

Keeper of Final Moments~

Finding Life in Death

PUBLISHED BY

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&

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Keeper of Final Moments

Acknowledgments

I want to express profound gratitude to the unchanging presence of the eternal and acknowledge the Divine source of the continuum for the personal experiences I've had. It's been an absolute honor to serve in this capacity.

Secondly, with deep reverence and gratitude to my spirit guides.

And thirdly, to loved ones who've come into my life, for each of you fed my soul. Starting with my siblings, my only brother, Alfred Tripodi Jr., was the first to teach me about astral projection and stood by my side as my anchor. To my sisters, Loretta, who taught me how to get along just fine alone, and to my sisters Michelle, Maria, and Bettina, whom I called "the little ones." Each one became more like my friends as we grew older, offering their sense of humor, wisdom, and sheer sincerity.

To my dad, Alfred Tripodi, who said, "There is no such thing as the word 'can't'; it doesn't even exist in the dictionary." And to help me with one of my childhood questions, he took a napkin and drew out a circle, then with the tip of his pen kept putting tiny dots inside the circle, then pointed to one of the tiny dots and said, "this is you," only to give me a perception of how I fit into the whole: my dad, my gentle, but powerful and wise teacher.

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To my momma, Marie de Lourdes Rodriguez, who taught me how to draw, sew, cook, and clean. The woman who loved to sing out loud and dance! She was my confidant when I grew to be a woman; she is the woman I could tell all my secrets to, and she would listen, then pray. Momma, the prayer warrior. Together, my parents were the most significant influencers of philosophy, art, dance, and delicious homemade cooking!

A special thank you to Asher Wright, who recognized the value of my work and invited me to share it. Thank you for your generosity and the opportunity to bring this work forward.

And lastly, Angela Merici Ciampa and Anthony Ciampa. My two kids saw and heard it all. Life was not easy for them, but they persevered, and today they are these amazing, bright lights that give back to the world in ways they can't even see. They are my motivation, inspiration, and greatest purpose. I am the blessed one to be your earthly mom.

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Introduction

You are about to embark upon a soulful, courageous, and multidimensional exploration of what it means to live, love, and die consciously without fear.

Come with an open heart as the energetic Being that you are, and take the words written here and go with the flow.

This is a common conversation with uncommon viewpoints. Do not believe anything Andrea and Asher speak about, for that will nullify the purpose of your open heart and mind and the message Andrea is giving. There will be nothing concrete in this book for the simple reason that we are not concrete human beings. Everything you find in the pages will come from the heart and mind, mixed with logic, personality, and authentic experiences founded on philosophical, historical, and personal spiritual insights.

Personal anecdotes illustrate the experience of the speed of thought and what contributes to peacefulness in one's transitions. Ultimately, the aim is to offer comfort and a broader understanding of death as a transition influenced by one's inner state and connection to God, Consciousness, and all that is.

Andrea Lucia Tripodi & Asher Wright

You will find historical, philosophical, religious, and spiritual references, but none are meant to steer you from your innate sense of being.

Andrea shares her experiences witnessing final moments, emphasizing the energetic shifts to help remove fear from dying. The discussion explores the significance of silence, the impact of thoughts on one's vibrational state, and the concept of understanding energy as the original language.

Andrea's voice is both reverent and raw, intensely human and quietly transcendent. *Keeper of Final Moments* reflects the sacred continuum of life through the eyes of one who has stood at the bedside and listened deeply.

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Asher Wright: Okay, so let's talk about the title. "Keeper Of Final Moments~ finding life in death. Lessons on love, letting go, and the mystery of the final breath." If you would, speak on those words and unpack them with the wisdom of your lifetime.

Andrea: The keeper of final moments would be for the one who is at the bedside. And I say bedside very loosely because it doesn't necessarily have to be at the bedside. The keeper of final moments is the person who is witnessing somebody else's life "transition."

I use "transition" very specifically because that's precisely what is happening. While death is the subject, and yes, death is happening, I would like to take you beyond the stigmas of death and dying to convey that Souls are eternal.

As for "finding life in death," Unfortunately, I find that many people are afraid of death, and in that, I feel they have lost the fullness of life, because you can't have one without the other. And it's not like we have only one life to live, to think you must try and squeeze in irrational and irresponsible behaviors. I'm saying to find life in death is to experience the fullness of life, which includes experiencing the depths of emotions one will go through as they experience death. And to experience life and

death fully will automatically teach us lessons in love. For example, many view their first love as their mom and dad, and it's not until they mature and have adult experiences that they expand their understanding of Love. That in itself is a lesson.

For me, the meaning of love continued to grow. The more mature I become, the more love becomes this invisible force that stabilizes me. I even published coloring books that contain 33 quotes about Love. All the quotes came from deep listening in my meditations. There is so much simplicity to Love. Not to be confused with complexity.

As a woman in her 60s, I've learned that love is the energy from which all life and living forms are created. Love is not an emotion that we can turn off and on when we get hurt. It doesn't work that way, which leads me to say, learning to "let go" can only happen with grace when you expand your perception of Love.

Letting go is a very natural process in life, which I will illustrate as we proceed in our conversation. What I can say right now is that letting go is not a popular choice, nor is it enjoyable to think about. But the way I see it, letting go will expand your life beyond the confines of your emotions or your logical mind. And while I'm saying this, so there is no confusion as we continue, it's also essential that you know, when I use the word "love," I will use it in the same context as I explain God, eternal source, consciousness, and all that is.

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I am sharing my own life experiences, along with my thought process and the things I've learned along the way. We don't live and learn life one concept at a time. Learning lessons in love and letting go are akin to being a witness to someone's transition and living fully. These are layers of life all within the tapestry of love, God, consciousness, and the eternal. They happen simultaneously.

If I am in love, I will know that it's all mine and it's not mine. I am flowing love in motion, in creation, in the inhale and exhale breath. So are you. Love is you, and you can learn to live in the moment of giving and receiving, just like taking an inhale and an exhale breath. In this, I know love is not outside of you or me, meaning, it's an infinite part of you and me.

(Showing Asher a gift) Take a look at the gift I received. She sits on this rock that has engravings all over it. I received this gift from a friend. It's mine for now. And I will leave it. I held my gift, and I was having an experience with it. Because I was having an experience with it, I will cherish that moment, as fleeting as it may be. I understand that I'm having an experience with this gift. And what I gained from this experience is another form of love. I gained another layer of appreciation, its art, its symbolism, and it's mesmerizing. I'm in the moment with it. Furthermore, I'm having an experience with every little thing about it, and THAT'S Love.

Not to be mistaken with the crap that we experience in life! “Oh, he betrayed me, she lied, he cheated, she was blah, blah, blah...” We must decide what we want to experience in life. All life is an experience. What do you do with the experience you're having? Do you love it?

Asher Wright: Yeah, you said, “It's mine for now,” like everything in life we get—God gives us these things, but they're not ours forever. The experience I'm having is mine, for now. For example, you're my friend for now because eventually we have to let go of everything. Right? I think that's very powerful

Andrea: Yes, it's powerful because we are learning to experience love in this way, which makes letting go easier. Don't get me wrong! Easy and experiencing sorrow are two different things. Just because it's easy doesn't mean you won't feel something. NO! We're going to feel every one of those emotions. But it's supposed to be easy in the sense that it's a constant flow of energy. It's an experience. It's yours for now, and then you realize it's not going to stay yours forever. You understand that the experience is meant for growth. Even the most difficult experiences we have are for our growth. Of course, it's hard for people to see that when they're going through it! I know it wasn't easy for me.

And it's all about ascension, evolution, and expansion. That's what it's about. That's what's happening to consciousness. To truly relate to that, you need to understand that you are

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consciousness, and there are levels. We have the conscious, subconscious, and unconscious, and all life is a form of consciousness.

The deepest layers of you are your consciousness, and it is having an experience in the human form. The human body is formed through conscious intent, and that form is given respiration, which becomes your breath, and the pulse of all life. What happens when the human form takes its last breath?

I'll start by sharing this story.

My most recent client had a progressive disease, and she needed 24-hour care. I hired two more caregivers, then later learned that neither one of them had ever experienced someone taking their last breath.

I had to prepare them. I began by telling them what to look for. Every living case will be a little different. It depends on what the client is experiencing upon their death, which has everything to do with their life!

Asher Wright: Wait! Huh? What came to mind when you said that is a telescope. From the bedside, it's like you're in this small space, like a tiny circle. But through that, you're looking out at the bigger picture of life. Being on your deathbed is like that, a small space, a big view.

Andrea: Listen, if you're going to look through the telescope, look both ways. Go out there to the grandest opening of the telescope and look back at yourself, and then do it from the smallest part of the lens and see yourself from that angle. And do that every day.

I was a weird kid. I'll tell you in a minute. Let me tell you about this mystery of the final breath.

My caregivers did not know what to expect, so I had to explain to them that it would be an exhale breath. They both were shocked, saying, "Really, it's an exhale?" Why would it be an exhale upon death when the heart stops? The breath goes out!

Where does that breath go? The breath carries consciousness.

Asher Wright: So, it's something you leave. It's something left.

Andrea: I don't know what you mean when you say, "it's something you left." It's your final breath, it's an exhale. It's not an inhale. You have an inhale and an exhale breath the whole time you walk the planet, and when the heart stops, you no longer have an inhale breath. What is the mystery in that? Is it in the inhale breath upon birth? Could it be that the final breath is not final?

Asher: I didn't think about that. That the final breath IS an exhale. Even though it's obvious, we haven't thought about it in that way. The initial breath as a baby, what is that, an inhale?

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Andrea: Upon the birth, the baby comes out of the womb, that is precisely what they're doing. They gasp with an inhale breath. If they breathe in the womb through the umbilical cord, we can tie it into another profound concept. If we think about the umbilical cord, it is essential for life. Where's your umbilical cord to God? Where's your umbilical cord in death, and to eternity? Where is it? You have one. Everybody does. How did you lose it? If the infant is still breathing in the womb through the umbilical cord of its mother, how do you think the mother breathes?

People cut their umbilical cords to God, to eternity. They got scared somewhere along the way. Fear came in. No, no! You'll lose out on life if you don't understand death. I'm saying this because I'm witnessing it firsthand with people, including some of my clients.

The mystery of the final breath is in the question: Where does that breath go? What becomes of it? Tell me. Don't say "nothing, it just evaporates, Poof!"

It contains consciousness. It came out of that soul, out of that body, and it went out.

We can demystify the final breath if we understand consciousness.

Asher Wright: It's said that the five senses perceive everything. Let me clarify it properly. They detect what comes

and goes, but they don't detect what stays constant. Just like we don't see air because it doesn't come and go, it's always present. When you consider the question of life or the spirit, you can't detect it because it doesn't come and go. It's always there. When the breath leaves, where does the vital energy or life force go when the body no longer moves? People say it goes here and there, but my answer is that it goes everywhere because it's always present. It transforms into something else, and you can't detect it with the five senses.

Andrea: I can understand what you're saying.

Now, before we began recording this conversation, this is what I meant when I said these are questions the master will answer. The master then becomes Asher, Andrea, and all those who read this. You understand? We're not just asking the questions; we're going to answer them from our conscience level and our heart, through our filters, and with all that we know, agree with, understand, and resonate with.

Until we're ready to create again.

Asher Wright: Until you're ready to transform into something physical that we can see. We can detect with the five senses again.

Andrea: So that's the title of the book.

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Asher Wright: Okay. That was a good start, explaining the keeper of final moments, finding life in death, learning lessons about love, letting go, and the mystery of the last breath.

You know, there's a saying, you must study history to erase the mystery of the moment. A lot of the answers are already in your past. If you look back on your life, you can connect the dots. The evidence has been there; you couldn't see it.

If I study your life, my life, and the lives of others, I notice patterns. Then I realize that these patterns are somewhat predictable. Certain principles are very consistent, and if you follow them, you can see where they lead. You can anticipate the outcome. That's when you realize what's happening in your life is also happening in someone else's. But the real challenge is, how do I see it? Hmm... how do I really see it?

Andrea: How do you see it? I don't know, some things we don't have to see. We just feel. The feeling is innate within us all. That's what intuition is. It's the ability to feel before you see. For example, I can feel the color before I see it. I would get confirmation on the color from my dear friend, E'Ma. He's a seer who travels the multiverse in color and returns, able to articulate his experiences. My third eye is not always open, but my heart center is, and that is where I can intuit.

You mentioned going back and connecting the dots, and it made me think of what happened to me. I'm going back 20-plus years.

It took place at my dad's house in Patchogue, Long Island, N.Y. I was in my bedroom when I came out, and I saw my dad watching TV. I noticed there was no sound, but he was intently watching the show. I asked, "PA, what are you doing?" He looks at me, says "I'm watching TV." (with his Italian hand gestures) I said, "Well, there's no sound!" He says, "I'm reading the lips!"

Well, Asher, I gasped. The inquisitive girl inside me thought, "Oh my gwad!" I'd better get over there and learn how to read lips." I sat my butt down and started watching the tv with my dad and began reading the actors lips and made it a practice.

Who knew that 20 years later, I would be asked to take care of patients with ALS who had to live with a tracheostomy? I became a lip reader, translator (LRT) for the ALS community in Honolulu, HI. So, you see? We can go back and connect the dots. You don't know in the moment that it's happening, but you can go back and look at your life and see how things aligned organically.

Can you find a moment in your life when you were unaware of your Soul's direction? That's right, I said it. Your Soul's direction, not your logical mind. Can you agree that in this story, I had no intention of learning how to read lips, but later in life found it would become part of my calling to work in that capacity. That is why I suggested the Soul's direction. I was not aware at that time, but my Soul was.

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Now, I want to tell you about the weird kid I was.

Asher Wright: Yes, I was going to ask you about that.

Andrea: Who knows? Maybe someone will say, “Oh, wow! I was just like that!”

When I was a little girl, all the way until I was in my late teens, every night when I went to bed, I would review my entire day and go over every word I said from the time I opened my eyes to the time I fell back asleep. Who I spoke to, what I said, what I sounded like, and what my body language was. Everything. From the time I opened my eyes to the time I went to bed. I did this every day. It was a self-examination practice that came very naturally to me. No one ever told me to do it. I never heard anyone say they did it. It was just what I did. It was my norm. It wasn't till later in life that I learned no one else was doing that, and it made me view it as an odd thing to do.

Self-examination was not something I had heard about when I attended church or was in school. But, in my little brain, I knew I was doing it for a reason. I wanted to understand myself better and why I did the things I did in my life. I wanted the elders to explain.

I recall that, as a young woman with two kids of my own, my dad told me that, out of all six kids, I was the one who scared him the most. That took me aback. I had no idea! He said I came up to him when I was about 7 or 8 and said to him, “Dad, if I make a

decision to do something, it's because I'm ready to face the consequences." What kid do you know even knows what that word means? I tell you; I was not your normal kid.

I was a "why" baby, too. Everything was a why? And I wanted to know who owned every building I walked into! I would always ask my parents, 'Who owns this bank?' Or this restaurant, or even the hospital. I wanted to know that as a child. I look back now and realize I rarely hung out with kids. I hung out alone. I remember planning not to eat my school lunch because I wanted to use my quarter for the city bus. I would ask my mom if I could go down to Waikiki, and one day, she felt the need to ask me what I did when I was there. I was so innocent, I thought everyone thought the same way I did, so I thought her question was absurd! I replied to her with my hand on my hip and the other one in the air, "To go study the people!" Really, what kid do you know who would not eat lunch so that they can study people? (Laughing)

Asher Wright: Okay, let's peek into that part where you would review your day, because that is very interesting. When you think about it, some people say a lot of words. Some people say a few words. How many ask, "What did I learn from the words I've said?" Or the response to the words that I've said? Sometimes people say so much that they don't remember what they said, so it makes you think about being deliberate with your words.

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Then, being a person who listens and questions, that's paying attention! Do I need to say anything now? Or do I just need to watch what the universe is doing? If I say something, what did I say? What did it mean? So that's very interesting.

Andrea: Yes, and not just what it meant. Ask, "What was my purpose?" "What was my intention?" You know what I mean? I was carefully looking at all of that. It was normal to do that. Or at least I thought it was. If you're not doing your self-examination, what are you doing? How are you ever going to build that bridge between you, life, and death? Seriously. Death is part of life.

One more thing I want to point out is that when I hear someone use the word "Universe," I sense something missing in what they are trying to convey. When I think of the universe, I think of it as part of the cosmos. When I talk about an individual, I am not placing them in the context of the universe. I am saying something specific. I want the individual to connect to their intangible self through their tangible self, which is more cohesive than saying the Universe is doing something to or for them. As I continue to share, I will do my best to provide some details on the connection between the two.

Asher Wright: Hmm. Death is coming.

Andrea: Death is happening; indeed, it is. Listen, eventually, as you ask me these questions, I'll be able to share some of the

stories that are pertinent to what I just said. If you're not doing self-examination, what are you doing? Be honest with yourself. If you're not doing that, then how are you going to ever be at peace with your last breath?

To find intention and purpose in life, we can start by asking ourselves, "Why did I say the things I said and why did I do the things I did today?" Who did it help? Who did it harm? Self-examining. It's a must.

Asher Wright: Let's jump into the first witness crossing the threshold. When was the first time you started doing this work, and when was the moment you first sat with death and realized you were no longer afraid?

Andrea: Well, that's a vast question for me because if you want to know about my physical life, when I began working at the bedside of patients dying, that began about 30 years ago. If you want to know when I was no longer afraid of death, it was the moment of birth. Quite honestly, I never experienced a fear of dying. I'll be 65 soon, and I'm just not afraid to die. Dying in my mind is natural.

Asher Wright: O.K., so is it fair to say that you came here with an assignment, and you weren't afraid of the assignment?

Andrea: That's one way to look at it. Here's a brief background story regarding my assignment, which I also refer to as a contract. I attended mystery schools and learned a few things

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about spiritual anatomy that helped me understand just how immense we are. By explaining these parts of self, I can help everyone reconnect to their invisible bodies. We have a soul, an oversoul, an avatar, and a spirit body. All these bodies are massive and subtle. While learning about my subtle bodies, I was also engaging in this work. I had a few times when I said, “Screw it, I don’t want to do this!” “I want out, I don’t want to be here, I’m not interested anymore.”

I knew I had a spiritual contract, but I no longer wanted anything to do with it. One day, I was sitting in meditation, and suddenly, I got an invisible smack across my head, and it was pretty hard! A voice accompanied that slap, and I heard, “You are the most selfish human!” And I thought, “crap!” That made my spine straighten up quick. I thought, I don’t want to be selfish. It is selfish of me not to want to do what I came here to do. How dare I! Who do I think I am? Where am I going to go with that attitude? And where will I go if I fulfill the spiritual contract I have?

My work is my life; my life is my work. This is my motto. What does that mean? I’ve never worked a day in my life, and yeah, that sounds clichéd, but it’s how I live now. Everything I do in my life is part of why I’m here, including the people I befriend and all the decisions I make in my life.

I have worked at “jobs” where I punched a clock and received hourly wages. Yes, I must get paid because I have bills, which is

the part I despise the most. That's the part I wanted out of. We are the only species that must pay to live, and guess what? We did that. Humans set it up that way.

"I don't want this part of the deal." That's what I kept telling Spirit. I was demanding with my thoughts and saying, "Let me do the work that feeds my soul, and let me live comfortably while I do it. I want all my needs met, but I don't want any exchange of money." I spoke with a bad attitude, telling God how I wanted things to be so I could fulfill my "assignment." I had to learn how to be patient, how not to be egotistically selfish, how to be less aggressive or demanding, and how to be more gracious in my mission. I had to learn a great deal more along the way, which will be revealed as we continue.

Asher Wright: O.k. The follow-up question is, what changed in you when you realized you were in a space where something irreversible was happening? I think you get that question. When you realized, Oh, yeah, it's time.

Andrea: I get it. I love that you chose that word, "irreversible." Because it is irreversible, and I aim to bring attention to the space of grace. Or at least to gain a deep appreciation for this thing we call death. What changed in me when I realized I was in that space? Such a good question. I would say the change was not immediately apparent to me. When witnessing someone make their transition, change is happening simultaneously, and those changes involve maturing in my perspective of death and

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the dying. To sum it up, the change in me happened simultaneously in layers, over time. I think one of the most noticeable changes in me is my increased compassion toward the witness. The keeper of the final moment. May they find solace in knowing that eternity exists. And the soul they love will continue to live.

When you love somebody deeply, and you know you're going to see them again, it takes that finality away. It becomes easier to "let go." Please understand, you are not letting go of the one you love. You are letting go of the fear of saying goodbye forever. There is eternity, and we are eternal. If energetically and vibrationally, you and your loved one resonate at the same frequencies, you will always find your way back to each other.

Does that take away from the irreversible experience? No, and should it? I don't think it should. I will repeatedly reiterate that all our experiences in life are meant to be lived fully, and they will further expand our consciousness and ascend. Please don't get me wrong. I am not saying ascension is a destination to shoot for. Ascension happens every single time you have a lightbulb moment!

Asher Wright: Hmm.

Andrea: We are all going to do the same thing that our loved one does. So, find comfort in that. Go through the mourning, the sorrow, and that void you're experiencing. Have the memories,

but don't STOP your expansion. Perceive every breath as that natural flow, with every experience flowing in and back out. As a result of going through those emotions, you will grow.

What does it mean to grow if not to expand? Everybody is doing the same thing. They're going to drop their body and continue. Please don't fear. Allow yourself to feel deeply. I've been a hands-on witness to death for decades, and I have watched this experience morph from great sorrow to celebrating the lives of loved ones. I say, celebrate life and death equally, because there is no life without death and no death without life. It's one constant, continuous ball of energy. I wish to help the one who has lost their loved one carry on with grace instead of grief.

Asher Wright: That kind of ties into the next question. What do most people fear about death? People fear death because they have never met it. What happens when they do? As you were talking, it got me thinking. This is my analogy of what you said. If my mission were only for 50 years, how could you celebrate me finishing my marathon? Especially if it's not what you were expecting?

Andrea: I love that you're bringing expectations up. Expectation is a fertile ground for disappointment. What people fear most about death is the story they were told through historical doctrine and the story they choose to hang onto. I also think they fear the unknown. The question is multifaceted.

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What happens to those who meet death? This is a hard question because it's so personal, but the way I see death and dying is that it happens every day. You will meet death when you examine your life daily. And "how" to meet death happens when you decide to see death as a continuum. We all can access the history of our Soul across lifetimes through a willingness to remember.

There are many ways to begin this reconnection. You can start by listening to your inner voice, or your dreams, and paying attention to what they reveal to you and who appears. Keep a dream journal and look for recurring themes or symbols. Or when you travel and go to places that feel familiar, yet you can't put your finger on why. It's unexplainable.

You can also sit in deep meditation and ask your body to speak to you. Emotions held in certain parts of the body often reveal stories. Stories that are not always from this life. Another path is through guided past-life regressions, either with a trained practitioner or through safe, self-led recordings that allow the subconscious mind to reveal its stored memories. These are some of the services that I provide.

You can also use intuitive writing or "soul journaling," asking a question from the heart, then writing the response that comes without filtering. Over time, these responses may form a pattern or narrative. If you visit sacred sites, hear certain sounds, or have strong reactions to people and cultures, these may also offer clues. I enjoy going into the healing Heiau ho 'ola in Hawai'i

and Being in them. I like to place my hands over the stones and listen, and just feel what comes in. Explore with an open mind and without expectation, and trust what arises.

Remembering happens in layers. Understand that upon experiencing death, a revelation of your life becomes you, and the life you lived becomes your death experience. Live fully, joyously, fearlessly, and depart with peace.

I want to address those whose children have died before them, or a younger sibling, or if you've only been married for a few hours, and your spouse dies suddenly. It is tragic! They die long before you imagined. In fact, you imagined they were going to live forever, or you never gave it another thought. This ties into what you said, Asher.

While this is grueling to bring attention to, it is very real, and people experience this type of pain; so, let me address it as compassionately as I can.

The essence of what I'm conveying is that life and death are one. And I don't say that lightly. I would never reduce something as precious, delicate, and sacred as your loved one's life to a simple phrase or mere words. I don't speak as an authority. I speak as a witness, a consultant, and a messenger.

Everything that is happening is happening with a deeper purpose. For example, the Soul that came in and died early also had a purpose. It's multifaceted, meaning it's not just for the soul

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that died, but for the one who carried it and brought it through, and for all those who stood by and witnessed that, Soul. There are many lessons, but we are specifically referring to the lesson of letting go. Probably the greatest freedom one will ever realize.

Every single being has a specific purpose, which goes back to the very beginning of this conversation. There is nothing frivolous or happenstance in creation. Each soul that incarnates comes with a specific way out, and to further the complexity of creation, the timing of the soul's exit is part of that. And guess what? There is an evolutionary purpose for that soul and every soul it encounters! We are all in this together.

We must always seek the origin of life's experiences. If it's pain you're experiencing, the origin of that pain is what needs to be brought to light. It's not the tragedy that caused the pain. Pain already exists inside each one of us, before the trauma happens. The trauma is just an outside event that triggers the dormant pain.

The origin is within. Starting with family members and the people we meet along our path, they are meant to help us discover the origins of our pain, triggers, joy, sorrow, betrayals, and more. And it is never in this direct logical way. This is where people often get muddled in their attempt to understand. Every child who incarnates and departs early brings lessons for both them and the individuals who witnessed them while they were here. And the experiences we have are always to help expand,

evolve, and ascend. To put it simply, to return to our origin. Every soul will come to assist another soul. This is the true essence of experiencing Love and letting go.

I want to keep it simple but clear. It's our perception and expectations that pains us. Death itself is not painful. It is our perception of what death is supposed to be that pains us. The lesson is always about "letting go" of your perceptions and expectations. Letting go will lead you to a more spacious realm, allowing you to experience love in a way that transcends understanding. To understand that every single being has a specific purpose.

Asher Wright: Purpose, again.

Andrea: Yes, you have a specific purpose.

Asher Wright: But who assigned the purpose? Was it you, or was it given when you came here? Sometimes I catch myself looking at someone and saying to myself, "This should be their purpose." I'm putting a timeline on their life without knowing the timeline of my own.

When a child comes into this world, lives only a few years, and then leaves, people say, "It should've been longer." However, we don't know the purpose for which life was meant to serve, or how much time was allotted for that purpose to be fulfilled.

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Andrea: Asher, to answer your first thought, “Was it given when you came here?” If it were given when I arrived, that would imply someone gave it to me. I’m saying, nobody gave you or me our purpose. We chose it.

Let me break down the concept of purpose. It's nothing monetary. It's all about this invisible expansion called consciousness. It's all about love. It's all about what that truly means. What I’m saying is that all human life comes with a specific purpose. The effect that a human's life has on those who witness it is part of the individual’s purpose. Everything humans witness has a cause and an effect, both contributing to the evolution of consciousness. Does this make sense? The witness will have the experience they are choosing to learn from.

Asher, you also said, “But we don’t know the purpose that life was meant to serve.” When you think about this, it is not for us to know, meaning we must know what our own purpose is, not someone else’s. This is why I said people get muddled in trying to understand this.

Purpose is layered with lessons on love and all that entails. Let me ask, what are the characteristics of love? Is it forgiveness? Patience? Faith? Let me zoom in on faith. What's faith? Isn't it something that you can't see with your eyes? Do you just have faith that everything will work out in your favor or for the betterment of all? Take notice of that word, “will.” Remember,

there is nothing frivolous in God's creation. Faith and Will. Hmm... can't have one without the other.

I had to learn what it meant to have faith. How was I going to learn it if I didn't DO it? And how was I going to DO it if I didn't know it? How do I access Faith? If I had to pinpoint a part of my body where faith resides, where would I say it lives? Where would I say hope lives? Where would I say belief, knowledge, or intelligence live? Where do they reside, how do I access them, or have I applied them? How do I embody these characteristics?

Those are the "lessons" I'm talking about. The young Soul that incarnated here came to learn, and to teach! There will never be one without the other. Ever! It doesn't exist. There is a teacher and a student without cease. If there is light, there is darkness; if there is love, there will be the opposite. There is cause and effect. Knowing that helps humans connect to it. Connect to all those parts of themselves. As a metaphor, "not one stone will be left unturned."

I have a short story about faith I'd like to share. If my memory serves me, I'd say this happened back in 1997. I was driving from San Antonio to Dallas for an Amway rah-rah thing. In the car with me was my husband at the time, and another couple. The weather was storming; hail was damaging the cars around us. We watched cars pull over, and it was very loud, and you couldn't see two feet in front of you. I saw a tunnel up ahead and, in that moment, without hesitation, I innately chose to access faith. Not

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practice it. I wanted to BE Faith, so I said to everyone in the car, “We are going to drive through that tunnel, and by the time we get out of it, there will be no more hail until we get to our destination.”

What do you think happened? You guessed it! Hail, hail, there was not a drop of hail! The nanosecond we exited that tunnel, we watched the hail and rain INSTANTLY stop! The energy inside my car was awestruck!

The couple in the car said, “Wow! That’s faith!” Mind you, the subject of faith was never thought of or spoken about between any of us at any time. The story continues. I drove all the way to the rah-rah event. We got out of the car, walked to the building, and the moment we all got under cover, hail came pouring back down!

Asher Wright: Some of those words really shook me. They were goosebump moments. As I was listening, I realized something. We all came here for a reason. While I know I’m here to learn something, I’m also here to contribute to the entire family.

For example, if I were present for six years. That was my contribution. Then I started to wonder, what impact did I have on the people who were already here, keeping this whole thing moving forward? Sometimes you don’t know the purpose of your presence, but maybe someone else does. Maybe someone comes

into your life to wake you up because you've fallen asleep. Maybe they're only here for a short time, but they shift everything. A baby came into my life for just six years and changed everything.

That experience made me realize I need to get back on track. I drifted. I wasn't listening. I was disconnected. But that baby's presence sparked something in me. You think that baby should've lived to be a hundred, should've outlived me, but no. That baby came with a mission to ignite mine. Without that spark, without that deposit of energy, that sacred charge, I wouldn't be where I am now. That child reminded me of my purpose.

Andrea: Asher, to wonder what impact you made on your family is a detour away from your authentic, or divine self. In fact, that thought process can create disharmony within your body because it stems from the ego. When you live fully, without wondering about your contribution, **THAT** is your contribution. Presence is your contribution. To be aware, healthy, and flowing in life is your contribution. What impact you have on the family is not up to you. Furthermore, there is no such thing as *not knowing the purpose of your presence*.

We are born knowing. Our Presence is a choice.

However, I do love that you use that analogy, "the spark," because it is what happens when we are reminded of ourselves, and it is all part of our biological makeup. It happens through

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the electricity that courses through our body. Sparkling also occurs when we re-member ourselves, even if it takes someone else to remind us.

Imagine yourself as the Sun. The sun explodes into billions of parts of itself. Every time it finds a part of itself, that part gets sparked, and simultaneously, it re-members (returns) itself to its origin. Can you see it? That is YOU! You are re-membering yourself to your origin.

We all have this, and it's literal. If people want to explore those parts of themselves, ask, “Where does the electricity that causes that spark reside?” And “How can I use it in my body?” “Why do I even want to know how to use it?” You go through the whole questioning thing. Be Faith and know that the answer is there. If you can't hear the answer, just look around. BE patient. Essentially, faith is an action that is taken without doubt.

Asher Wright: Most people fear death because they have not met it. What happens when they do?

Andrea: I will share an experience using my most recent client to answer that question about when they meet death. After that, I will move into “how” to meet death.

My last client passed on December 31, 2024, 30 minutes before the hour of 2025. Prior to her passing, maybe about a week or so prior, I came in to do my morning shift. She was sitting up in her bed, and her eyes were the first thing I noticed before I was fully

in the room. They were just filled with horror! Fear was gushing out of her eyes! They were so wide open, I could see the whites all around her pupils. She looked right at me, and she said with all her energy and great despair, “I’m dying! I’m dying!”

That is an illustration of how much the fear took over when it was her turn to face death. It was not a fear because she hadn’t met death yet. It was because of her choice to live her life the way she did. The fear had been consuming her for years prior to that moment. It was such an interesting experience to watch the fear ripple through her till it reached a crescendo. Now, this individual had a progressive disease, and she lived most of her life with anxiety. When I think about this, I’d say her anxiety was never addressed properly, which resulted in the progressive disease.

Regardless, she depended on doctors and pharmaceutical medications. She became addicted to prescribed opioids. From the time I met her to the time she transitioned, I saw the disconnect; meaning fear kept her disconnected from her innate abilities, such as discernment and critical thinking. She was not at all interested in knowing about her diagnosis or what to do to help herself outside of the system. She did not want to know the cause of her diagnosis. She gave herself to someone else to do with as they thought best to do. Please don’t get upset if you see yourself in her story or upset with me for articulating it this way.

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Instead, if you find parts of her story that you relate to, I say, choose again.

Can I just point out something that can be considered in the same vein as what I'm talking about?

If you had cancer, had it treated, and recovered from the treatments, do you still say, "I have cancer?" Or do you say, "I had cancer." Can you sense the frequency of both statements? I do. The first one is very disempowering. I mention this because time and time again, many people I have known who had cancer continue to say they have it.

My suggestion is to be more cognizant of what you are telling others because what you are telling others is what you're telling yourself, and your subconscious knows only what you tell it. What you say flows out of what it knows. And what it knows is what it IS. (not what it will become) This is not poetry or some made-up fad. It is very real.

"Death and life are in the power of your tongue, and those who love it will eat its fruit." Proverbs 18:21

Asher Wright: Hmm.

Andrea: Finding life in death requires many things, and health is by far the first and most important, so that begs the question, what does health mean? The way I see health is, it's quality of life in every sense of that word, "quality."

If somebody is sick with Parkinson's or COPD, does that mean they're healthy? Do they think they're healthy? I can't tell you how many times I've heard people talk about someone they knew being so healthy; then that person died of an aneurysm or heart attack or drowned in their bodily fluids.

I hear people talk about other people who are fit and exercise every day. There is this stigma that people who exercise every day and have a fit body are healthy. This couldn't be farther from the truth. As a competitive athlete, I can say that. Just like nurses and doctors are among the unhealthiest people, so are those who have sculpted bodies because they push beyond their limits every day. I wonder how many medications a doctor or nurse takes daily. If it were me, that would be a prerequisite that I would want to know before hiring them. People usually go to a doctor who prescribes drugs. They trust the doctor's word and take the drugs. What are the drugs doing to them? Seriously. Why are people giving their bodies to someone else to treat?

It's because they TRUST the doctor's knowledge. After all, the doctors know something they don't know, so they immediately and fearfully place themselves at the mercy of someone else. How empowering is that?

Imagine if you trusted your body more than you did the doctor's word, or the doctor's knowledge? God, I can feel the resistance as I talk about this. This is a hard pill to swallow. I know. I've been there, but let's be very honest. What are those drugs doing

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inside the body if not perpetuating illness and further disconnecting it from its natural source of intelligence? Do drugs create false hopes, and do false hopes cause fear? I ask so everyone can stop for a second. Really stop themselves from reading another word and sit with the questions.

I am asking myself, what happened to the intelligence that can be found within each cell in the body? What happened to our ability to trust every cell that communicates with us, instead of trusting the pharmaceutical drugs that the doctor prescribed? When was our ability to trust ourselves taken away, or better yet, when did we give it away? Do you want to continue allowing this for the sake of your health? Isn't part of being healthy the ability to discern, or to exercise critical thinking?

For debate purposes, provide a study that demonstrates how pharmaceutical drugs restore, regenerate, and heal cells. Please show me a study where a pharmaceutical drug eliminates the disease without harming another organ. I am not aware of any that exist. NOT ONE, but I am willing to learn, if it does exist.

How did the human race arrive here? The way I see it, the pharmaceutical companies are the second or third greatest culprits in disconnecting the human race from its natural God Source.

Please don't get me wrong. Pharmaceutical drugs are essential in helping to stabilize the body in the **short term**. That's it. The

drugs are not meant to monopolize, politicize, industrialize, or capitalize on a human being's health.

