

TURNING POINTS HERSTORY as Alice JOY ANDERSON

VANCOUVER, B.C.

- My father was the last of twelve, a son born to Icelandic immigrants in Manitoba. My mother was third born to Manitoba farmers and a descendant of Scottish immigrants to Nova Scotia in 1792. Her mother died when she was 9, her grandmother died when she was 14, and her father died when she was 24 years old. She was pregnant with me when he died and I carried her pain and suffering.
- We lived on W.13th by the Vancouver General Hospital. They owned a three story apartment building. I remember a double bed, bunkbed and crib all crammed into our bedroom. When my youngest sister was born Dad built a bedroom down in the basement, where coal was stored, for my sister and I. He built a stage in that bedroom for us to perform on. This old apartment sits today (2016) between high rises.
- As a very little girl I knew intuitively that if I was kind to others, then kindness would be returned to me in my next life. Like most light workers I felt different, slowly shutting down, disengaging from my spirit in order to be accepted and loved by my family and friends.

RICHMOND, B.C. 1958

- A move from city Vancouver to rural Richmond, at age 7, shifted me from an outgoing, confident child to a shy and introverted adolescent and teen. I internalized everything, letting off steam when necessary.
- My parents' friendship circle met for social week-ends and the three sisters were carted everywhere. We developed our good social skills.
- I danced on my father's feet at 3, continued with lessons from 5 through 14, and choreographed dances in our split level basement when the house was empty and no one could watch me. At 19, I returned to dance classes, then auditioned and performed in the amateur Vancouver play "Sweet Charity". I was a good dancer.
- I loved music too but was pushed into piano lessons until I reached Grade 6 of the Royal Conservatory of Music and one year of RCM theory. I also attempted the guitar when I was in my early twenties.

- I was 12 when my youngest 5 year old sister came two hours short of death, and had to have a tracheotomy. The trauma of it created fear of sickness and death. This was a turning point for the whole family.
- My Grade 7 Social Studies teacher magically had me reading metaphysical books, like “Lobsang Rampa & the Third Eye”. He talked openly to this class about astral travelling. For one week he offered his students an opportunity to explore our clairvoyance. The goal was to sit in a quiet space at home at the same time every night, for five days, and try to receive thought shapes sent by our teacher.
- I graduated with Academic Humanities and secretarial electives. I always wanted to be a kindergarten teacher but my grades slipped in High School when I rebelled to my mother’s control with passive aggressive behavior. When I look back I think I was depressed.
- I travelled to Oahu and Maui and I discovered my extroverted self at 19. Co-workers didn’t recognize me when I returned. While there I was invited by a pure Hawaiian to live on their sacred homestead, but I was afraid to take this risk of change. But I was beginning to shift.
- At 21 I felt I needed to escape the trappings of work, after a 4.5 year relationship break-up. For 3 years I travelled through the US, Mexico and Caribbean, alternating work and travel for 6 months each.
- After returning from my last trip to Mexico, I needed roots. I accepted an invite to live in a house with an old school friend and her non-boy friend. One day I woke up in love with him. Falling in love, for me, felt like being struck by lightning. He was honest and told me work came first and he wasn’t ready for a commitment. A year later he came back with an offer to move to Toronto. This time I took the risk.
- I was just short of 26 yrs. when my family had a serious car accident coming back from a family wedding. No one died but my Dad never worked again due to a head injury. I was the driver. It felt like a bomb went off and there was no one to pick up the pieces. We became a broken family and my life changed. I numbed myself with alcohol for the first time in my life but it showed me my borderline addictive personality and it was not pretty. I felt like I was on a rocking ship with no railing to hang on to.

TORONTO, ONTARIO 1976

- After the accident, Toronto was a get-away and I would be with the man I loved. He invited me to come and live in Toronto, with no commitment, but I stayed with him for another twelve years. After the first six months he said, “shit or get off the pot” – I was home sick and depressed due to the accident head injury most likely. Instantly I had a mind-set shift and began a 10 yr. relationship with the city’s culture. I fell in love with the City itself. I became my happy self again.
- I never felt the need to get married but said yes after two years, at 28, because he asked. I didn’t need to get married because I was already, in my mind, committed and married. But marriage meant to babies to me and he was not happy when I announced, “pregnant”, eight months later. A fork in the road - the beginning of the end.
- A lot went on over the next ten years – two beautiful children, a chosen abortion, a strong connection with my neighborhood women friends, work related and friendship circle social events. The ups and downs of life were hurting me. I started the journey of psychologists.
- Our marriage crumbled, without outward signs. My husband’s work was shifting and his health started to show signs of something “not right”. He asked if we could move back to Vancouver and, of course, I said “yes”. Mum was a realtor and she found us the perfect house.

