair.

The only thing it's not ok to ground is another person. Imagine one of your friends upset and crying. You wouldn't shove a box of tissues right in their face, invading their space. Grounding another person when they haven't asked you to is a boundary violation. Instead, you might sit with your crying friend and softly place the tissue box near their body as an offering.

Inviting others to ground is done in the same way. If you'd like to offer someone a grounding cord, imagine a beam of colored light or any energy construct near their body and going all the way to the center of the Earth. Don't connect it to their spine. Watch what happens. They may physically move right to the spot where you imagined the cord. Or, they may walk away. There's your answer!

Try playing with grounding and bringing this tool into your day. See what happens.

Remember, the first lesson of the Meditation for Living program is available to you for free. You can listen to the first track of that lesson by visiting the website laurenskye.com. Contact me at lauren@laurenskye.com or visit the site and sign up for the newsletter to receive the full first lesson.