Do you think, after all these years, the pharmaceutical industry would have created drugs that do NO harm? Found cures for disease with all the money we put into the research? Come-on! How can the human race excel greatly in other subjects and not in the one that means the most? Doesn't the way our systems work cause a sense of urgency when it comes to your health? Long-term use of any pharmaceutical drug causes damage to the cells, resulting in a disconnect from God. This is the way I see it.

Religion is right up there, too. It played a significant role in disconnecting people from their inherent connection to God or Source. Starting with the idea of sending a prayer out to a deity or entity, or a superior being deemed as the only God, someone out there, separate from you.

Seriously, when it comes to claiming someone as the only god there is, and basing every decision on this claim, you have escaped your own ability to know better who you are. Have you ever asked yourself, "How are my prayers being heard?" Like, sincerely curious about this? Have you ever considered life without an outside influence?

I have another short story, a very real experience that I want to share with you as a reference point and the foundation for why I'm talking like this. It was back in 2008. I was sitting in my one-

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bedroom apartment when my friend came by to visit. He was sitting at my tiny round high stool dining table, and I was sitting on the sofa. It was a bright sunny day in Oahu, HI. He was talking to me.... A lot. While he was talking to me, I began to see the art on my white walls disappear. Literally!

Simultaneously, while sitting on my sofa listening to him talk, one by one, every single thing in the room disappeared swiftly, even him! The space was glowing with a bright, golden light.

Nothing was left in the entire apartment; no furniture, no body, nothing at all.

Then I heard these words. “Now what?” “Nobody to tell you, no book to read, no mystery schools, nothing to influence you.”

“Now what?”

“Who are you?”

It made my spine sit up straight, and if I had to give you an analogy of the sensation I experienced, it felt like I was levitating.

Like stepping out of my body into another one. From that moment forward, I was not the same. So essentially, I had a death experience. I’ve heard this experience referred to as a “walk-in,” which means a higher vibrational part of you walks in when you are mature enough to hold the next level of frequency.

Now, back to what I said earlier about prayer. Have you ever asked yourself how prayers are answered? The best way I can explain this is to reiterate, every cell and atom is God; is you. Just like that.

Is God; Is You!

We are prayer without cease.

We are perpetually, irrevocably, in communion with God.

Mystery is usually dissolved when you recognize its truth.

This is not a fairy tale. This is GOD's doing. God's action. God's creation and YOU are created in the image of God. That image is nothing static, like a photo. Not at all. That word, "image," was used by the writer at the time. So, how in the world can your silent prayers or cries be heard if your every cell isn't God? I'm saying, the one who hears your prayer is the one who sent it.

God IS ALL there is. God is the pulse! God is the cells and atoms with respiration.

There's a scripture that says, "God hears every prayer," and while many take that to mean a divine being somewhere above is listening in, there's a deeper truth hidden in plain sight. Every cellular respiration, every atom, every molecule, and particle, and every breath is heard by God because they are God, in form. The human body is not separate from the divine. It is the

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expression of God. The hands that fold in prayer are made of stardust and breath; of electricity and memory; each particle vibrating with the same intelligence that spins galaxies.

So, when someone prays, it is not a request sent out, it is a resonance within. And that is not another fairytale. It's as real as it gets, because your body, mind, and spirit are as real as it gets. God is indwelling. God is the listener, the speaker, and the space between. Prayer is how you remember that God never leaves you. Not even for a moment.

In quantum terms, the focused attention of the praying person collapses potential into reality, and the field responds to coherent energy. That response may come as a physical change, like a shift in perception, a dream, a meeting, a sign, or a mysterious unfolding of events. The answered prayer may not always arrive in the expected form, but it always arrives as a match to the frequency that sent it. Are you beginning to understand?

Prayer is how we remember to listen.

It's not politics and religion that are the two subjects you can't talk about at the dinner table these days. It's Health and God.

The question I ask is, what happened to self-responsibility?

When you become more aware and perceive prayer as a constant within, this will open space enough to become very responsible

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in all that you think, say, and do. Do you think that if you chose to learn more about yourself, your fears would subside or be gone? How can they not?

If you trust yourself, you are trusting God and vice versa. My last client was riddled with fear that kept her disconnected, or shall I say, misaligned with her divine self. Where is she now? Let us remember that we can only go to places where we resonate. Our frequencies dictate our next destination, or dimension, to be more specific.

This is about helping you connect with yourself so that you don't get stuck in low-vibrational places where you continue to experience fear.

I want to empower everyone to change fear to free. Live freely, wholly, and vibrantly! But eh! If fear is what you choose as your teacher, go for it! It **will** teach you. I'm not here to rescue anyone. I'm here to evolve myself. In doing so, I create an opportunity for everyone to do the same.

I learned this from Jesus.

Do you want fear to be governing your life? Because your cells ARE your life. If fear is what you feed them, fear will be what governs them.

That will be your experience. Fear is a vibrational state that influences your entire reality. Fear keeps a Soul tethered to low

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vibrational states, while self-awareness and expansion liberate your soul to higher realms. And self-awareness begins with self-examination; it's not something that comes miraculously into your life.

Understand this.

What's the opposite of fear? Go there!

As a messenger, there is a sacred truth that I honor. That is, every soul has its own path, with its timing, purpose, and wisdom. This truth honors the inherent sovereignty of each being. Having said that, I choose not to interrupt or interfere with your free will and choices. I choose not to take away your responsibility. I will not carry what is yours. What I can do is continue with self-exploration. I will take responsibility for my choices, evolve, expand, and ascend. And in doing that, by virtue, my “Being” and “Presence,” liberate you to do the same. Once again, Jesus taught this by example.

Asher Wright: Okay. The follow-up question is, in what condition should we be leaving? Interestingly, you mentioned that people start thinking back on what they didn't do right in their lives. Perhaps some regrets begin to show up, but now it's challenging to find the words. The body is low in energy; it can't pull any words up. All those things made me wonder what condition a person should be in before they leave.

Andrea: While they're awake and living is what I hear you asking. For example, what condition should you and I be in before we leave? My answer to that is that we should be in a place of absolute peace and harmony.

To put it into perspective, I combine spiritual knowledge with biology and wisdom. Harmony is the natural state of being when the soul, mind, and body remember their origin. Harmony happens when there is no resistance between what we think, what we feel, and what we experience.

In the human body, harmony reveals itself through a coherent heart, mind, and cells that pulse with vitality. It is the moment when we are no longer split between fear and faith or between striving and allowing. Scripture hints at this when it says, "Perfect love casts out fear" (1 John 4:18). Harmony is born when we live in love, not in fear.

Biologically, harmony is characterized by the rhythms of the heart, brain waves, and breath. Even the vibration of thought falls into a resonance that mirrors the divine pattern in love. In death, in prayer, and deep living, harmony is something experienced. Therefore, you should strive to be harmonious within yourself. By the time you lay your body down to die, you will have reconciled with your own emotions, thoughts, and actions. While you're living your daily life, you should go back to see who it was that you crossed, who you screwed, and figure out what you want to do about it.

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Don't even ask "why" you did those things. Just remember, there is no good reason to hurt someone. Reconcile with your downfalls and shortcomings. Be honest with yourself. That's where we both "should" be, Asher. That's where most people "should" be. But are they? No, no, God, no!

This woman and her husband (my last client) did not want to have that conversation. Every time I prompted them to talk about their near future; to help prepare them, they didn't want to discuss it. Not even to the extent of her diagnosis.

I wanted to guide her back to her divine intelligence. I wanted to help her understand, to empower her so she could be clear about her end-of-life wishes. So, it is what it is. That's her lesson, and it's not finished by any stretch of the imagination. Is there a finish line? That's a good question.

Does eternity have a finish line?

Asher Wright: hmmm... O.k. The question that is lingering here is whether death is something we witness or something we experience.

Andrea: Both. Notice I didn't blink an eye to answer. How many deaths do you have in your active living time?

I'm asking you, Asher, how many deaths have you experienced during your life till now?

Asher Wright: Are you talking about how many people I've seen pass away?

Andrea: No. I'm talking about you. How many deaths have you experienced in this life?

Asher Wright: When I think about it, it comes back to identity for me. How many times have I changed into being somebody else? I mean, I took on a specific role, about two or three. I felt like I had taken on certain things I didn't know I was going to be doing. I felt like the Universe was giving me new tasks, trading out the old guy for this new guy.

Andrea: I can appreciate that. So, tell me what you experienced when you were burning off that old guy. During that time, were you aware that you were burning off the old guy, or were you just going through the experience?

Asher Wright: I was going through the experience of something completely new. I wondered why I was doing this now. I felt like an impostor because of this new mission. I had no idea what I was supposed to do. I questioned why I couldn't do the old mission. I felt I had to take on this new guy and be more courageous. Then fear shows up. I feel like there's a dying of purpose, maybe.

Andrea: Have you ever had a death from heartache?

Asher Wright: Oh, like a heartbreak?

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Andrea: Yes, have you ever had a death like that?

Asher Wright: Um...

Andrea: It doesn't have to be with a lover. It can very well be with someone you love. Have you had a death?

Asher Wright: Mm, I got to think about that.

Andrea: Oh, well, I have.

Asher Wright: O.K. Tell me about that.

Andrea: Well, physically, I nearly died. I was diagnosed with Takotsubo cardiomyopathy, the medical term for Broken heart syndrome. I had a DNA test done using my hair. I was on my deathbed. My heart rate wouldn't rise above 45 beats per minute. My body swelled. I felt a gaping hole in the center of my chest. I felt this deep, sorrowful sensation, a deep void in my heart center. I felt so much pain from head to toe. My skin hurt, even my hair hurt, and I could hardly breathe; my voice was weak, and I was ready to leave this earthly plane.

I went through that. I mean, people have many deaths in their waking moments. It's whether they perceive it as such. I had a death when my mom and dad split up. I was devastated.

Asher Wright: What died?

Andrea: What died was my perception of love and life! When I was a 7-year-old girl, I believed life was love and love was life. Honestly, that's authentic and pure because it's still how I perceive love and life today, but back then, I didn't understand what I understand now. For example, love was an emotion to me, and life meant living with family and friends. It was joyous and secure. Life was family! And it split up. It was an earthquake under my feet, and it sucked me in! Part of me died!

I died a death when I was raped. Same thing, a large part of me died. I was bewildered. I questioned what the hell was happening.

So, yeah, we all experience death. We just don't see it as such because we're still living in our skin. But let me say, who I was when I was three, thirteen, thirty, till today, in my sixties, is not the same girl I was when I was born.

I have matured through experiences. Once an experience is had, the skin you're living in is different, your cells have changed, some have died, and others have been born.

Asher Wright: Do you think that the final breath is similar to those intermediate experiences we're having in our lifetime?

Andrea: In a figurative sense, yes. I see each death, whether it's the death of a relationship, a belief, or a version of ourselves that comes to an end. Something else has the chance to begin. As a

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result, each death leads to expansion, maturity, and the emergence of new layers of consciousness.

Do we expand? Yes, through learning. That's what I've come to know. Not just learning through books or teachings, but through our choices that lead to our experiences. Death, to me, is a void. It's dark, silent, and most of the time, painful. I've stood in that darkness, and while I didn't realize I was growing, fast forward through life, and looking back at myself, I was expanding. It didn't feel like expansion. It felt like I was being shattered. It felt like a relentless hellfire and brimstone! But when I came out, I saw a new woman whose expansion consisted of new capabilities I didn't know I had. It was like, look at me now! Not from a place of ego, but from a new breath, a new perspective on relationships, and a deeper sense of vulnerability. Less fear, because something more grew in me that I didn't know existed.

Asher Wright: You know, I just thought of this. Is it the body that's learning the lesson, or is it the Soul that's learning?

Andrea: It's both. Because our body and soul are part of our consciousness.

The body is the conduit or vessel for the soul, which means it must contain a level of consciousness. Consciousness is the state or quality of being aware of and able to experience thoughts, emotions, sensations, and surroundings.

Its Presence

I'm going to explain what I call Spiritual Anatomy and link it to the physical body to bring it all together when I say it is both the body and the Soul learning.

Spiritual anatomy is very connected to physical anatomy, revealing the complexities of the human life form. With that, I'm inviting you to imagine connecting consciously with each body. When you hear me use terms like "energy centers" or name some of the larger, higher-dimensional bodies, I'm referring to our Spiritual anatomy. All of them can be visualized as a template through which consciousness and energy move and experience life.

Here's a breakdown, starting with the physical body. As we know, it is composed of flesh, bones, muscles, organs, and physical senses. Everything we have, but did you know that every cell has respiration? When I first read the book *"Hypothyroidism: The Unexpected Illness"* by Dr. Broda Barnes, which states that every cell is involved in respiration, it blew my mind! I felt a sensation flush through my body! It was another one of my realization moments that brought me closer to God. If I were to give you an analogy of what the sensation was inside me, it was like something snapped into place, and I had an epiphany!

I remembered how shallow my breath was when I was diagnosed with broken heart syndrome. I remembered how hard it was for me to breathe, period.

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Every atom is conscious. All those atoms and cells create this physical body that our Soul lives in. It is associated with the material world and sustained by food. That's keeping it simple.

Then you have an etheric body that holds vital energy, also known as the life force, or prana, which circulates through the chakras. Every chakra is what I refer to as an energy center. They are connected to specific organs in our body, and they all provide vitality, health, and energy that bridges the physical realm to the spiritual realm.

Every Chakra radiates a color, and each color is alive with purpose. Imagine, color having a purpose! You have an Astral body. This body houses thoughts, feelings, and desires. It holds dreams and imagination. It is associated with the subconscious mind and emotional experiences.

I have also learned that the emotional body is the hardest body to heal. Surely, I can understand why that is. The emotional body is filtered through the ego, and when you examine your thoughts and actions, you must confront your ego directly. That can be painful and never-ending! The ego keeps you dwelling in a constricted ball of energy where you feel like you can't escape.

Maybe by the time we are finished with this conversation, the ego will be revealed so much, you will be able to see for yourself why the emotional body is so hard to heal. For now, let's just say emotions cause growth, and that can be painful at times.

Onto the Mental body. This is where the higher intellect resides with wisdom, insight, discernment, and reasoning abilities. It is connected to conscious thought, decision-making, and spiritual awareness.

I do want to add something else about the ego; the way I understand it, it's not part of the human structure, as in a physical sense. It is a dimensional thing where humans reside. It is something that no one is without, due to our emotions. I will say, it's part of "spiritual anatomy." The ego is understood as the part of us that identifies with our name, our story, our roles, our body image, and our survival-based needs. It's the psychological structure that says, "I am this person." And it helps us function in the world, establish boundaries, and form an individual identity. However, the ego also tends to fear loss, resist change, and defend itself at all costs, which can lead to suffering when not understood.

This is why I think our emotional body is the hardest to heal. The ego is the part that dies many times before you take your last breath. It resides in the third dimension, this physical, dualistic realm in which we exist. This is where concepts of separation, comparison, and judgment happen. The third dimension is heavily governed by polarity. (right/wrong, good/bad, success/failure) The ego thrives within this structure because it defines itself through contrast.

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I can remember getting so angry with my older sister Loretta every time she said, "You're wrong!" I never disliked a word more than I did the word "wrong." I suppose that was my first realization where I felt that word as something very disharmonic to and for me. When I think about that word, it feels permanent, like there is no chance or room for change. I just didn't like it.

Now, moving on to the Soul body. It lives in the 5th dimension. It is your essence or individualized consciousness that experiences human lifetimes. The characteristics are associated with personality, the mind, and spiritual growth. The Soul evolves through numerous lifetimes, gaining wisdom through experiences. The purpose of the individual Soul is to learn, develop spiritual awareness, and, ultimately, connect with higher consciousness.

And then, the Oversoul, which lives in the sixth and seventh dimensions. The most common word you hear today is your "Higher Self." The Oversoul is a higher-dimensional consciousness that is the collective essence of multiple lifetimes. It oversees many incarnations simultaneously, and it exists outside linear time, managing multiple incarnations and experiences. This is why I say we can go back and reconnect or access our numerous lifetimes.

The Oversoul is the source of intuition, inspiration, higher wisdom, and guidance. This is that silent voice I hear sometimes. It acts as the mediator between the individual soul and the

higher realms of consciousness. It provides direction and purpose to its Soul fragments, ensuring they evolve harmoniously. "Soul fragments," I spoke about re-membering ourselves to Source and returning to our origin.

And you have an Avatar Body. This is a highly evolved consciousness that intentionally incarnates on Earth to assist humanity's evolution. The Avatar incarnates deliberately, with conscious remembrance of its divine purpose. It embodies universal principles, divine qualities, or cosmic consciousness. This energy can be associated with Krishna, Buddha, or Christ. Our Avatar body is meant to guide humanity, shift collective consciousness, teach spiritual truths, and anchor higher consciousness on earth. The only way we can do that is to do it from within. I have a memory that just came in as I'm saying this. My lovely lady, Violet (ALS patient) said to me, out of the blue, "I see your Avatar, Andrea." I was both shocked and not shocked because I understood what was happening to her, but it was so unexpected for me. She passed away soon after.

Then we have our Monad body representing the purest spiritual essence, or "spark" of the Divine. There's that spark again! It is eternal, indivisible, and beyond individual personality. Often considered the highest individualized aspect of consciousness. It is beyond form, eternal, and intimately connected to the omnipresent consciousness. But even given this level of

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consciousness, I can't fathom not learning anymore. But that's just me.

Asher Wright: So, when you have those experiences of death while you're still alive, those moments of deep transformation, and then the experience of the final breath when you leave the body, I feel like they're connected.

While you're alive and learning, you're expanding. When you leave the body, you continue to expand. So maybe it's consciousness that's expanding the whole time, whether you're in the body or beyond it.

Death manifests in different ways. Sometimes it happens in the physical, and you witness it. Other times, it's happening beyond what we can see. Either way, the expansion continues.

Andrea: Absolutely. Death happens in the psyche, too, which cannot be seen with the naked eye. Death occurs when you acknowledge your shortcomings and change.

I wanted to do this practice with you before we started this conversation today, so I will ask to do it now.

One way to send your consciousness into another realm is to visualize a mini version of yourself. Visualize a mini-Asher. What are you wearing? Just see yourself as you wish and shrink your size enough to place in your pineal gland in the center of your brain. See yourself sitting down in the middle of your pineal

gland and see yourself breathing. Just breathe. Take notice of the walls of the pineal gland. What is your breath doing to the gland?

How does it make the gland feel? Feel it? Is the gland pulsating? Is the pineal gland breathing too? Do you see any light? Experience yourself there, Asher. See, if you can send your consciousness to your pineal gland, where else can you send it?

Now, let's create a pillar starting with that breath inside your pineal gland. We are going to stand up now and visualize the outside of your body, from your feet to as far up as you can see in your mind's eye. Take a deep inhale breath and hold it for as long as you can, then intend your exhale breath to go as far below your feet into the earth's core, and as high above your head as you can possibly imagine, creating a massive pillar that you are standing inside of. This is your exhale breath only. Send your consciousness out and look back at yourself. If you can do that, you can then practice with intentions to find your soul, your over soul, and any other body you want to connect with.

You can call upon the colors. We are made up of all the colors you see in the rainbow. And in that order! Look at a rainbow and take notice of the colors from the bottom to the top. The top color will be violet, and the first color will look a bit reddish, orange. As I mentioned at the beginning, nothing is frivolous in the Spirit God Worlds. It is very intentional, purposeful, and complex. All of you are part of it and vice-versa.

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You can send your consciousness into any color you want and sit in them, become them. Breathe them, see the colors pulsate. Feel them against your skin until you become them.

Mind you, what I'm saying right now may seem unrealistic and untouchable, but let me assure you, it is elementary in comparison to the complexities of all existence. I have asked so many people over the years if they can hear their heartbeat. No one has said yes. They say they can feel it, but that's not what I'm asking. I'm asking, do you sit quietly enough to hear it?

That's what I'm talking about. Send your consciousness into those places in your body. Send it to your toenail, your brain, your heart, and liver, and sit inside each organ. Feel its texture and feel the movement inside each one. Ask the organ what it's doing for you. Better yet, ask the organ what you can do for it.

Go to these places in your body and listen. Just listen. You don't need me to tell you this, but you will find that the entire body is one whole organism; the skin is the largest organ. Try to connect to the constant exchange that's happening. Feel the intelligence of every cell that makes up the tissues and move your consciousness into the tissues that make up the organ. Submerge yourself and sit there. If you experience your body that way, you will arrive in a grand space and find you are not afraid of death anymore. You will BE Peace. Not just feel it, BE IT. So, when it's time to drop your body, that's where you'll be.

Asher Wright: Wow... Let's take on this one question. If death is transformation, what transforms, the one leaving or the one who stays?

Andrea: Both. There is no such thing as only one side. The person who is staying is transforming in other ways. The energy that dropped their body has gone on. It completely transformed. All the individuals who are witnessing are having a death experience that transforms their lives in subtle but direct ways.

Death is never going to be for the one leaving. It's always going to be for the one staying. And that's death! That is why I asked earlier, how many times have you died in this life? I have died many times! The witnesses are the ones dying. Not the one who left. The one who died just left, they're having a life experience!

Asher Wright: Whoa! Wait! I get it! I get it! So, when you see someone die, the one witnessing is the one dying, and the one who died is having a life experience! I get it!

Andrea: The one who transformed is out there, experiencing freedom. Freedom from the confines of their physical body and this 3rd dimension.

Asher Wright: But I just experienced death by witnessing the person dying. Now I have the experience of what death is like. That's what death feels like; that's what it looks like; the absence of the person no longer being here. That's the experience of death.

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Andrea: Yes, that's death. That tangible human that you love is gone, which causes a void, and because you know them, that void is felt by you, not them. Now, you are experiencing death. And this is a perfect time to remember all the bodies that make up an individual life form. This will provide comfort.

Now, can you see why I ask, what are you afraid of? Everybody goes through it. You don't realize it. And to me, it's because you lost your connection to your origin. You have to re-member yourself. Recall how immense you are.

Asher Wright: Witnessing is also part of the experience.

Andrea: Yes, and everything is an experience. All life is an experience. What's your experience? You choose first. All those people who think they're avoiding death; they don't want to sit by and watch it because they don't want to experience it. They're experiencing it. Sitting by or avoiding it IS their experience of death. They're experiencing it through the avoidance of it. There's no getting around this. If they have a breath and a heartbeat, there's no getting around experiencing death. Do you want to choose how to experience it? I know I do.

Asher Wright: Yesterday. Oh, my God! Yesterday I went to visit my friend in New York. She was visiting her mom. She asked me what mysticism means to me.

Andrea: What does it mean to you?

Asher Wright: Mysticism is like spiritual poetry. It's like finding a way to experience the other part of life that's not physically accessible.

Growing up in Jamaica, we have different ways of recognizing energy that not everybody sees. There are some people who can see it, smell it, and feel it. Then we must realize that some stories are being told with a lot of fear, which creates misunderstandings. To understand that some people have developed their extra senses. Even the bible cautions us regarding this sort of thing. There's a lot to say about mysticism.

Andrea: I've got to tell you that there is so much to mysticism. We can dedicate our entire lifetime to studying ourselves, the essence of human beings, the nature of biology, and the essence of all that we are, and still never reach a full understanding of how complex, multifaceted, multidimensional, and immense we genuinely are.

I see the complexities in elements, mathematics, and biology. As a student of the Aquarian Foundation, I learned about the true ascended masters of Shambala and then went on to learn Spiritual anatomy, which is where I learned about our multidimensional bodies. I've learned to send my conscience into any one of the subtle bodies and learned something more about my origins. It's endless.

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I learned about DNA in a different context than the basic scientific understanding, so when you hear me speak of it, I am referring to a multi-dimensional structure. I learned of the morphogenetic field and where thoughts go. What I'm saying is, it's like a grain of sand in comparison to the whole of what we are. This is why I say learning to open your third eye is just one thing. How about tapping into the electricity and heat in your body? Take your hands and intentionally breathe out heat to start a fire. People develop those parts of themselves. How about levitation? David Copperfield has done this. Remember him? This brings me to the story in the bible when Jesus was teaching his disciples how to walk on water. One of the many things I learned about Jesus, if it is factual, is that he had all 48 strands of DNA intact. This is the reason he was able to walk on water.

Did you know we once had that many strands activated and intact? The only thing I ever heard was that we had two strands of DNA. I learned that we don't have all our strands connected, which is a big reason why we have a disconnect from our origin. If we choose, we can reactivate those strands. We can restore and heal them. What that does is reconnect your present consciousness to other realms, as each strand can be considered a pathway.

This is not common knowledge. If people knew these things and integrated them, then applied them, they'd have no fear of dying. This can be another way to rid fear.

Asher Wright: It takes a special kind of human being to sit with specific modalities and practice them. The environment you're in matters a lot. Being around people who focus on these topics can change your perspective. You might find yourself saying, "Wait a minute! I've never heard anyone talk about things like this." Without access to people who practice or discuss these ideas, you might not even notice they're out there; you'd be blind to them.

With that in mind, let's jump in. What happens in the moment right before someone dies?

Andrea: Who would we be asking that question? The one transitioning or the one witnessing?

Asher Wright: I would focus on the witness.

Andrea: O.k. I'll start with saying, if the witness is someone who has never seen the body actively dying, they probably won't be aware of the physical signs, especially the very last one that may appear simultaneously while taking their last breath. If you are afraid, please know that I will do my best to explain what happens, and shed some light to help alleviate some of the fear.

Did you notice I said, "actively dying" above? What is the difference between dying and actively dying? Well, the way I see it, we are all dying every day, but when we are nearing our departure, when all our organs are shutting down, I consider that progression, actively dying. We begin sleeping more often

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and for much longer throughout the day. Why does that happen? In my view, the Soul is preparing to release its body. Like a snake sheds its skin, we shed ours, too. While the body is sleeping, each system begins to shut down slowly. I'm going to put those systems here to give you a visual and, more importantly, a connection to yourself, because quite often we don't consider this in our daily lives.

I'll start with the Skeletal System. This system provides structural support, protection for all the organs, and facilitates movement.

The muscular system enables the body to move and maintain its posture.

Our nervous system coordinates body activities, transmits signals using the electricity inside our body, and processes sensory information.

The endocrine system, which produces and regulates hormones that control bodily functions, like body temperature.

We have the cardiovascular system, which transports nutrients, gases, and waste products throughout the body.

Our respiratory system facilitates breathing by exchanging oxygen and carbon dioxide.

The digestive system breaks down food, absorbs nutrients, and eliminates waste.

We have a Urinary/Excretory System. Who thinks of this one? It removes waste and excess fluids, maintaining the balance of water and electrolytes. I can't put it in writing what I do to help in this area for my clients. It would gross you out.

The Immune/Lymphatic System. We all know this system defends against pathogens and maintains body fluid balance.

All these systems are still not the Whole of You. This is the complexity of human anatomy, not to mention the larger, subtle bodies I listed earlier. Now, imagine each one of your systems slowly shutting down. This is known as actively dying.

Is there pain in that? Sometimes, not always. I can elaborate on this later.

As the body is processing out, the individual sleeps a lot longer; the breath becomes far and few between. For example, you can watch the individual take an inhale breath, then notice the exhale breath comes about 120 seconds later, or you won't see another inhale breath for another two minutes. You may notice the skin begins to break down, which means you'll see discoloration, thinning, bed sores, and flakiness. The extremities of the body begin to lose color due to slower heartbeats, less blood flow, and less oxygen. Food intake is no longer happening. Swallowing liquids is no longer happening.

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Instead, the caregiver provides moisture to the mouth using a lollipop sponge soaked in cold water.

Actively dying is a progression. About a week or two before the body begins to actively die, you will notice the individual gets a surge of energy and does things they hadn't done in months or years! I had a lady who lived to 93, and right before she lay down to start actively dying, she managed to get herself out of the hospital bed with rails up and get in the bathtub to bathe herself! I found her in the bathtub!

And my 103-year-old Erwin, I found him running stock naked in the hallway of his apartment building, sprinting like he was a young man again!

My last client, who lived to 88, could not walk on her own, but she would sit herself up and use all the strength she could muster to get up and walk with her walker! A crazy amount of energy just a week or so before she began to actively die.

Then, around three to five days before the Soul leaves the body, you may hear a rattle in their breath. It will come right out of their throat, as opposed to their chest or lungs. Right before they take their last breath, the heart will take one last beat, and sometimes, the eyes will start to open, and you will hear the exhale breath happen simultaneously. When the heart stops and the breath is exhaled, that is when the soul has left the body. The complexity is that the body is dead, but the Soul continues, and

THAT is why I say, there is no such thing as death in the way it is talked about today. Your loved one is very much alive!

Asher Wright: Hmm! You know, sometimes we see people trying to do this in the movies, where you see somebody's last breath.

Andrea: Oh yes, you see their body go limp, then that's the indication for the audience to say, "Oh, they died!" (laughing) No, it's nothing like that—actually, not anything like in the movies.

Asher Wright: That's what I thought. I was saying to myself, "Wait a minute." I'm watching someone literally leave this existence.

Andrea: And so, there's a big difference, right? We're not talking about somebody who has an aneurysm that suddenly bursts and takes their life unexpectedly, or a massive stroke or heart attack that immediately wipes them out. We're talking about a progression where the organs in the body will slowly shut down. I'm talking only about people who hire hospice care and are preparing to end their life peacefully, with integrity.

Asher Wright: Hmm! So, do they know they are about to go?

Andrea: Yes, absolutely. However, Lilly was not aware of this for a long time! When she finally realized it, horror was visible in her eyes. I've never personally seen this in all the years I've

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been doing this work. She was my very first, whom I witnessed being this unaware of her Godself. That's just the way I interpret what I was witnessing. After her transition, I understood why there was a disconnect. When I use the term "disconnected", it serves as a metaphor to convey a message with a deeper understanding or a different perspective, as I will throughout this dialogue. It is not a judgment or belittlement of any kind.

When she was alive, I tried to talk to her about her end-of-life wishes. I asked her if she and her husband were prepared, and she answered, "No." They both said they wanted to take one day at a time. I would ask her if she knew anything about her diagnosis, and she said, "No." I asked if she wanted to know more about it, and she said "No" again.

As an end-of-life caregiver, I ask my clients questions to help prepare them. I must respect their answers and trust me when I say, some of my clients are not ready to have that conversation. I must respect people's choices. There is nothing I can do to force them. This leads me to ask you, what does free will really mean?

What I share about free will comes from my own experience and understanding, and I take full responsibility for every word. To be fair, consider this a warning that you may get angry at me because I will use terminology that may come across brass or downright raw. I'm not sugarcoating anything, but I'm also not judging anyone, nor am I trying to convince you. I will say things to inspire a different perspective. This is solely my own.

Free will always comes back to yourself; your choice in how to think, what to think, what to hold onto, and what you let go of. Letting go of a rigid belief in scriptures or any holy book is the first step toward truly connecting with WHO you are. Instead of relying on others to interpret texts, I suggest allowing your own will to guide you.

Scriptures can serve as steppingstones. They did for me, but not right away, because I went through a phase of loyalty, conviction, and learning what values they each had in my life. I chose to study various holy books, explore different denominational teachings, and be baptized in multiple religions.

As the years went on, I discovered that the scriptures were written by others. All authors of holy books were human beings in the flesh, composed of the same multidimensional bodies I've discussed so far. It became clear that the writers of these scriptures are just like you and me. They weren't specially chosen or anointed by a superior being. People speak. People choose. People declare who is superior and who is not. Right? What makes an institution? Who makes it? People do. People interpret.

This goes for everything in life.

No outside entity dictates absolute truth. We have individual personalities, but we are made with the same ingredients. If it were true that there is some superior being that dictate, our free

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will would disappear completely. Can you imagine a life without free will?

We must be diligent and discerning to recognize the contradictions in the holy books. The contradictions are human filters, nothing to pass judgment on. Some of my perspective comes from one of my greatest teachers, Jesus. I remember reading how he got angry and directly accused religious leaders of replacing divine truth with man-made interpretations. Speaking of Jesus, did you know there are 775 pages of extensive accounts of Jesus' life written in the Urantia Book? Yes, the Urantia Book's fourth part is an extensive, richly detailed biography and theological exposition of Jesus, offering a very different, expanded narrative compared to the New Testament, including many new stories, teachings, and spiritual insights.

So, when I use my own discernment, I sense the words that were inserted into the Holy bible during the edited eras. Words like: "commandments." That word implies manipulation, control, greed, and it feels very much like ego. When I think about it, I can't help but look at the Catholic religion. After all, I was born into it. Fear-based.

My observation of my last client is that she didn't develop her free will. She wasn't connected to that part of herself. And guess what? The fruit doesn't fall far from the tree. The children are just like their parents. This is how I interpreted the environment issue you mentioned, Asher. However, I'm taking that same

concept, and considering the environment all the way to the womb, where the embryo lives. This womb is the giver, and the embryo is the receiver of all that influences the womb's environment. How profound a thought! Consider the emotions of the mother: what she thought, and how she processed her emotions while in the womb. This concept can be followed by how her thought process affected what she ate and drank, and vice versa.

As children, we must decide to go off to learn and develop who we will be. Didn't Jesus, Buddha, and all those Great Beings go off on their own as young men? Or did they stay with their families and parents? No! They went off! They were students of mystery schools, and they became great teachers.

They WILLED themselves to BE and they taught. Their actions and vibration liberated us to do the same. If we choose to, so shall we Be. Choice is another word for Will. Your choice is your will. Your will is your choice.

But what good are their teachings if we don't find ourselves in them?

I am going to detour now, and by the end of the detour, you will understand the link to free will from my perspective. I was watching this YouTube video. It was a group of religious, Christian African American people, all dressed in their beautiful garms, wigs, and makeup. There's a lady in the audience who

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asks a question about being a second woman in a man's marriage.

The man on the stage asks the lady in the audience a question about her question, which sets another woman who is sitting beside him off. She is also on the stage.

Well, this woman on stage is lit! She starts raising her voice and going off with her interpretation, condemning a woman who finds herself in situations like the lady in question was in. She is basing her answers on her Christian beliefs, while her energy was condescending. She's telling the lady in the audience what she thinks about her situation, using scriptures, mixed with her opinion, and "religious jargon", ending it by saying "I'm gonna challenge you!"

The whole time, the energy is escalating, and the audience is getting excited, and you can hear the audience saying, "Amen!" "Amen! In the name of Jesus!"

I'm thinking that Jesus has nothing to do with what they were saying or feeling, and more importantly, how the energy is being directed. This is just me, though. That was not the energy of Jesus. To me, Jesus is still evolving. Jesus is still ascending, while people cling to the words written in a holy book, which someone else has interpreted through their filters and used as analogies to their perceptions.

Like the stories written in Revelations, saying the skies are going to open and trumpets will sound. Religious leaders interpret it as Jesus descending to the earth to save us. If this were true, what happened to free will? Religions are cloaked with greed and corruption, and they are born out of man's interpretations that contradict free will.

Without that, we don't grow. Free will compels discernment, choice, and action.

The good of religions are the stories that help people learn vicariously. But to adopt a religion that glorifies or worships an individual is debilitating to the Soul. And Jesus is not the only Spiritual guru that people are doing this with. We have many Spiritual leaders who came before us, yet religious leaders only preach about the past 2000 years, written as a story about Jesus, claiming that he is our Savior. To add more perspective, the last time I checked, the year today is 2025. We are beyond the 2000 years that interpreters of scriptures say Jesus is returning to save those who claim him as their savior.

Hmmm... save me? What happened to my savior when I was getting raped and beaten? Where was my savior when I was homeless twice with two infants, 18 months apart? I cried out in prayer and believed in what the religious leaders taught about him at the time. What I am saying is, there is no such thing as a savior that already died for my sins and will host me back to my origin. That would render free will null and void.

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How about the 950 billion years when life in this time matrix began? Even if that number is inaccurate, it points to something much greater than our comprehension. Let's go back if you really want to go back, but before you do, here's another reference point to consider. How many universes are there? I'm sure that by now, you know we have more than one. Which time matrix do you want to look in on?

Learning about these things propels you into exploring the concept of free will to see, historically, what became of it. The moral of this rant is, what good are the ancient teachings if we are not using our free will?