RICHMOND, B.C. 1986

- We bought a house in Richmond where I grew up. I started to hang out with friends on girls’ night out. I stuffed my angry feelings with excessive alcohol, much like I did after our family car accident ten years earlier. Our communication skills were still terrible and we floundered like two different fish in a stale fish tank. As quickly as I fell in love I fell out of love. Two years later we sold our house and I moved around the corner into a 4-plex. It was a dive but I was happy.
- Determined to begin a new life cycle, I made a commitment to my Soul to never stop expanding. I quit a good secure job and took a risk and registered at Blanche Macdonald College adding another year of Holistic Aesthetics to my training. Another fork in the road.

CALGARY, AB 1989 – the commitment to Spirit

- I was in the midst of my second year for Holistic Esthetics and make-up Artistry when I met a man from Calgary who was a widow of four years. It felt good. I was already dating at this time but chose him.
- Life has a way of attracting what you need to wake you up, and it did. Because I was happy I attracted attention. I met this man in the late spring, fell in love in the late fall, and after a 12 month courtship, moved to Calgary pregnant. I raised my kids in Calgary for 13 years.
- Calgary was not what I expected. Intuitively I knew from the moment of our arrival it was the wrong move. But I was pregnant so I stayed.
- Still not communicating enough to support a healthy relationship, I blended-family-ed right into a whirlwind of lessons, repeating a past life pattern, which became so loud that I couldn't avoid the call to work on it with conscious clarity. So I quit drinking for ten years.
- Alcohol was always socially accepted and I was raised in an environment where alcohol was used for social week-end events only. It took me two years to dissolve all desire. People wanted me to drink with them. Misery like company, as the old cliché goes.
- My stress levels were sky rocketing after my third baby - most likely hormonal overload. I lost myself and plunged into despair and hopelessness. After an attempt at suicide and a consultation with a psychiatrist, I climbed out of the darkness with 'A Course in Miracles'.
- I included six month on prosac; two years of regular sessions with a Toronto channeler; and dream therapy with my psychologist. What took three years in psychology, took three sessions of dream therapy.
- I spent another ten years going outside of myself to learn healing art modalities and going inside myself to process what I learned. I was in a constant "wake up" mind battle that I initiated in 1988.
- My current life path started with a 3-day course on career counseling at the University. I learned that I had received the same answers many times before but was not listening. This time I paid attention. I was highly suited to interior design, landscape artistry and the healing arts. I thought it through, based on family, and chose Healing Arts. I was fortunate to be an at-home-Mom, able to go to school part-time.

- I chose each and every healing modality that I could get my hands on, starting with all levels of Reiki – the art of Japanese healing. I still teach it, as energy work is a good foundation for healing modalities.
- I started with registered massage therapy and aromatherapy at Mt. Royal College. Raindrop therapy works well with Hot & Cold Stone massage. I added Healing Touch and learned about body meridian movement and muscle testing. Then all levels of Reflexology and Iridology (eyes), but it was the emotional side of Iridology (Rayid) that resonated with me. I completed certification as a Holistic Therapist and Master Herbalist. A five year program took nine years part-time.
- Spiritual treks in the foothills of the Rockies, especially Bragg Creek, were an important part this journey. Mountains are a source of constant activation for me, and water heals and soothes my soul.
- My love partner married me in 1995, after six years of living together. Unfortunately, we argued when it came to our blended, extended kids. There were too many triggers and triangles in our partnership.
- Travel was a strong and happy connection with us. We stayed together for another nine years after marriage. His business was courted by various suppliers so we experienced many benefits.
- At 50 my husband gifted me with a two week expedition to Machu Pichu with a small group guided by a Californian spiritualist. I trained vigorously for the daily high altitude hikes and was rewarded daily with spirit guides by my side. We were allowed a sacred ceremony in Machu Pichu, but my shaman was not well versed, so I did not allow him access to my spiritual energetic body fields. Learn to discern.
- Two main incidences with males triggered an awareness regarding power. The first was a Swami from India who knew about me through a friend. He was told I did Reiki and asked if I would do Reiki on himself. Before I started he told me he could stop the flow any time he wanted. As a beginner I didn't know what to make of this comment, or for that matter, the request. I went home bewildered and the whole thing felt weird. A few years later, an ayurvedic astrologer in Vancouver who did something similar, in regards to energy power. He saw my name tag as Amaada and asked, "what does it mean?". I

told him that the name was given by my Council and it means, “yes”. He flat out told me I was wrong, and proceeded to tell me the Sanskrit meaning. Everyone around us could feel the strong energy between us, making everyone uncomfortable. I shrugged it off and continued with the evening event. Afterwards I recognized what he had tried to “do to me” energetically and what the Swami had done to me. Pure ego - a huge lesson for that to never occur again, male or female.

