

# Raise Your Frequency Transform Your Life

## Origin Story

Every book written has its own birth story, and this book's creation has been deeply interconnected with my life's spiritual and physical journey for the past ten years. Writing this book has taken me on an odyssey in the physical world that totally intersects with the purpose of the material. As I wrote, I knew Spirit was talking to me as much as Spirit was sharing the information for you.

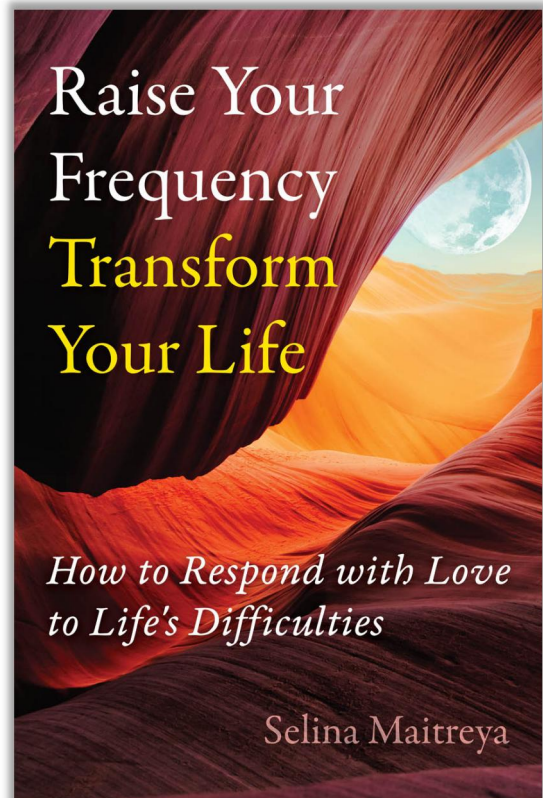
The book you are about to read contains information that seeks to inform you about the truth and purpose of difficulty in your life.

It offers practical spiritual exercises that you can use to transform any tragedies, daily irritations, or stresses into tools for conscious transformation that will bring you peace.

How perfect for the masters of Oneness, then, to ask me to channel their wisdom and write this book during a time when my brain was severely injured, a time when I faced my most difficult physical challenges.

And yet it was also a time where my connection to Source was full and complete—more active than it had ever been in my life.

The book began in 2013 when I lived in New York City. I had just sold my home of twenty years in New England—the place where, as a single parent, I had raised my two boys. I had bettered the predictions of my friends and family who told me when I got divorced fifteen years earlier that I'd never be able to keep our house and that I'd end up living in poverty. But due to my deep spiritual work and lots of physical world effort, I successfully kept my boys in their home, made a wonderful life for us all, and put them both through



college with the help of their dad. Now, here I was: our house was sold, my boys were well into their new lives, and I was off to New York City ready to leave my consulting career behind and embrace being a spiritual teacher full time.

Everything was going to plan until two days before the closing on our house. With all my belongings packed up, the house was empty, and it was the first day of the rest of my life. On a gorgeous, sunny summer day, I was so excited as I drove from a local motel to clean the house for the last time. I came to a red light, and when it turned green, I moved into the intersection just as a woman ran a red light and hit my sports car at 70 mph, smack into the driver's door.

After a most mystical experience in the car, I was pulled out with the jaws of life and ultimately diagnosed with an intense, traumatic brain injury that left me alive but unable to function well and live anything close to a normal life.

Spirit directed me to move forward with my existing plans, and I moved to New York City. But being with people was impossible because every sound was a dagger in my brain, and I couldn't hold a conversation for more than a few minutes without tremendous effort. I was completely physically exhausted twenty-four hours a day. Taking a shower was a victory. And while I was in the greatest city in the world, I couldn't go to a restaurant, movie, museum, or a play without great difficulty. My physical and intellectual disabilities were huge and went on for the next four years.

However, magically during this time I had a connection and entree to Oneness that I had never experienced before. I would simply close my eyes and be in a paradigm where everything was more than easy. There was no physical pain, no sensation, no noise, and nothing to see, for there was simply nothing.

I was nothing.

I floated in this field of Oneness many hours every day, because in Oneness was the respite that I had always sought, and all I had to do was close my eyes and breathe.

This exquisite invitation began in the car when I was knocked out on impact. The car immediately filled with a profound light, and Spirit told me then that this was an event that had been orchestrated. I was informed that I'd be taken out of my life but not taken out of the world. I was told to completely surrender, and Spirit would take care of the daily details. I was advised that my energetic systems would be completely reorganized and my greatest wish, to be a spiritual teacher and a guide, would be delivered unto me.

What I wasn't told then was that soon a request would be made of me that would seem almost impossible to fulfill.