If you want a real challenge, start with learning who YOU are. Learn by practicing and developing yourself. Remove yourself from your home, your family, your husband, your wife, and your children, the way Jesus did. Go and rid yourself of addictions, beliefs that stifle you, and every self-perpetuated illness. When I say "self-perpetuated illness," I am referring to every dimension and every lifetime; so yes, self-perpetuated disease and illness are real within this continuum called life. This oneness. Where or who else gave the illness to you? If you point to someone out there, or a place out there, you have not arrived at knowing better just how much you participated, which in turn points to not taking responsibility for your choices.

Understand that your capabilities can't compare to a belief you have. You will never know your true capabilities until you choose to exercise your free will.

So, back to the question, do they know when they are going to die? I say, absolutely, they do know they are about to die. There's so much to say about the very last thing that happens before their last breath. Sometimes the eyes start to open simultaneously as the last exhaled breath happens. Referring to Lilly, as I was leaving work, I knew she would be transitioning that night, so I told my caregiver that I would be back, but to call me if she needed me sooner. I reminded my caregiver of the final moment when our client opens her eyes, letting her know it would be her time to say goodbye. Soon after I got home, I took my shower, then received a phone call. I could hear a bit of panic happening at the bedside of my client as my caregiver asked, "Should I do more morphine?" I began assessing the situation over the phone, and as soon as my caregiver said, "She's opening her eyes!" I let her know, that's it. I knew she left. See, I was not at her bedside when she took her last breath. I still had to drive back.

When I walked in the room, I said, "Awe, she's gone. She left." The family said, "She did?" As if they were not aware that she was gone.

Witnessing the death of a loved one can result in shock, and it appeared the family was experiencing it when I walked in. I, on

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the other hand, experienced some sadness because I felt that upon opening her eyes, she didn't know where she was going, whereas many others would open their eyes and know exactly where they were going. How do I know this? Well, remember when I mentioned that she was riddled with fear? That told me she was not at peace. Peace is where you're going, if you have it. The destination is the experience, or the other way around. The experience is the destination upon departure.

Asher Wright: Hmm.

Andrea: Did you know that is one of the final signs they do?

Asher Wright: No. We've got to pinpoint that. You said they open their eyes.

Andrea: Well, sometimes, that's the very last thing they do.

Asher Wright: Nothing like in the movies. Because in a real moment, there's no holding up the teeth.

Andrea: Right, there's no muscle tone, nothing left, and their dentures just drop. Then it's my responsibility to close their jaws, followed by closing their eyes. I may also perform a natural ceremonial bath, wash their body, and prepare them for pickup.

Asher Wright: Hmm.

Andrea: I have a little thing I've always done. I don't know how or where I got it. It's just part of who I am. I kiss their forehead

and thank them for trusting me. It was an honor to be the one who was trusted with their most intimate and vulnerable moment. An absolute honor!

Asher Wright: Hmm.

Andrea: I'm not just their caregiver or the girl who helps bathe them or feed them. I'm all that, but my biggest purpose unfolds during their transition when I help them travel out of this realm.

Asher Wright: Let's tie two things together here. I just realized something. There are people we trust to receive the birth of a baby as they enter this world. Let's call them *receivers*. And then we have those who are given the responsibility of *guiding* that person when they leave. (*a guide*)

There is a phrase that says you are "once a man, twice a child." We came as a baby; we leave as a baby. It's in that moment where you're the most vulnerable. You're saying that you're not just the caregiver. That it's an honor to guide them out. This is beautiful, Andrea, this is so beautiful.

Andrea: Thank you, Asher. You completed that circle of life. See? It is a complete circle of life. Life does not happen without death, and vice versa, and to remember that death is not for the dying, it's for the living.

The one who is transitioning is literally traveling to new horizons. It's painless. Death is for the ones who are here,

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painfully witnessing the transition of their loved one. Part of them is dying as they feel and experience the void that their loved one once occupied. That's where death happens.

Another way I say this is, every day is a dying day.

Asher Wright: I'm waving you off, saying, "I appreciate you coming here and hanging out with us for a period of time." You know, I wish that moment was more sacred, like at birth, where it's not scary. We all get to honor the one transitioning, just realizing that it was an honor to witness their life here.

Andrea: Yes, because it is an honor. That's how to be. That's how to understand it. That's how to remove fear. That's how to build that bridge.

It's how we think. Again, whatever that thought is, is a choice. I call your choice part of your free will. You have the will to choose.

I can delve into other aspects of human will and the will of life in depth, but for now, this is about helping you remove the fear and understand what an honor it is to be a part of someone's life, especially in the most intimate and vulnerable moments.

All life is cause and effect.

I'm going to give you another visual analogy.

You are hovering over a quiet, still pool of calm water. From above, you see a little pebble drop into the center of the water as

you watch the ripples that this tiny pebble causes. The ripples are shaped by the roundness of the pool in which the water sits.

The ripples are moving in a circular motion, growing outward from the center, where the pebble entered. The circle starts out small and replicates itself as it expands outward, growing larger. The pebble represents the cause of the event. (Death) The ripples represent the effect of the event. (Expansion)

Now apply that to you and your life. When somebody is leaving (the death), they're starting a whole new ripple effect (expansion). As a result of this event, those ripples cause you to start a whole new cycle without realizing it. Why don't you realize it? Because it's all happening inside the one pool of water, which can represent the inside of your body, a space you cannot see. That's why we call it a mystery.

Cause and effect. In fact, this is a good analogy for why we experience sorrow when our loved one dies. We are part of that one body. Get it? They're gone to start anew, so it would bring in a whole new cycle, whether we like it or not, or whether we are aware of the change or not. It is happening, and because we are part of the whole, we feel the void.

Understand that this whole new cycle is a gift more than it's something to be afraid of. There's this saying, especially in Jamaica. We are One. One love, one body, and in that context,

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the soul is leaving to start a whole new cycle, causing the whole body to start anew. Like water, energy adjusts to fill the void.

Asher Wright: Hmm.

Andrea: Another analogy. If you hurt your pinky, is it your pinky that hurts, or does it feel like your whole hand hurts? Oftentimes, we feel the pain throughout the hand when one finger is injured.

Asher Wright: Hmm.

Andrea: There's no permanency in death. There's no way there can be permanency in death if you perceive the whole. And in that, we can experience solace.

Asher Wright: Let me see if you can explain this. We came here. We pick up this body, and then we'll leave, we'll leave the body behind. The energy that leaves the body, you said, the energy that leaves the body goes on.

Andrea: Yes. I can share a story with you to illustrate what that energy that leaves the body is like.

I worked with this man who had ALS. He had a tracheotomy and depended on the ventilator to keep him alive. As with all my clients, I have that end-of-life conversation and ask them what they want for their end-of-life experience. For this client, he let me know that as soon as he could no longer use his eyes to write,

he wanted to die. He said he wants to be disconnected from the ventilator. That day came, and we were all prepared. The doctor was on board, and the wife and the son were the only two people there, as well as I.

Now we are all surrounding his bed. His wife and son are standing on his right side, and the nurse is on his left. I stood at the foot of his bed. With the doctor online giving instructions for the nurse to administer the morphine intravenously, we all watched the nurse monitor him, taking his vitals, and hear his heartbeat stop. Seconds later, the nurse says, "he's gone." So, to make sure he was gone, we asked his wife to talk in his ear to see if he responds. He doesn't. Well, he always responded to my voice, so I was asked to speak into his ear, but again, he did not respond. So, I walked back to the foot of his bed, and the doctor instructed the wife to disconnect the vent. With deep hesitation, she sorrowfully disconnects it. It is very silent in the room; you could hear a pin drop. It must have been about 35 seconds later, I'm still standing at the foot of his bed watching him, and I see his soul enter back into his body, his eyes open, and he's staring right at me. He is very intent, I felt I understood what he wanted, so I told his wife to reconnect the vent.

Everyone was shocked and scared to reconnect the ventilator. I demanded with a threatening voice to reconnect him, or I would. They recognized my urgency and took me seriously. His wife reconnected him, he turned his eyes to his right and stared at

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both his wife and son for a good 60 seconds, then turned and looked back in my eyes for two seconds, gave me a two-eyed wink, then he shut his eyes. That is when I witnessed his soul leave for good. Of course, the family was very grateful, because they'd never seen anything like that before. They didn't know what was going on.

I knew that he had something he wanted to say to his wife and his son. I recognized his Soul entering back into his body. And I watched it leave.

That's a story about “energy” that leaves the body. That energy is called the Soul. The other form of energy is found in the quantum field. Meaning every cell, and atom dies off, but the thing that never dies is the memory. Memory transcends the physical brain. It gets stored in the quantum field and can be accessed through consciousness. The frequency of the Soul will determine the next dimension it will move to.

Asher Wright: It's a beautiful story. I asked myself this question: What happens to the energy that animates the body? That is always fascinating. But he came right back and said, “I have two more words before I go.” It's beautiful.

Andrea: Asher, that energy that animates the body is called your Soul. (smiling) Yes, it is beautiful. He didn't have a voice, but he had his eyes. He had intentions, and his eyes spoke loud and clear to me.

Asher Wright: Hmm.

Andrea: He had words coming out of his eyes instead of his mouth.

Asher Wright: Yes, because eyes can speak, too.

Andrea: Yes, I'm an eye person. I like your question, where does that energy go? I like to use the analogy that we are like an onion with many layers. You can peel back layer after layer till you get to the core. Where does the memory go? The core is where it's stored.

Asher Wright: Let's follow up with this question. Others seem to have a moment of clarity. What do they see before they close their eyes forever? I wonder what they see.

Andrea: Well, the ones that are transitioning, those are the questions for them, right? What is it that they see before they close their eyes? I can only guess and imagine. But more importantly, I wonder why they even open their eyes when they're taking that last breath.

What's happening to them? What causes them to open their eyes as they take their very last breath?

Asher Wright: No, no! Oh, I just finally had an awakening! I don't know. I'm curious. Yeah, what are your thoughts?

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Andrea: Nobody has ever asked me this question. Everyone knows the word, Chakras. The word Chakras originated from ancient Indian Spiritual traditions. These are energy centers within the subtle (energetic) body. They're known to regulate physical, emotional, mental, and spiritual well-being, which I spoke about earlier. There are many, but the primary energy centers total seven, and they run vertically along the spine. Each one is associated with specific organs, emotional states, and energetic qualities.

Before I answer the question, I would like to provide a brief overview of each chakra, including its location, associated color, emotional and spiritual attributes, and the primary organs and systems it affects. I will tie it all back to the physical body in which every Soul resides and then tie it back to the question. What causes them to open their eyes?

I'll start with your Root Chakra. It is located at the base of your spine in the coccyx area. The color of this energy center is red. The functions of this chakra include stability, security, grounding, and survival instincts. Our physical identity is found there. The organs it influences are the adrenal glands, the lower colon, and the bladder. The areas it influences are the lower spine, bones, legs, and feet.

The second Chakra is found in your lower abdomen, a finger down from the belly button. The color is orange, and its function is creativity, sexuality, pleasure, emotional balance, intimacy,

and relationships. The organs that are influenced are the ovaries, testes, kidneys, urinary tract, and the lower digestive system. The areas this center influences are the hips.

Moving on to your third Chakra. This energy center is in your upper abdomen, above the belly button in the solar plexus region. The color here is yellow. Its function is self-esteem, will power, confidence, and emotional control. The organs associated are the stomach, pancreas, gallbladder, and the digestive system. The areas this center influences are the muscular system.

Then we have the fourth Chakra. Here is the heart center. The color is green and sometimes pink. The function is love, compassion, empathy, forgiveness, emotional healing, and connection to others. The organs connected here are the heart, lungs, and thymus gland. The areas influenced are the circulatory system, shoulders, arms, and hands.

The fifth is the Throat Chakra, located in the throat area. The color here is blue. The function is communication, expression, truth, authenticity, and self-expression. The organs influenced are the thyroid gland, the parathyroid gland, and the vocal cords. The areas influenced here include the throat, jaw, ears, neck, and shoulders.

Now the sixth Chakra. This is known as the Third Eye Chakra, and it is situated between the eyebrows. The color here is indigo.

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Its function is intuition, perception, wisdom, inner guidance, insight, and imagination. The organs connected here are the pituitary gland, eyes, and sinuses. The area is the forehead and head.

And lastly, the seventh chakra is called the Crown Chakra. The color of this energy center is Violet. The function is Spiritual connection, consciousness, higher awareness, enlightenment, and universal oneness. The organs connected here are the pineal gland, the central nervous system, the cerebral cortex, and the brain.

Now that you have a visual of the seven Chakras, what's happening to them when the body is actively dying? What causes someone to open their eyes at the very last minute before they take their last breath?

I said it earlier, and I still feel the same way. The chakra system is connected to the physical realm as pathways, so I think the eyes are the area where the soul exits. The soul exits through the “third eye,” sixth chakra. That is the pathway the soul has chosen to exit. It chooses what center it will exit from, starting with the heart center in the fourth chakra to the top of the head, also called the seventh, crown chakra. I have never known of anyone leaving out of their root chakra or below the navel.

When I saw my ALS client's soul leave his body, the energy came out of his crown chakra over his head. He did not open his eyes

upon his last exhaled breath. The way I understand this is that we have a choice in how we want to exit, but it's essential to view the chakras as pathways. Pathways can be visualized as an umbilical cord. It is a pathway for a soul to enter this and other realms. I have never met anyone without a belly button, have you? Maybe some species don't have a belly button, but not here in this dimension. I don't know. LOL

Many times, you see this in the movies when people have near-death experiences, and they explain that they see a tunnel of light. The pathways are like that. When I see some of my clients ready to leave, their eyes open, and their soul exits their body.

Asher Wright: So, others seem to have a moment of clarity. What do they see before they close their eyes?

Andrea: They see Light. They see where they're going.

Some describe a profound stillness as if something is just beyond the veil, watching and waiting. That's true. I'll tell you another story. Again, it has everything to do with the frequency and the vibration of the Soul. The veil is the energy between the physical and ethereal.

People who are transitioning, their bodies become very light as their breathing starts to slow down. It's like they have one foot in this dimension and another foot in the next dimension, and they are able to see the energy between you and the next dimension.

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They can see what you and I cannot see, and they start to talk like we can see what they see.

Erwin used to have moments when he would suddenly see kids around his room, and he would make this little sound to alert me. He'd ask if I could see them. I saw that as an opportunity to start asking him questions about the colors he sees them wearing. I would ask him if he knew who they were, and the most important question I asked him was, "Are you afraid?"

Lilly asked me if I could see this woman sitting on her bed with her. She pointed to where she was sitting, but I could not see her. I ask all my clients questions so I can go where they are and find out if they are uncomfortable with what they see or not.

But they always think we can see what they can see.

Asher Wright: That's it, that's it. You know Neville Goddard?

Andrea: Yes, I like his work.

Asher Wright: I remember him sharing that he met his mom when his mom passed. He said he met his mom in another dimension, and he explained how he had witnessed it while astral traveling, and she said she hadn't died. He said, "Mom, you just died."

He met many people during his astral travels. I don't know if you heard him speak.

Andrea: Oh yes, I have heard him speak. I enjoy listening to him. I have a friend, E'Ma, and he is the kind of man who can explain how this is possible. It's interesting because our breath plays a part in every aspect. I can't tell you how many times I have worked with my breath.

So, Goddard's mom said, "I didn't die." Who better to believe?

It's true, and this is where I want people to find peace and solace. They, too, are dying, and yes, it may be painful. That's where the sorrow comes from. The mourning is no fun, but if you can choose to see it as a metamorphosis, where you're going to come back out and keep going, that's really what it is.

How about the part where you question your love for someone?

In my observation, I see that people are misled by this idea, claiming that they love their mom, dad, boyfriend, child, asking, "Why would I be happy that they died?" While "happy" may be an extreme expression, it challenges this common belief that grief and sorrow are the only "loving" responses to death. I am offering a more expansive and higher definition of love. I speak about honoring the soul's life, respecting death as a natural, freeing continuation rather than a tragic permanent end.

From this view, celebrating a loved one's transition is not a betrayal of love; it is *an expression of it* because if we truly love someone, we will want what is highest and best for them, even if it means letting go of their physical form.

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Love is a supporting energy. And supporting does not mean clingy. I can't tell you how many times I witnessed people doing everything in their power to keep their loved one alive, disregarding quality of life. They get so immersed in this idea that if they fight hard to keep their loved one alive, it is indicative of loving them. This couldn't be farther from the truth. This is where we learn lessons on letting go and experience another layer and depth in love.

There is no way to love someone else without having some understanding of who you are, which leads me to say that there is a misunderstanding about self-worth. I read or hear individuals say things like, "Why do you give that man or woman so much affection?" "Where is your self-worth?"

Self-worth is precisely that. SELF worth. Where did this idea that giving too much love means you've lost your worth come from? It's backwards. You can't give deeply unless you already *know* your worth. That kind of giving comes from wholeness, not a state of lack.

Everything about this experience will bring you back to yourself. You can't find someone else's worth unless you have found yourself worthy. And who is to judge this worthiness but you? Self-worth is not an external validation because it originates within and can only be determined by the Self.

No one can make you feel a certain way without your permission. This alone will cause you to become more aware of what you're allowing into your life and what you're not allowing. Furthermore, you are a sentient being. You already feel. If you find yourself in a relationship that feels less than, only you are responsible for doing something about it.

What you feel is your responsibility. Self-worth comes with knowing who you are, and knowing who you are happens when you know your capabilities. Self-worth IS you. You ARE worthy. What does that have to do with anyone else's worth? Being "giving" does not stem from having low self-worth. Quite the opposite. It requires self-confidence and clarity. So, stop thinking that if you give too much of yourself, it means you don't know your self-worth. That's nonsense. Please note that you cannot give in any capacity without having self-worth. Does this make sense?

It's like these old slogans, "Love is blind." That couldn't be farther from the truth. There is nothing clearer than Love.

Oh! Don't forget this! Complexity is not a choice, but complication is. You make it complicated.

Asher Wright: Complexity is Divine Design. Here's what pops up in my head, too. The body is a space of contraction, but once you leave the body, you become significantly more expansive.

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We should celebrate when someone gets to grow, expand, and be free.

Andrea: You know, I love it. It's true. In this confined body, we have an opportunity to expand within it. Everything is an opportunity, and an opportunity taken is an experience to be had.

Asher Wright: Okay, next question. If silence is the language of truth, what does death whisper? Andrea, you have some wisdom to share.

Andrea: Joy! Elation! I don't know. You know that exhale breath is such a breath of freedom, a breath of relief, a breath of joy. It's all those things. It's just an amazing breath.

Asher Wright: Hmm... I wonder who should feel it? The person who departs or the person who stays.

Andrea: Both. I want you to put yourself in that situation. Put yourself at the bedside of someone who is taking their last breath. Witness it, feel it. Tell me how that makes YOU feel.

Asher Wright: Mm...

Andrea: Because if you feel despair, sorrow, regret, horror, fear... if you feel those things, let that go **through** you and back out of you. And if you feel the opposite, let that also go **through** you and back out of you.

Don't let those feelings trap and consume you. Don't let that happen to you. Think of it as energy flowing in and out, like the breath. You're having an experience, and you can change it at any time.

Asher Wright: I have an interesting thought, Andrea. What do you think of it? Sometimes we try to capture “now.” And if we had to put a last breath into a moment of now, how long is that now, or how short is that now? How will you answer that question?

Andrea: I would answer that question with, “Now” is right now in the present moment period. The breath is now. How long each breath takes is irrelevant because it is in the now. There is no moment outside the present. Period.

Asher Wright: And the question is, how long is “now?” How do you measure the present?

Andrea: I don't think there is a measurement that can be done. Because if you can measure the “now,” in the present moment, then you have placed yourself in the confines of time again. You are no longer in the now.

Asher Wright: Oh, say that again...

Andrea: I don't think there is a measurement to the “now” because if you have placed a measurement on it, you have placed yourself in a confined space of time. You don't measure the

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“now” in seconds, minutes, or hours. You feel it. It is Present. It is Presence.

The “now” isn’t something you track. It’s something you consciously are.

The mind tries to measure time by what’s happening, what has happened, or what’s coming. But the “now” doesn’t belong to time. It’s the space where time dissolves. If you want to measure now, you measure it by your conscious presence. By how fully you’re living this exact moment.

Are you in your body? Are you listening to the breath? Are you feeling the sensation of light or breeze on your skin? Are you aware of the sensations, the emotions, the stillness of it all? That’s how you know you’re in the now. That’s the only “measurement” that matters. If you’re measuring with tools, you’re likely not in the now. But if you’re feeling peace, clarity, or deep awareness, then you’re measuring it by BEING it.

Asher Wright: This is deep because we’re trying to figure out what now is. And I think in the eyes of God, we don’t know what now is, because God is infinite.

But then we’re looking at the rotation of the sun and the earth and say, “Oh yeah, today and tomorrow.” But if you’re outside of that space, where you’re constantly looking at the sun, there is no day or night; you’re just in the light. You can’t. You’re right, you can’t measure “now.”

Andrea: I think you just gave another scenario of how man created time by basing it on the rotation of the planets and counting how long it took for one planet to make its complete rotation, and time began. I do think that “time” is a limited concept. That's just me. If we tie every concept into dying and finding life in death, and how to let go, it all relates.

If we live in the confines of time, death to me would be a harder thing to find comfort and solace in. However, if we don't live within those confines of time, death is a very expansive and beautiful thing to witness and be a part of. And to understand that death is something happening to us every day. People have a death of a thought. Listen, Asher, are you the same man today that you were when you were in seventh grade?

Asher Wright: No (laughing)

Andrea: Do you still have the same thoughts? Are you still hanging out with the same people? I mean, we are dying every day. We are growing every day and maturing. We are experiencing many things.

Asher Wright: Can you share what you have witnessed in those final moments when the air in the room changes, when something waits in the silence?

Have you ever been in a silence that spoke louder than words?

If death speaks in silence, are you listening?

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These are very important questions.

Andrea: First, I will share what I have witnessed in the final moments when the air in the room changes, and when something waits in the silence.

Silence is one of my absolute favorite places to stay. In fact, it's my comfort zone, and I'm forced to move out of it, which is very uncomfortable to me. I never ever gave any thought to the air in the room changing when someone is making their transition, but it does.

It's not the actual element of air. Instead, it's the energy exuding from the seen and unseen Beings that are in the room. The one transitioning has many invisible guests. Invisible Souls that have made their transition show up to assist. I spoke about the Souls that my clients see and speak about.

Asher Wright: We have to talk about that.

Andrea: Well, see, it's very accurate, because many of my people who are transitioning are absolutely seeing people. They talk like we can see them, too. And I don't want to be repetitive, but I don't know if I mentioned that Erwin was one of my clients who experienced this. Lilly, my last client, kept seeing the cat that had passed away, and then she saw a woman sitting on her bed. She knew her, but she had never mentioned her name before that moment. Her husband remembered the woman.

Lilly asked me if I could see her, and she pointed exactly where she was sitting in her bed.

When my clients see other beings, I always ask them if they are scared. That is very important. I don't want my clients to get scared.

Asher Wright: Hmm.

Andrea: Anyway, it's not the element of air that we feel in the silence. It is the energy that exudes from whoever has come to visit. For all those who say, "Oh, they died!" "They are dead." I'm here to say, I am a witness that they are not dead. If they were, my clients wouldn't be talking to them or acting like they are right there, thinking I can see them too. We have the Souls who have made their transition, left their bodies, yet they're so alive because they're back in the room, helping their loved ones and letting them know they are not alone. I imagine them saying things like, "Hey, it's pretty cool over here. Come on." "Hurry up." (laughing)

Asher Wright: "Yeah. When are you going to finish that meal?" Or "Come have lunch with me." (laughing)

Andrea: We've got to add a little humor to it. That is exactly what happens in that silent space.

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Does it get silent? Yes, if you allow it, meaning the house may be quieter, but some individuals are filled with fear and chaos inside.

Some people are afraid of the silence, and they express that by constantly moving or fidgeting. There are several ways people express their discomfort in silence, such as scratching their face or unconsciously and nervously shaking their foot, leg, hand, or fingers. All types of behaviors happen. You'll also have those who express themselves in anger and start blaming others for their loved one's transition. I call these behaviors coping mechanisms. Everyone copes differently with uncomfortable situations.

They start that whole process of whose fault is it? They must find fault in someone, and this is the way they cope. They don't want any joy or smiles. No music. Literally! I've witnessed this behavior firsthand. I do work with the families whose loved one is passing away. At the same time as I nurse the body that is shutting down, I help the family members who are having a hard time, and I ask questions like, "Why do you feel that way?" My purpose is to help bring them back to themselves. If they start to tell me what they think, I listen closely and then I say, "O.k., you told me what you think, but I really want to know what you feel." I ask them to take me there. This is one way I help the family navigate their experience and work through their feelings.

I set the scene by presenting them with real-life future scenarios involving their loved one's end-of-life moment. I ask them to take their hearts and minds to that day when they will walk into the room, and their loved one will no longer be in there. And I want them to feel the absence of their loved one. I make it very real using the exact scenario that will play out.

You see, it has become a habit to get up and walk into the room where they will find their loved one in a hospital bed being cared for. One day, they will walk into that same room, and the bed will be gone. Their loved one will no longer be in the house. That is a massive shift that is going to take place, so I want to help them reconcile that whole experience. The sooner they can get to that space in their hearts and minds, the better it will be when that day arrives. I'm not saying this will make it easier to deal with; I'm saying they will move into the inevitable healing aspects, and they can do so with a little more stability. Maybe even less fear.

Asher Wright: Reconciliation. You know, every time you speak like this, Andrea, I realize that there has to be a deep appreciation for the folks who receive and the folks who send people off, like what you're doing. Receiving the baby and sending the people off to transition in their journey.

It's vital that these two roles are recognized in society as essential because many people do not understand the magnitude of the work and the inherent beauty in it. We see the

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beauty in birth, but not in death. We should find a way to see it for what it is, because it is beautiful.

Andrea: It is an honor to work in this capacity, Asher, so yes, I agree. This is the goal. To build the bridge back to Self. Ultimately, that is where the experiences originate.

Asher Wright: Perspective shift. Have you ever been in silence that spoke louder than words? If death speaks in silence, are you listening?

Andrea: Yeah, sure, all the time. That's what silence is. I seem to hear it louder than I hear voices or words. That's the reason I like to sit in it, because there's nothing to do but listen. No action needed. No movement. No talking, no sound.

Just listen.

I love it.

How can I help people find their way to silence?

I would create a visual and ask them to close their eyes and go into the deepest, darkest space they can imagine in their mind's eye, and then sit there. I like to envision the space as a womb. It's a place that is very still, where creation is taking place. Darkness is a place where creation begins. It doesn't begin in the light.

Asher Wright: They said, light is crystallized darkness. The stars are crystallized darkness. It's just crystallized where it shines.

Andrea: It's a little off subject, but you know that crystallization thing is significant. The word itself. "Crystallized."

Do thoughts crystallize in the human body? If so, how? And what does any of this have to do with dying or the fear of dying?

After studying energy healing techniques and schooling myself in the arena of metaphysics, I say, "Yes, thoughts can crystallize in the human body." Not in the literal sense of forming visible crystals. It's more like energetic impressions that settle into the nervous system. They enter the cells and get stored as memory over time. This idea is supported by both psychology and spiritual teachings, saying unprocessed thoughts, especially those charged with intense emotion like fear, grief, or trauma, can become crystallized or embedded in the body.

Can you imagine if you have crystallized thoughts within your body, it can manifest physically as chronic tension, illness, or you can experience an energetic heaviness that can influence your perception of life and death. When it comes to dying, ask yourself, "Where did the fear of dying originate?" Dig deep to answer this. Tap into your ability to discern. Start at the surface by asking questions like "Did I hear something, or read something somewhere that made me scared of death or dying?"

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Do not be too quick to answer these questions. Just ask it and wait for the answer. It will come to you, but it may take some time. This allows you to exercise and cultivate patience. My perspective is that most people fear death because they don't understand it. And how can they, if that fear begins as a vibration in the womb, then passes silently through culture, language, family, and history?

Was the fear inherited? The beauty of finding the answers is that they can be changed.

I have a quiet rebellion against the fear-based stories we've been told about death and dying. But I am not here to convince you of a doctrine or deny your emotions. I'm here to unravel the patterns and confront the narrative so deeply embedded in your psyche, so you can reclaim your knowledge.

There is nothing wrong with you for fearing death. But you are also not bound to live in fear forever. If you examine your individual history, you may discover how connected you are to various ideas and beliefs, and identify the resonance you share with groups, communities, family, and so on.

As for some common examples of thoughts that crystallize in the body, you can experience things like medically unfounded chronic headaches that can come from unresolved stress or anxiety. And there is nothing unrelated in our body. Remember, the Chakra system is connected to our biology.

Not to worry, I won't leave you hanging without giving you some methods of dissolving crystallized thoughts. I incorporate a lot of breathwork, even when I'm conducting a healing session for someone else. My breath moves energy like the wind moves tree branches because I intentionally send it through the parts of the body that need the shift. This exercise stimulates emotional release and will clear energetic blockages. I love it.

A very popular healing modality is meditation and self-examination. This cultivates self-awareness, enabling you to observe and release emotional patterns rather than repressing them. Massage is also very good. To have your muscles physically manipulated allows the tissues to release stored tensions and emotional residues. Additionally, we have therapeutic movements such as yoga, Qigong, Tai Chi, and dance, which help release emotional blockages both physically and energetically.

You see, throughout our lives, there have been various influences regarding the fear of death, which, to me, has shaped our thought process, enabling crystallized thoughts. I want to share a few reference points that I found.

From the Psychological Origin of Sigmund Freud. He believed that the unconscious mind represses the fear of death because it's too overwhelming for the conscious mind to manage.

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And Ernest Becker, in *The Denial of Death*, argued that civilization itself is built on avoiding death awareness and that culture is a symbolic defense against mortality.

“Fear originates not from death itself, but from ego’s refusal to relinquish control.” E.B.

The Morphogenetic Field, with Rupert Sheldrake, describes morphogenetic fields as invisible templates that influence how organisms and behaviors form. Fear of death may not be “yours,” it may be an inherited pattern, encoded into the collective field through repeated trauma, war, sudden loss, and distorted teachings around the afterlife. From this lens, fear is a memory passed through resonance. It's all about vibration and frequency in this context.

And in the Christian tradition, fear of death is often tied to the fear of judgment or eternal separation from God (see *Hebrews 9:27* or *Revelation 20*). In early Gnostic texts, fear entered the world not through death itself, but through forgetting who we are. Having spiritual amnesia. The Fall wasn’t about eating fruit. It was about forgetting our divine nature and seeing death as a loss instead of a transition.

And in Western culture, death is often sterilized, hidden, and medicalized. It’s not witnessed. It’s avoided through drugs and numbers. You hear language like “losing the battle,” “final goodbye,” and “taken too soon” encodes grief with fear, framing

death as defeat. What we cannot speak of clearly, we fear. And what we fear, we exile.

Death has historically been linked to trauma: plagues, persecution, childbirth mortality, and violent conquest. These experiences imprint themselves onto the collective psyche and are carried through time. So, I am suggesting that you may be feeling ancient fear and personalizing it. This is where my role as a messenger becomes sacred, helping you name what is not yours to carry. I am here to bring balance to the experience of dying. When you understand these very real concepts, you are empowered to change within and create the death experience you want.

See death as part of nature—a complete circle of life is a natural process. Remember when you have thoughts that are repetitive for long periods of time, filled with anxiety and fear, they naturally crystallize in the body. These thoughts are negative, leaving the body with nothing to do but respond with dis-ease. It is disharmonized. Unbalanced.

You have several reference points to examine further. Your thoughts are powerful. Thoughts become a creation in your life if you're actively imbuing energy into them; you're causing them to live.

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If you're thinking, and then speaking, "It's killing me!" So be it. It's killing you because you think it, then speak it into existence. This is how disease manifests.

Asher Wright: Hmm. "In the beginning was the word, and the word was with God." You know those are thoughts being spoken into life, crystallizing into matter, right down to planets.

Andrea: Yes, it's so vital. I want you to be able to see yourself, to empower you in a way that brings peace, harmony, and comfort, resulting in utter soundness. That's what life and death are about. Dying is freedom. A liberation.

Thoughts are being spoken, and you can hear them, but to feel them is so much louder than words. It's the feeling that's so much louder than words. My example is when you're in the act of merging flesh to flesh, there is no talking. The emotion being shared, the action happening, has no words. You both aren't talking with words at all. You're listening through exchange, feeling and hearing, with an inhale and an exhale breath. This is the realm of creation.

Words are nothing without your agreement. You say, "That's what this means." You put life into the word, and it makes its way out of you. When it's time for my client to leave, I don't lead them anywhere they're not ready to go; instead, I hold space for them to feel safe. And I'm not trying to erase fear as much as I'm

showing them that I'm walking with it, and in doing so, transforming it; you can too.

That's what makes my voice different from the typical "self-help" or spiritual texts. I'm bringing forth a forgotten truth. And because I've "been there," at the bedside, breath by breath, my words aren't theoretical. They carry experience and soulful energy.

Asher Wright: You know what's beautiful? Sound needs silence to travel. Without silence, sound cannot travel. You think about sitting in silence, we all need silence to travel. Without silence, the voice or the words can't move. Silence is that transportation tool. It's transportation to so many different things that we experience. Just by sitting with it and hearing silence. What does silence sound like? That's my question to you.

Andrea: I love it. The answer is sitting right there in what you said. It's transportation. It can be seen as such. That sound cannot travel without it. But what does silence sound like? I feel silence. I don't hear it. It is very still.

I don't know if anyone else is like this. Sometimes I just want to hear the sound of waterfalls, creeks, or birds. I want to hear the sound of fire; I want to hear the wind. I don't want any type of instrument. I just want the sound of nature.

I have another experience to share. I worked with a man who built a healing sound table, a device that used the human voice

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as both the diagnostic tool and the remedy. We would have a person speak, sing, or express something, and their voice would be recorded. Their voice carried a vibrational imprint that, if they were sick, the sound of the voice would detect it as disharmonic.

My friend would modify their voice, adjusting it to a frequency aligned with healing (specifically one that countered the frequency of the dis-ease). Their own voice would then be played back to them through headphones and through the sound table, which would vibrate with the frequency of their adjusted voice.

While they lay on the table with the earphones on, their body would reintegrate that frequency, and this vibration, being personalized and harmoniously aligned, had the power to eliminate or reduce the dis-ease. When I worked with my friend, we used a form of vibrational medicine that incorporated sound. And not just therapeutic, but precise and personal. It's as if their voice, once tuned to harmony, becomes the medicine, a kind of original medicine for the soul.

Asher Wright: Hmm.

Andrea: And it would eliminate the dis-ease. Sound and light do travel, as you were saying, the darkness and silence are the conduit. I mentioned you cannot have one without the other. In this dimension, you have duality.

Asher Wright: Mm-hmm... That's impressive, but the question is, what moves faster than the speed of light? It's said that darkness moves faster than the speed of light.

Andrea: I'm going to share an experience with you about what moves faster than the speed of light.

Asher Wright: Yeah,

Andrea: Do you want to finish what you were saying?

Asher Wright: Yeah, I was saying, darkness moves faster than the speed of light, because before light gets there, darkness is already there. So, darkness moves faster than the speed of light. The same thing. What moves faster than sound? Silence gets to you first.

Andrea: Hmm, if darkness is already there, then does it travel, or is it still?

As far as silence getting to us first, Silence is already there, so in that sense, it comes first. It is the foundation from which sound emerges. That is what I think. Same with darkness.

This is a personal experience that I had, and I have witnesses to this story. This story will give you a glimpse into how fast thoughts travel, okay?

Part of this story is now part of our mainstream recorded history. March 11, 2011, Japan had a 9.0 magnitude earthquake

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that triggered a tsunami up to 30 meters high that washed up to 5 kilometers inland, where thousands of people died.

The United States and Japan are 13 hours apart, with Japan being ahead of the U.S.