- Three more major events altered my life path. The first was a series of eight deaths within six months. My Dad, Uncle, sister-in-law, and best friend’s husband were among them. Secondly, I discovered my husband’s two-year affair through my Torontonion channeler, my own intuitive knowing, and a psychic. And third, was information by a Police detective regarding our family being watched by both Russian and Chinese Mafia. You don’t hear that one every day, especially in Canada. I needed to feel secure and protected in our community, so I made my family move to a smaller mainstream home and remained there for a year before taking a bigger leap and moving to Vancouver.
- After my Dad died I came across a woman who channeled the angelic kingdom. My father came to her and his expression healed many inappropriate exchanges we had in this life. I am so grateful.
- Life is a constant of change, full of surprises to help us grow. I felt overwhelmed with the extremity of these events and I wanted to go back to my roots. I knew I had to move in some direction or I would create dis-ease inside my body. A trip to Vancouver in January, 2000, triggered the momentum to move. I waited two years for this to happen and when it didn’t I had to do it myself.
- 2000 marked the new MILLENIUM. The world was in chaos and people, as a whole, were in survival mode. There is always chaos before order. The 50’s women were told “go home and be the good wife”. The 60’s rebellion included men and women against systems but the 70’s lulled them into consumer yuppy-dom. In 1987/88/89 there was an Earth Harmonic Convergence collectively awakening all woman. It was time to take their power back. I was 36 years old – bingo! A turning point for, not only me, but for the world.

STEVESTON VILLAGE, B.C. 2001

- August, 2001 we moved to Vancouver with two kids. My husband wasn't happy with the long distance commute. We lasted until 2004, separated for three years, then divorced in 2007. My intent was to move through our parting with conscious kindness. Society say it takes two years to get over a death but grief is individualistic. I don't know why, but I grieved this loss for four years. A divorce is not supported in the way a death is, yet a divorce can feel like a death.
- Before moving, I was guided by My Lord Archangel Michael (via Toronto channel) to balance my male and female energies. I could do this by something as simple as opening a diner. My intent went out to the universe and shortly after I heard of an available local space – perfect for a small café/diner. The essence was perfect and my husband orchestrated a solid 15 year lease. I was ready to create. It started with 20 Ikea chairs painted by a local artist of pictures of my trips to Mexico & South America. The Café's name, Alegria (joy & happiness) was inspired by my love of the Mexican/Spanish cultures.
- I discovered how good I was at designing, organizing and formatting. I was able to create a good solid little organic café that would last until it sold in 2016. My journey with the café ended three years later.
- The café was open seven days a week and started at 7:30am, so I had to be up at 5:30am to prepare for the daily meals. The work was gratifying but exhausting. Each night I cried and each morning I said, today is a new day, focus only on the day. Stay in the moment. This is where I learned how to stay focused in the moments of each day.
- Part of my stress at this time was connected to my son who was left in a drug induced psychosis after a week of partying with friends, while the family was away. I was fortunate that the school counsellor knew the signs and was able to support us with her knowledge and wisdom of getting him into a rehab immediately. His stay and healing process was eight months – a normal stay was six months. The outcome was good but not easy. I began to volunteer at the Last Rehab Centre once a week for the next eighteen months, learning about addiction and supporting through channeled work.

- One day at Alegria a woman came in, sat down at the table and started crying as she told me her story. I told her to wait while I rushed off to my printer and had all my Alegria recipes copied for her to take to her husband. It was a pay it forward moment of tremendous joy.
- As I moved into the third year of operating Alegria, I became restless. My soul was yearning for more. I intuitively knew I needed a deeper meditation practice. There was a healer/channel in the Village who offered to work with me once a week. I also biked home in the late afternoon, and sat in meditation. I don't remember why I did this, I only knew I needed to. Days later a strong spirit presence entered the room. The first time I was frightened, but let go of my fear. I was ready and willing to give the spirits permission to use my body. I had already worked with a channel from Toronto, while living in Calgary, and had a sense of the possible. I trusted the divine energy Source.