I had been channeling the energy of Oneness for more than ten years. I was deeply comfortable parking my personality and ego, making space for the energy of the Divine to speak through me to others.

But it was a huge surprise when Spirit came through and told me that I was to be the steward of a book that would help people learn how to use difficulty as a transformational tool to increase their consciousness and experience peace. What I was to write about was exactly what I was living!

The problem was I couldn't even type. I had no memory, and my normal organizational skills were completely gone.

But I have always said yes to Spirit regardless of how illogical and seemingly impossible the requests were. I had no idea how I could facilitate the commitment I had made, but I knew if Spirit wanted this book to find its way into the world, we would accomplish that!

Thus began a six-year journey to write the book that you are holding in your hands.

Messages came through daily, and I recorded them on my phone for the next four years. During this time, Spirit shared what you are about to read—teachings and practices that empower you to respond to daily chaos from love.

While the material was mesmerizing and powerful, my daily life was extremely difficult. Yet I was committed to not allowing my difficulty to impede my progress with the book. I heeded the advice that Spirit was channeling through me to live beyond my circumstances, and I continued on.

During the writing and early brain healing period, my life had been completely upended by my injury. I had let go of a relationship with a man that I loved because I just didn't have enough energy to move through my daily life, write the book, and still be able to contribute to a committed relationship. My financial status had changed dramatically, and I went from a more than comfortable life to claiming bankruptcy and living off every penny that I earned.

Once my brain was healed enough for me to be able to use my computer more efficiently, I began the task of transcribing the words of Spirit into a manuscript. During that time, I was directed to move once again, this time out of New York City, and I was brought most gratefully to the woods of Woodstock, New York. I quickly met my editor Nancy Butler-Ross, and with her help I was able to structure and organize the volume of sacred material into a book.

It is not lost on me, Beloved, how I was able to supersede my brain injury and painstakingly, word by word, page by page, craft a book that I knew would be life changing for so many. As I responded to my own difficulty from love and lived beyond my circumstances, I was experiencing a sense of peace that I had never felt before.

It was also not surprising that Spirit saw to move me two more times, with each move providing exactly what my healing and the book needed. My brain was deeply wounded, and I know it was my connection to Spirit that enabled me to perform the skills that were needed to write the book. Six years later the book was complete, and the process of bringing it to market began.

I was called to put my energy, time, and money into marketing the book to publishers and agents. I had only a few hours each week for book efforts over the time allotted to earn a living, and two years later, after receiving no positive response, I began to feel defeated. In a conversation with Spirit, I was reminded of the book's contents and my commitment to my work of responding to chaos from love. I was told to lie the book down, stop marketing it, and allow Spirit to set the timeline for publication. Spirit advised me to create a work-study program around the book and to share the information with my current spiritual students. I followed this guidance and ended up taking three groups of students through a ten-month course using the material in this book.

It was outstanding and overwhelming to see the changes that the students made in their lives as they used the material, for each time they responded to difficulty from love, they raised their frequency and transformed their lives.

Out of the blue, in late 2022, one of the people I had met during my time in New York offered to make an introduction of the material to Inner Traditions • Bear & Company. I consulted Spirit as to whether I should take up this invitation, and Spirit responded YES!

The introduction led to a conversation with Jon, Inner Traditions' acquisitions editor, and speaking with him felt like a conversation with an old friend.

Within a few days, they chose to publish the book.

I share this information with you now, dear reader, as I want you to know how magical and perfect the birth journey of this book has been.

I also want you to hear that the author of this book has been on her own journey of discovery—learning how to respond to difficulty from love—and the writing of this book was just that, for me.

This is a book that teaches you how to use any type of difficulty in your life as an opportunity for you to increase your consciousness, raise your vibration, and transform your life.

At a time in my life where I should have been off onto my new greatest adventure post motherhood, all of my plans stopped in the blink of an eye. What I knew then and know now is that my connection to Source, as well as my willingness to supersede my current physical chaos and respond to each piece of difficulty from love, truly enabled me to move forward to heal and write the book that you are about to dive into.

Today I am back in Massachusetts living close to family and friends. My brain is 90 percent healed, and I work a five-hour workday. I teach daily and live on a beautiful pond surrounded by nature as I rebuild my financial and personal life.

It is here that you find me, grateful to deliver to you the creation of my commitment to Spirit so many years ago, for the material you are holding in your hands contains the wisdom that brought me back into the world. Not surprisingly, much of the information that I was given and that I used to rebuild my world, you will find within the pages of this book. The material shared here will empower you to respond to any difficulty and every tragedy from a new, higher vibration, which will raise your frequency and transform your life.

That is my promise to you.

A handwritten signature in cursive script, appearing to read "Selim".