On March 10, 2011, I was in Las Vegas visiting and celebrating my granddaughter's 3rd birthday. I'm not sure if you'll find any significance in this, but I did. My granddaughter is part Japanese. I went to bed for the night, and while in bed, I had a cognitive experience. I saw myself hovering over an ocean. I asked what ocean I was over, and I received the answer as the Pacific Ocean simultaneously. There was no lag between my asking and the answers.

I'm literally watching the ocean begin receding while simultaneously hearing a sound as if the sky is opening. I don't know how else to describe this sound. It is not something your ears have ever heard. I came with the ripples, in the atmosphere. It was so powerful. I could see the sound rippling through the sky, and I was hovering in it, watching the ocean receding. I instinctively knew there was going to be a massive earthquake that was going to cause this enormous tidal wave, and that people were in danger. Before I began my work, I thought about my mom, and experienced the speed of thought. As the thought came to me, I was instantly in her apartment, and I saw that she was safe.

I turned my attention to the ocean and estimated the time it would take for the body of water to return and claim lives. I immediately went to the land and began ushering as many people as possible to the highland, simultaneously watching many Souls run into the ocean with surfboards. I heard their thoughts. They wanted to die surfing.

The massive tidal wave comes, and I am now back in the sky assisting those who are making their transition. They were no longer on land. I was extremely busy. All the people I helped get to the highlands were safe.

The morning comes, and my daughter-in-law wakes me up early. As I'm coming back to my body, before I open my eyes, I whisper and moan, "Oh... death." My daughter-in-law says, "What?" So, I tell her, "It's death, death by water." She has no idea what I'm saying. I was not fully in my body, and to her it seemed like I was talking in my sleep, so she raised her voice to snap me out of it and said, "Hurry, we gotta get to the store."

I wake up, get ready, and while driving to the store, I am feeling very heavy and tired. In fact, I mentioned to my daughter-in-law that I needed to get back to sleep because I could still feel myself working. She wanted nothing to do with this nonsense.

Finally, the day is at an end, and we all go to bed for the night. The next morning, my daughter-in-law comes running into my

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room, frantic. “Get up! It's the biggest earthquake to hit Japan, and a tsunami is expected to hit Hawaii.

She must have forgotten what I told her. Either that, or what I was trying to explain to her, and my son was not real enough. Now I'm going to take you back to when I took care of Erwin, and I will bring this all together by the end.

My client Erwin is a phenomenal human being. He died. His passing was so beautiful. It was just a peaceful transition. One day, while he was still alive, I was in his bathroom preparing a shower for him, while he was sitting just 8 feet away watching me. Here is where my witness comes into the story. My dear friend, who had hired me to take care of Erwin, was sitting beside him on the bed. (Little did he know that he would be a witness to something of this magnitude.)

All of a sudden, we hear Erwin say, “Ooo! Andrea!”

My friend doesn't really know much about the near-death symptoms. So, he says, “What, Erwin? What's wrong?”

Erwin says, “It's Andrea.”

My friend is looking at me with a confused expression. I can almost hear his thoughts: 'What is this guy freaking out?' 'What's his problem?'

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Erwin answers my friend and says, "She's in Japan." Erwin's tone is alarming, and the expression on his face is concerned. My friend is looking right at me, and now, he is wondering what the heck is going on.

My friend asks Erwin, "What's she doing in Japan, having fun

He replies, "No, she's working!"

Mind you, I have never been to Japan in this body in this lifetime.

So here you have been given dates and time frames. I had never been to Japan, but Erwin saw me there working about 3 years before the actual earthquake hit.

How was Erwin able to do that? What was happening to his body that he was able to cross through the timeline? (More on this later.)

Fast forward 3 years, while in Vegas for my granddaughter's third birthday. The following day, after the earthquake and tsunami in Hawai'i, I called my friend and asked him if he remembered that day he was sitting on the bed with Erwin when Erwin saw me in Japan.

He says, "Yeah." I was then able to share my real Japan experience with him, and it gave my friend more insight into the death process, along with how fast thoughts travel.

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The work I was doing was intense. I felt a huge responsibility.

Most of us travel while we sleep, but it is not a commonly discussed subject. You may ask, “What does the body travel in, or how do we travel?”

The body travels in a Merkaba. This is the immensity I am in awe over. The human body is a vessel of light, memory, and motion. Beneath the visible skin, every cell is on a spin. This spin is the movement. The Merkaba is a light-body vehicle, shaped like two interlocking tetrahedrons spinning in opposite directions. It is often referred to as the chariot of the soul.

The word *Merkaba* comes from ancient Hebrew and Egyptian roots, meaning Mer = Light. Ka = Spirit and Ba = Body. Together: *Light-Spirit-Body*. In this structure, the soul becomes encoded with this light structure. When the Merkaba is activated, it allows for multidimensional travel between timelines, higher realms, lifetimes, and levels of consciousness. It's not science fiction. This is sacred physics.

But here's the key: The Merkaba gets activated when the body, mind, and heart come into coherence. When the electromagnetic field of the heart and the electric flow of the brain are in harmony, the breath becomes intentional. So, what I'm saying is, you can use your breath and intention to activate your own Merkaba.

You may not feel it as motion, but you may feel it as a sudden sense of expansion. A loss of linear time or a knowing that comes from elsewhere. Some say the Merkaba is how the soul *enters* the body. Others say it is how we leave the body consciously, in death, or in dreams.

Regardless, it would be helpful to understand the mechanics of the Merkaba and how it works, so I will explain it as simply as possible.

It is a dynamic field of sacred geometry, composed of two interlocking tetrahedra (pyramids with a triangular base), spinning in opposite directions. Together, they form a three-dimensional Star of David, but this shape is not static. It is alive with movement starting in every cell of our body. Again, these are not way-out-there ideas; they are literal, and if you want to experience them, you can start with the tangible. Your body.

Each point of the Merkaba has a purpose. The upper tetrahedron (pointing upward) represents masculine energy, electric current, the spiritual body, or the higher mind, and the lower tetrahedron (pointing downward) represents feminine energy, magnetic force, the emotional body, and the Earth connection.

So, to experience your own Merkaba, it requires deep, intentional breathing to create coherence between the heart, brain, and the field around you. You want to harmonize polarity and stabilize the spin of the upper and lower tetrahedra. It

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requires mental focus, visualizing the tetrahedra and aligning them with the vertical axis of your body (from crown to root), and directing their spin with your breath, focus, and vision. The Upper spins clockwise and the lower spins counterclockwise.

And the spin rate synchronization occurs when the tetrahedrons spin at specific speeds, creating a field of light around the body, approximately 55 feet in diameter. Together, they allow the body to maintain form in motion and to travel while anchored.

You may wonder why most people don't feel it. The Merkaba is always present, but for many, it lies dormant due to a lack of knowledge. Another reason people are unable to feel their own Merkaba is that they are emotionally unaware, making their emotional body incoherent, and they lack breath awareness, which keeps them stuck in a state of fear.

This is all about guiding you out of fear, into embodiment, into frequency healing, and is directly related to reactivating your Merkaba. I want to help you realign your inner field so your vehicle of light can spin freely again. Breath awareness is the way I began learning to activate my Merkaba. I may share more about this later.

Back to Erwin's life. This man had a wall in his apartment, and from top to bottom, it was lined with classical artist albums. He knew where each album was. He would point to the area he wanted me to look at, then tell me the title of the album, the

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name of the song, and what number of the song on the album, and ask me to play it for him. He would close his eyes and listen for hours. Now, how does that relate to his death?

Sound, music, frequencies that he fed himself, and how he nurtured his body, mind, and emotions. He left in such a peaceful way. He was sitting in his recliner chair. I knew he was leaving. I picked him up with my arms. I walked him over a few feet to his bed. I laid him down, and there went his last breath... out.

Exhaled.

I kissed him on the forehead and thanked him for allowing me to be present with him. I picked the phone up and looked at the time simultaneously. Recorded the time of his last breath while waiting for someone to answer the phone.

His passing was the most peaceful I had ever witnessed.

Asher Wright: Mm...

Andrea: Our death is the result of our life. What we consume we will Be. If we consume fear, we will end in fear. If we do not connect to our divine self, we will go spiritually asleep. And being disconnected is so... ewe!

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Asher Wright: Yeah, no electricity to plug into, you're just a dead toaster... (Laughing) You're a toaster that's not plugged in. You ain't warming up nothin'!

Andrea: (Laughing) "Ain't warming up nothin'!" Did you know that warmth and heat are the vibration of love? Ponder that. Because what would be the opposite?

Asher Wright: Hmm! You know what's beautiful? I was observing you when you were talking about Erwin and his peaceful way of departure, and it was like you were speaking that spiritual poetry again; you were just in there. You could tell that, right there, that's how people are supposed to leave. And if we can get everybody to be on that same frequency close to what Erwin was on, then that's the departure, that's a transition, that's how we can get people to recognize early that they want to transition in that peaceful way. Because you have the connection that you need to go back to Source. Um-hm

Andrea: It's about where you're going next. Because you can only go where your frequency allows. If your frequency doesn't match a particular dimension, you can't go there. You'd combust. That's the nature of energy. So, if someone is stuck in fear, they can only access the dimensions that resonate with fear.

Religious leaders talk about this idea of hell. However, I have heard of it as a deep hole in the ground where potatoes are planted. Potatoes grow in hell! (laughing)

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Now, I know some scriptures talk about the fire that never stops burning, that's what some religious leaders call hell. And listen, I'm not here to slam religion. I think religious teachings can be helpful. It serves a purpose. It helps you move from one level to the next, like a steppingstone. It's like school. You read, you learn, you absorb what resonates and forget the rest. You take the meat, integrate it, grow from it, and then move on.

You don't stay stuck there forever.

I had to transcend religion so I could know God differently. I come from the heart that says, "If you *believe* in the '*word*' of God, you will never *know* God."

And if you don't know God, you will never BE Free.

2

Asher Wright: Now we can tap into “The unfinished conversation.” The core idea here is the words that are left unsaid. I would love to see where that goes and hear your perspective, Andrea, you are one of the unique observers of this happening.

The words that are left unsaid, the dying don't always say goodbye. Sometimes your final words are about regret. Oh, we just talked about the opposite of that with Erwin because Erwin was full. But the folks who feel like they still have their song unsung and regret not singing it, how would you respond to their regret for not singing it?

Andrea: I feel that my last client was one of those people who didn't speak or say the things she may have wanted to say.

I noticed that she didn't “wrap things up,” sort of speak. What I mean by that is, as an observer, there is this common thread for those getting ready to depart, and one of those common threads is that the patient starts to talk more about their life, things they regret, and they even ask for people they've known, but haven't seen in a long time to come by and visit them. They express affection, become more vulnerable, and less shameful. These are the ways in which they say what they always wanted to say.

She (my last patient) was one of those people who didn't speak and say her final words. It was as though she didn't even know herself. Not for a long time. Every day, for 12 hours, I watched her regress and say less. When you don't use your vocal cords, you lose them. Remember, every organ slowly shuts down, and her vocal cords were among the first to go.

The very last time I heard her say anything was when I sat on her bed, witnessing horror pouring out of her eyes, as she despairingly said, "I'm dying!" So, it was not long after that she passed.

Asher Wright: Hmm.

Andrea: She was speaking with panic and despair in her voice.

It was interesting because prior to that moment, she would say, "Stan." And that was it. She would just say his name. (her husband) And all she ever wanted was for him to come and stand at the bedside. If he never came to the bedside, that would be o.k., too.

She didn't speak to her daughters or thank them for all their help. And her oldest daughter was at her bedside every day, till she took her last breath. She never asked to see anyone. She stopped talking completely.

She never did "wrap" it up. What do you make of that? Life is an eternity. What you don't complete here now, you will come to

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complete again. And it's not like you must compete with specific people; it's an energy. It's all about YOU and your experience, growth, maturity, and ascension.

It's that question, what have you done with your life?

Hypothetically and figuratively speaking, God gave three men talents and sent them out. When they came back, God asked, "What did you do with your talents?" The one who took their talents and grew them was set free, "On you go!" But the other two had to go back and learn again.

And that's life! Because what are we if we are not creators? Then what are we?

Seriously, let's just be honest. If we're not creating, what are we doing?

Asher Wright: In this big, large universe where there is so much room to create. Why aren't you creating, right?

Andrea: Right. We don't need to leave any stone unturned. We connect the dots. Question everything, like what are your thoughts? How fast do your thoughts move? What happens in your exterior world when your thoughts move? What happens to your thoughts when they don't move? What happens to you when the thoughts become an obsession?

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What happens to those things? Everything makes a complete whole. It's all related.

Everything is related, everything! Even the dark womb is related. How can those who are dying connect to themselves so much that they are at peace?

Every day is a dying day.

They are at peace because they examine their lives daily, not wait till the end of their life. They know if they screwed up, meaning hurt someone with their words or actions, they would take their request to be forgiven to the one they offended before they take their offense to the altar and ask for forgiveness. Right?

Take what you did to the one you did it to and ask for forgiveness. Admit what it was you did to them and why. Own it. Say, "I did this, and I am sorry. I was wrong."

I'm going to tell you something. This lady I just took care of never uttered the words, "I was wrong." "I made a mistake." The whole time I knew her. Nor does the 90-year-old husband. If your thoughts become your actions and your actions cause others to hurt or stumble, who shall be held responsible for that? What happens to you if you don't own your stuff and take responsibility for it? Will you grow, expand, ascend, heal, or know God? Please, don't let what I'm saying offend you in any way. I am not trying to change your mind or convince you; I'm

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just putting things in perspective and providing different reference points.

Now, how do you own your thoughts? You can start by being aware of them on a daily basis. Are your thoughts habitual? Ask yourself, did my thoughts sway me, detour me, and keep me disconnected from my origin in any way?

If your thoughts are fixated and shrouded in believing someone is coming to save you and someone took away all your sins, is this not a deterrent of sorts? A deterrent from responsibilities?

Become a witness to your thoughts by viewing them passing through your mind. You can watch them come and go, like watching a silent movie. Owning your thoughts means becoming aware of them, questioning their origin, and choosing which ones are worth keeping and which ones are ready to be released.

I mentioned earlier that many of our thoughts are not even our own to begin with. They are echoes picked up from parents, indoctrinated through religion, school, history, and culture. But the moment you recognize this, you create space between you and the thought. That space is your power. That space is where free will lives.

A Daily Practice to begin each day can look something like this.

When you wake up, before reaching for your phone, sit up in silence for a moment. Place one hand on your heart and ask,

“What is one thought I want to carry today that is truly mine?”
Then wait. Let it rise. Don’t force it. It may be a word. A feeling.
A sentence. Whatever comes, receive it and walk with it as your
own.

To end each day: Before bed, take a moment to reflect: What
thought did I walk with today that didn’t serve me? Write it
down. Look at it. Thank it for showing you something. Then say
out loud: “I release this thought. It is no longer mine.”

Tear up the paper if you need to, burn it. Let it go with intention.

Over time, this simple practice fosters a deeper connection
between you and your mind. It helps you clean the house of your
inner world. And eventually, the thoughts you carry will be the
ones you **consciously choose**. Thoughts that support your
truth, your growth, and your freedom. The way to know is to feel
like your thoughts are in harmony with your feelings, and both
are in harmony with your physical body. If there are conflicts
with any of these, then you should continue with the daily guide.

Remember, it's always with self because when you're on your
deathbed, you're not taking anybody with you. You're on your
own.

This leads me to say, in my humble opinion, that I think the word
‘selfish’ is being misused or misunderstood. You have to be
selfish, and being selfish is not supposed to be ego-driven. I’m

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not talking about being greedy, never sharing, type of behavior. I'm saying the opposite.

Selfish is when you connect to your inherent God Self. It requires alone time, self-examination, self-reflection, and self-discipline. This is healthy for self-preservation and balance. It is not about disregarding others. It's about deeply understanding yourself so you can engage and experience authentically. Selfishness will help you maintain a healthy mental, emotional and physical body. The beauty of being selfish is that what you are is what you have to give to others, and in giving to others, you can and will experience richer, more lively, fuller moments with a deeper layer of consciousness.

And stop looking at others, thinking they are selfish because they don't give the same way you do. That is ego-driven and will lower your vibration. The most significant contribution you can give is your presence.

I detoured for a second, but I'm back to those who don't say anything before they leave. They will be back, and they can only go as far as their frequencies allow them to go. If the frequency contains guilt, how high or refined is that frequency? If frequency contains regret and shame, next to the frequency of freedom and grace, what would it be?

Can frequency be measured?

Let's do it. Let's look at this! In the context of Merkaba mechanics, where frequency and state of being play a central role, frequencies such as guilt, love, or grace can be measured using scientific devices like various heart rate monitors. For example, the *HeartMath Institute* utilizes this device to measure the time variations between heartbeats, which reflect an individual's emotional state. The findings reveal that emotions like joy, gratitude, and compassion create smooth, coherent heart rate variable patterns, whereas emotions like guilt, shame, or anxiety produce jagged, incoherent rhythms that are visible on the monitor.

Another device most neurologists are familiar with is the Electroencephalogram, used to measure brain wave frequencies associated with different states, such as the Theta. This corresponds to our intuitive and meditative state. Our Beta waves, which are associated with our problem-solving state of being, and the Gamma state is our higher awareness state. It is good to find that emotions shift these brain wave frequencies, so while not labeled “guilt” or “grace” directly, you can see patterns emerge with your own eyes.

There is Kirlian photography. I have a photo of a leaf given to me by a dear friend. It shows the electromagnetic emissions (aura field) around it.

However, in the human body, changes in emotional state can manifest as an altered intensity, shape, and symmetry of the

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field, essentially revealing what your aura looks like. I studied *"Hands of Light"* and *"Light Emerging,"* written by Barbara Brennan, in which she illustrates the meanings of the auras around individuals. Quite interesting.

Then there are Voice Analysis Devices. Some energy healers and frequency researchers use voice frequency analyzers to detect emotional blocks or resonance. I also discuss this modality. The human voice carries harmonic signatures of the emotional state. This echoes the technology I mentioned earlier, using one's voice to identify and treat dis-ease.

And, while the scale of consciousness is not a physical device, Dr. David R. Hawkins created what he called the "Map of Consciousness," which assigns numerical values to various states of consciousness, emotions, or energetic frequencies. These numbers are not percentages or degrees. They are calibrated levels on a logarithmic scale, derived by using applied kinesiology (muscle testing). You can Google: Map of Consciousness and get a visual of this, but here's what each number represents on his scale, starting with low vibrations upward:

- Shame: 20 — This is a very low energetic frequency, reflecting deep self-loathing and is considered the lowest state of consciousness on the scale.

- Guilt: 30 A slightly higher but still detrimental frequency, associated with blame or unworthiness.
- Fear: 100 A survival-based energy that, while higher than shame and guilt, still traps the individual in anxiety and avoidance behaviors.
- Love: 500 A transformative frequency that represents unconditional love, acceptance, and compassion, and marks a significant threshold into higher consciousness.
- Peace: 600 A deeply elevated state of serenity, transcendence, and spiritual awareness, often described as blissful and detached from worldly concerns.
- Enlightenment: 700–1000, The highest range on Hawkins' scale, associated with states of pure consciousness, unity, and identification with divinity or the Absolute.

This range includes the consciousness levels attributed to avatars or realized spiritual masters.

Each number on this scale represents a distinct level of consciousness, with specific energetic and behavioral characteristics. The scale is designed to reflect increasing alignment with truth, love, and spiritual power.

So, can we measure “grace?”

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No, not as a unit on a screen. Only the effects can be measured in the harmonics of your heart rhythm, the coherence of your breath, the lightness of your voice, and the expansion of your field. In my opinion, nothing is more revealing than how your body responds when it's held in grace. You can plug into a device and see where your frequency is sitting on a number or color scale, but more importantly, you can FEEL the frequency your heart, mind, body, and Soul are vibrating at.

That's how important knowing this truly is. Ask yourself, "What is my frequency today?" What are you subconsciously and consciously holding in your body right now?

When the soul leaves the body, it can only go as far as the frequency within it.

Asher Wright: It makes sense. The body isn't a permanent space. Departure is inevitable, just as our arrival is.

This morning, I was thinking about that. It hit me. If God had put the responsibility on us as humans to grow from six inches to six feet physically, how many people would still be babies?

Most wouldn't do the work. They wouldn't grow. That physical growth was made automatic. God handled that. But the mindset? The internal growth? That's on us. However, many people choose not to grow because it requires hard work. That's the part you must take responsibility for. You're going to grow,

no doubt. But your mental and spiritual space? That only grows if you put in the work.

Andrea: Yes, that is our responsibility. I love that. What would be the characteristics of the mental space that people can develop in themselves? Can you answer that?

Asher Wright: What would be the characteristic of? I mean, we talk about those emotional pieces. Those are the emotional journeys that we all take, but we as individuals choose different emotions.

So, if you have a lot of regrets, well, you've got to grow from regret. Maybe you have the victim mentality; you need to grow from that. If you have a lot of anger, you want to grow from that.

All those emotions, you can occupy them for as long as you want to, but if you stay in them, you won't make the connection and won't elevate. It's an emotional journey for the internal, more than a physical.

All the emotions exist. They are the intangible part of the tangible. We do experience them, and some of those emotions get stuck and crystallize for a while.

Andrea: Yes. Well, that's what happens when we get stuck there, right? They crystallize, and then what happens? After that, the flow stops. Then dis-ease sets in. Or maybe the victim's

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attitude sets in, then the blame comes back, and all those mental characteristics flood the body.

So, the characteristics of growth would probably sound more like, “I want to live in faith.” “I want to BE faith.”

“I want to BE peace. I want to be free. I want to BE affection. I want to BE patient.”

Asher Wright: That one is expected. (chuckling)

Andrea: I’d like to discuss belief, and then we can wrap it up if you’d like. I have time. I’m not sure about you, but...

Asher Wright: Yes, I have a few minutes. Yes.

Andrea: Belief, to me, feels limiting. I say that because I’ve been there. I lived in that mindset. I don’t want to stay in belief, because belief feels like the end of the road. It’s like, that’s all you can do, just believe. But after that... then what?

Take a phrase like, “I believe that Jesus is my savior.” Okay, what does that mean? Then what? What happens after the belief?

Belief can become a resting place where we become complacent.

Asher Wright: I got to become like Jesus. I have to know Jesus.

Andrea: Well, how are you going to know Jesus?

Asher Wright: You have to be it.

Andrea: Thank you. But really, we can't be someone else, can we? Where would that lead us?

Let's not talk about Jesus. What about the Allah believers? Or the Krishna believers? Or the Moors?

You see, belief, any belief, can be a very limited place to live from. When people hold tightly to a specific belief, they often get stuck there. And the ego will be sure to convince you to remain there! To have such a strong belief, like Jesus is my lord and savior, can become a substitute for direct experiences. The belief itself takes on a life of its own. It limits deeper spiritual development because it prevents further exploration and halts spiritual maturation, curiosity, and even a direct relationship with Jesus or the Divine.

What happens to self-responsibility when someone holds this belief so firmly? Are they creating an external dependence here? Believing that Jesus "saves" can unintentionally lead some to place all responsibility for their healing, growth, or transformation on an external figure, rather than doing the inner work. It can reinforce a savior complex: *"I don't have to address this; Jesus already did it for me."*

This strong hold on a religious belief encourages judgment and division; this is what I have witnessed. Everyone sees it happening. For example, someone might say, *"If you don't*

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believe in Jesus as your savior, you'll go to hell." This belief is taught in many churches and fosters fear, superiority, and exclusion instead of love and unity. And it suppresses self-inquiry and responsibility because people avoid accountability for their actions. They are assuming their sins are "covered" by the blood of Jesus instead of being deeply examined and transformed. What I'm saying is, belief becomes a bypass: "*Jesus forgave me,*" rather than "I've confronted and corrected my behavior."

Furthermore, faith taught in religions is rooted only in belief, which prevents you from experiencing the *Christ consciousness* within. The essence of what Jesus represented, experiencing presence, love, and union with God, is missed when belief becomes dogma. Priests have come to the bedside of some of my clients, and I hear them ask them if they have taken the Lord Jesus as their savior.

If people want to continue holding beliefs, I'm saying they need to be nurtured with experience, reflection, responsibility, curiosity, and personal connection; otherwise, it becomes stifling, debilitating, and hard for a Soul to evolve.

In the Bible, John said that Jesus said,

"And you shall know the truth, and the truth shall make you free."

He didn't say "*believe*" the truth,

He said *Know* it.

Reference: John 8:32

I once heard a man ask this thought-provoking question:
“Before religion existed, where did the dead go?”

“To hell? To heaven?” And “What came first, man or religion?”

Questions like these can help stretch perception and shift your consciousness.

My answer? Man came before religion. So, where did people go when they died before religion arrived? They went wherever their frequency allowed them to go. Because we are vast, immense Beings. And when you consider there’s more than one universe, it puts things in perspective.

We’re living in a realm full of limits, duality, and ego. But we don’t have to stay there.

Asher Wright: They’re dimensionally challenged. Most people are dimensionally challenged.

Andrea: I’m not so sure about “dimensionally” challenged, but what I am sure of is that belief is misused. We must be able to move beyond belief and live in faith. Imagine living in faith? That alone can shift our consciousness. Try to understand energy. Consciousness is energy, and energy is consciousness. To understand that is a good ground to start asking those more

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profound questions, like, if all things are consciousness, you can ask, “Where is my consciousness?”

Where is it?

Find it.

Find it so you can understand where you are in the present moment in life.

If you study the world of religions, you will find distortions and contradictions. That leads to confusion, which in turn leads to greed, and ultimately to evil that results in corruption. All of this disconnects you from God. Religion is evil, guised as good. And evil means? Rebellion against God.

Consider this. Those who preach scriptures are thought to be messengers of God, right? The truth has been spoken many times in many languages throughout various religions, and the message is what helps shift consciousness. However, if the messenger becomes more important than the message, then the message is already lost.

And if a message leads to control and division, then it is not a message of truth. True messages do not require temples, churches, or others to tell you what scriptures mean. Truth does not worship, kneel, or need to be exalted, or need a name attached to it. There is no hierarchy to true messages. Jesus did not create religion, nor did any other great ascended master.

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People did that. Jesus did not author a holy book. People wrote what they heard him say.

Be Aware and always ask, “Where is my consciousness?”

Asher Wright: Hmm. I would say belief is a beginner's stage because a baby needs belief.

Andrea: Yes, a beginner's stage, but no, babies don't need belief. They don't need to believe their mother loves them. They feel it. Babies respond to touch, voice, and presence. There is no doctrine or ideology in a baby, just direct knowing through Being.

I think belief is a construct formed in the mind when the individual's sense of knowing is out of reach. Like, the baby doesn't believe it's safe, right? It feels safe, making it something known.

I'm saying we weren't born believing, we were born knowing. Belief becomes necessary when we forget what we once knew, both within and beyond the womb.

My work is not to build belief systems. It's to help you return to your original “knowing.” And I mean no offense to anyone. I was once a very religious lady. I went door to door and took my bible to work and on and on. I was in that place. I mean no disrespect and no ridicule. I'm inviting everyone to a new perspective.

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Asher Wright: Hmm! O.k. So let's get back to the questions. What are the words that are left unsaid? The truth emerges when time runs out. That one! We didn't have the opportunity to touch on that one.

The truth emerges when times run out. So, what would be the truth that arises when you notice time running out?

Andrea: Meaning, when people confess?

Asher Wright: No, I mean when you're lying on your transition bed, and they realize...

Andrea: Well, people do confess on that bed. People begin to confess because they have plenty of time to review their lives. As for a truth that arises. It's so personal, so all I can say is maybe they're realizing everything all at once. They recall things that they said and did that they feel sorry for. And here's the thing. You don't have to go directly to the person you offended.

Mainly because you're no longer able to move, you can send your consciousness over to that person and visualize them in front of you. You can acknowledge what you did to offend them and take responsibility for it. Ask for forgiveness. Then come back and provide forgiveness. Did you get that? Who are you asking forgiveness from, but yourself? And who grants it if the one you're asking is not there?

You.

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Here's the thing about forgiveness. Forgiveness is not given by someone out there. Never, ever. Forgiveness is owning your offenses. It is the ability to say, "I was wrong and I'm sorry I offended you." That is what forgiving is.

Upon asking, it is done. Ask, and you shall receive; it shall be given to you. Get it? Feel the difference? Remember that I shared how fast the speed of thought is? Re-member yourself to that source. Forgiveness is done as you have asked. Simultaneously done.

Consider a time when you went to your loved one and apologized for offending them. How did it make you feel when you did it? Relieved? Humbled? Did you feel remorseful? That is the essence of forgiveness. The people who are transitioning are truly making confessions. Erwin comes to mind. He felt a need to tell me about the horrible things he had done. He was crying, and all I could do was listen to him and reply, "Erwin, there is no weight on anything you did." "Don't feel this sin weighs more than that. They are all equal. You're free."

You own it, you're free.

I was sitting at his feet, and he looked down and said, "Are you, my angel?" He thought I was his angel. He was very sincere, with tears in his eyes.

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I replied, “No, I’m not your angel, I’m just letting you know, you’re ok, Erwin.” Nobody judges. “Nobody has the right to judge you.” “Only you judge yourself. Go freely.”

So yes, people do confess. The witness is left with the truth of the dying.

Their secrets are with me.

Now, remember when I said I would talk more about how Erwin was able to see the future me in Japan? This is the best way I can explain it.

When someone is close to death, the boundaries between their physical consciousness and expanded states of awareness begin to dissolve. I say, “The veil becomes so thin, they can see everything that’s going on in the space between me and them.”

As the physical body weakens, the person’s consciousness expands beyond typical limitations. This expanded perception allows them to access subtle realities.

You may have heard of quantum perception and non-linearity, where time isn’t linear. It is multidimensional, and when someone is close to death, they may briefly experience consciousness on a quantum level, accessing information and experiences beyond linear timelines. They might perceive multiple potential futures or see events clearly, even years

ahead. This is what happened with Erwin when he saw me in Japan three years before the event.

When someone is nearing death, their connection to these fields opens, allowing them access to information beyond usual space-time constraints. We see this play out in movies, where it is often portrayed as time travel.

In metaphysical teachings, the Merkaba, as described earlier, is a spiritual vehicle that allows consciousness to travel between dimensions and timelines. When people are close to dropping their body, they spontaneously activate this vehicle of awareness. When they do that, they briefly navigate time and space, trying to convey what they see or hear, the way Erwin did when he saw me in Japan. Erwin's and many of my other clients' experiences align closely with reports you may hear about in hospice settings. My clients experience vivid encounters with other souls or their guides, and they have prophetic visions.

These experiences suggest profound evidence that consciousness transcends physical death, offering reassurance that life and death continue beyond our ordinary perception.

I can't say it enough: dying will always be for the one who stays. There is a death experience happening to the one witnessing, not the one leaving. The one leaving is moving on!

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Asher Wright: You just made me think of something. When you were talking about moving our consciousness, I realized that thoughts are like the postal system.

The thought takes your consciousness here and there. It goes anywhere, like the transportation system. So, you can put your consciousness in that thought and move it to that person who is not in your presence and say, “Hey, I forgive you.” It becomes a postal system that you can send your consciousness off in the mail.

Andrea: I like that analogy for people who “need” it. However, I aim to be clear with what I’m explaining. Putting your consciousness in a thought, then moving it to wherever you want to move it, is not the way it happens.

Consciousness is so much bigger than thought. Our thoughts come from our consciousness. Thoughts belong to the individual. It is our thoughts that get stuck and need to be recognized as hurtful or not. If you have offended someone and you are no longer in touch, you can send your thoughts to them by aligning your heart center to theirs. The way I do this is I visualize their eyes and call them forth. I visualize them standing in front of me, and I intentionally align my heart center to theirs. I stand there until I feel the energy connecting me to them, then I do a telepathic communication with them, offering my sincere apologies. I visualize the words as energy flowing straight to

their heart from mine. I'm not telling them that I forgive them as if I am judging their behavior.

It just hit me as I said that. For the people who have been raped, or had some trauma like beatings, things like that. Forgiveness is not something you're giving to someone who wronged you. It has never been for that. It is for you and you alone. What I'm saying is, forgiveness happens inside of you. When you experience it, you know. It is very freeing. Let me share this with you so you can better understand me. My first husband used to beat me, and I mean badly. Till this day, the back of my head, where my skull meets my spine is damaged, and I suffered for years with pain in this area. I will never forget going to a Chiropractor I had never met in my life and having him put his hands on the back of my head and neck and say, "Wow, it feels like you've been beaten badly." Talk about a trigger!

Anyway, whenever I mentioned that I had been beaten to a friend or family member, they would express their anger and say things like, "I hate_____." Again, I would stop them in their tracks and tell them not to say those things. They were hurtful for me to hear. The way I was feeling and thinking was that no one suffered more than the one who beat me. He was and probably is still suffering if he hasn't forgiven himself. It's important to know that there is an element of compassion in forgiveness, too.

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I did not need him to come to me and take responsibility for his actions. I'm not taking him with me when I die, right? Besides, I was already traumatized, and his coming to own his actions would not take it away. I had to heal. The only thing his request to forgive him would do is relieve him and free him up from his own agony. However, the physical and emotional damage had already been done, and that was what needed my attention.

I needed to heal everything within myself, including the unknown and the known aspects of myself, and one of the ways I did that was through extensive self-examination and meditation. This is where forgiveness began for me.

I also went to school to obtain my master's as a hypnotherapist, and during that time, I was able to access more.

It requires a great deal of letting go to experience forgiveness. It requires a deep self-examination to take ownership of your actions and feel remorse. When someone does this, this is how to experience forgiveness. You're not trying to "find" it. Forgiveness is within. This is what I mean when I say they feel a sense of relief and freedom. There is no way you can experience freedom without going through the fire.

Here's the thing. I think it was in the Course in Miracles. I'm using my own words, but I found there is a difference between forgiveness and grace.

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Forgiveness is of a lower vibration because it contains the energy of judgment. How one uses forgiveness is what causes it to drop or rise in frequency. It has to do with choosing peace instead of being right.

If it comes from a place of judging someone to forgive, or nowadays, I hear people saying to forgive someone not because they deserve it, but to do it to free yourself. This will definitely drop the frequency of forgiveness. To me, there is no accountability in that, and there is a tone of entitlement. I mean that thought, “not because they deserve it,” seems so insincere.

However, you can move out of that energy and seamlessly transition into Grace. Grace is a potent divine energy. There is no judgment there. Forgiveness is necessary, especially if it helps you reach grace. When we examine our lives daily, rather than waiting until we’re on our deathbed, and take ownership of our behaviors and actions, it will help raise our vibration.

Then we can be free.

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Asher Wright: O.K., that was a lot. Let's move on to the next question. Some people can't speak, but does that mean they have said nothing? In the echoes of unfinished words, do they stay with us, or do they dissolve with time?

Andrea: Some people can't speak, but does that mean they've said nothing?

Absolutely not.

People who can't speak are the ones that I love the most because (laughing)

If you just look in their eyes, they tell you everything. And it's up to you to understand what they're saying.

I had several clients who lived on ventilators. They had a tracheotomy and had no voice. I read their lips, but if they could not move their lips, I could look into their eyes and feel what they were saying. I would respond with an action, and they would then give me a particular look that conveyed, 'thank you.' People speak all the time without words. I mean, who hasn't looked at their mom or dad and known exactly what they were saying just by looking at their eyes?

Asher Wright: Language of the eyes.

Andrea: Those who are leaving, in the moment of transition, yeah, they're speaking, loud and clear. If you sit quietly, BE still and listen.

Listening doesn't involve hearing. Listening involves feeling.

Asher Wright: That's good. That's powerful. You know why that's true? Because when the baby is first born, they connect to the mom, and the original language is feeling, because the baby cries, and the mom knows.

Andrea: The baby doesn't have words.

Asher Wright: Yeah, but they speak feeling.

Andrea: Yes, and the momma knows precisely what the baby needs.

Asher Wright: Yeah, Mom knows the language of feeling. So, I think feeling is the original language.

Andrea: It is.

Asher Wright. And if the energy is right, you can tell what that person is feeling by feeling it too. And that's a language in itself.

Andrea: One good practice to help develop the sense of “feeling” is to walk around your bedroom with your eyes closed.