As AMAADA (“yes) JOY 2004

- I gave permission for these spirit guides to use my body as a vehicle. I allowed them to speak through me, to make sounds through me and to move me. I looked peculiar to say the least. It was as if I was out of body while they were in my body. It wasn't always easy as my ego got bored. I literally visualized my ego self and put her on the window sill while we worked together. I was learning how to control my ego. This “Council of Twelve” named me Amaada and told me it means “yes”. I chose Amaada Joy, using Joy as my last name, as it is used in Spain. Once a man came into the Café and told me his last name was Joy. We joked that if I married him I would be known as Joy Joy.
- They called themselves the “Council of Twelve”, which I now call my “Higher Council of Twelve”. They gave me their individual sound-names in a form that I could understand. Only a handful could lower their vibratory frequency enough to communicate with me, as it is difficult to become a dense vibration on this planet. I learned to raise my frequency and they lowered theirs. We communicated in certain “dimensions” and I knew that if one spoke to me through me, that one was speaking as a collective of the all but individual at the same time.

- I was in awe of this experiential exchange. I didn't want to tell anyone because I didn't understand it. I practiced on a few close friends but they were freaked out in the beginning stages of my learning curve. I was a closet "spiritual advisor", coming out for those who were ready.
- At some point during this stage in Steveston, I explored mirror meditation, where you sit in front of a mirror and try to see beyond, like a 3D picture, into the many faces of your Self. I would stare just beyond my eyes watching my past life faces flash like cards in front of me. I saw old faces and indigenous faces and lots of male faces. I knew I had to stop as I was afraid that I would enter into the mirror myself. I was moving into realms that I didn't fully understand yet.
- After we settled in, my sister-in-law arrived with her three kids and we all went to the Stanley Park Aquarium. After the whale show finished, I was left behind and noticed one of the Beluga whales bobbing up and down in front of me. This Beluga was looking right at me – eye to eye, wanting to communicate. I shifted my energy field, raising my frequency, so we could telepathically communicate. The message was, "don't worry, we will look after the Earth". I was stunned.
- I was told to channel for the healer/channel who was supporting me with my weekly meditation. I went to her and told of the "Council of Twelve", then proceeded to channel for her after permission was granted. Being unprotected at the time energetically, a dark force entered my body. The words that came out began to frighten and confuse both of us. She obviously didn't know what to say, except, "you need to leave now". It was extremely upsetting for me and most likely for her. Back in the safety of the Healing Centre, I was told that I had to learn that the darker end of the light spectrum was real and that they would try to interfere with my channels and/or attempt to enter my energy fields if I didn't protect myself. I quickly learned how to clear and clean all my energy fields, plus sacred spaces, so there were no dark forces influencing and/or infecting the channel.
- An affirmation/prayer was given to keep myself, and all who used it, cleansed and protected. This Spiritual Energy Cleanse and Spiritual Energy Protect was to be repeated every four hours, as this shield

started to dissolve after the third hour. I still use this mantra/ritual to create an egg-shaped golden dome around my energy fields. (2016)

- In 2004, I was advised by my Council of Twelve that the Earth mother was not able to end the old story in 2012 and rebirth, as prophesized, due to the presence of Dark Lords and their control of this planet Earth. Therefore, there was an unprecedented decree by God that all Dark Lords had to leave the planet. Five went into hiding!
- A tremendous awakening was occurring in me and around me. I was in awe of it all. The first four years I spent 4-6 hours in channel every day, with people coming and going, so I could practice and learn. I was guided every step of the way, always with free will to accept the guidance or not. I was devoted to my Council of Twelve from 2004-2014. They were to be my only Masters. I spent over 20,000 hours listening; learning; listening while teaching; and listening while writing. No words can describe the exchanges. The simplicity was profound.
- Also in 2004 I was guided to do yoga every day if I was going to channel. I needed to teach yoga in order to “do” yoga every day. I know my weaknesses and it is easy to “fall off the wagon” of an intention. The summer of 2004 I began my first 200 hour Yoga Teacher Training with Shakti Mhi’s Prana Yoga College, Vancouver. I continued in 2009 with 300 hours of advanced yoga teacher training and another 100 hours of Entrainment (synchronized) yoga in 2011.
- Immediately after yoga certification, I spoke with my Landlord and asked if I could renovate an over-sized garage behind Alegria Cafe. It was filthy and the yard was filled with junk. I cleaned it up, created sacred space, and started teaching yoga classes a month later. The space was small but perfect. It held 12-13 people. I taught 2-3 classes, 7 days a week, creating strong body and strong mind.
- Above Alegria Café was a one bedroom condo that I began to rent. After a slight renovation I used it as a small Healing Centre in order to practice channeling, and teach all levels of Reiki. Reptilian and serpentine energies came through the walls. I saw (third eye) dark forces wrapped around people. Dark forces like to entice, disrupt and discombobulate people who are of lower energy frequencies.