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Try to pick up a pen, or a pair of scissors, or go to your kitchen and open a drawer. Do everything with your eyes closed.

As you walk with your eyes closed, you will heighten your senses.

I've done it a lot.

I took care of my grandma, who had glaucoma, and she used to tell me to take care of my eyes. So, I would practice because I also wanted to understand how the blind experience life. I heighten my senses by closing my eyes and doing things with them closed.

Asher Wright: Wow, you know what, Andrea, that could be a retreat move. I just thought about that. That would be so interesting.

Andrea: Yes, I would like that. It would be fun, but for now, do things that you would typically do, do them with your eyes closed. Go get our coat, and your hat on, get your purse, go out to your car, open the door, and do it all with your eyes closed. It's a good way to develop intuition.

Energy.

I used to play this game with my family.

Get a chair, gather your friends or family, and have one person sit in the chair with a blindfold. Then, have another person approach the one sitting blindfolded and stand in their space.

Not touching them but standing within their bubble. No one is talking. It must be very quiet.

And the blindfolded person can feel who it is. They can feel the energy signature. Everyone has their energy signature. They carry it. It's their personality.

And the one sitting needs to feel who it is standing beside them.

Do it! It's fun and it heightens your intuitive senses. Why would I want you to strengthen your intuition? Besides it being fun, having a strong intuition can lend itself to a peaceful transition when the time comes.

Asher Wright: That sensory body can pick up on who's next to you based on the energy signature it is?

Andrea: Yes, and yes, it's called an energy signature. You can feel the aura of that person. There is no way you cannot feel it. You know who it is, because there is something that they hold in their field that nobody else has, and you know it, it's so real. It's awesome. You can feel it and get excited.

You can sense someone's aura; this is a beautiful practice! That's one, and the other is walking with your eyes closed.

Asher Wright: I wonder what Stevie Wonder would think about this. (laughing) How do you know it's this person? There is so much that we are not even aware of because of our eyesight.

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Andrea: We are blind because we can see. Our eyesight blinds us. There's some truth to that. I remember seeing a movie, I think it was called "*At First Sight*" with Val Kilmer. It's based on a true story, so I do agree that having our eyesight can cause us to go spiritually blind. You must see the movie to know what I'm talking about.

Asher Wright: The last question I asked you was the echo of unfinished words. Do they stay with us, or do they dissolve with time?

Andrea: This can be answered in a few ways. If words are "unfinished," is it safe to assume we are talking about words never spoken? If so, what becomes of them? Nothing. They haven't been spoken. But for words that have been spoken, the way I understand memory is that it gets stored in the morphogenetic field, where consciousness can access it through lifetimes. And I say, memory, because we are talking about words that stay with us over time. That means they become part of our memory.

Now, I have been saying our words are significant, especially those that are filled with intentions and emotion. They do live on because if we look at what it says in the Holy Bible at Genesis 1:3, "And God said, let there be light, and there was light." Then again, in John 1:1, it says, "In the beginning was the Word, and the Word was with God, and the Word was God." These words

live. They have intentions, and you and I are born out of those words, and we live on. This is how I make sense of the words spoken.

As for thought, I know that whatever you ignore will rot away. Why? Because you're not giving it any energy. Your thought, when spoken with intention, is a creation; as you created it, you can remove the energy from it and change it completely. This is powerful. It takes me to a time when I hurt someone with my words. I was able to return to those words, remove the hurtful energy, and replace it with peaceful intent, thereby changing the whole experience. Not an easy task, my friend. It required a great deal of self-examination, letting go, and reconciliation.

All things are energy, and since all things are energy, there's no permanency to death. There is a continuum—a Constant. There may be a void, which is formless energy, until you create form with intentional words. Even if you can't see the form with your naked eye, what you intend has been created.

Asher Wright: Like, there's existence, then there is nonexistence. But there are two different dimensions. Form and non-form, they both have their own place.

Andrea: Yes. It's energy, so does it die? Whether they are in different dimensions or not, does energy die? When someone

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uses the words “die” and “death,” it automatically comes with a connotation that it's permanent.

And what I'm trying to convey is that it is not permanent. From the context of multidimensional beings and energy, there is nothing permanent about it. I'm saying we are immense, massive beings, you and I, here in this physical form. Within our physical form, we are multidimensional and constantly evolving and devolving. Having said that, the only permanency is energy, consciousness, and God.

What happens is that people feel fear. Fear comes from this idea that it's permanent. Saying things like, “The person I love is dead.” “They're gone.” I'm saying, “No, they're not gone.” The flesh and bones of their body lay there to transform. Their soul lives on. Much like a caterpillar that morphs into a butterfly. Have you ever seen that process?

Or another cyclical analogy is trees. The leaves on a tree will dry up and fall off. It will go into the ground, become the dirt, and the dirt will become food that nourishes the root, and the root will produce another tree. And it's this constant cycle. And that is exactly what we are.

I'm inviting you to remove the fear that death is permanent. Enjoy the experience, even embracing the sorrowful moments.

Get the entirety of it because in those moments, in those experiences, it is not without growing in character.

Well, how do people grow in character? What does that mean? You tell me, Asher, how can you grow in character?

Asher Wright: Hmm! I think of what you're saying about the tree and the leaves, I think that's another microcosm of life. If we can sit and analyze the cycle of the tree, we can understand the cycle of our life, too. It's a microcosm of itself. You're suggesting that when the body becomes like topsoil, it then returns to the ground, takes form, and grows again. It's the same thing that happens to us when we're going through these phases. So, we're not dying, we're just transforming.

Andrea: I like that. That's precisely true. It's the cycle of life. I'm going to share with you. It's a little off topic, but I think there's a link. Maybe you'll be able to connect it.

For several years, in my younger days, while living on the island of Oahu, in Hawai'i, I would go up the mountains. I never stayed on the path; I would venture off and find my way to the very top, and I would always go alone to commune with God. That was always my sole purpose.

When I reached the top, I would find a beam of sunlight, take off my clothes, and sit naked, listening for hours. Then, one day, a

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question came to me: since the beginning of Earth's time, how much human blood has it absorbed? With every single crime, war, disaster, etc., whenever a body bled out, how much human blood has the earth absorbed, and what becomes of that?

This question remained with me all these years. Please don't ask me why it came to me. I don't have the answer to that yet. Perhaps it will become clearer as we discuss further. And possibly there is a connection to eternal life and the impermanence of death itself.

But check this out. What is blood, if not the flow of life? Right? Blood is the life force. Like gasoline is the life force for engines, sap is the life force for trees, etc. You can connect these two concepts. Earth absorbs human blood (DNA), and death is not permanent, as blood is the continuous carrier of the life force. Blood represents a flow, a continuum. When I consider this in a scientific and spiritual way, Earth absorbs human blood (DNA), it also absorbs encoded information, because that is what blood contains—that energetic imprint, or the essence of human life itself.

Again, implying that death isn't permanent but a transformative stage within a larger cycle. Like blood becoming integrated into the Earth, human consciousness or life force integrates into a greater existence. Through this lens, death is perceived as a

continuum, a shift in the form and flow of energy, rather than a permanent act.

So, what did you think when you heard that question, Asher?

Asher Wright: I like this question because it stimulated my thought process. If someone goes to sleep and doesn't wake up, the blood sits in the body; it doesn't bleed out. I am wondering if there's a difference between the warm flow of blood bleeding out into the earth and the reverse process when it's frozen into the flesh and becomes topsoil after burial. So that part interests me. I'm throwing that question back at you.

Andrea: Hmm, well, the blood does pool in the body. For example, if a body is laying on its back, the blood will pool to the back of the body, from head to feet, and visa-versa. I remember seeing this when I walked in on one of my clients and he was face down on the floor and his face was purple blue.

He had been gone for many hours, and no one knew until I got there. However, what I'm getting at is that the embalmer drains the blood, and it is then disposed of as hazardous waste. Regardless, the blood returns to the Earth. And I think DNA holds memory. And I think there is an importance of memory. DNA has genetic coding that carries codes of lived experiences, making Earth a repository of deep human memory, history, and consciousness.

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Perhaps it will help if I explain the concept of “all things are conscious.”

To my understanding, consciousness exists in varying degrees, layers, and types, depending on the form. And Consciousness is not limited to humans. That is why I said it was bigger than thought. It flows through animals, plants, minerals, water, fire, and even the Earth itself.

Every form, from a single-cell organism to a star, possesses some level of awareness appropriate to its nature. I have two of Dolores Cannon’s books, *The Convoluted Universe*, where she documents all her patients’ sessions, and it is amazing to read about things we don’t consider conscious.

In living beings like humans, DNA encodes a highly individualized, complex consciousness that enables self-reflection, memory, choice, and profound emotional experiences. But even simpler life forms, such as a blade of grass, possess a type of consciousness. They respond to light, to gravity, and vibration. They *know* how to grow, how to heal. That *knowing* is consciousness expressing itself.

To go even further, the morphogenetic field is the organizing consciousness behind form. It’s like an invisible matrix that says this is how a tree grows, this is how a human heart beats, and this is how life evolves. It holds the living memory for all species.

Therefore, I trust that all things are conscious. However, as I was explaining this, I realized that the reason I was given this question at the top of the mountain was to discover that human DNA is conscious, which the Earth holds immense coding for human life to thrive. That speaks to lifetimes of souls returning because the earth is ancient, and humans continue to return repeatedly.

A leaf falling from a tree is part of a conscious cycle. Thus, death becomes a conscious act of transformation.

All life is consciousness moving through form. Some forms are more *self-aware*, like humans; others are more *field-aware*, like plants and animals, which feel the rhythms of the Earth, but none are without consciousness.

And my whole purpose in explaining this is to remove the fear of dying. Dying is so natural and should be part of the same celebration as experiencing birth.

Asher Wright: Yes. Okay, I was thinking about Adam. We're just copies of Adam. Adam's DNA is copied as his offspring. When I have kids, my DNA will be a copy of mine. Then it continues, but if it dies off completely, my copies will stop being made.

Andrea: Well, while I understand what you're saying, Asher, I don't agree that we are copies of Adam. That concept carries a

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religious connotation. Secondly, I don't think "*your copy*" will ever stop being made.

Asher Wright: Yeah, my physical copy. But my spiritual copy continues. However, the physical copy, we were saying that the memory is not stored in the body, but in the spirit, the energy life force that continues to animate the body. That's where the memory is stored. But then the DNA stuff. That one is very hard to.... I don't know.

Andrea: I'm still learning, too. What's the next question?

Asher Wright: Let's move on. If words die with the body, why do they haunt the living?

Andrea: Death can lead to profound self-examination if one chooses to dig deep. I can't answer this question without questioning the idea that words haunt us. I speak about the ego. As a multi-dimensional human, living in the third-dimensional realm, no one can escape the ego. If we are striving to know God, we must work diligently to ascend beyond the ego's dimension. Ego traps the individual in their pain and convinces them to stay. That can feel as though you're *haunted*.

For example, when someone experiences deep emotional hurt, like feeling betrayed, shamed, or grieving the loss of someone,

those emotions can haunt them until they recognize what's happening. Bring it to the light!

See, if they consciously intend to find the source of their suffering, they can uncover deeper roots of their pain, possibly unrelated to the immediate feeling, even those feelings of sorrow. The key insight here is that emotional suffering, when approached with a deep willingness to find the truth, can lead to significant breakthroughs and, ultimately, personal expansion and healing.

I can share a personal experience to reveal some of my processes for healing from the pain of betrayal. When I was in the depths of the experience, I felt like I was owed an apology. I went from feeling hurt to being angry. I went from feeling angry to being resentful. And the more I felt I was owed this apology, the deeper I sank into pain.

I remember sitting in my studio apartment, stewing in my emotions, and then I saw an onion. Seriously, an onion appeared in my mind's eye and there I went.... Asking why. The onion represented me and all the layers I was working through. As I began peeling the layers, I saw myself participating in the drama. Then I went deep into my participation to see just how far I could see myself. I went as far back as my mother's womb, and the examples that influenced me throughout my life.

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Meanwhile, this is all still hurting. Or haunting me is another way to say it.

By the way, this takes months to do, and when I'm in it, it feels like a lifetime before I no longer feel the pain. All the while I'm digging into myself, feeling all the emotions, I eventually reach the core of the onion and realize the resistance coursing through my body. I felt tension in certain areas, and no matter what I did to ease it, it would return, until I acknowledged that I needed to accept, allow, and let go. I needed to relax into both accepting and allowing. Accepting and allowing are two amazing energies!

But what was it I was accepting and allowing? I was allowing myself to break free from everything I went through in that relationship by seeing just how much I participated. I came to the realization that no matter what I was experiencing, it was all mine. Nobody was sharing in this with me. My desire to obtain an apology evolved into understanding the core of the matter, which led me to recognize my capabilities. This brought me closer to myself. The whole time, I'm experiencing the desire to be apologized to, then feeling resentment and anger, the farther away from my core I become. I was no longer in harmony. I was emotionally chaotic, and that had a harmful effect on my physical body. I was emotionally unstable. This kind of experience is called a death experience.

It has been well over 20 years, and he still hasn't apologized. Do you see what I'm saying? Nothing or no one else is living in your skin, and nobody is going with you when you die. It is our responsibility to care for ourselves, and by doing so, we are better equipped to care for others. And remember, it's all energy, and energy will always flow back to its origin, much like going home or returning to its source.

Asher Wright: Hmm.

Andrea: Self-examination is very revealing. And somewhat painful. But in my eyes, pain is an opening, a crack that lends itself to enlightenment.

This makes me think of another one of Rumi's quotes: "The wound is the place where the light enters you."

So empowering and true!

If you feel a bit of pain and analyze it, you will inevitably find resistance. I call that resistance the ego's language. The energy of resistance is worth a deep dive. Don't forget, I share only what I know, and what I know is based on my own experiences. Your ego will keep you trapped and convince you that what you feel is justified. What good is it to be justified if you're still feeling betrayed? And an apology does not bring justice. There is no fight happening outside yourself anyway. To achieve justice, you

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must remove your egoic thoughts. The ego has its vibration, and clearly, it is not very high. It will even cause you to find like-minded individuals to validate your feelings. Have you ever heard the quote, ‘Misery loves company’? Or have you ever watched a bunch of crabs in a bucket, where you’ll notice one crab trying to crawl out, and the others are pulling it back down?

Everything in life is about you. You’re the creator. You are the one who creates every experience in your life. And yes, this includes sickness, diseases, and up to your last exhaled breath. Don’t get mad at me for saying this. Instead, try to breathe deeply into it. This will allow your ego to drop and take its place behind you for a moment. When we resist, we restrain ourselves. Our energy contracts prevent us from exploring further. Find what you are capable of.

Let me give you an analogy of how energy transforms into whatever you wish to experience. Say you are traveling, and you get robbed. You are going to experience an emotion or two. Let’s say that emotion is anger, and you wallow in it. That emotional thought process will then morph into another energy that matches it, and it will act like it. You’ll find yourself angry, saying things like “they always do this to me,” all the while matching your vibration to what you felt when you were robbed. This snowballs into the victimized frequency. The longer you experience this, the deeper you go, the deeper you go, the more

trapped you become, and the farther away you get from your “higher” self.

If you don't change your thoughts, then your emotions will follow, and by default, you won't change your vibration, and you will remain there. And as I said and will always say, you will never experience more than what you think and feel. What you think and feel is what you experience.

Asher Wright: That is powerful! I was thinking about the word you said, “create,” and it made me think of the word “reiterate.” Say somebody took your purse. You dwell on them taking that purse, every day, every evening, and you live in that same existence because you keep reiterating that content repeatedly in your life. Then I thought, you may not realize that your purse being stolen might be a gift.

For example, God said, ‘I'm going to remove this purse from you so you can get a better one.’ “Better yet, you don't have to buy a purse because I'm giving away purses!” “Today, you've got a better purse to do something different in your life.” However, we dwell on the experience of having our purse taken away, and we reiterate that experience as a haunting one, and oftentimes it's probably a good thing. We just don't see it.

I want to revisit a point you made when you said, “We're going to keep seeing what we're looking for.” There's a quote from Dan

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Sullivan that says, “Your eyes only see, and your ears only hear what your brain is looking for.”

Andrea: You know the old saying, if you're looking for shit, you'll find it? (laughing) I would like to share another philosophical perspective, offering a different analogy of someone taking your purse.

The purse is a representation of your thoughts regarding money. This scenario is mirroring your subconscious self.

I call your subconscious God, so God may have wanted a better purse, so an opportunity to manifest that came in the form of theft. Ponder this for a moment. The God within you recognizes this experience as an opportunity, or your ego self can fall into the victim's energy of blame. If you choose to experience your God Self, you will experience greater, more divine states of Being. This is much more empowering and will always catapult you into a higher vibration.

Asher Wright: Hmm.

Andrea: That is what your God-Self does. Once you acknowledge your ego, you can recreate empowering thoughts. You will no longer sit in the mentality of poverty. You are abundant and lack nothing. You are prosperous. You are the

Creator of your experiences, as the God in you has it to be. That is precisely what you are.

That is the long version, but I do want to return to the question: If words die with the body, why do they haunt the living?

Now that I spoke about the ego and how we create our experiences, who "haunts" the living? Usually, when someone haunts you, it speaks of unresolved emotions, so I'm wondering, do you have any unresolved emotions?

Asher Wright: I like that. So, let's move on to other questions. Do the words we never say remain in the air, or do they reach the ones we have lost?

When I was thinking about this question, it was about knowing that a person is lying on their deathbed, and they probably have things they wanted to say but didn't. I want to learn what happened to those thoughts that were in the air, in the mind space, but were never told? Do they have any chance of reaching the person that it was meant to reach?

Andrea: Again. I'm going to answer this question by telling you that there are two types of thoughts. There are thoughts that are all over the place and hold no emotion or intent.

Asher Wright: Like flowers in the sky.

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Andrea: Yes. And then there are intentional thoughts. If the thought is intended to go to your loved one, “it will.” “It” equals thought, and “Will” equals you. If you no longer have a voice as you are getting ready to transition, and you intend your loved one to feel you love them, so shall that BE. Your intention is filled with your life force, your consciousness.

Does the loved one receive it? That is the question. Because sometimes a loved one can be so distracted and wallowing in a place of fear, despair, or confusion. If they remain there, it’s my guess that they will not be able to “consciously” receive their loved one’s intentional thoughts.

Only when they are calm and harmonize with themselves can they consciously receive.

It’s always going to come right back to Self. Self must be able to say, “I received, and I accept it.” And accepting is an expansive energy, too! To me, it’s a form of ascension.

Asher Wright: Hmm.

Andrea: That’s my answer for that question, but I want to touch on another important concept.

Thoughts may not be your own. I mentioned this when discussing the morphogenetic field. It is up to you to sit quietly

and listen. You must listen until you can discern what is authentically yours and what is not. Whatever's not yours, you can get rid of. This topic is challenging to grasp, but when you do, it prompts you to seek discernment and clarity, which in turn leads you to your origins.

Asher Wright: You just gave me a shift in perspective. I started thinking about thoughts in a whole new way. I imagine my great-grandmother had certain thoughts or intentions, with wisdom that she wanted me to receive and act upon in the physical world. She sends those thoughts out, but I never receive them. Maybe I was blocked. Maybe I was too young, too distracted, running around, chasing life. I never fully assimilated those thoughts, but they're still out there, lingering, waiting for the right moment, the right opening in me to receive and embody them.

Maybe when that moment comes, I'm finally able to create something she always intended to pass down to me. It makes me wonder: how many thoughts are just out there, waiting for a body, a mind, a soul, someone conscious enough to receive them, to put them into motion, and to give them form in the physical world?

What if that's how genius works? What if brilliant ideas are floating in the ether, just waiting for someone tuned in to pick them up, align with their frequency, and bring them to life?

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That changes how I see the power of thought. Now I can think forward and pray for my descendants. I can set an intention for my great-grandson. I send that thought out into the universe now. And maybe, one day, when he enters this world, that thought will be there waiting for him, like a blessing sent ahead of time, waiting for his arrival. And when he's ready, he'll receive it. He'll manifest it. That's what I was thinking about just now.

Andrea: Your thought process is so innocent, Asher. It's partially what I said, but you said it with a different perspective. You said anybody's thoughts can be out there, which is true. I talked about it when I explained the morphogenetic field. You then noted that other individuals can pick them up and manifest with them. This is also true, which is what I meant when I said some thoughts are not our own.

But, Asher, there is something a bit disturbing about picking up someone else's thoughts and manifesting them. Can you see why? To practice discernment is a discipline. Knowing yourself is vital to your evolution and ascension. The danger of picking up someone else's thoughts and manifesting them can mean picking up thoughts to murder. There are countless reasons to want to discern and cultivate your thoughts, not to mention the frequency with which your Soul is aligned. And when it is time to depart from this realm, it will all be revealed.

Anyway, let's explore random thoughts. What are they? Do they hold any substance? I don't think they do. Why? Random thoughts hold no intention or emotion and have no direction. They are fleeting. Because of this, they evaporate. The intention with emotion is what manifests.

I can hear my daughter-in-law challenging this thought, which I really like. So, does that mean someone who thinks about murder but then forgets they thought about it, does this mean those thoughts evaporate? I think they do. I hope they do! (Laughing)

The way I understand this is that your intention is what holds the manifesting energy. I said you must discern what thoughts are yours and what is not. Just because they seem to come out of your mind doesn't mean they are originally yours. I'm always pointing to your origin. Not what influences you, not what someone else said a thought means. Nothing like that.

Intention is everything. We are creators. Do you think God is fleeting? Was God fleeting and unintentional in the thoughts that created all that is? I'd say not.

Asher Wright: And if you get trapped in a thought that made you harm, you might get stuck in a place that makes you feel bad about yourself. No, this is interesting, I've got to think about this more, Andrea! I do. Now, I must sit down and explore the concept that there are numerous solutions and thoughts that

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exist, intentionally put forth to address a problem. However, we need a body to act in the physical realm to make that thought a reality. I'm looking for thoughts that have powerful intentions and align with them. Then take them on and solve problems that are happening in the world. Like what my forefathers and mothers thought, maybe I can finish. If I figure out what those things were. Yeah, I need to figure it out!

Andrea: Before we move on, I feel nudged to say, you don't want to look for thought. Goodness, no!

Changing the subject, I want to ask this question now. Why do we prepare so thoughtfully and carefully for the birth of a child and not for our final breath?

I've not met anybody who does that.

Asher Wright: But here's why, because there's a countdown for birth. However, there is no countdown for death that people can recognize. How do you determine the countdown to death? We know it's nine months from now until birth. So, how do we determine a timeline for those who are leaving?

Andrea: Is that the real reason? I don't feel it is. I think it's the disconnect, for all the reasons or excuses one can find.

I want to build that bridge and fill that gap between birth and death and remove fear from the dying process. The so-called "countdown" for death starts the moment you're born. Is the fear

of dying even your own? Meaning, is it innate to fear death, or was it a projection or a program influenced by parents, religions, etc.?

I think that the fear element plays a huge role in why people don't plan for those things or even talk about dying like they talk about being born. What happened here?

Where did this divide originate?

Asher Wright: Hmm! And it's a celebration of the farewell. And give them those flowers BEFORE they go.

Andrea: To feel the same about death as you do life will help create a different perspective on your daily life. There might be fewer regrets, less fear, more of the opposite; more self-awareness, living in the present, which can't happen without being responsible, accountable, discerning, and able.

It helps people if they can plan for their departure as they do their arrivals. Everybody who is involved in witnessing the departure is the same as everyone who is involved in the arrival. It removes angst, fear, and eliminates regret. Thoughts like: I didn't finish what I was doing, and I didn't say all that I wanted to say. It removes that whole paradigm for everybody, because life and death are both part of the same whole. I had mentioned what I used to do as a child, up until my late teens. Every single solitary day, when I went to bed for the night, I would examine myself in depth.

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I would go over my entire day, from the time I opened my eyes to the time I went to sleep. I would examine how I behaved throughout the day. I would look at every word I said and how I said it. I would check my body language and tone of voice. I was looking for parts of myself that I could improve upon. No joke. Every night. Every word I said.

Crazy.

Now, I pass this daily discipline on. I ask you to reflect on yourselves daily. Pick a time that is best for you, then go over your behavior and notice where you can be more responsible for **how** you think and vice versa.

WHAT you think is a result of how you think. Does this make sense?

Let me elaborate. Here's a simple breakdown of three versions you can use as a visual concept. They each show how a thought becomes a result, from different angles:

The core version of everyday language begins with a thought that evolves into a feeling, then into action, which produces a result. What you think, you begin to feel. What you feel, you act on. And what you act on becomes your lived reality, so in the end, your original thought becomes the result you experience.

On the Spiritual level, from the energetic lens, thought equals frequency, which causes attraction that manifests. Every

thought is a frequency that sends out a signal to the field. That signal magnetizes experiences that match its vibration. So, your thoughts don't just stay in your mind. It becomes your reality, drawn to you by energetic law. And the biological version begins in the brain, which ultimately influences behavior. Thoughts with emotion trigger a behavior that creates neural patterns in the brain, resulting in an outcome. Your thoughts trigger emotional responses, which then influence your nervous system and behavior. That behavior reinforces patterns in your brain, shaping how you perceive and respond to the world. Over time, your brain wires itself to expect and repeat the outcome that started with a single thought.

I am providing you with variations on how to shift your perspective to something you can harmonize with. The idea that we can plan our departure is just as important as planning our arrival.

Asher Wright: Okay, so are we ready to jump back in?

Andrea: Sure. Ready!

Asher Wright: Alright, let's do it. Will you share the most powerful, unspoken moments you have witnessed, the words left hanging in the air?

Andrea: Well, I do. I told this short story much earlier, but it had to do with the soul energy that leaves the body.

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However, now that same story is relevant because the question at hand concerns the unspoken words. I will do my best to convey it effectively without using too many words or sounding redundant.

My client had ALS. (Lou Gehrig's Disease) He was a writer. This is a distinct moment where you can see and feel the words. My client lived on a ventilator, and he didn't have his voice.

Now, the scenario was such. I'm sitting at the foot of the bed, and I can see his life force, aka Soul, leave. I can feel the soul hovering to the right side of his bed. I could feel his presence. His eyes are closed. He is no longer in the body. His heart has stopped. His wife sorrowfully unplugged the machine. About five seconds passed before I saw him open his eyes. I saw his soul enter, and he's staring right at me with urgency.

This is the moment I witnessed, and everyone felt the most potent, unspoken words. He turned his gaze to look at his wife and son for about a minute, speaking to them with his eyes. Words unspoken but felt deeply. So, people CAN and DO say a lot with no words.

This is the most common language between lovers. It occurs when they merge.

Asher Wright: Hmm.

Andrea: When lovers merge, there are no words. There's a lot of sound, a lot of feeling, but there are no words, and that is an unspoken language where you can understand it clearly. I hope that helps. And is there anything I missed?

Asher Wright: No. This next question is for silent contemplation: What would you say if today were your last conversation? If you couldn't speak to someone who is gone, what words would remain unfinished between you?

Andrea: I know you said it is for silent contemplation, but I'm thinking out loud. For the words that remain unsaid...

Here's a practice that may help initiate a conversation with loved ones.

To begin, choose one member of the family or a friend that everyone wants to focus on. All the other members must write down how they will remember the family or friend.

Write down how you will celebrate them, how they make you feel, and what influence they had on your life. Nobody has to be dying. Nobody needs to have a prognosis of six months. This is something that you can do while you're awake and living your life. It can be a time when the family and friends come together with something to talk about. Be creative.

This practice removes the fear of having the conversation, and it helps with preparation for when their time does come. It

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eliminates the regret of not saying all that I wanted to say. It will be a way to change the “norm” and start a new paradigm. A way of Being.

The same way we prepare and celebrate the birth of a Soul, is the same way we prepare and celebrate the departure of a Soul. If everyone adopts this practice, they can say with confidence, “I have practiced this myself.” “I’m not waiting around until I drop my body to tell the people I love and care for what I think about them, and how they make me feel.”

And may I add, no one remembers all the things you said and did. They always remember how you made them feel. How powerful is that?

As for me, I don't wait. I am this way most of the time, and it may be too intense. I'm going to live every day like it's my last, meaning I'll be consciously present. And yes, I have already made my end-of-life arrangements, and my kids are aware of my wishes. Everything is paid in full. I have thought about my surroundings, where I lay my head every night, and what will be found when I drop my body. Everything I have will be revealed—all of it. So, when I drop my body, I don't want my kids to be left with a ton of crap to deal with. The legal paperwork will keep them busy enough. I want them to be as free as I will be. Free to celebrate the moments we had, free to cry if they wish, and free to walk without regret.

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If someone asked me what my guilty pleasure is, I would say it's to give with all my heart, all my might, and all my soul. I'm going to give in that capacity with no limitations, no restrictions, and no fear. I'm giving it.

And when it's time for me to take my last breath, I will BE Peace and experience being peaceful. I WILL BE happy.

I'm grateful for all my experiences.

Asher Wright: Hmm.

Andrea: They will all know, because I've given that to them. I've acted, said, and lived it all.

I have a friend. She asked me many years ago, "Andrea, do you have any regrets?" And I immediately said, "No, I don't, why?". She was shocked. She's a bit older than I, but she was taken aback. She said she has many regrets.

I expressed to her that the reason I don't have any regrets is because I don't hold back, and if I do, I have gone through it in my mind and heart and have decided to hold back for a reason that I reconciled with. I don't have anxiety or fear. I don't experience those things. I mean, I can't say I don't get startled and experience a second of fear, but I don't live in the energy of fear. I just don't.

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When you don't suffer from those fearful emotions, you can express yourself with clarity and enjoy the experience of your expression. That's precisely what it is. Your expression is your experience. I can do it freely and have no regrets.

Asher Wright: I've noticed it's this conversation people are afraid of. A lot of groups come with a lot of taboos about death, right? We've seen it in the movies. People talk about death as a very scary thing. When somebody's about to die, everybody gets scared. Most people get scared of what that experience is going to be like. This is a worry that people have when it comes to death.

And it's a conversation that should come very naturally, but most people avoid it. Then the question would be, how do we help people who are afraid to have a conversation about death?

Andrea: My answer to that question is to begin by deeply listening to people. Hear what they say but also pay attention to what remains unsaid.

I'm listening deeply to the strength in their voice, the tone of their voice, the clarity of their words, and the way they form their sentences, and then I know what to hone in on. Remember how we said that our first language is feeling?

How much do you hear when someone is yelling and cursing at you? Are you hearing every word they're saying, or are you feeling some kind of way? What comes first? When I meet with

families, I ask thoughtful questions and listen carefully, making genuine eye contact. I am intentionally creating a safe, calm, and non-judgmental space, so families or individuals naturally feel more comfortable.

I remain open and accepting, allowing them to express themselves freely. I keep it gentle and non-threatening so they begin to relax into a discussion they might otherwise avoid. Ultimately, my goal is to help people uncover the root of their fears. To revisit a part of their inner self, they may have abandoned due to their fear of dying or fear of even talking about dying. In my view, fear creates separation, disconnecting individuals from their Natural God Source and their deeper spiritual nature.

How can we recognize when someone is disconnected from their Source? One of the clearest signs is persistent anxiety. Many people carry this anxiety their entire lives without knowing why. Most people don't realize that the physical body can be viewed as the umbilical cord to their innate intelligence, which is God, to me. What if we all put our consciousness on our belly buttons and visualized the umbilical cord as the direct pathway to God?

Instead, I witness people looking outward with prayer, asking God to remove their anxiety, fear, or discomfort. Yet, external requests rarely bring lasting results. Kinda like the pharmaceutical industry. Drugs bring short-term results.

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The reason I mention this is that genuine healing and reconnection must come from within. I have such a hard time saying it like that, “comes from within,” like people don’t really understand what that means. All I can say is, it’s an awareness. Let me say it this way. What is more “within” than the cells and atoms of your physical body?

I always say, if you ever want to FEEL the Presence of God, listen to your body. Your body’s language, also known as God’s language, is expressed through symptoms. Ask what your symptoms are saying. Be diligent and seek God given intelligence, also known as the cells and atoms that make that vessel your Soul resides in. Know that God is not separate from you.

I encourage people to go inward, reconnecting with their physical biology, because biology itself is that God they are unknowingly praying to. It’s the cells and atoms, the electricity, and nutrients inside your body that hear and answer prayers. Transcend religion or transform religion into your every breath.

You can’t look in a mirror and tell the mirror to smile. Right?

When you reconnect deeply with your body, anxiety naturally diminishes, and thoughts become clearer and more fulfilling. Reclaim parts of yourself you previously lost to fear and allow yourself to approach death with greater peace and confidence.

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You know, I'm going to be very honest and very raw. In today's world, I have never seen so much fear, anger, chaos, hate, and anxiety, and more scattered and shattered Souls in my entire life than I do now. And you know, Asher, since 2019, I have noticed anxiety running rampant. There are several versions or levels of anxiety now. What I am also noticing is that the doctors who are treating this condition are prescribing medication that perpetuates the illness instead of helping. I've never seen the death toll as high as I've seen in the past 5 years.

It's a sacred and powerful time to be having this conversation and sharing with the public.

My deepest wish is that those who are meant to find this will be gently guided back to themselves. To a peace they may not have ever known, and to a strength that inspires them to pursue healing in ways they never imagined. More than anything, I hope that within these pages, you discover something that belongs to you, something waiting to be remembered. Because this conversation is not just about dying. It's about remembering who you are beyond the fear, beyond the noise. It's about the Soul's quiet return to what is eternal.

If you've ever felt afraid of death or lost in the grief it brings, may these words be a guiding light for you. Not to give you all the answers, but to help you feel something true in yourself again. Ultimately, death is a passage. It's a return. And sometimes, it's

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in witnessing death that we finally remember the wholeness we came from.

Asher Wright: This next chapter is about love, which I believe is the most potent and beautiful portal we can use to leave this Earth. It's the highest gateway for disconnecting from here and stepping into the next universe.

4

The core idea is that love is not just a feeling; it is an energy. If energy cannot be destroyed, then where does love go when the body can no longer hold it?

We could start with that core question. However, let me address one more thing before we do. In your years of sitting with the dying, Andrea, you have witnessed how love takes on a different weight. In the final moments, some people seem to release love, offering their final words, gestures, and blessings before they go. Love is not just a feeling; it's an energy, and if energy cannot be destroyed, then where does love go when the body no longer holds it?

Andrea: That is a two-part question. I will explain the difference between the two energies. The first energy is expressed as love, taking on different weight. The best way to articulate this is to not put any weight on love. Instead, people express their love in various ways. And ways do not weigh anything, do they?

It is also accurate to say that some people express their love right before they pass away, offering blessings before they go.

Now, the second part of this question is, “Where does love go when the body no longer holds it?” My answer to that is two-fold. The physical body is the conduit of Love. Meaning, the body

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doesn't "hold" love. Love cannot be held. Love is ALL. It's consciousness; it's energy. It does not die. It flows. Is love something we want to let go of?

Let's give this some thought. Could it be that fear of dying comes from letting go? I say, yes. That could be a reason why people fear dying. What does it mean to let go? For the witness, letting go means transitioning. There is a constant flow happening, but not in the mind that places such permanency on this act. The idea that dying is permanent is false.

Then what exactly are we letting go of? If love is ALL that IS, and it flows in and out of the physical body, and it cannot be destroyed, can it be let go of? I say, no.

It is energy. It flows in and back out, and in, and back out, just like the inhale and the exhale breath. Every cell has respiration. Didn't I say, "God is in every cell of our body?" Are you feeling the cohesiveness yet? The Wholeness? You are love, you are peace. You can only be peaceful by Being Peace. You can only Be Loving by Being Love.

Empower yourself by understanding that all energy is conscious. You don't "hold" it, because then how are you ever letting go? It flows in and out, and then back in and out. Holding on is tightly bound to fear because we cling to what feels familiar just to avoid the unknown.

When we hold on to people, memories, identities, or outcomes, it's usually because we're afraid of what life will be like without them. We fear loss, change, or emptiness, imagining that letting go will leave us diminished or alone. Fear tells us that if we release our grip, we might lose control or face pain we can't handle.