- The next four year span was an intense learning curve, filled with my personal spiritual journey, my family, home, and Café responsibilities. Only once did a student challenge the Council of Twelve in such a way that the Council stopped channel immediately and told him “No”.
- It wasn't an easy time. Emotionally, I was going through a separation then divorce, and at the same time my 19 yr. old son was admitted to rehab. Physically I was operating the Café, yoga Studio and two healing Centers. Spiritually I was tested daily. But I was determined.
- I used Ikeela yoga studio and the healing centre for Hatha yoga classes, weekly meditations, satsang, group healings, psychic healings, workshops, all levels of Reiki, and individual channels.
- Two years later, in 2006, I purchased and renovated a house in Kitsilano, calling it Machika (light) House. It supported a continuous group of thirty+ individuals who were committed to a spiritual journey.
- One day an elder yogi asked if I could help his daughter and family, who were seeing and feeling very dark entities in their home. I called My Lord Archangel Michael and with the support of the Archangelic Leagues of Light, we exorcised this dark force back to its' Source.
- Another request came by a local man who was channeling the Sirian Star constellation's wisdom and healing into his man-made orgone generators. He was at a loss as to their purpose so asked me to help. I started communicating with each one until the fourth orgone generated immediate fear. I told the owner to take it outside and smash it with a hammer. I went outside, hunched in fetal position with the sun on my back, until I was okay. I felt the God force fill me with light, but I knew that that Dark One could have killed me.
- I was also guided to take two spiritual road trips to Mount Shasta by myself. Twice I drove the Pacific West Coast to Ashland, Oregon and trekked up Mount Shasta in search of the Masters of wisdom.
- This is my story of twin flames guided by my Lord Archangel Michael. Many twin flames are here on this planet working or living together to show the world how to live in equality with pure love. They are like the two sides of the same coin. The second is a darker story where the soul was inappropriately split apart by dark forces during the fall

of Atlantis. It is now the right time for these souls to come together to be a-“mended”. My twin flame and I came together for a short time, explored the union by living and listening to our hearts and mending our soul. When we worked together in harmony it was pure bliss.

- I invited my twin flame to join me to view and walk the property I have in the Kootenay Rocky Mountains. He walked alone while I felt a pull towards a specific area in the valley close to the lake. The land hums its' own vibration and this valley was humming sadness embroidered with grief. I was sobbing and viewing (third eye) a group of “big foot” that were left there by their soul race starship. All they wanted was to go “home”, so I sat in a meditative trance state and called their soul race family in, via channel. In a short time, there was an arrival of an organic starship, then their departure through a portal consciousness.
- Alegria was sold at the end of my third year to a beautiful pair of local twins and sold a year later to Narbada Langham, who operated the café for another ten years. The lease ended after fifteen amazing years. Narbada departed from this job as its' peace keeper in 2016.
- Another opportunity arrived for me. The Love of Children Society, a non-profit organization in Calgary, founded by Ashid Bahl, was taking a small group to India and Nepal, to visit 11 orphanage schools in 24 days. We explored historical sites and temples, and travelled from Delhi down to Mumbai, over to Nepal and Kathmandu, into the Himalayas', and over to the state of Orissa to its' Tibetan Refugee Camp. The trip included a profound trip to Dharamsala, where we sat on the ground listening to the Dalai Lama, surrounded by a sea of saffron robes of monks, nuns, and spiritual seekers from all over the world. Magical and extreme are the only words that describe India.
- Upon my return from India there was discordance among healers'. I was not able to cope with their feedback. I take full responsibility for the outcome of their exchange as I was hurried before my departure and should have been more diligent in my delegations. Exhausted and still processing India, I should have rested for at least ten days but didn't. There was not enough down time for balance. Sometimes we listen to our little Jiminy Cricket and sometimes we don't. I didn't.

- Five years of working every day, 12 hours a day, left me in a healing crisis. This is a warning for all light workers to slow down, take time, and know that there is no fast tracking. The journey is a step by step process! Through channel I learned I had Tuberculosis hovering in my energy fields. I flew to my condo in Puerto Vallarta for 2 months of bed rest followed by one month of writing/channeling my first book.
- Upon my return from Mexico I was instructed, through channel, to move to Italy and either live in or open a healing center. I travelled to Italy two years in a row, once with a close friend and once with my youngest daughter. Living so far away from family and friends is not an easy task so I asked for a softer journey and to live somewhere in BC. I had to pull my deeply embedded roots out of Steveston, and cut the cords with Vancouver. Like all things in life, it takes time.
- In 2006 I was guided to search for a new healing site. Eventually I settled on a location just outside of Kelowna in the Okanagan valley. I look back now and see that this sacred space kept me safe, and allowed me to continue working on releasing dark forces from Earth.
- The Retreat vision began as a yoga, meditation & wellness Centre. I had become a yoga & meditation teacher/healer/spiritual advisor, both in Steveston and Kitsilano for 6 years, teaching 2-3 classes a day, 7 days a week. 10,000+ hours later, it was time to use this knowledge in a different, hopefully softer, way. Time for balance.
- After one year of reflection and thought, I decided to take the plunge in 2007 and buy a 40 acre farm. I made a conscious decision to create a Retreat Centre in Joe Rich. It was a middle point between downtown Kelowna, the Kelowna Airport and Big White Mountain Ski Resort. It took another two years to move part-time to a townhouse in Black Mountain, then two more years of designing, gutting and renovating this 1981 farmhouse. And here I thought it was going to be a softer journey – my life was still full of surprises and lessons.
- An Earth “turning point” occurred in 2008. I was advised by my Higher Council of Twelve that the time had come for all humans to decide at soul level whether or not to expand and prepare for the Fifth Dimension in 2012. There was to be no more fence sitting. Wow!

JOE RICH, KELOWNA, B.C. 2009

- I travelled back and forth between Kelowna and Vancouver for a year before purchasing a townhouse in Black Mountain. I thought I could live there while operating the Retreat Centre, but bylaws dictated not. I had to live on site for insurance purposes. I looked at the Retreat as business, and have lived as its' guest, moving among rooms like a nomadic traveler, teaching me the art of minimalism and detachment.
- My work, while living at the townhouse, was to “clean up and remove” Dark Forces, energetically living in pockets of the Okanagan Lakes. Initially I was surprised that they existed there like mythical OgoPogo. Remember one of my jobs is “dispeller of dark forces” – guru.
- The retreat opened unofficially August 30, 2011 as “the Joy of Living Centre”, created with an intent to serve as a sacred site for wellness, meditation, and yoga in the Okanagan Valley. Diverse groups and individuals have come to find peace and happiness, through music, movement, whole food, nature walks, story-telling, healing modalities, workshops, satsang, meditation, and yoga, plus offering as a resting sanctuary for inner growth and outer discovery.
- I trust that each experience in life has its' own story and if we listen, it will show itself. I am patient, and with the skills of an intuitive, an empath and a channel, I move or I wait. It is important to be a good planner with a clear vision and intent, then let the natural story unfold.
- I have had so many lessons while working through this story line that I am amazed I am still here. I have lost money, discovered I am a poor judge of character, and come to terms with my limitations. I am not good at promoting myself, and I am challenged with social media or technology. I have learned to use the tools necessary for good business, but prefer working with people through spirituality.
- The Retreat supported my gifts as a writer. I had already written (channeled) a book on raising consciousness in Mexico. New recipes were added to the Alegria recipes, creating a Cookbook. My 21-day Cleanse, already developed in Steveston, was revised. Workbooks for the four Self-realization workshops were written and rewritten.

- I revised my Reiki I, II, & advanced manuals, written in Steveston. I wrote 4 Manuals for my Yoga Teacher Training course starting 2017.
- One day a student asked about my theory on the 7-Chakra system. I set out to find an author who supported my channeled wisdom on the new 12-Chakra energy system. Within a week a book presented itself, written by Sheldon Nidle, describing the full 12-Chakra system.
- Universe has a peculiar way of preparing us. One of my favorite phrases was “it’s just around the corner”. Another is “no rush”. We get what we need when ready. Patience, plus one step at a time.
- Stories to be told:-
 1. Seeing streaks of turquoise and pink in the back wooded area called the Fairy Forest;
 2. Energy portals, on the property, into the Sacred Woodlands;
 3. Shifts in energy as you zen-walk around the Labyrinth;
 4. Visions of “orbs”, seen through our eyes or viewed in pictures with color and geometric design;
 5. A young girl, could see Starships with her eyes. One day she saw them in my hay field, so I went out there with her and her mum and brother. I put my arms out because I could feel their presence and see them with my Third eye. They took my hands and we walked in a direction that brought me directly under a smaller Starship. I saw what I can only describe as, the “underbelly of a mushroom”;
 6. One time, with her mum and brother in the hay field with an organic starship, she returned to the family Van and expressed a desire to “go home”. We all desire the true “home” as it is the God/Goddess of All That Is. But her parents explained that she had a life to live first.
- I also received an amazing offer from friends, to stay at their Costa Rica condo. There are four amazing yoga retreats in the area of Nosara, so a good friend and I drove, exploring them all, only to find that the Joy of Living Centre was just fine as it is.
- 2012 through 2014 were busy years working for my Higher Council of Twelve. The Earth mother Gaia was transiting from an old world story (third dimension) to a new world story (fifth dimension). She needed support from all advanced light workers in order to rebirth, as prophesized. But we were not ready collectively.