In this sense, holding on isn't about love. It's about shielding ourselves from the uncertainty and vulnerability that come with change. Love, on the other hand, can let go without fear, knowing it remains part of a greater flow.

Love is the cohesive energy of all that IS.

Asher Wright: You know, it's interesting when you say love flows in and out, because you could probably say that for all the other emotions.

They flow in and out, and they affect other people. If you're angry, it's likely coming and going, and other people around you're feeling it... so interesting.

Andrea: Well, that is exactly what is happening. Emotions flow in and out of us. I have this repelling experience when people say negative things about the one, I deeply love. It has a negative effect on me.

Because when they speak about a person close to me in a dismissive way, they're also speaking about me. A part of me that

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loves deeply. And they speak from a place within themselves. I perceive that place to be misaligned and incoherent. What they're really doing is subconsciously asking me to invalidate my experience of love. And I don't accept that.

Even well-meaning friends will say, "They're no good for you," or "They're an idiot!" "You need to get away from them." Or they might throw in their own opinions that are hurtful. But I say, "No!" Please don't judge what you don't understand. It is never the person who is not good; it is their behavior. I knew this as a child.

There's a scripture that says, "Before you take the twig out of someone else's eye, take the log out of your own."

Asher Wright: Yeah, I've read that somewhere. It stuck with me, too.

Andrea: Right. Because love is all-encompassing. For lack of a better way to describe it, it's like God. Everything we think, say, or do is either from the energy of Love or the energy of Fear.

If you express tender affection, we know that comes from the energy of Love. If you express taking or holding on, we know that is the energy of fear. I bet you never thought about "taking" that way, huh? This is just me, so take it with a grain of salt. The way I think about taking is its constrictive energy. To me, it contains the energy of fear.

On the other hand, receiving is the energy of love. Can you feel the difference?

Taking is something done without someone's consent. Taking is like stealing to me. It will always want to hold onto whatever it takes. But receiving is a flow. It's allowing, receiving, and giving back like the inhale and exhale breath. I think that it's important for people to have experiences. I say that to say this: when someone gives with all their heart and it's not reciprocated, it can feel like a deep ache, until we shift our perspective back to giving with all our heart. That is where you experienced joy. That experience reshapes the way you perceive giving. And that energy often comes back through other people or opportunities, sometimes long after or in forms we wouldn't have imagined.

This is why many spiritual traditions speak of sowing and reaping, or karma, or the ripple effect, because the energy we express will return. It's a natural movement of resonance and alignment.

I say, have the experience and find the greater purpose in it. If you allow the energy to keep on flowing, it will return to you, multiplied, one way or another. And when you return to yourself, you will discover what you are capable of. You will find you're left with accepting others for how they express themselves.

Asher Wright: Hmm

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Andrea: When you can express yourself through love and find you are happy, even if you've been betrayed, you've touched the realm of grace. That's when you know you've arrived somewhere deeper.

Oh! By the way, Grace is not the same as forgiveness. Forgiveness implies that you've already judged someone. But before you judge another, pause and examine yourself. Take the log out of your own eye before reaching for the twig in someone else's. Trust me, it will take you years to take that log out of your eye, and by the time you go to take the twig from the other guy's eye, you will have discovered it was senseless all along.

Here is a quote that I made up and live by. "Never ask for anything you don't already give." This helps me be a person of integrity.

I don't want to use my energy to judge someone before judging myself. And no, I'm not a saint! I have an intense dislike for behaviors that leaders display. I always reel myself back in to calm my anger and reconnect to a more pleasant emotion.

Who can measure love? And who can take it away? I told my last lover, "There is nothing you can **do** that will make me stop loving you. Nothing." Love isn't about matching someone's capacity or expecting someone to match your capacity to express love the way you do. That's not the point.

Because in the end, you don't take anyone with you. You leave this world alone. If we can't take anyone with us, why let what they did, or didn't do, define the experience we have on our way out?

Asher Wright: Nobody's coming with you.

Andrea: That's right.

Asher Wright: So, this is about love, and we need to explore that a bit more.

You said something earlier about the part that gets hurt in relationships. I believe it's the expectations we place in our relationships. We enter relationships with certain expectations, such as "This person will be here for me for the next 40 years," only to find that they leave sooner than that. And when they do, we feel hurt. Not just because they're gone, but because our expectation of them being there was broken. Again, it's the expectation that takes the hit. What if we let go of expectation? What if we recognized that nothing is truly permanent, and people will love in their way, not necessarily the way we want them to?

If we could accept that, maybe we'd experience less pain. Not because the love or the loss wouldn't still matter, but because we'd stop expecting how things should go. So, when we say we're hurt, maybe we're saying, 'my expectations didn't come true.'

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What are your thoughts on that?

Andrea: I won't fluff things up, Asher. It is not the expectation that gets hit. It's the ego that gets hit and hurts. When the ego is afraid of death and dying, it creates a restlessness, grasping in fear that everything it has built, everything it owns and identifies with, will slip away. That is why I said I didn't like that energy of holding on. I'm not going to talk like the ego is a foreigner, because it's not. We all have an ego, and the sooner we examine our egoic behaviors, the sooner we can loosen our grip on the roles we play in our relationships, in our community, and at work. In the face of death, the ego feels powerless. It is powerless! It can no longer control or hold onto what it has depended on for its sense of self. It fears the unknown.

I mentioned earlier how you can identify fear because it shows up as anxiety, denial, or an obsessive need to hold on to youth, to status, or anything tangible. The ego's fear is not just of dying, but of not mattering, and of being erased or forgotten, because it cannot grasp that there is a part of us beyond form that death cannot touch.

So, for me, what I have been doing for many years now is examining my expectations. I ask where they come from, what realm or vibration are they? Inevitably, I find them in this three-dimensional vibratory state. I confront my ego. I must.

Expectations are from a desire to control outcomes, simple as that. They are rooted in mental projections and tied to a future that hasn't happened yet. That energy says things like, "I will feel peace, happy, or secure if this happens."

And in my humble opinion, based on my own experience, that's conditional, confining, and sure to disappoint. It's an attachment of sorts, and the moment we attach with expectations, we drop in vibration. And vibrationally, "expectations" tend to sit in the realm where you'll find fear, pride, anger, and judgment. They are "denser frequencies." When expectations are released and transmuted into intention or preference without attachment, the vibration lifts. Acceptance and peace, all vibrate in love.

Letting go of expectations raises you into the realm of trust, grace, and surrender, which is where the soul breathes freely. If you're going to place ANY expectations on someone, put them on yourself first. If you're going to teach your children respect, start by showing them respect. Teach by example.

There I go again. I know you must be tired of me saying that only you can control yourself. Right? How can you shift out of expectations? It helps to arrive at a place of allowance and acceptance. How do you arrive there? By choosing to recognize your ego. See it for what it is and respectfully thank it for the lessons on how to let go. You can also perform an inward scan with your inner eye and sense where the restricted energy is

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located within your body. Then breathe into it and release it with gratitude. You must be willing to examine yourself and become more aware.

And how do you arrive in the energy of Grace?

It is similar to what I just said about scanning your body. You can bring your attention to your breath as it moves through you, noticing the sensations in your body, and becoming aware of the quiet spaces inside. Sense the serene stillness and know that you are not tied to what you do, what you own, or how you perform. Sit in that energy for a good thirty minutes. Over time, with patience and compassion, you can begin to loosen the ego's grip by surrendering the need to prove or defend yourself and instead rest in the truth that you are already whole.

Send your consciousness into those larger, more subtle bodies and sit quietly within them. Feel that you are much more than the physical body, so much greater than your identity.

You can incorporate a waking, detailed physical practice, one that I've done to myself until it became automatic. I bring my attention to my body. I focused my attention on all areas, starting with my feet, up my ankles, my calves, my knees, my thighs, my buttocks, my waist, my hips, my chest, my head, and everything in between.

I'm checking to see if there is any area that is constricted. I can sense which part of my body is constricted and feeling tense.

From there, I focus my attention on that specific area and intentionally place my breath within the constricted, tense energy, taking slow, deep breaths as I simultaneously feel the area expand and release. I can literally feel my body shifting until it is balanced. This automatically fixes my posture.

Even if you're sitting in the car and driving, if you bring your attention to your forehead, jaw, shoulders, and stomach, you can feel where you're contracting your muscles. If your diaphragm is crunched down, you can breathe deeply, and by doing that, you will automatically sit straighter and feel more relaxed.

Just take a deep breath and release that constricted energy and then have that conversation with yourself. Be Awake, Aware, and Able. If you want to, take it a step deeper, ask your body what it was trying to say or do for you. Find the reasons your energy contracted in that specific place. Take notice of what it was you were thinking about before you started your day, or as you realized how contracted that part of your body was. This is very revealing. It goes back to what I said about thoughts. They dwell within and will reveal what energetic vibration they are in, based on what part of your body is constricted and tense.

Go in there and ask those questions, and trust that you'll get the answers you need.

This is how you can arrive in grace. I can't just say "go to Grace!" You'd be like, "What the heck is that?"

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Asher Wright: Who is Grace? I haven't met her yet. (laughing)

Andrea: Exactly so. I'm suggesting ways by sharing my own practices.

Asher Wright: Okay, let's review these bullets and see what we can extract from them.

The following line says, "Love is not something we take with us. It is something we leave behind, woven into those who remain."

I'm not sure if you agree with that or not. What are your thoughts on that?

Andrea: "Love is not something we take with us. It's something we leave behind." That's one way to articulate your experience. If you want to believe Love is what you bestowed, infused or imbued others with.

You took your thoughts and actions, and you imbued and projected them outward to either the masses or to individuals. And you chose to say, "It's love that I have left behind." I mean, you can't give something you don't have, and what you have is what you are. Meaning, love is who you are, it is what you are made from.

Asher Wright: Hmm.

Andrea: I don't want to keep repeating the fact that love is not finite. It is infinite. It is an energy. We are Love. And when we

flow out of that energy into fear, we express ourselves fearfully. The same applies to all other energies.

Asher Wright: Hmm.

Andrea: For me, Love doesn't get "interwoven." Why is that? Because Love is all-encompassing. The way you express yourself will come from love or fear. Love is ALL. You can create with the energy of love. If you want to weave it, you can. You must be intentional. I know I'm being literal with words. I do that to keep the conversation clear.

Let's explore the characteristics of someone who is aligned with Love as an all-encompassing energy. If someone were to ask me what Jesus taught me, it was through his example. He was the example of Love in motion.

What are the characteristics of someone who lives this way?

One must have a deep presence. And I want that word "Presence" to be felt. It is the anchor to the now. To listen with a heightened sensitivity, enough that the one who's talking feels seen, heard, and understood, but you hear not only what they say, but what they are not saying.

Love expresses through you. Being present is key because when you are present, you are clear. To express through love, freely, not with expectations, but with trust. Don't try to possess or fix others. Let people be.

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The characteristics of love speak from the heart, even when it's uncomfortable, but it's done with care. Words are not meant to hurt, but to liberate all involved. To feel things deeply without clinging to emotions. To know emotions are energy in motion, and instead of being ruled by them, allow, observe, and transmute them if need be. To align actions, words, and thoughts with the frequency of love means not chasing validation or manipulating outcomes.

Love is not exempt from self-love. See beauty where others see mundane. Treat the Earth, animals, and strangers with respect. Love flows through your relationships. To cultivate life from this place is to live in harmony. It's not about being perfect. It's about returning to Love as your home frequency.

Asher Wright: Would you say everyone's love has its own fragrance, so to speak?

Andrea: Yes. You know, this is the energy signature I mentioned earlier. You can tell who they are. They have their own energy signature.

I told you about the practice where you can have your loved ones or people you know sit down in a chair, blindfolded, and then have someone walk into their energy field. Nobody says a word. It's very quiet, and the person who is blindfolded must feel the energy signature of the one standing close by.

You just know who they are based on their energy signature.

Well, once you develop your senses, you will be able to feel the energy signature of the one who has departed. Essentially, it's their Soul.

So, yes, it has its own fragrance, because sometimes those who have already passed will bring their fragrance for their loved ones to smell, letting them know they are visiting. Using our sense of smell is a powerful experience.

Asher Wright: Some of these things are intentional. I sense that the ancestors, or the people who have been part of your life, find ways to remind you they are still watching over you. They're still close by. You may not see them, but you recognize their presence, maybe through a fragrance, a feeling, or something familiar.

Andrea: And you can feel them and recognize them through a fragrance, Asher. Yes. You can speak with them and ask a question, but don't expect an answer immediately. If you remain attuned to your sense of smell, hearing, or sight, you will know when the answer comes. This is another way to recognize that there is no such thing as death, and that life continues. It's called the continuum.

Asher Wright: Then there are those whose love is so strong it lingers in the room even after they're gone. We just spoke about that as well. A little bit.

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People report feeling their loved ones long after they have passed. Sensing their presence in dreams. I want to discuss dreams further. Their presence in your dreams. If you have any specific thoughts on that to share.

Andrea: Yes, of course. This is my own perspective. What we call dreams are, in fact, real experiences. They're not just images or memories.

Your consciousness is alive and well during those moments. You depart from your body. The ego may be asleep, but the Soul is awake. In the dream state, you are traveling. Not imagining. You're accessing other dimensions, reconnecting with loved ones, visiting timelines, or receiving messages meant just for you. This is not fantasy. This is the Soul in motion.

Every chakra in your body plays a part in the dream process.

Each Chakra has a specific color and vibration. They are intimately linked to specific organs and systems in the body. When your energy centers are activated, especially during sleep, they open pathways to these other realms. That's why what happens in a dream can leave you feeling emotionally moved or even physically shifted the next morning.

I remember feeling extremely tired when I came back to my body in the Japan experience. This is very, very important. So, when someone tells you they saw a loved one in a dream, believe them. It may not be "just a dream." It's a real encounter. And perhaps

a necessary healing happens. Dreams are the space where your Soul travels and remembers.

The answers will always be with you. They are you; they are in you. So, you just have to go in and communicate.

Asher Wright: You said when you go to sleep, the body is paralyzed but the mind goes, or the brain goes somewhere. The brain is creating these images, but some of the images you have never seen in real life, where are they coming from? They must be in other dimensions.

Andrea: Asher, you crack me up. I did not say those words. But I will be happy to indulge the question. Those dimensions are in you or more accurately all aspects of you are in them. “Them,” meaning your chakra system. Those are the dimensions of you. You have access to them constantly if you put your focus there. That is what I’m saying. Have you ever seen your chakras spin, Asher?

Asher Wright: No...

Andrea: I try to help people understand that you can see energy. To see the energy centers spin, you can use a pendulum and place it over one of the energy centers, such as my hand. See? Can you see the pendulum? (showing this on Zoom)

If I leave it over this energy center, you will get to see the direction of the spin. Watch.

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Now, this can be done on all the energy centers of the body. All of them, and if I find any that are not spinning at all, I help it by placing my hand in the area and gently rotating my hand in a clockwise or counterclockwise motion. Then, I will place the pendulum over the area again, and most likely it will start spinning. And just so you know, when an energy center is not spinning, it means it's blocked.

The pendulum helps you **SEE** all the energy centers.

Your dreams are happening within all these spaces. Each space is a dimension, and each dimension is connected to an energy center in your body. Each energy center is connected to one or two organs, etc. Enter those areas and communicate with them as if they were someone you care for. Go into your brain and travel through every crack and crevice.

I love doing this thing where I become the fluid in my brain and travel through all the tissues, curves, and feel the texture of my brain, acting as if I'm washing my brain.

Remember, the brain is connected to the crown chakra, which is related to a particular dimension. I'm bringing this up because you said your brain is creating the images. Did you say that?

Asher Wright: Yes

Andrea: Is it the brain that creates these images? Is that really where thoughts come from, the brain?

What is the function of the brain?

Asher Wright: A chemical mixer. (laughing)

Andrea: What is its function? The brain is a magnificent organ with all the curves and grooves that resemble a compacted version of the curves and grooves of the intestines. Our eyeballs are the only external part of our brain. The rest of the brain is enclosed. That blows my mind! It has glands that are responsible for many other functions throughout the body. There are specific areas that control distinct bodily actions. It is connected to the spinal cord, which goes all the way to the coccyx. That alone is an eternity! Just that creation alone! The brain has several biological functions. I won't get into the intricacies; I'll stay on the surface and say the biological function of the brain at its core is the central processing system of the human body.

From a spiritual or metaphysical perspective, the brain serves as the interpreter of consciousness. Think of it like a translator or tuner that allows the Soul's frequency to be experienced in the physical world, and it translates using words, colors, feelings, etc.

The brain filters your multidimensional awareness to form your body, and it slows down infinite perception into linear thought, allowing you to function in time and space. The brain also works in tandem with the heart and gut as part of a trinity of intelligence (head, heart, gut). It does not create the images, it

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interprets them, and it does not produce thoughts, it deciphers them.

Asher Wright: I want to go back to the pendulum.

Andrea: I wish I could have your hand to do this in real time for you. I would place it over your hand and wait till it starts to spin. (I am showing him on Zoom)

Asher Wright: It's interesting to see how people figure these things out. How many chakras do we have?

Andrea: We have twelve main energy centers, plus many more, but I must mention that some spiritual teachings suggest we only have seven.

Did I answer the question about dreams?

Asher Wright: Yes, yes, totally. Now let's see... Is this just memory, or is it something more?

Andrea: Yes, it's their memory. But memory is not insignificant, Asher. I say it's something more, and here's why.

Memory keeps things alive, be it good or bad. Biologically, memory is stored through networks of neurons, primarily in areas of the brain, such as the hippocampus, and extends to the cerebral cortex. We discussed this earlier; memory is part of our encoded genetic information. Spiritually, memory is often understood to extend beyond the brain, into the soul, the

morphogenetic field, or the akashic field, depending on the tradition. Some teachings suggest that memory lives in the energy body, held in the frequency or vibration of our Being. The soul retains not only memories from this life, but also memories from previous lives. They are stored as imprints or energetic signatures that influence our behaviors, fears, and desires in the present time.

I don't know if I mentioned this about myself, but I hold a master's degree in hypnotherapy and neuro-linguistic programming. This is one method to help people connect with their energetic memories of past lives, thereby overcoming some of their fears.

So, while biology tells us how memory functions physically, spiritual traditions offer a broader view, saying that memory is also energetic, layered, and eternal.

Asher Wright: O.k. The next question is, if love is not made of flesh, why do we believe it dies with the body? Oftentimes, that's a fear that we apply to other people. That love belongs to that body, and when the body goes, the love goes. You're saying it doesn't go anywhere; it stays, it lingers, and it shows up in different forms and places, with fragrances, to let us know their love is still here.

Andrea: Where does this idea that love dies when the body dies come from?

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Asher Wright: Because we think the thing that somebody embodies stays with the body, like that body is the source of it. And you're saying that the body is not the source of it. Therefore, we must acknowledge the energy that remains, as it is a genuine aspect of the person, not just the physical body.

Andrea: That is how I feel, but I want to get to the other side of that equation. Where does the idea that love dies when the body dies originate?

Because when someone can identify those ideas, they can move beyond them.

It's the ego that convinces us of those things such as love dies when the body dies because the body is the source of it. The ego says, "This is where your body and your love go when you die." The ego is the place where fear lives and will do everything it can to convince you that you're wrong. Why do we have an ego realm?

Asher Wright: I think it's useful.

Andrea: Why?

Asher Wright: I think... it's the opposite.

Andrea: Which makes it useful, right? What happens when we get in touch with the opposite? What do we do? Do we get sucked

down into it? Or do we rise like a lotus emerging from the mud?
Do we ascend to another level?

If I had to give the reason why the ego realm is useful, it provides us with a structured sense of identity, enabling us to navigate the world as individuals, make decisions, set boundaries, and survive.

Asher Wright: Because of the opposite, that creates a spark that we need sometimes. If you recognize how to work with ego, you realize the ego is another side of things, and then you figure out which side is going to spark within you.

What's in the middle of that, the positive and negative charge? What's the electricity going to create? That's the other dimension you can create. So, I realize the power of the ego. The ego has some use.

Andrea: I agree that the ego has some use. It goes back to what we said in the beginning. The dark and the light. The womb, where creation begins. All you've heard me say about the ego is negative, but there's a use for it, and it serves an essential purpose.

Without the ego, we wouldn't have a way to distinguish "me" from "not me," or to protect ourselves in practical ways. It also enables us to develop personal will, ambition, and the ability to take action in the physical world. The ego also plays a role in shaping our personality, helping us define our preferences,

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goals, and values. And on behalf of spirituality, the ego can be seen as a necessary stage of development. It teaches us contrast, challenge, and the experience of separateness, which can ultimately push us toward deeper self-awareness, right?

I want to say something. This is very important.

When discussing religion, I put it into perspective by referencing scriptures and history. When I discuss ego, I put it into perspective. I am not here to bash anything. Nothing is lower than, or worse than. It's all a choice.

I want you to come to terms with yourself, to reconcile with yourself. Because when you can do that, self-awareness brings forth another level of empowerment. Self-awareness shows you what you are capable of. This helps your spine straighten and feel a different flow of energy. You will enter another state of being that's healthier and gives you another breath of understanding. It feeds the Soul kind of energy!

A different experience than what you're used to. That's it.

I'm not judging.

People are who they are and will do what they're going to do.

So be it.

This is about reconnecting to overcome those fears. The way to overcome fears is to identify the source.

To take responsibility. To own it. You know how everyone wants everyone to own their own shit? (laughing) Well, there's something to that, huh?

Asher Wright: Yeah, (Laughing) And here's the frustrating part: if you investigate modern medical journals, you see DNA portrayed as just two strands. The double helix.

But it's never been just two strands. We've been so dumbed down over many descends. Today, repairing and awakening the full scope of human DNA is vital. It's part of what allows us to remember who we are and reclaim our fuller, multidimensional nature. To put it as simply as I can, the DNA I learned about through Keylontic Science has all to do with energetic frequencies and light coding that goes beyond the biological aspects of the human being yet impacts the physical DNA structure.

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Moving forward to the secondary question. If love is the only thing that we take with us, then why do we spend so much time holding it back?

I like this question. In today's world, I often hear people say, "I'm afraid to love because I don't want to get hurt." Or "I'm afraid to love because I don't want to be disappointed." The thing that we hold back the most is the best thing to give. It's a scary place for a lot of people.

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Andrea: O.K., let me bring in one of my patients, as you were saying that to me, she came through. I'll start by saying that I come from the understanding that what you fear the most is what will ultimately take you out. The thing you fear is what your experience will be.

I'm leaving all the small details out of this.

O.K., so my patient was an ALS patient. She didn't have a voice because she lived with a tracheotomy on a ventilator. I read lips, so in one of our conversations, she told me that her greatest fear was to die suffocating.

And that's how she died. She suffocated.

This goes right back to what I just said about the ego. In that state of mind, you will be confronted with those issues, and if you can't find it in yourself to own your choices and reconcile them, you can trust your choices will be what kills you.

If you fear rejection, rejection will be the death of you.

I would rather experience the pain and sorrow that comes with rejection than not experience the greatness that comes from expressing my love.

When you are in a relationship with someone, if you are not giving with all your heart, and all your Soul, and all your might, YOU ain't LIVIN!

And, when I give from that place, it's an experience that I'm having with myself. It brings me the greatest joy to be able to give in that capacity. I would rather have that experience and go through the pain if he decides he doesn't want it anymore.

You know, this is the whole thing about owning your own shit. (Laughing) I can look back and have no regrets. No matter who it is, I'm giving my heart and soul. And my last lover was very open, and he didn't turn my outward affection away. I gave it. I enjoyed giving it. I had a beautiful love experience. It was my own.

He had a different experience. I am so grateful that he "allowed" me my experience. Because if it wasn't him, I couldn't have THAT experience.

Asher Wright: That's interesting...

Andrea: I'm making love to myself!

And when we're getting naked, we're merging, hearing all that moaning and stuff, it's me making love to me. I'm gonna be sure I'm happy, pleased, and fulfilled.

Asher Wright: (laughing) That is very interesting...

Andrea: What is this big thing, this fear? Fear that we're going to get hurt. Why are you so scared of getting hurt? That fear is ego, you know.

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Oh, listen, there is nothing more painful than allowing the fear to stifle your capacity to give. That's for damn sure. There is nothing more painful than that. And upon your last breath, before you depart, you're going to know that. Just know, there are people crying, saying, "I wish I had expressed myself." They are filled with regret.

In my case, it's not that I want them to know that I love them! What it all boils down to is: the relationship you have with yourself is the relationship you will experience with others. So that is what I mean when I say it like that.

The flip side of this is, you do want them to know you love them, right? And my rebuttal is, how can they not know if what you express comes from the depths of you? There is no way to hide the authenticity of your affections. And you can trust they will be felt. Besides, feeling energy is our first, most understood language.

He was the most adored and most special in my world at that moment in time, and there was no doubt. Doubt didn't live in that space. Doubt never entered. I was creating in that space, and he allowed me to love him in that capacity.

There is no greater gift than allowing someone to love in this capacity.

See? That is such an important message. Don't get me wrong. When I say "allowed" me, I mean he did not resist my ways of

giving. He was a beautiful receiver of my affection and adoration. Because of that, I was able to experience giving in that capacity and feel the joy of it all.

He accepted my outward expression of love in that capacity. I got to experience the grandeur of love, beyond my own understanding and experience levels of myself that I didn't know I could. I was free to just express love for him. Did I expect him to express his love to me in the same way? No. Not at all!

Did I feel neglected by his ways of expression? No. I wouldn't say "neglected," but I did feel it when he didn't reciprocate. That was good too, because it was my opportunity to confront my motives. Again, I was having my own experience, and through that exchange, I was receiving the greatest experience of all.

But let's examine this thought for the sake of those who feel neglected when the affection is not reciprocated.

If I didn't get that level of affection in return, perhaps I was the reason for that. Perhaps I had my own subtle blocks. Perhaps I was scared, and that made me unable to receive in that capacity.

Understand?

We must be open to receiving unencumbered, unfiltered, authentic expressions of love from someone else. It is important to see yourself in every experience. If you don't, you will miss out on the mysteries of you.

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Do your absolute best not to hold back what you want to experience.

Asher Wright: Andrea, can you recount stories of moments when love was most palpable in the room? When love was spoken, unspoken, released, or held onto? Do you have any stories related to your clients when you noticed that it was love or an unspoken love?

Andrea: When love was most palpable in the room... Love spoken, yes. Love unspoken, but felt, yes. Love released? I don't know. And love held onto? I also don't know. I describe love as an energy that life is born out of. It is not an emotion; rather, emotions are expressed out of it. I don't have specific stories about each client to share, but I can share my most recent one. The room was filled with angst energy. It was rushed; both husband and daughter were begging for her to get out of this suffering! They wanted Lilly to escape her suffering. And even though she was with Hospice, she was suffering.

Mind you, hospice is a place where people are NOT supposed to suffer. The families trust the hospice crew to do everything they can to bring forth comfort and help the individual leave with ease. It just so happened that the hospice group of choice was not a good one. But for Lilly, there was fear, angst and "hurry up" energy. "Hurry up, please, hurry up and drop your body, go freely, get out of here!" The family was trying to rush to feel relief

for their loved one. It's amazing to witness how energy consumes everyone involved.

She finally departed, and then the shock that she was gone followed. Everything happens in stages. And in all cases, there is still so much more to be done with the loved ones who witnessed the transformation. There is a reconciliation that needs to happen, even for those who have departed. And here is where that saying, "life goes on," becomes a reality.

Asher Wright: You made me think of someone giving birth. You're saying, "Hurry up and come!" (laughing) And it's the same thing when someone is in pain, it's "hurry up and go." And you know, what do you make of that?

Andrea: That's such an accurate observation, Asher. And maybe it's that disconnect I've been talking about. Hopefully, by the end of this conversation, we will have many people reconnecting with themselves through self-examination like never before.

Asher Wright: I will leave this one thought here, too, because it's when the baby is past due, you hurry it up to come, then when you're in pain, you rush it to go.

Is it that you're extended beyond your time? Maybe it's like you've been here too long, and that's why your body is aching... I don't know...

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Andrea: It's always about the suffering. I chose that word on purpose because suffering means beyond pain. And I don't subscribe to someone staying beyond their time. When someone doesn't nurture their body, they will suffer aches and pains on many levels, so that is not always an age-related issue. But as an example of energy that fills a room, say a woman is in labor for forty-eight hours, that's two days, and sometimes they have to induce labor.

That rushing energy becomes all-consuming, filling the room. For the family I'm talking about, anxiety and rushing were the energy that exuded throughout the room. They were anxious, not peaceful. But here's the clincher! About my last client, her transition was also very anxious. What does this tell you? Does it end there? No. It's a continuum.

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Asher Wright: Now, we have the pleasure of working on the body as a temporary home, let's address the core idea in life.

We believe we are our bodies. In death, we learn we never were. Andrea, have you seen how the dying talk about their bodies differently in their final days? Some express detachment: they speak about their bodies as if they are already leaving them.

Andrea: While I understand how we arrived at “we are not our bodies,” there is a point I feel I need to bring up. I say, “we are our bodies,” And not just in a physical sense, but in a sacred, Divine sense. Our physical body should not be treated as separate from its Divine origins, and here's why I say that.

I was the gal that connected to the intangible, mystical God before I ever connected to my physical self. Eventually, while on my own deathbed, I learned that I was missing my biological self, and guess who brought it to my attention? It was my son. He was the guy who helped me connect to my physical body when I was very sick. Throughout my life, I was always told by people that I was way out there. I mean, when I was dating my last lover, we would start talking about spiritual things, and he would stop me in my sentences and tell me to talk to him like he was 9.

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But when I was on my own deathbed, my son was working with me, and he said something to me that caused me to snap into place! I felt like I was a puzzle missing one last piece, and when he said those words to me, it clicked, and I felt a sensation as if the light suddenly brightened!

I know, you want to know what he said, right? I wish I could remember verbatim, but what I do know is what he said meant, if I want to really connect to God, it will require me knowing more about my own biology. I would have to become my own doctor, learning about my cells and all the functions that occur within my body, and that would help me connect more cohesively. My son wanted me to add the tangible parts of me to my intangible parts. He gave me logic and proof through science and history.

I think there is a scripture that says, “out of the mouth of babes...” So, I shared that with you so you can hear me say, I was not always like I Am today, but once I experienced the new levels of my existence, the more cohesive my connection to God became.

The body is not separate from God or from creation. In fact, our bodies are the umbilical cord to the Divine, FOR the Divine. Your body is a living, breathing expression of Source. And I know many who have read the bible know of scriptures that imply the same thing. Like in Corinthians Chapter 3: 16, Paul

says, “Do you not know that you are the temple of God, and the Spirit of God dwells in you?”

In the Old Testament, it is written in Genesis Chapter 2:7, “And the lord formed man of the dust of the ground and breathed into his nostrils the breath of life, and man became a living being.” To me, this is how prayer is heard and answered. God is within every particle, ion, atom, organism, and cell that makes all forms of life, so of course God will hear every thought ever thought.

However, to answer that question directly, no, I have not encountered any of my clients discussing their bodies differently in their final days.

But if I may detour again.

I say that the most intimate, tangible way to know God is not to escape the body, but to enter it more fully, with an insatiable desire to learn more. Send your awareness into your body and communicate with your organs and cells. Forming an intimate relationship with your inner environment does not have to be something that interrupts your schedule. It doesn't have to take away time in your day because everybody lies down to sleep at some point. Incorporating a relationship between you and your depths is a way to give back to your origin, your God.

Understand that your body is all encompassing of all creation. God is not separate from you. God is you, in all the layers of fear, conditioning, and forgetfulness.

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My dad once said to me, “If you ever want to see the glory of God, go to Alaska.” I say, if you ever want to know the glory of God, go inside yourself. Connect with Your Being.

Your body can only go as far as you nurture it to go. I'm sure there's going to be pushback coming from the ego realms trying to convince you by saying, “This isn't real!” “My mom had the worst cancer that ever existed. There is no other form of this kind of cancer. And she loved God, and she obeyed. She was a good woman. She was a God-fearing woman.” Or for many who have witnessed a loved one with a rare disease, or those who have experienced sickness their entire life, yet believed in praying to a particular God, but wonder why they're prayers weren't answered.

And my response to this is that we often misplace responsibility. There is a significant responsibility associated with the physical body that we inhabit. I have been talking about this very thing. Many people trust external systems, such as the medical field and the authority of doctors, more than their own inner knowing. They have forgotten they were already born knowing.

And while it's painful, the consequences of these choices still fall under the domain of personal responsibility. We are responsible for choosing to believe that the doctor is all we have. Trusting that the doctor is the only one who has the education to help us heal.

Think of it like this. Whatever you tell yourself is food. It goes into your body and transforms into a vibration. What goes in must come out. Regardless, there will be a result. That is the beauty of our life. We are designed to dispose of waste naturally, all types of waste.

I also think there is a blur, or a misrepresentation, about being “God fearing.”

God-fearing can sometimes become a form of spiritual oppression, where reverence turns into blind and rigid obedience. Someone gave you their own interpretation, and you never questioned it. Awe is replaced by anxiety, and this is the disconnect I speak about. I care for individuals who are in this mindset.

I discuss the vibration of fear versus love, so in this mindset, fear becomes the subconscious or even conscious result through which life is lived. If you question any authority, you can be seen as rebellious or a threat. I get it. So, instead of drawing closer to the divine, your thoughts contract. And something tells me this is not what being God-fearing is about.

What I understand about being God-fearing is that it means holding a deep respect that comes through self-examination. Do not blindly respect something without knowing what it is you are respecting or holding in reverence. To fear God is to experience the awesomeness of all you are and to experience obedience,

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respect, and reverence through self-discipline. What better way to have this experience than examining your inner complexities?

It was my son who pointed me in that direction, helping me to relate to the tangible aspects of God within me as much as I did to the intangible parts.

As a child, I was taught through the Catholic Church, but I didn't stop there, thank goodness! At the age of ten, I said to my dad, "Daddy, I want to become a Jehovah's Witness." I had been studying this religion with my best friend's mom.

I'm laughing as I tell this story because I can see my dad's face. He replied, "Oh really? What do you know about the Catholic religion?"

Gheez... I was not expecting that! I said, "Well, I don't know much about the Catholic religion!" "Every time I go to church, the priest speaks Latin!" So, he replied in a very calm, authoritative tone, "Well, I suggest you learn about the Catholic religion before you go trapezing off to another religion."

Looking back now, I was quite the kid. I remember telling my dad I didn't agree with going to confession and telling another person who was just like me my sins. Goodness, that didn't sit well with him. He gave me a lesson on what it takes to become one of those priests. LOL

I was a rebellious child who was in touch with innate wisdom. I didn't like the repetitive prayers the Priest would give me after telling him my sins. Turns out Jesus didn't like repetition either. According to Matthew 6:7, "And when you pray, do not use vain repetitions as the heathen do, for they think that they will be heard for their many words."

And I remember going to my dad because I thought something was wrong with me. I told him every time I began to read a book; I would fall asleep within the first paragraph. It made him laugh, and he assured me it wasn't me. He told me it was because I hadn't found the right book. I never gave up, and the first book I found that I could not put down was the Holy Bible. I read that book from cover to cover and went on to read many other Bibles throughout my life.

So, back to understanding what it means to be God-fearing, for some, it fosters a healthy sense of responsibility and moral clarity, and for others, it can become distorted, instilling guilt, shame, or fear of punishment rather than love and connection.

I experienced both.

While I'm talking about this, I may as well bring this information into the equation. Referencing a 2020 peer-reviewed article in Open Theology, philosopher Bruce Ellis Benson of the University of St Andrews writes that there are approximately 4,300 religions across the world. Did you

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know that? Imagine, over 4,000 religions in the world, each with its own leaders, preachers, ministers, and rabbis who interpret sacred texts for their followers?

But has it occurred to you that every written scripture has passed through a human mind, influenced by personal filters and levels of consciousness? No one writes a holy book without being in the flesh. So, the question I ask is, are we receiving truth, or someone else's interpretation of it?

Did you know that there are over 450 Bible translations in the English language alone?