- Earth mother received three activations instead of one big bang which would have put the light workers into a tailspin and most likely various levels of healing crisis. It was the end of the old way of living life here on the planet. Earth mother Gaia, as a teacher planet, was rebirthing into a healing planet with a new sound name – Terra. She was gifting us all with the dissolution of old story Karma over the next two years via three Earth activations:-
- The first was December, 2012; second was September, 2013; the last March, 2014.
- 1. December Solstice, 2012 was prophesized as the “end of the world” - the end of maya (illusion) – the beginning of the end to the 3rd dimensional lower frequency of existence.
- 2. September Equinox, 2013 began the dissolution (burning) of old story Karma, like a tree burning down until there is nothing but ash.
- 3. March Equinox, 2014 solidified Earth Mother’s final activation into the Fifth Dimension. There was still a lot of work to do – actually the new world work was just beginning.
- We needed an 8-9 month gestation period, allowing a decoding-encoding process to take place in order to adjust to our new Matrix (sound system). Some felt awkward and just plain “off”, not realizing we needed rest in order to adapt. We are a collective oneness and influenced by the collective mind. The wisdom that came through was and is to “be patient – be kind – be supportive”.
- My work, over the past ten years was to support the Earth mother’s rebirthing but now it was time to support the light workers as they awakened to their higher Self and adapted to a new energy system.
- Many books are written on the Earth’s “shift”. We all write what we know or presume to know to be our truth, therefore there are many truths. Earth mother invited us all here to support her rebirth into this new world called the Golden Age of Aquarius, in the Fifth Dimension. We now need to heal this new world by living in the synchronization of Power Body with Heart Body, using the Mind (God) Body.
- Please read my book on the new Twelve Chakra System in order to understand what this “shift” means as we journey forward together.

as NAMARA (“rejoice”) JOY 2014

- In the Fall of 2014, I was driving back to Kelowna through the Rocky Mountains. I experienced a physical rebirth, whereby my perineum began leaking fluid for about ten days. I channeled that I was being gifted with a soul graduation, moving from a vessel of channel (for) The Higher Council of Twelve to channel with The Council of Twenty-four Elders. I felt at awe with awkwardness and wonderment.
- I came to the completion of an old 9-year cycle August 30, 2014. It made sense to receive this activation at that time. It was time to say good-bye to Amaada and embrace the sound name Namara, (given by my Higher Council of Twelve). It felt easier than Amaada and those around me seemed to embrace it too. For me it was my reward for the past ten years of devotion and dedication to spirit.
- Spring, 2014 right through to Fall, 2015, the Joy of Living Centre was up for sale. Through spirit guidance and my intent, I was to move to Salmon Arm. But nothing happened and at the same time a lot happened. My mother had first stroke (Dec.,2014), was placed into an independent living residence, and then about a year later died. I also watched my son relapse into addiction and was afraid he was going to die. I was “guided” to keep him alive until Spring, 2017 and that is exactly where I put my determination. Now I can breathe.
- Spring Equinox, 2015. This Earth activation awakened the Heart bodies of all males, collectively, bringing up a flurry of challenges and struggles, causing emotional fluctuations both individually and in the collective consciousness. There is still a resistance by many males to move their focus from their Power Body into Heart Body.
- Note:- Females were collectively awakened in 1987/88/89 through the Harmonic Convergence. Earth mother activated the Power Body (Root, Sacral, Solar Plexus chakras). It was time to take back power and learn to become authentic in all interactions. It is now time to create equality among the sexes and live from our sacred hearts.
- Spring of 2015 I received a phone call from a woman saying that it was recommended we meet. We began a seriously profound seven month mission, releasing the remaining five Dark Lords/Dark Ones,

from this planet. My Council advised that she was channeling, what I call The Nine (the Active Intelligence/Creator-Architects of God). I cleansed, protected sacred space, and held sacred space with an invocation and my presence, as she received specific instruction from The Nine as to how we were to release the Dark Lords (one at a time) and their entourage, back through their portal consciousness to be healed by God Force. This work was surreal and real all at once.

Note:- We worked together until Fall, 2015, but if we chose not to do this work together, it would have been passed on to other High Souls.

- Fall, 2015. While we were working together my Council advised that I was to create a liquid light compound made up of fourteen elements that would be released to all trees (Tree Nations) at once, in order to release the imprisonment of their root system (the Earth mother's nervous system – watch Avatar). I was guided and did as instructed.
- Then a satsang held at the Retreat showed that this same brilliant female High Soul was displaying ego. The exchange came to a halt and I was guided not to work with her. We sat together afterward so information could be exchanged. She didn't return until 2016. Light workers, whether beginners or advanced, can “fall from the grace of God”, meaning we all make (levels of light) choices every moment, breath by breath. We need to be consciousness of heart choices.
- She returned about a year later, to a day-workshop, facilitated by one of my students. I was surprised but did not judge or question her presence. I sat back and watched the day and then the night unfold. The next morning her workshop partner came out of her bedroom looking very sick. She had been energetically used. I quickly did a shamanic sound healing on her to first cleanse, then heal her energy fields. Within fifteen minutes she was almost back to normal. Then the following day I received a phone call from the workshop facilitator who could hardly get out of bed. She blamed her condition on her thyroid but I told her to get down to the Retreat right away for a divine healing. Afterwards, she was advised to rest and reflect.

- When we think a negative thought it is sent out into the universal consciousness and becomes form or attaches to someone or something as form. The spirit world is just as real as the physical.
- Soon after the aforesaid workshop week-end, I started to feel a soft but constant creeping pain up my back between my shoulder blades. It began to invade one side of my neck and two months later the pain moved into my arm. I couldn't lift my arm and started to get worried. I asked for a physiotherapist who was good with energy sensitives and was rewarded with a specialist in "somatic" healing. It worked better than anything else, but not completely. I am today so grateful.
- The Universal God consciousness helps us when we ask and I was asking. I was really worried about my right arm as it was affecting my yoga classes for the first time in twelve years. I had just met with a local couple (twin flames) who did amazing work together so I asked them to work on me. The following is my story:-
- I was put on a massage table at the Retreat Centre. This couple began with their own invocation and I also created mine, thus creating sacred space for the Divine to support this healing. She saw a gold disc floating above my body and I knew they were my "peeps". I also saw (third eye) 12 metal tabs inside my body. I was being "bugged". Then the couple began a process of removing a black netting (I also helped) from my energy fields – sending through a portal back to its' Source. There was some "mending" done and I saw the golden disc drop down and enter my body. A miracle as I got up and felt lighter and knew the Dark Force infection was removed.

as AMORAH (house of light) JOY 2016

- I was travelling through the Rocky Mountains and received another activation/attunement. I channel for myself in the car and was advised of my new sound - "Amerah", meaning light house/house of light, but it was revisited and pronounced as AMORAH. The sound came through loud and clear three times so I would pay attention.
- My work was rapidly shifting. I had become the channel with, rather than the vessel for, channel. In the Fall of 2014, I was guided to work

with the Council of 24 Elders, plus my Council of 12. Then in the Fall of 2015, I was told to include The Nine (the Active Intelligence and Creator Architects of the Supreme God force). I am so very grateful.

- I have not told this story; when I first started to channel in 2004, I would channel for hours on end. I began to have conversation with God. I did not speak of this because I felt, not only foolish, but afraid. Now, after the removal of all Dark Lords/Ones, it is safe to speak.
- 2016 was full of Sunday Satsangs, allowing guest speakers to share their stories, truths, and wisdoms, including shamanic and Divine Universal energy healers, bringing east to west and west to east.
- 2016 was a year of exposure - exposing ego's good, bad, and ugly, around the world. Corruption needed to come out of the closet so the middle man could see how he was being manipulated and controlled.
- 2016 was a constant collective dirty mind, creating separation and isolation. Resistance and fear of the unknown...fear of death.
- A huge shift coming during 2016 Fall Equinox. I was guided to create shamanic Earth sounds at the Summerhill Pyramid, which would activate the people in the Pyramid, who would then collectively activate and move most of the earth light workers off the "transitional bridge" of the third dimension into the fifth dimension. Wow!
- After the 2016 Fall Equinox, I was told to let go of the idea of selling the Retreat Centre and stay put for another four years, perhaps eight years. For two years I had attempted to sell the Retreat and move via channeled direction, to Salmon Arm and hold sacred space there. Now I am settling into a new direction on a new pathway of oneness.
- Thirteen years of teaching yoga with well over 20,000 hours of accumulated wisdom, I am ready to instruct Yoga Teacher Training as the Master and Guru (a dispeller of dark forces). Life is a calling.
- My journey has been alone but not lonely. Guidance came through regarding the end of the Joy of Living Centre. I continue to hold sacred space but in a different way, as the Centre birthed her "being".
- She has rebirthed, "The Tree Healing House" for everyone to love. I honor and thank all with many blessings from my love heart center. Namaste * amarah joy