Oh! I gotta tell you this story! Referencing the 450 bible translations. It was my dad's birthday, and I thought it would be wonderful to buy him a bible with his name engraved in gold on a black leather cover. I remember my mom being with me; I'm not sure if I had any other siblings there at the time. However, I presented my dad with the gift, and when he opened it, he asked, "What's this?" He had a way of catching me off guard.

I replied with excitement, "It's a Bible with your name engraved on it!" Well, he was not moved at all. He gave me the bible back and said, "If you're going to buy me a Bible, buy me the Douay version.

So, there I go again, off to learn even more because I had never heard of this Bible. Now, allow me to share a tidbit of history that I discovered while searching for it.

The Douay-Rheims Bible is sometimes referred to as the Douay Bible. It is an English translation of the Bible from the Latin Vulgate, created by English Catholics in exile during the late 16th and early 17th centuries.

It was first published in two parts: the New Testament in Douay, France (1582) and the Old Testament in Rheims, France (1609–1610).

This translation was made because, at the time, English Catholics were under persecution in Protestant England, and they sought a Bible that reflected Catholic doctrine and included the full set of books recognized by the Catholic Church, including the deuterocanonical books, often referred to as the Apocrypha by Protestants.

The Douay-Rheims Bible was the standard English Catholic Bible for centuries, known for its formal, somewhat archaic language. Later, in the 18th century, Bishop Richard Challoner revised it extensively to make it more readable, and the Challoner revision is the version most people refer to today when mentioning the Douay-Rheims.

So, guess what I did? I went out and found my dad's Douay Version. And yes, I opened it and compared it to the King James version that I had. I did see extra books. Those books are:

1. Tobit
2. Judith

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3. Wisdom of Solomon (often just called *Wisdom*)
4. Sirach (also called *Ecclesiasticus*)
5. Baruch (including the Letter of Jeremiah, sometimes counted separately)
6. 1 Maccabees
7. 2 Maccabees
8. Additions to Esther (extra sections not in the Hebrew text)
9. Additions to Daniel, which include:
 - *The Prayer of Azariah and Song of the Three Young Men*
 - *Susanna*
 - *Bel and the Dragon*

These books are included in Catholic and Eastern Orthodox Bibles but are not part of the Hebrew Bible or Protestant Old Testament. Protestant Bibles often place them in a

separate section labeled Apocrypha or exclude them entirely, considering them useful but not divinely inspired.

Imagine that! Did you know this? But here is where I find contradictions. The fact that there are many translations yet, it is written in all the major versions in Revelations 22:18–19 “For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book. And if any man shall take away from the words of the book of

this prophecy, God shall take away his part out of the book of life."

Who wrote that if not a man in the flesh? And who is responsible for discerning what they are reading? I don't know about you, but I sense a lot of fear in those words. Threatening the very part of us that knows.

What I appreciate is the magnificence of human beings, who have written words that reveal history and stories we can relate to and learn from. We can choose. So, in my eyes, becoming detached, anxious, and shameful in the guise of God-fearing is blasphemy! And what the heck does blasphemy mean anyway?

Blasphemy it's of Greek origin and it means spreading false ideas. To slander. And my goodness! What can be truer than this! Maybe not slander, but indeed false truths. I find them throughout the holy books. Does this mean I'm perfect and understand it all? Absolutely not. I am sharing my perspectives and providing you with references to choose from.

It is my prayer that what I am sharing comes as a gift that keeps on giving from a place of divinity, whatever divinity means to you. From my heart to yours.

While everyone is busy arguing whose religion is the "right" one, people are dying. Has it occurred to you that maybe having such an unconscious or subconscious fear of God is why the body

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didn't heal, or the fear of God in you was distorted to the point that the prayers were not able to align themselves to a healing resonance?

Fear keeps you disconnected from the very source that gives life. God is not separate from the one who prays. Each cell and atom are both the messenger and the message. I'm saying, when you pray, you are tapping into your own divine intelligence that is already present in every part of your body and Being.

Let me put this another way, staying close to the spirit of what I'm expressing. There's a scripture that says, "God hears every prayer," and while many take that to mean a divine being somewhere above is listening in, there's a deeper truth hidden in plain sight!

God doesn't just hear the prayer. God is the prayer.

Not just the words.

Not just the voice.

But the very substance of the one who is praying.

Every particle.

Every cell.

Every atom.

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Every molecule.

Every breath.

Prayers are not just heard by God; they are God, in form.

The human body is the expression of God.

The hands that fold in prayer are made of stardust and breath, of electricity and memory, each particle vibrating with the same intelligence that spins galaxies.

God hears every prayer because God is indwelling. God is the listener, the speaker, and the space between.

And this is the mystery!

Prayer is how you remember that God has never left you. Not even for a moment.

Because every atom in your being is already in communion, just waiting for its divine reunion. (I'm also a poet and a philosopher) So when you pray, the answer begins in the divine intelligence of your cells, and as they start to move, they realign to respond. There is no need to fight cancer, fight ALS, fight whatever comes into your body as if it were an enemy. If you only knew how much your body works to keep you alive. I am implying that cancer is a form of communication. It does not need you to fight it; it needs to be addressed with care.

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The cells in your body hear. The field around them and the environment within them respond, and creation begins repeatedly, through you, through God. I'm inviting you to reclaim the authority that is your own. To interpret what you read with your innate knowing, and to recognize that the Divine is in here, inside the very cells it inhabits. And to remember the body can only carry us as far as we feed it and nurture it.

We must be responsible. The key is to take responsibility for the things we choose to believe in. Choose Divine knowledge, not fear.

Asher Wright: Hmm! You said something that triggered me. You say the word "responsibility" a lot, and I want to tell you what that sounded like to me.

Andrea: Okay.

Asher Wright: The body is a place of responsibility, and we get to occupy it. But once we enter it, we have to be responsible for it. When we choose not to take that responsibility, we tend to blame everything and everyone else.

It's like this: you were given this home. Even though it's not permanent, you're still meant to care for it. If you don't, it will deteriorate. Just imagine someone sells you a house. You buy it, move in, but then you don't take care of it. Eventually, it falls apart.

The body is the same. It's a place of responsibility. And when we neglect that, we often turn outward and blame the world.

That's what I'm hearing in what you're saying. It comes back to responsibility. And not just having the body, but choosing to use it fully, to live in it to its capabilities!

Andrea: Absolutely. It's such a big deal. That's a more empowering space and energy to inhabit than it would be otherwise. This is the heartbeat of my message. I emphasize that everything we think, everything we do, we are responsible for. There is no bypassing that truth.

Even trusting an outside source is a choice, and one must take ownership of that.

Don't be the one who gives your power to an illusion. Believing it holds more truth or wisdom than your inner self. I am referring to institutions, external validations, or cultural constructs that people trust more than their inner knowing.

Essentially, I am guiding you back home to your own body, your cells, your source of truth. You want to know God? Go inside. Your body is not a barrier; it is your bridge, or, as I've said, see it as an umbilical cord - your direct connection.

You own everything, even if you're not entirely aware of it; you're the owner of your choices. Take back your knowing. Trust your inner source more than any system outside you. This is a

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message of empowerment through embodiment, responsibility, and intimacy with the Divine, within.

Asher Wright: Back to your earlier phrase, “Every day is a dying day!” Yes. (Laughing)

Andrea: Yes, it is. And if we can live our lives realizing that... Think about that word, “realize.” What does it mean to realize something?

Asher Wright: Hmm... okay, that means...

Andrea: To realize is to make real. To bring something into your conscious awareness so fully that it becomes part of your lived reality. It’s not just understanding with the mind, it’s manifesting and embodying it.

When we realize that every day is a dying day, we shift how we live. Then the question becomes, how do you want to live that dying day? How do you want to nurture it? How do you want to express yourself through it?

That’s why I appreciate your analogy about the body being a home. Because this is the home we dwell in. I know some scriptures address this topic. Namely: 1 Corinthians 6:19-20 that says,

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have

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received from God? Therefore, honor God with your bodies.”

This passage directly affirms the body as a temple, and how powerful is that last sentence? “Honor God with your bodies.” It highlights the responsibility one has in caring for it through reverence and honor, discipline, and self-examination. It supports my message that tending to the body is not just a spiritual act, but one of willingness to learn how every organ and mechanism within it functions and what its purpose is.

And here is another one: Romans 12:1

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God; this is your true and proper worship.”

This verse emphasizes the sacredness of living in and through the body. It speaks of presenting the body as a *living* offering, and that THAT is true worship! A form of “sacrifice” through conscious living, care, and devotion. All that entails intentional communication within.

Imagine the sacrifice of leaving your family, husband, and kids to walk the path of the great masters like Jesus. This is the kind of sacrifice the ascended masters knew. They put in the time and effort to connect with every cell and atom, which in turn connected to every dimension through the multiverse. But one

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must “*worship*” the vessel they dwell in to reach that capacity to surrender their possessions, beliefs, and ways that keep them disconnected. When you do this, you will understand better what sacrifice and worship mean in ways you cannot imagine. This is a paradigm shift.

This scripture reinforces my point that each day is both a dying day and a living one, so how we show up matters. Even THAT is literal. What is “matter” if not our manifested thoughts?

Both scriptures support a more profound message that the body is a sacred home through which the soul expresses, learns, experiences, and ultimately returns to its origin.

Asher Wright: Yeah, “The body is a temple,” that’s one of them. And a temple, like a home, is a structure you must maintain. You’ve got to upkeep it.

Andrea: You’ve got to nurture it. You’ve got to be responsible for it. And it’s okay to seek guidance from someone you trust, someone who has knowledge. But not to rely on them blindly. You go to them and say, “I’d like to learn what you know,” then make it your own. Not so you can hand over your power and become dependent. Because that kind of dependence can ultimately destroy you. Literally. (laughs)

Asher Wright: It’s interesting how we rely on doctors, who’ve never lived in our bodies, to tell us how to operate the very body we wake up in every day. We move through life in this body,

feeling it, experiencing it, yet we hand over authority to someone who only knows it from charts and textbooks.

A doctor might understand specific things, but they don't have the daily record of how your body is functioning. You do. You've lived in it. You know how it responds, how it feels when something's off. Still, we act like they know more than we do. We say and believe that they'll fix it, and when things go wrong, we blame them.

But the truth is, you are the doctor of your own body, if you're willing to take responsibility for it.

Andrea: Yes, you are, and that is the way people can become whole again. I want to point out your last comment, "but the truth is, you are your own doctor of your own body."

Hearing you say that made me want to explain the incarnation process, the best way I know how. It may lend another level of understanding to the origin of "choice." Meaning, where did this begin?

This is the way I understand the incarnation process. The incarnate process is the Soul entering physical form again, across time, space, and dimensions. It is both a descent into matter and a sacred opportunity to evolve through experience, to remember our origin, and ascend.

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Before incarnation, the Soul exists in a higher state of consciousness, free from density, limitations, and linear time. In this expanded state, the Soul reviews its evolutionary path and *chooses* to incarnate. Why? To experience duality, to understand contrast, to learn through experience and embodiment.

Many traditions describe this choice as a sacred contract or Soul agreement made between the Soul and all the lifetimes a soul experiences in the realms of Earth or other planetary systems.

The Soul *chooses* the family, the body, the environment, and the life themes it will encounter. As I've said, there is nothing frivolous in God. (smiling) God is intentional in every way, beyond all human understanding. When the Soul incarnates, it sets the stage for specific lessons, healing ancestral lines, or completing karmic cycles, or all the above. Souls may *choose* hardship, illness, or trauma, and not because they desire pain, but because these situations offer fertile ground for growth, forgiveness, or mastery, and pain can be one of the vehicles they choose to learn from. Are you seeing the power we have been given? The power of choice and free will is nothing to laugh about.

Sometimes Souls incarnate to assist others, to hold frequency, or to bring through new codes of consciousness. And personally, this is what I resonate with regarding Jesus and the codes he brought to the earth. To learn more about this term "Codes," you can refer to mystic teachings such as Keylontic Science.

But back to Jesus, He taught us how to connect with those parts of ourselves through His example. The words written in the bible, “follow me,” mean exactly that. If you followed, you would be witnessing and learning as a student. He did not say, worship me or glorify my name. That is not even the vibration of Jesus at that time in history. He carried the Christ consciousness. He mastered the ego realms.

Anyway, a key part of the incarnate process is forgetting. When the Soul enters the human body, it passes through what many traditions call the “veil of forgetfulness.” Also called spiritual amnesia. We forget who we truly are so that we may remember through experience. Through what?

Experience.

Everything is an experience. We *choose* the experience we want.

And forgetting is not a punishment; instead, it’s part of the awakening process. You can’t return to your wholeness if you never feel separate from it, right? As life unfolds, subtle hints, synchronicities, pain, joy, and relationships all begin to spark pieces of remembering, parts of self. How many times have you experienced synchronicities in your personal life?

Each incarnation can fragment the Soul, especially if the life experience includes trauma or betrayal. Parts of the Soul may detach or go into hiding as a protective or coping mechanism. I

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witness this among the surviving loved ones, and I see this happening outside of my work today.

A Soul's fragments can be recovered through inner work, meditation, dream states, deep presence, or practices like soul retrieval, where one reclaims lost pieces of self. This is part of what I described earlier. If you recognize yourselves in these words, that recognition is the moment of retrieval where a piece of you returns.

Then we have a multiplicity of incarnations where Souls don't incarnate in a straight line. Many traditions, particularly those of a metaphysical or esoteric nature, describe time as non-linear. So, your Soul may be incarnated in multiple places and times simultaneously. Learning and evolving through many expressions at once.

Some lifetimes may be on Earth. Others could be in other realms, star systems, and vibrational planes. This reminds me of my dearest friend, E'Ma. When he travels out into different realms, he can return to his body here and share his experiences with me. I love it!

This multiplicity explains why some people carry memories, affinities, or traumas that don't seem to "belong" to their current life.

And lastly, we have the completion and integration process. Eventually, after many incarnations, the Soul gathers enough

wisdom and self-awareness that it no longer needs to incarnate in the same way. It begins to integrate all its fragments, bringing them back into coherence. This is the path of ascension, enlightenment, or Soul liberation. Not the end of existence, but at this stage, a Soul may still *choose* to incarnate, but now from a place of service, mastery, or joy, and not necessity.

From this viewpoint, the choice is yours. It has always been up to you, even before you return. The question is, are you taking responsibility for them?

Asher Wright: Okay, that was a lot! So, here's a big question. If the body is the house, then who's the one living inside? We've talked around it a lot, but now it's time to put a resident in the house.

Andrea: The resident is the Soul.

Asher Wright: I don't think most people understand what that means. We call it the Soul, or energy, or breath. It has been described in many ways. But what is it? Okay, let me ask you this: if I were a little 8-year-old child, how would you explain the Soul to me?

Andrea: Actually, an 8-year-old could explain it to an adult better than I. Children are much more in touch with their souls. This is a very detailed question. It involves eternity, it involves the downward spiral, or another way to say it is, the descent into this dimension. It involves history. You know, there's this big

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bang theory where there was this massive explosion that came from this enormous ball of energy, and the sparks that came off in the blast are considered souls. That is how I've heard it.

I just did my best to explain the Soul's incarnating process before this question, so to sum it all up again, the Soul is a Presence that stretches into eternity. There are billions of sparks, like stars, known as unique individual Souls. The Soul is a conscious Being. It's individualized and eternal.

Asher Wright: You know, the 8-year-old me loves that. I also liked your analogy about the stars. It made me think that the Soul is like a star that has expanded. There was once a single, unified source that exploded outward into many sparks as an individual Soul. Different, but still made of the same original light. All these Souls are scattered, learning, and returning. But they all come from the same source. So yeah, it's interesting. I was thinking it's like our sun. Man!

Andrea: It's like our sun exploding. The sun in this one universe; however, there are multiple universes with multiple suns. And when we think about the size of our one universe, our brains cannot conceive of it. As I explained the Soul's incarnating process, there are multiple universes, and we can connect with and experience different versions of ourselves in these various realms. My dear friend, whom I mentioned already, does this.

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When I say, “we are immense,” I mean it literally. Our Being is not confined to this flesh and bones, to this life, or even this universe. We are vast, multidimensional, and eternal, which also means God is not limited to the pages of religious texts, nor can God be reduced to a finite entity.

If God is limited, then as a reflection, Souls will see themselves as limited. But that’s not my truth. God doesn’t just live in the Holy books. God is the book, expressed through multiple writers who were and continue to be embodiments of God, writing from their unique perspective within consciousness.

Goodness knows!

You or I could have been one of those authors in the Bible, and you and I could have walked with Jesus when He was on earth. Even the people you and I know today may have all been there too.

This is a good time to bring this lovely reminder from Marianne Williamson's

“A Return to Love”

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

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We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?'

Actually, who are you not to be? You are a child of God.

You playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others."

Can you imagine that she is a replica of God? And those words flowed out of her like a passage in a holy book that recognizes and embraces our light and potential to serve as an inspiration and liberation for others.

Who's to say she was or is now one of God's prophets on the earth today? We were all here before, and we are here now, and reconnecting. So, yeah, that's my take on the soul.

Asher Wright: Thank you for that. Here's a follow-up question. We might have touched on it before. When we leave the body behind, do we move out? Or do we move in?

Andrea: I love it. Both. You're moving out of the human form into another realm. You truly are. When the body is actively dying, the Soul knows it is moving on. And wherever the soul goes, it will be a place where it can reside vibrationally. It will enter a new place in a new body where it can consciously have more experiences.

Asher Wright: Let's tap into this real quick. Let's ask, who is dying? What is dying?

Is it the memory of that person that's dying, or is it the energy of that person that exists here? What's dying? Because I don't think people understand when we say we are dying every day.

Andrea: I don't think that the memory dies. I think it lives. It might fade and not be as prominent in the forefront of your mind, like physical memories stored in the brain, which also fade. I know mine has in the years I've been here. Our bodies decay, and our neurons no longer fire in the same way. So, in that sense, memory fades.

But there are deeper layers of memory that remain with the Soul, what some call morphogenetic memory. They're etched into the field and carried in our etheric body, passed through lifetimes, and even imprinted into the Earth itself. That's why someone

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can walk into a place and feel like they've been there before or meet someone and feel an instant sense of familiarity.

In my mind, memory doesn't die. I think it transforms in the same way the Soul does.

Now, for the first two questions, who is dying, and what is dying?

What dies? The form of the flesh and bones dies and transforms into dust. You must see this as nature, in its cycle of life. The body returns to the earth, and the earth continues to nourish the trees, and so on. The reality is, we call it death because we won't be able to touch them with our hands or see them with our eyes, so we think it's permanent. That idea of permanency is what scares people.

Another thing that dies is our identity, which goes with the body that turns to dust, and when that happens, the version of ourselves that we've clung to, such as our name, roles, and the story we believed was us. The ego self. And that's what I witness dying before someone takes their last breath.

When I say we're dying every day, I'm pointing to those micro-deaths. The old ways of thinking, believing, and reacting. I like that word "reacting" because it is literal. That is what we continually do. We are re-acting through our emotional body, instead of realizing and realigning with our divine intelligence. It's like peeling back layers. And every time some thought, or

belief dies, we get closer to what's real. This makes me want to die faster! (laughing) Just kidding.

But the energy of a person, their presence, their frequency, their “fragrance,” like you mentioned, Asher, that doesn't just vanish. It lingers. It's embedded in the fabric of everything it touched. And not just embedded into fabrics, but we can smell them if they bring a scent to us while at the office. Experiences like this don't die because the soul lives on. It's the Soul that carries imprints like wounds, memories of trauma, and belief patterns that haven't been resolved across lifetimes. But it doesn't die.

You can access the ability to connect with your loved ones by sitting quietly and sending your consciousness to that inner stillness. You've got to slow your breath down and breathe deep through your nose and out through your mouth. You must be intentional and focus on communicating. You can ask to hear them or sit quietly and let the silence guide you. The silence I speak of is Presence. It's in THAT silence that you can feel them, hear them, and sense them because your consciousness has entered a realm where communication happens beyond words and sounds. The kind I explained when merging with your lover.

I have a short story about accessing the ability to send your consciousness where you want, even while you're wide awake. When you do something like this, the first thing you must have is intention; then it's nice if you have a witness. My witness was E'Ma. He is the man I mentioned earlier—my dearest of friends.

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E'Ma and I lived in Hawai'i at the time, and his brother lived in Florida. His brother had passed away, so E'Ma decided to attend the funeral. I told E'Ma to give me the time and date of the funeral and that I would attend. He knew what I meant, and he also knew I could not be there physically. This is the relationship I have with him.

So, the day and time arrived, and I had to go to work that day, so I directed my subtle body to the funeral.

With my intention, I placed my focus in my heart center, then from there I traveled to the funeral. On my way, I noticed E'Ma in a car, and they were having trouble getting to the funeral. I thought they would be late. Eventually, I was standing at the funeral, and I intentionally stood to E'Ma's left. I saw his family, what they were wearing, and so on. I was Present.

When the day ended, I was able to talk with E'Ma and tell him what I saw. Here is where the witness comes into play. E'Ma said they were pulled over by the police in the car on the way to the funeral. That confirmed my insight that there was some delay. Then I shared with him what I saw, and what colors the people had on, including him, and that was confirmed. Then, E'Ma told me he felt me standing to his left without me telling him that. I think there are more details to this story, but my memory is fading. (laughing)

Anyway, I shared this with you to convey how immense we are. The moral of that story is that we can develop parts of ourselves if we set aside our beliefs and put down our phones, step away from the cameras, and explore more deeply. When one can do this, one will discover there is no such thing as death in the way they perceive death to be. It is not scary. You don't have to fear it.

Asher Wright: Here's what I wrote down. Form is not the goal. Form is not permanent. Form is dying, but the person you are is not.

We often believe that what we see, the physical form, is what dies. But form is not permanent. As we move and expand, we naturally change shape and form.

If form is what dies, and the person does not, then we must not get trapped in the illusion of permanence. Nothing stays the same. The body isn't meant to stay the same either. It's expanding, evolving, and going places.

Andrea: Well, to be clear, the person is not going places. (Laughing) Is it the body that's expanding, or is it the consciousness? Because we can see that the physical body, also known as the "person," is no longer breathing. You watch the professionals come in, and they take the body out of the house. So, the body is tangible, right? The way I explain it is that the human body is the vessel through which the consciousness

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experiences. It's the physical structure that allows us to move, feel, touch, and experience life in this dense dimension. It operates in time. It changes, ages, gets injured, heals, and grows.

It's brilliant in its design, but it has limitations, unable to expand in the context we're discussing. It's made of matter. And matter eventually returns to the earth. Consciousness, on the other hand, is not bound by time or form. It doesn't age. It doesn't die. Consciousness is there before the body takes shape, and what remains when the body is no longer needed.

You can think of the body as a sacred garment, and consciousness as the light wearing it. The body allows consciousness to taste life here. But it's not who we are. It's what we wear for now. Consciousness is the part that lives on, and the flesh and bones return to the earth.

Asher Wright: Can you share a story of how different people relate to their bodies in their final days?

This is a profound question for everyone to consider. Close your eyes and imagine your body as a rental space that you are borrowing. If you had to return it tomorrow, would you see it differently today?

That is a powerful question. How would you respond to that?

Andrea: Well, in my personal experiences, the stories of my people, who transitioned, I have not heard them speak about

their physical bodies unless they were aching or expressing discomfort in the moment.

They would share memories and their relationship with themselves or others. My clients didn't talk about their bodies.

Asher Wright: Hmm.

Andrea: They would express their deepest fears or talk about their regrets, memories of their life experiences.

If they were to close their eyes and imagine their body as a rental that they had to return it by tomorrow, would they see their body differently?

I mean, I can't answer that on their behalf, but coming from the bedside of many who transitioned, I find most people near death regret hurting others or holding back outward expressions of love out of fear of rejection. They carry revenge, or they fear punishment or pain. If your body were a rental that needed to be returned tomorrow, would that make you more mindful of how you treat others? What "*out there*" have you adopted that caused you to separate yourself from Source?

Here's a Rumi quote that resonates with me and aligns with what I'm talking about. It goes like this: "Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it."

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— Rumi

This quote goes to the heart of inner work. It reminds you that love is not something outside of yourself to chase. It's already present, waiting to be experienced once we remove all those walls we've built around ourselves. Like fear of judgment, guilt, trauma, pride, shame, and many more.

Asher Wright: Hmm.

Andrea: Why can't we just break down the armor we've built around ourselves? We're depriving ourselves. Why can't we experience everything... and call it love? We created the idea that pain has nothing to do with love. We live in a very incoherent way. We either want this, or we want that. And if we want one, we reject the other. We've fragmented ourselves.

But what if we could put it all together and say, it's all love. And it's okay. If you experience pain, it's okay. It's something that allows you to grow.

How does a lotus flower grow? It rises out of the mud. Most things suffocate in the mud, but not the lotus. Are we going to call the mud evil? No.

Does the lotus have consciousness? Yes.

Does the mud have consciousness? Yes.

Is it evil? No. It's beautiful.

So why can't humans put themselves back together under Love?

It's okay to feel pain.

This body will be left behind. You'll be free. You'll be expansive. Remember what I shared earlier, about my client who sat up, with horror gushing out of her eyes. She said, "I'm dying!" What I heard was, "I'm so scared!" That vibration was so low. Very low.

But it was her experience. She chose it.

Every time I offered her the opportunity to have those hard conversations, she refused. And the medications she took for more than half her life created even more of a separation from her Divine Source. Between her fear and medications, they kept her from living with higher awareness.

Asher Wright: Hmm... I wrote something down while you were talking. It's about the experience we bring into ourselves, how the Soul takes on the body, and then, within that body, takes on different experiences.

Each experience carries a different energy, and those energies age us in different ways. For example, someone who chooses to live with love, optimism, or lightness might age differently than someone who carries pessimism or heaviness.

It made me think, what if the way we age, even the way we die, is shaped by the energies we choose to embody? In a sense,

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taking on a body is about embracing a set of experiences, and those experiences shape how we live and how we leave. What are your thoughts on that?

Andrea: Yes. Asher, the way you worded that makes it look like taking on a body automatically gives you a set of experiences, leaving the most important part out of the equation—your choice to take on a set of experiences. Yes, the experiences shape how you live, but more importantly, the experiences are the results of the choices you make, including your return to this Earthly plane.

If I were to explain what motivates someone to choose something unhealthy, I would say that the ego plays a significant role. However, to take it a step further, if we examine the Soul's incarnation process, it is a choice made before they incarnate. This is why it's essential not to assign blame and maintain that vibration. This is the third dimension where duality and ego are. And yes, it is all God's creation, but we must remember we were given FREE WILL. That is the bridge from the ego to Self-awareness.

Is this starting to make some sense?

Those who choose to give their trust over to religion, leaders, doctors, etc., are choosing to disregard their divine source. And I'm not saying this in a derogatory way, people are not thinking about life in this way, that's all.

I made very poor choices that put me on my deathbed. What did that do for me? Where was my Soul at that moment that I was making those harmful choices? Was I in alignment? Was I taking the time to listen to what my SOUL was saying? I could almost hear the whispers saying, “Oh, no, Andrea, that's a red flag.”

I'm like, “Yeah, yeah, I got it” And I went ahead and made the choices. I was listening to my ego. Somewhere off to the side, aware of it all, yet not fully aligned with any of it because I chose not to be.

Did it help me expand? Yes, it did. It helped, but not until I experienced coming into alignment. I had to recognize that I was not in alignment. That was also painful because the ego doesn't like it when you abandon it. I remembered my Soul trying to guide me by showing me red flags.

I faced the consequences and now I'm taking responsibility.

Asher Wright: It's like remembering when you missed the turn. I remember you telling me.

Andrea: Yes. And do you remember when I told you about Erwin? He lived to be 103 years old. This man made it into the Guinness Book of World Records as the oldest track runner ever to live. He died so peacefully. I never had to administer any medications. He wasn't on any. In fact, no hospice was involved. No comfort drugs at all.

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However, my other client, who was in horror, was addicted. She had a pharmaceutical drug addiction. This is what doctors are giving their patients. It's supposed to help them, but it's not helping them. It's slowly killing them by creating a dependence on the drug, a dependence on the doctor, because without you, they don't get paid.

That's when the real death happens! When you get so far away from your source, so disconnected from your innate intelligence.

THAT'S real death!

Asher Wright: Okay, now we're talking! That is the answer. The answer is that's what death is: a disconnect from God's source. That's the dying process.

The further you are from it, the more you die.

The more death feels like death. The closer you get, the more alive you are. It's like being plugged into electricity. If there is low current flowing through, you feel tired and weak. You plug back in and bing!

There you go. Right?

Andrea: I like that, "Bing!" It's true.

Asher Wright: Okay. This was a beautiful wrap-up.

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Asher Wright: Andrea, the journey without footsteps. What does that mean to you?

Andrea: Oh. I wanted to hear what you had to say. You said, “What does that even *mean* to you?” And I was going to ask you, how does that make you *feel*?

Asher Wright: Okay, when I think about the journey without footsteps, you know, I’m a dreamer, Andrea. I enjoy dreaming of my astral travel moments, my outer-body experiences, when I’m just me, flying, floating, and moving without the weight of my physical body. Every time I think of that, it puts me in different states. I always think about what life will be like when I no longer have to walk the physical path.

That I can *Be* the path; I would love to know what that feels like. For now, I only feel it in my dreams. That’s the only place I experienced it.

Andrea: You want to feel it here; you already feel it in your dreams.

Asher Wright: Yes, what does that feel like?

Andrea: Oh, Asher, I love it when you said you want to Be the path. I had an experience when I became water. It was the most extraordinary experience I’ve ever had!

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Anyway, to say “astral travel” tells me you consciously experienced that subtle body. What that means is that you experienced traveling weightless and free. In my eyes, this doesn’t mean you’re a dreamer as if it were a fantasy. What happened was real, and you were able to articulate it to some extent.

I mentioned earlier that we can live simultaneously in other dimensions in these bodies. We have an astral body, a soul, an over soul, an avatar, a spirit, and they are all ours! And they are alive, and they are having experiences. But because they are invisible here, they don’t leave footsteps. They’re in other realms, they are not leaving any footsteps, but they are real. Just because we don’t see the footsteps doesn’t mean they are not there or not real. Essentially, the journey without footsteps speaks to the kind of movement that happens deep within the heart of the Soul, leaving no physical trail. Feelings don’t leave footprints for the eyes to see; they are for the heart to interpret.

Asher Wright: Death is described as a journey, but to where? And if the Soul is formless, why do we imagine it as walking? You have guided people to the edge, Andrea, but never beyond, I’m not sure. You’ve felt the shift, that moment someone stopped being here and started being elsewhere.

Andrea: Yes, yes. I have felt the shift. We imagine the Soul as walking because its inside the physical body. No part of us is disconnected from our Origin, not even our physical body.

Asher Wright: But what is elsewhere?

Andrea: It's the different planes I've been talking about. I do try to help my clients. Just as they are exhaling their final breath, I'm simultaneously in what I would call the first plane, and maybe just beyond that.

The first plane is still within the earthly realm, but I can take them just beyond that veil I mentioned. It's where the Soul begins to loosen its grip on the body and starts to shift toward the next dimension.

By the way, the soul ***naturally releases the body.*** So once again, here is another reason not to fear letting go.

Anyway, I can be there with them, which, to the naked eye, looks like I'm here in this physical earthly plane. I don't know how to articulate what I'm experiencing when I travel the short distance with them, other than to say I have developed my subtle body enough to move into it and take my clients just beyond this dimension.

As far as I'm aware, I don't get to continue onto the higher realms with them. However, I do guide them out.

Who am I to guide them, right? What makes me so special to travel through the veil with them? Well, I'm not special. But I do see it as a sacred privilege. I see it as an honor. I see it as a responsibility, and it's not something I take for granted.

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And who am I? I'm just the gal that understands what's happening. It's my passion, it's more than a calling to me. It's more than a mission. It's who I Am. And in that, I am fully present with my clients.

I Am Present.

But I'll tell you something, my last client - I knew I wouldn't be there when she made her transition, and it turns out I wasn't. I told my caregiver that our client would take her last breath while she was there. I went home, took a shower, and then made myself something to eat when I received the call.

The family was panicking. They wanted permission to give her more morphine. I was evaluating the situation over the phone, trying to calm them down. I asked my caregiver what was happening. She said, "She's starting to open her eyes." I said, "I'm on my way."

But she took her last breath before I arrived. I know there was a reason for that. Her vibration was too low. I felt it throughout her final days. I wouldn't have been able to take her anywhere, unlike some of my other clients.

The same thing happened with my ALS patient. She had this deep fear of drowning, and that fear manifested for her. I went home. Got the call. The nurse was panicking, and I was troubleshooting the vent and the situation with her over the

phone, but the whole time, I felt my client in the background drowning. By the time I arrived, she had already left.

Over the years, I've noticed a pattern. I saw a common thread between those who lived without fear and those who lived in fear. Those who lived fearfully were the ones who suffered more because they became numb to their natural understanding of who they were beyond the physical body. To me, that's true death. Not the body shutting down, but the inability to feel and understand oneself on a deep level.

But then there are others... Like the man I told you about. His soul left, then came back in. He opened his eyes. No voice, but I knew what he was saying. The wife adjusted the equipment. He looked over at her and his son. I could hear him speak without words, saying "Thank you. I love you." Then he looked back at me and blinked his two eyes to say thank you, and he left peacefully.

So yes, I can help some go beyond this plane. But I've realized it depends on a few things like frequency, Soul contracts, and how deep their fear runs. What I can say is, if the Soul is willing and the heart is open, I can go with them just beyond the third dimension. Not all the way, but far enough for them to feel safe before they meet their guides on the other side.

Asher Wright: Is there a specific person or group of people you're contracted to assist in transitioning? Is that something

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the universe says, “Andrea, I’m sending you there to do this work and assigning these people to you?” “You have to take them on their journey.”

Andrea: Here's the thing, when I use that word, “Universe,” I’m talking about the creator of it, the whole of all that is. The universe isn't telling me anything or sending me anything. The universe is literally within me, and it responds to me.

Yes, I have contracts, just like you and every other living being on the planet. This is the soul’s knowing! This is you if you stay in harmony with what your soul is trying to tell you and simply listen. Because we say to that voice inside, or that gut feeling, “I don't want to hear it.” “I'm going to go and do this anyway,” and we go ahead, suffering for it.

It is vital that we stay connected. Our well-being depends on it. There is no outside entity dictating or telling us what to do. We are the ones; we are the voice of God's source. We are conscious beings. We do have soul contracts, and we can choose to sever them by saying, “I'm not doing that, I choose not to fulfill the contract.” “I'm going here, or there.” We have that right, we’ve been given free will, and we can choose. With every choice comes a consequence—end of story.

Asher Wright: Hmm, okay, so let's move this further. So many who have near-death experiences describe a tunnel, a light, a

vast open space, some describe being greeted, while others describe a peace that feels like returning home.

Yet we call it a journey. A going, a leaving, a traveling. But why, if the soul is never bound by space, then what is moving?

Andrea: O.K., let me see if I can address each part. What we hear from others who have had near-death experiences must hold validity. That's just what I feel. I never want to disregard what someone says their experience is.

The soul, as I've explained, is a part of the whole that we are as individuals. That said, this question makes it seem like we're calling something a journey without knowing what that something is. Clearly, when the flesh and bones of a body are deteriorating, the soul exits the body, and yes, it moves. It is living consciousness. Does it have a form when it exits? No, but does it take on any other form later? Only that soul knows. Only the soul chooses, not the universe, not someone else, just that individual soul.

People call it a journey because that's the language our human mind understands, but I say it's a continuum. And it's real. It's more of an experience than a journey. "Journey" might be a little poetic for me.

Asher Wright: (Laughing) I agree.

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Most of us experience life through motion, and we must use motion as a reference point because you can't explain something without referring to it.

It's interesting that we're having this conversation, thinking we're talking about the thing itself, but we're only discussing a reference point. The actual thing is unexplainable. We use reference points to help us understand, but we're never truly describing the thing itself, such as God, for example.

We don't typically discuss God directly. We talk about a reference point to God that helps us make sense of reality. But God, in truth, can't be explained. If God were explainable, it wouldn't be God. What's undefinable can be anything, do anything. So, all we're doing is using reference points to discuss what we can't fully understand.

Andrea: That is spot on, Asher! The “unexplainable, so we provide references.” I appreciate what you just said. The flip side of that perspective is that God is not a “concept” to be explained by using reference points. Just like we know our largest organ is our skin, so it is we know God. I'm saying we can know God if we return to our innate “knowing.”

Many see and experience structure, levels, plateaus, tangible and intangible aspects that are all God's making. And I suppose the mystery of God lies in this: if we can say it's all God's making and we are part of it, then why not say we know God and God

knows us? And if that's our reference point, then you have a good point, Asher! (Laughing)

We only hear that God knows us, but what about knowing God? And please don't take my word for anything, because that would nullify everything we're talking about. If you say you are a fragment of God, or you're godlike, or you're God, and you have divine power, the ego does not want you to believe that. The ego wants you to believe you're nothing but a speck of dirt. You are limited.

I'm saying, we have a choice. Do we want to listen to that?

Ego will tell us that we are wrong to say we are anything powerful, expansive, or limitless. The ego is limited. It is structured. It does not know anything outside of its realm. It has duality in it. It'd be sure to keep us in that place. Please don't take my word for anything I say, instead let what I'm saying be what catapults you or stirs your curiosity so much you can't take it anymore, and you begin your own inner work.

These are just my personal experiences I'm sharing with you.

What is my motive?

My motive is to remove fear from your life, so that you can thrive as a Being! To be Present and connected to your innate, complex, divine, intelligent Source. To be radiating with purpose. So, you're not afraid to see your loved one transition. Instead, you

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can have a better experience with them. A more Present, calm, and clear experience.

Anyway, my last client was anxious, which spread to the rest of the family. They wanted her to die quickly because they knew she was suffering. They were projecting their angst, and she was scared, and everybody mirrored those emotions. The fear seeped into everyone else's psyche and took over.

I was not in the room at that moment. I was driving to her as she took her last breath. And when I walked into that room, the air and atmosphere were thick. I entered, choosing my presence. I decided to come in with a sense of joy, knowing that the soul I love is free from her suffering.

I went inside. I said, "Aw, she left," and the family looked at me and asked, "What?" in disbelief. I said, "Um... didn't you hear her take her last breath?" Oh, they were so out of it

Asher Wright: You know, I imagined you walking into the room so calm, so smooth... and say, "Oh, she left." And everyone, in their mind, couldn't grasp your connection to the moment. They don't understand what it is.

Andrea, you're a unique kind of person. To enter that energy, that space where people are filled with so much fear, and to do so calmly, is extraordinary. People just don't understand.

Andrea: Aw, Asher, thank you. But really, it was vital that I remain Present and hold space for them all, including my client who departed.

I went up to her, kissed her forehead, and thanked her for the time we had. I did what comes very naturally to me. I can feel her soul hovering by. I knew where she was in the room. She was hanging out with us.

We didn't have to close her eyes, so I said, "Let's just close her mouth and prepare her for pickup." It lightened the room, where everybody took a deep inhale and exhaled a calm breath. I was able to move the energy. You know... just moving the energy...

Let's go (moving the energy). It was 30 minutes before the new year when she took her last breath. By the time we finished getting the body ready for pickup, it was midnight. Then her husband said, "Let's toast to her." She likes tequila, so we poured shots and toasted her.

So, I don't know, we got into that whole thing about the journey and traveling...

Asher Wright: But here's something I want to point out. You said you start moving energy.

Andrea: Yes, we do. Literally

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Asher Wright: So, I imagine you in the room, in a space where not many people know how to move energy. And they can't see it, but you can. You're directing the energy out of the room. Moving the energy, you're a different kind of human being, I'm just saying. (Laughing)

Andrea: You do the same thing, though. Who doesn't do that? Do you not realize that's what you're doing?

Asher Wright: I just realized what that is when you were saying it.

Andrea: Yes, yes, everybody moves energy because we are all energy Beings in form. When we enter a room, our energy begins to mingle with the rest of the energy, and when we sense something is not right, we move our bodies, which in turn moves the energy. We can gently move it out and recreate it.

We are constantly creating. Our Presence is a creation that ripples out, and that ripple is creating and perpetuating whatever our vibration is. Our vessel has energy that flows in and back out, repeatedly. All energy has a frequency, and the frequencies are what we choose.

Asher Wright: Hm, a story comes to mind where you're driving on the street, and your passing a bunch of trees, you see them but you're not taking them in. Then there's a particular tree that you like, maybe it's blooming and bright, and you see it and you instantly trapped that energy inside you. You hold it inside

of you longer, like in and out, but that one tree, you want to hold it in a little longer.

Andrea: Oh, you're taking me down memory lane. I'm driving through Tantalus, Hon.Hi. There's this bright yellow tree that stands out in the woods. It stands alone, as bright as ever, and it takes my breath away! It stops me in my tracks. In awe, I say, "OH, WHAT GLORY!" "Thank you!"

Asher Wright: This is the last thought. Can you share the subtle moment when you felt someone leave, the shift that is invisible but unmistakable?

Andrea: O.K., immediately, my Uncle Vic came in! In 2000, I was training for my first and only bodybuilding show, and my Uncle Vic had planned to be there. It meant a lot to me, but he got sick and was hospitalized. One day, while I was driving, I felt him leave. I wasn't meditating or in a quiet moment; it just came over me, a strong, clear feeling that he was saying goodbye.

About one to three minutes later, my phone rang. It was my family calling to say he had just died. But I already knew. The moment I felt that shift, I knew it was him. It was subtle, but unmistakable.

Even now, when you asked this question, he came in immediately. That's how I know my intuition is accurate and real. I've learned to trust it. I didn't hear his voice. I just felt him say goodbye, letting me know he would not be physically sitting

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in the audience. I dedicated the show to him. I've had many moments like this. My intuition has always been high. I always feel what's true.

Asher Wright: Confirmation.

Andrea: How do people feel more than hear? It happens right in this area. (rubbing my heart) It's between the heart center and solar plexus area. This is the area where, if we're intentional and quiet, we can feel it. It will be a feeling more than a hearing, and then we will be able to put it into words once we understand it.

Like I said, I wasn't in meditation, and I didn't send my consciousness to visit him in the hospital that day.

Asher Wright: He came to you...

Andrea: He came in because I remember being in motion myself, doing what I had to do that day. He came in, kissed me, and said goodbye. The kiss carried a message that he wouldn't be at my show. I said, "OK, I love you," and thanked him.

Asher Wright: Some people might panic. Only certain people are chosen, meaning the chosen ones will get and understand the message. However, someone else might freak out.

Andrea: Maybe the people who would freak out are out of touch with their sense of feeling, or out of touch with their intuition.

Asher Wright: Hm... there are a lot of us in the world

Andrea: If you're in tune, aligned, connected, or whatever you want to call it, you won't freak out because you know you are all these things and more. It is written in the book of wisdom, also known as the Holy Bible, that Jesus said we will do these things and more.

I am no saint walking on water here! There is so much to learn, it is never-ending. It's eternity. Be at peace with understanding that you have time. There's this tiny little speck of sand that humans call "time." Time doesn't exist in the celestial realms.

We have plenty of time to create and learn about ourselves. If we live fully in each moment every day, we wouldn't feel like time is lost; instead, we'd be busy creating experiences and learning how to develop those parts of ourselves.

I've seen this martial artist use his hand, breath, and intention to produce heat from his palm, which he then uses to ignite a piece of paper. We are fire! We embody every element and more. Let's harness it! Let's develop it. Let's eliminate the fear that we don't have enough time.

Asher Wright: You said Jesus walked on water and taught us all these incredible things. I would conclude by saying that we can all achieve amazing things if we connect with what you discussed, being in alignment.

Sometimes I feel powerful, and at other times, I don't feel anything. Sometimes, the energy is flowing correctly. Other

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times, I feel so confused, so distorted that I can't gather the energy to hold this properly.

I can tell when I'm misaligned. I can tell when I'm aligned because I can feel the force. I can bear this thing, I can project this thing, but as a man. I'm a bit frazzled. So, I appreciate the wisdom here today.

Andrea: Here's the key. You're working on it, you're developing as opposed to running from it, avoiding it, and choosing something different. That's the key.

Because you do have a choice to do something with how you feel.

I would encourage you and everyone else, when experiencing the symptoms you shared, Asher, to start with your biological body. Feeling frazzled and confused, distorted and such, we cannot leave our health behind. Our health is the foundation of our abilities.

We cannot access those higher realms without our cells humming. Look into your symptoms, I'm saying. Ask about your hormones and which foods may irritate your gut. Coming from a personal trainer, nutrition coach, and caregiver's mentality, I fell short here. I had to empty my cup, so to speak. Everything I had learned, I had to let go of and relearn.

When I talk about God, the metaphysical, etheric, mystical, energetic, and subtle bodies, all are interconnected with the

biological body. That's why I provided details about the many systems that make up our human biology and more.

And don't be confused about being in alignment or not. When your energy feels disconnected or you feel disempowered, lacking motivation, and things aren't working the way you want them to, that could be your Soul encouraging you to explore your symptoms further. Your Soul wants you to examine where this disempowerment originates so you can heal carefully.

The feeling of being disempowered can be attributed to factors such as high cortisol levels, low metabolism, and similar issues. The bottom line is that when you're not feeling so good, it doesn't always mean you're not in alignment. The fact that you are working to develop and find parts of yourself is the act of being in alignment.

It's essential to approach the energy as if it were a stranger, rather than approaching it with a fighting attitude. Come with curiosity and a deep desire to know more. Ask if it's your ego, ask what the energy is trying to tell you. Learn what it is you need to learn. Recognize when you're not feeling so strong and always ask why. Having this communication is having a conversation with oneself. Self is God-like. Self is God's source; it's a portion of God.

Oh, many will say, "That's evil, don't think that."

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Asher Wright: There is an acronym for Self. Significant Energy Life Force.

Andrea: Ooo, that's beautiful. It's better than God Source. We're trying to encourage people not to limit themselves. If the grandest word is God, and it's the word that can describe the highest level of consciousness, then that's what we use. But I love: Significant. Energy. Life. Force.

You will be shown if you're seriously seeking. Be diligent with your well-being. And this is not a pep talk filled with rah-rah and pom-poms. Every cell in your body is listening. There are amazing biologists who have left a legacy for all of us to learn from. For me, it was Dr. Ray Peat. His work had a direct impact on what I know today and how I was able to heal my health issues. Look him up.

Asher Wright: So earlier, we were talking about your siblings and parents. We discussed your patients, your grandmother, and your history. I would love to learn more. I think everyone would probably want to know about Andrea. Tell me more.

Andrea: When I was a young lady, I took care of my grandma—my Mexican grandma, my mama's mom. I didn't get to know my Italian grandparents, my dad's parents, because when they came to stay with us in Hawaii, they could hardly speak English.

My Mexican grandmother was alone. She didn't have anybody. Her husband was gone by the time I was born. My grandmother was diagnosed with glaucoma, and she was deemed legally blind. I took care of her, and for me, it was a very natural thing to do. She was somebody that I felt compassion for, regardless of the beatings she gave me, I just wanted to be with her.

Later, as I grew older, I had a neighbor named Ben Delpozo, a Mexican man. We lived in an apartment complex, and our doors were separated by a single brick wall. I don't remember how I became friends with him, but I did. He was bedridden, so I would visit him every day because I wanted to take care of him since he couldn't get out of bed. He had a catheter and a colostomy bag. He also needed to be fed.

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I remember he had a drumstick with a rubber tip at the end, and he would hold it in his mouth. He could hardly talk. He'd say, "Let me have the stick," and he'd ask for his Bible. He would put the stick in his lips and turn the pages with it. He had no hand movement, no bodily functions, so I would feed him. I'd cook for him, feed him, and change him. I never gave it any thought; it was just natural to do that for him. He was my neighbor.

Asher Wright: Wait, wait! Wait, let's jump in here quickly. You just sparked something for me! This man couldn't move, but he could see. He loved reading. He was reading his Bible.

Andrea: Well, there was nothing else for him to do but watch TV. If he rarely had any company. He had no way to get up and do anything for himself. He was totally dependent on others for feeding and cooking. If nobody did that, he'd lie in the bed and starve till he died.

Asher Wright: I want to mention, I'm a big fan of my great-grandmother. I didn't know my grandmother very well because she left Jamaica when I was young and moved to America. However, I grew up with my great-grandmother, who was partially blind, just like yours. She could only see short distances, so she stayed close to home.

Andrea: Right, right.

Asher Wright: Interestingly, you say you had that special bond with your grandmother, because I had that with mine. I would say this... (pausing)

Andrea: What do you remember the most?

Asher Wright: Oh, this is so cool, because my youngest version of myself is with her. I could see myself sitting at her place on this little bench. I was young, and she read the Bible to me. I can see that little area out back right now. I was less than 10 years old, give or take. I can remember her being around. It's always special to think back on her. Hmm!

Andrea: Oh, so now I understand why you stopped me when I said my neighbor would read his bible. It made you think of her. I was trying to understand why you mentioned her.

Can you hear her voice, or did she have a distinct smell that you can remember? Or do you have a distinct memory of something she said, or gave you, or something she did that you never forgot?

Asher Wright: Oh! Well, I'm trying to remember the words now. She used to call me Asha, but she told me that God promised her that she would be a healer. She does some healing work. Something I remember from my childhood is that she would say, "Find this person so I can pray for them." Sometimes I didn't listen, but then I heard that the person she had asked me

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to find had passed away. She would tell me, “That person was sick.” She wanted to pray for them.

But how did she know that? She wasn't leaving her house. This woman has a special kind of connection that always fascinates me. She used to detect spiritually. She used to pray constantly, day and night. She called everybody by name. She's a praying lady, so spiritually she was my hero.

Andrea: Yeah, she was a prayer warrior. My mom was a prayer warrior. Not anymore.

My grandma, I would see her holding her rosary beads, praying one bead at a time. She kept her rosary under her pillow. I'm one of six children. I'm the third born, and as I got older and had my own children, I remember standing on the front porch at my dad's house. My dad told me that out of all his children, I was the one who scared him the most. I asked, “What do you mean, why?” and he replied, “Well, I'll never forget it. You were a little girl, you walked up to me, pointed your finger, and said, Daddy, if I make a decision to do something, it is because I'm willing to face the consequences.”

He didn't know what child he was looking at. He said I scared the living daylights out of him. And it's true, I was that kind of kid

My mother was an interesting woman to me. And I'm saying "was" because she has dementia now, so all that she used to do, she no longer does.

When I was about 8, if I heard my mom say something I thought was negative, I would say to her, "Mom, life is what you make it." Coming out of an 8-year-old's mouth. I said some very profound things, and it's not like I heard anybody talk like that around me. I really understood life to be as such. It was the innocence. I think innocence carries wisdom. Our innocence IS wisdom.

We briefly discussed the origin of wisdom. If we can look back beyond this time and this embodiment to examine our soul and past incarnations, we will find a great deal of wisdom.

I was the child who loved my mom and dad. I cherished them. I wanted to make them so happy. I came out of the womb that way. I lived to make my mom and dad happy. I enjoyed giving to them, A LOT!

They laid down the law, and the rule was that if one child did something wrong, all the children got the belt.

Asher Wright: Hmm.

Andrea: That wasn't very fair because I usually didn't do anything wrong. I was the child who took my parents' rules seriously. But when we'd get hit with the belt, one at a time, we

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would eventually end up crying together and bouncing around like little hot beans. My sisters would say, “I hate mom,” repeatedly, and it hurt me more than the darn belt! I would get so hurt, and I would say, “No, no!” It would hurt me to hear those words.

I would scream. “No, no, you don't say that!” “It's our fault!” I understood what the rules meant. One person does one thing wrong, and the others get it, too. I didn't do anything wrong, but I didn't like the word “hate.”

I didn't understand why they said it. You know, “I hate Mom. I hate Mom!”

“No, no, you don't! You don't ever say such a thing, because we know the rules!”

Asher Wright: It seems like you developed a lot of emotional discipline at a young age. You could control your reactions and emotions, whereas others couldn't. They just react to what's happening.

But you were able to discern that, which is good. And it seems like it plays out your whole life. Where your sisters process the energy differently than you, because you understand energy a little bit more.

Andrea: What do you call it? Responsibility. Being a responsible human being means exactly that. You need to

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remember, you're the one creating with your thoughts, and you don't even realize it as a baby or a child. You have to take responsibility for those things at some point. All the times you were saying you hate... that is no joke. Not to me.

I do want to back up because I just remembered something about closure. If you're living your life responsibly. There is no need for closure.

The closure thing, I recently watched this documentary where tragedy happens, and it's unexpected, like maybe a school shooting. Or a missing child, or even a missing person, and you're looking for them, but you never find them. Twenty years go by, and you always think of them. I think when people are experiencing that sort of trauma, they feel that if they could just know where their loved one is, or what happened to them, then that would give them closure. So, in that context, I understand.

But when we're living normal lives and going through dating, school, then graduating and parting ways, there's no need for closure. You date someone, and they hurt or offend you in some way. They never apologize. As the person who's been hurt, there's no reason to go back or seek closure. Saying things like, "They ghosted me," "They just disappeared," or "They cut me out of their life and never came back," or "I couldn't reach them," is common. Saying "I need some closure," in that case, you don't. Closure is part of everyday life.

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Understanding yourself and being self-aware is akin to examining yourself daily. Check if you were kind, attentive, affectionate, caring, and respectful. Did you have a great time? The main thing you need to do each day is to check yourself. You can keep a checklist and review it daily.

Yep, I was that I was that I was that.... I did that. I did that. Yes, that's right. I did that.

There's no sense of closure, no need.

I loved watching this one guy. I sent it to you. I think he's from Jamaica. He has that accent. He said, "If I punch you, you're not feeling my hand." "You're feeling the pain from the punch." And basically, his analogy about love is that the person you're making love to is not the one you're feeling; you're feeling what's coming out of you.

He wants people to understand. If a relationship splits up, it was you experiencing yourself in the energy of love. That's you having an outward expression.

I understood at a young age that when you're merging with another soul naked and coming together, you're in it. It was me making love to myself. I understood that whatever I was doing, it was me feeling what was coming out of me. I was the one experiencing this.

If I wanted a certain experience, I would give it to him. I would be having that experience because it would be coming out of me and giving it to him? Does this make sense?

Asher Wright: Oh, it makes a lot of sense.

Andrea: In this context, you're never going to walk away with regrets. You're giving and having this experience that you want to have. That's all of life. Who knows, maybe that golden rule, do unto others as you would have them do to you, came from that vein of wisdom.

Asher Wright: You know the reason why this is so deep. Because what you feel depends on your level. That person is having their feeling. You're having yours. It depends on what's in you.

Your experience is about you, and inside of you. I'm making love to this person, but I had some past trauma, which tainted the experience I'm having right now. That's the experience I'm going to have. If in my mind I'm thinking about the time I was raped, I'm reliving it while I'm making love. I'm experiencing that, even though the person I'm with is loving, the passion is all there.

But my experience of it is all I feel about myself at that moment. This makes a lot of sense. She's always experiencing you. Yeah.

Andrea: Well, Asher, "she" is not experiencing you, like you just said. And if you're reliving a bad experience while merging

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naked with another, this is something psychological. The timing in that scenario is off.

What I am saying is, you're experiencing yourself. Meaning, whatever your feeling is your experience. Whatever she is feeling is her experience. Can those two feelings be the same? Maybe, but to think they are will cause you to detour away from your origin of love. Meaning, you would be assuming something that can set you up for disappointment later.

You cannot experience love outside yourself. It's in you. It's of you. Whatever comes out of you is of you, and you are the only one to feel what you are feeling. You are sharing it, but you're the only one feeling what's coming out of you. She is feeling what's coming out of herself, and what you feel is also called your experience. You cannot own or take responsibility for what she is feeling, nor can she with you.

In the end, when you're on your deathbed, there are no regrets, and there's no need for closure. There's none of that, because you lived your life in love as love.

Asher Wright: Everything to your own capacity and ability

Andrea: Yes, that's accurate, but that's not to limit consciousness by thinking, "Oh, well, I'm not capable of doing that." That is selling your soul short type shit. Stop it!

Asher Wright: Mm...

Andrea: Don't. It means, if I don't know what my capacity is, I'm willing to go in and out, go back in, go back out...you know, here's the thing. It's an exploration within, then an outward expression that provides an experience.

And all that, you're capable of. You bring it out and express it, then experience it.

You have an E.E.E happening. Explore, express, experience

Asher Wright: The triple “e” moment. Okay, let's move on to the follow-up question. I would like to discuss the final gift and death. Now, does death take, or does it give?

That's a big question, and the follow-up is, if dying leaves gifts, why do we spend so much time grieving what was lost instead of receiving what was given?

And I think it's tied to your triple E just now.

Andrea: Yeah, we touched on these things.

Does death take, or does it give?

I don't like that word, “take,” and I think I mentioned why already. However, to answer this question as it stands, I say that death gives. It does not take.

Inherently, death ushers in new perspectives and profound revelations about your mortality. Death and dying bestow gifts,

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or they don't. It depends on the individual's perspective and maturity in life. It's again, what are they capable of exploring? And I'm not sure about that word "capable" because we are all "capable."

I am trying to find a scenario in my mind that would render me incapable of exploring.

Asher Wright: Awareness. I think if you're not aware of certain things - I'm going to tie this in quick. If you don't mind.

Andrea: Yes.

Asher Wright: I was talking to a friend earlier about how, in Jamaica, there are a lot of spiritual practices, like voodoo and other traditions. People there are aware of it and notice it. If you've never seen or heard of these things, they're simply not in your awareness, so you won't recognize them. Here in America, you see that many people are unaware of certain spiritual aspects that other cultures are familiar with. Because they don't understand or believe in them, they are not affected by them. Their capability, in a sense, is limited; they're like spiritual beginners. Meanwhile, others are expanding and noticing more. As you said, Andrea, you can see energy, you can see spirit.

Andrea: Yes.

Asher Wright: If I'm not aware of that, I'll never see it. I've been in my cocoon my whole life, not knowing these things exist,

not believing in them. Therefore, never encountering them. I could spend my entire life that way. But once I become aware, things change.

I recall that back in Jamaica when I first noticed the spiritual atmosphere. I can feel it, like a shift, even in my body, the back of my neck, and my head. I recognize it because now I'm aware.

I was telling her that, based on culture, if you were never taught about these things, you wouldn't see them.

Andrea: Asher, you have a few points here that I'd like to address. Spiritual, cultural practices and beliefs, awareness, and capabilities. Addressing belief. In Jamaica, voodoo is a practice. Some people in Jamaica believe in that, and some don't. And even those who believe in it may not practice it. That's one thing.

Secondly, addressing capabilities. The people in America may not be aware of other cultural practices, but that does not mean they are unaware of their own capabilities. It is true that some people are not affected by others' cultural and spiritual practices, but that does not mean they are unaware of them. Talk about clarity. It is important to remain clear. For example, someone's capabilities are not limited if they are not aware of a spiritual practice. That is not what makes them capable; everyone is capable of expanding or learning something new.

But if someone is beginning to learn about spiritual teachings, that can be considered a beginner, but not in life, just in the

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spiritual teachings. They are still capable, and they are sharpening their awareness of the subject. I have been discussing the development of these aspects of yourself.

Then you say, if you're not aware of these things, you will never see them. That is not true. If you see something, you become aware of it. To be in a cocoon your whole life, shut out, you're still capable of self-examination. Self-examination is the start of all spiritual practices. You don't need to be aware of something to notice it. Even if you have never seen or heard of it before, once it presents itself, you become aware that it exists. And if you have never been told about something, it doesn't mean you won't recognize it.

If I understand what you meant, I will say that your thoughts are that if someone has never heard of the topics I'm speaking about, they will not be aware, and if they are not aware, they will not be capable. And to sum it up, you think someone must be aware before they can be capable.

Everybody's capable of doing self-examination. I have a bit of resistance, Asher. Here, you're stretching my thoughts, and I feel scattered when I try to put what you're saying together cohesively.

Asher Wright: And awareness could be a tool some people just don't have, or they haven't.

Andrea: Gheehz, another word I don't like. "Tool," As though we can tangibly pick up awareness and hold it in our hand and throw it away when we're finished with it. That word doesn't fit into this dialogue. But that's just me, Asher. We can't tangibly pick up our brains while they're inside our skull, you know.

I'm stretched, and here is what I'm nudged to say. Every human being has innate awareness. We are born knowing. The topics I speak of are not outside yourself. Does this make sense?

Yes, culture may influence you, but I'm saying it is always up to the individual to move beyond their inherent culture, to transcend the doctrines, and experience life from a new level of perception. And all of this goes back to having free will to choose. I want to think that eventually they will morph out of that cocoon and discover their wings.

Some people are born with a heightened sense of awareness compared to others. I consider myself one of those people. I didn't need to read a book or watch TV to develop it; in fact, we weren't even allowed to watch much TV. My father controlled all of that. I took my innate ability and chose to explore it further through self-examination, while my siblings chose different paths. Many people have entered my life, some born with clairvoyant abilities or heightened senses, like hearing and smelling. They chose to become more self-aware and continue to develop that awareness as they grow.

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Anyway, the next question is, why do we spend so much time grieving what was lost instead of receiving what was given? That's a thought-provoking question. I'm sure there is more than one answer. One being, we spend so much time grieving what was lost because humans' emotions often cling to attachment to someone they've lived with for years, to the Presence of someone. And when that's gone, it feels like a part of them has been torn away. They ache for what they no longer have, and in that pain, by default, overlook the gifts that were given.

Receiving what was given requires a shift in focus, and here again, that shift will help you find what you're capable of. You can shift your perspective from what's missing to what remains. The memories created can help shift from holding on to grief to feeling the expansiveness of the life shared. This does not have to be so complicated.

Like Bob Marley says, "Free yourself from mental slavery, none other can free your mind..."

Remember, when the soul departs, they are having a different experience than you. This is always the case, whether the person is dead or alive. It's your experience, and it's up to you to grow from it or remain where you are.

This leads me to repeat... we are all going to die. We all have awareness of that, naturally, and we are all capable of becoming

even more aware of anything and everything we so choose. There is no such thing as not having the “tools” to become aware and expand our consciousness. That does not exist. That may be what people tell themselves. I see it as an excuse to remain asleep.

Asher Wright: Here is what pops into my head. Well, darkness is moving, light is coming, or light is leaving; darkness is coming either way. However, there's always the back and forth between the two, because things come and go. But what remains is still you. And you're saying, put yourself in the equation.

Andrea: Yes, if you leave yourself out of the equation, you may as well be the living dead or sound asleep. The experiences with your loved one will feel like a complete void because you didn't put yourself in the equation.

I don't want to make anyone angry with what I'm saying, because I want you to understand that, yes, it's okay to experience sorrow. It's nothing to fear, and it certainly shouldn't be something to avoid.

It is essential to acknowledge yourself when you are stuck so you can make a different choice. You can be self-aware in that sorrow, experiencing it fully. I mean, it's your emotions. It's part of who and what we all are. If we didn't have emotions, where would we be? What would we be experiencing? Wouldn't we be like a robot?

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Asher Wright: Okay, we can go so deep with this one. The perspective shifts to the story of unexpected gifts from the dying. Any thoughts coming up for you, for that one?

Andrea: An unexpected gift from the dying? What I've witnessed is relief.

Relief is an unexpected gift because those who witnessed the death didn't realize they would feel relieved. They were so overwhelmed by suffering or sorrow. We have organizations like Hospice that are supposed to help someone pass very peacefully, and with all their integrity, instead of suffering.

I've seen both types. Some individuals pass away very peacefully with no suffering, while others experience it. However, an unexpected gift for the witness is this feeling of relief and freedom. It's an interesting gift because it's layered with a sense of loss, missing the one who departed at the same time as experiencing relief or a sense of renewal. The gift is bittersweet. I help prepare the family by explaining real-life scenarios that relate to their daily lives.

Asher Wright: You've got me thinking about this. Imagine we list all emotions, say, a thousand different emotions we can feel. But Andrea, I tell you, "Out of those thousand, I'm only going to let you have five." "These are the five emotions you get to experience."

Meanwhile, everyone else has access to all a thousand. You'd probably start to think, wait a minute, I want more. I don't want to be limited to just five! I like the whole range, even sadness. I want to experience everything, including the gift of sorrow and relief. So, when we talk about emotions like sadness and relief as gifts, it's that rich, meaningful stuff we're being given.

Now, consider what it would be like if you couldn't choose when or if you experienced those gifts. What if someone said, you'll never be allowed to access them, no matter how much you beg or want them? How would it feel to know these emotions exist but be locked out, knowing no one's going to hand you that package of sadness or relief? How would that impact you as a person?

Andrea: You meant it when you said you have an imagination! Well, in that context, I'd feel limited, because if I'm only allowed five emotions, I can't express or experience anything beyond those five.

Asher Wright: But here's the thing, you still know that there's more than those five.

Andrea: Okay. Well, I don't understand the link. But it's very disempowering, and I don't like that. We can tell ourselves that story, and experience that story, but it would be very limiting and very disempowering, and I don't like it. It's very... I have no words...

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Asher Wright: Wow!

Andrea: Very confined, and I don't think it's healthy being confined, stifled, shut down, and disempowered. Or made to be less than what I'm fully capable of being. I don't like it.

Asher Wright: So that's my point. We want all emotions. As you were saying, it's a gift to experience those emotions because they're part of you. That makes you more expansive in experiencing all emotions. To have no limits.

There's no limit to how many I can experience, but I want them. I don't want only five, I want them all.

Then I became more empowered. I get to experience what it feels like when someone dies. That was my point. All these emotions are a gift. When we run from them, we limit ourselves; if we embrace them, we're expanding ourselves.

Andrea: Oh yes, I like how you tied that all together.

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Asher Wright: If death could speak, what would it say?

Andrea: Anything you want death to say, it shall say. Early on, I asked you, “How many deaths have you experienced in this one life?” Remember that? I told you, I’ve had many deaths.

Death is the story we tell ourselves. I’ve found that many people experience dying and death as something permanent. And I think it’s that sense of permanency, along with the fear of the unknown, that creates so much fear.

Those two, not knowing what’s next and thinking it’s forever, keep people stuck. They don’t know how to navigate through it or how to access what comes next.

What I really want to touch on is this: to move beyond the belief that death is final, we must turn to the senses. Yes, in the physical realm, death appears to be permanent. The sense of touch may no longer be there. But we’re not just physical beings. We have our sixth sense, our intuition, and that’s a direct line to Source.

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Just because you can't touch the dying doesn't mean your other senses aren't active. This is where we can find solace. This is where we remember: they live on.

It's up to us to develop ourselves in such a way that we don't wait for death to connect. We go inward. We listen. And we don't stop until we reach that place inside that's eternal, still, and quiet.

Here's a short practice for you.

I will name this short practice *Touching the Eternal*.

Find a quiet space where you won't be disturbed. Sit or lie down comfortably. Close your eyes and take as many slow, deep breaths, in from the nose and out from your mouth. Continue until you feel your entire body relax, as if you were about to fall asleep.

Now, bring your attention to the space within your chest, the center of your being. Imagine a soft light glowing there. It's steady and timeless. With each inhale, feel this light expand gently; with each exhale, feel it soften and spread. Sit in the feeling and rest in this quiet space. Allow the question to rise within you: Who am I, beyond my name, my body, and my story? Don't force an answer. Just let the answer appear on its own. It will come. Notice the stillness underneath your thoughts. This is the part of you that does not end. Sit there for a few minutes, resting in the quiet until you sense yourself beyond words or

thought. Wait for the answers, knowing they will arrive as you're out and about, living more consciously. As you wait, you will begin to feel your answers. The key to working with intuition is learning to trust it, to discern its quiet signals from the noise of fear, ego, or the daily habitual conditionings.

With practice, intuition can guide decisions and protect you from harm. Your intuition will deepen relationships, starting with the one you have with yourself. (Your ego) Yourself. (Intuitively), and God. (Eternal) You will align with the path that resonates with your Soul.

You know you're in touch with your intuition when you get that gut feeling or sense of sudden clarity, like that aha moment when everything snaps into place and your body just knows. Trust that your intuition doesn't lie or cause confusion. It is very clear. It does not mislead you or cause you to doubt. If you sense any doubt while in this practice, it is not your intuition.

Intuition is not to be mistaken for guessing or wishful thinking. It literally draws from a combination of your subconscious mind, past experiences, your embodied wisdom, and a connection to your innate spiritual intelligence. So, I'm saying that just because we don't have the sense of touch, we still have our intuition as a means to communicate with those who have gone before us. This is where you can find solace. Souls live on. It's just up to us to develop those parts of ourselves. It's not something that people need to fear.

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About the question, what would you say to death? Let's reverse it. I'm going to ask you, Asher, what does death say to you, and what do you say to death?

Asher Wright: That's a good question, and I'm going to answer it. But I want to add this. You mentioned that death is permanent on one level. I found it interesting because we often discuss different levels and dimensions. In this one dimension, death is permanent. On another level, it's not. That's what I took away from that.

If people can wrap their minds around a particular dimension, then, yeah, you're right. The body is dead, but what's not dead is the thing that animates the body. It never dies. So that was interesting.

Your question was, what would I say to death? Or what would death say to me?

Andrea: I mean, you can answer both because I would love to know, and so would everyone else.

Asher Wright: Okay. So here are my thoughts on that. I look through my history and think about all the folks who came before me. I was wondering, do they actually die? And here's why I believe there's no death. If you think about the first man, they called him Adam. When Adam passed away, he had to make copies of himself. And then the next person made copies of themselves, so everybody kept copying themselves forward. And

the human race continues. Then we are all those copies of Adam in different ways. Then no one ever really dies because of the original man.

But here's the part that I was trying to understand. You have the first man and then a woman. They pair up. They make copies of themselves. Now, when a soul enters, is that new copy separate from the original copy?

Like, what's different between Adam and his copies now?

Andrea: My goodness, Asher. You are still deciding if there is such a thing as death? What would death say to you, or you to death? That was the question.

When the soul enters the body, it is only one soul entering. Two souls cannot enter one human body. You ask, "When a soul enters that new copy," I'm assuming you mean, when a soul enters that new body, then is it separate from the original copy?"

Yes. It is separate from the original but remains connected to it. Always connected, as I have given several analogies of this connection. I'm going to add that a soul cannot enter the embryo that is growing in the womb. Remember the incarnation process? The soul will choose every part of its life to include the parents. It will wait till the sperm enters the fallopian tubes for fertilization, and wait for gestation, then enter the body once it is born.

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You want to know what the difference between Adam and his copies is. The difference between Adam and his “copies” (I dislike that term, “copies”) is vast. The difference lies within the countless Souls’ personalities.

Asher Wright: I will use that analogy of the ocean and the raindrop. The raindrops all find their way back to the ocean through precipitation and the back-and-forth process, but it's still the same ingredients.

How do you figure out what the ingredients of the soul are—what makes it able to separate, yet remain one?

What is it made of that allows it to divide, but not disconnect?

What is that ingredient?

Andrea: That’s such a good analogy, Asher. The idea of the raindrop and the ocean. I would say the ingredient that allows the soul to appear separate, yet remain one, is consciousness itself. Consciousness, when individualized, gives the soul its sense of “I” in this third dimension, the ability to perceive, to experience, to reflect, to choose.

But this consciousness is never truly separate from the greater field of existence, just like a raindrop is not different from the ocean. Therefore, the element of consciousness is awareness. It is awareness that can localize and experience individuality, but ultimately, it flows back into the whole. The individuality is real, but it is temporary, and the oneness is eternal.

It's intangible and tangible, Asher. You know, for example, there have been times I've hugged you, and when I do, I feel my soul hugging your soul. But that's because I choose to be cognizant of two spaces at once.

If we could be fully conscious, awake, and aware and present in twelve dimensions simultaneously, we would be at the level where Jesus is. And the true ascended masters of Shambala. They, as well as many other Great Beings, were all at this level and were able to teach in that capacity.

But how does someone get to that place of knowing that who they are sensing is the soul they love?

Remember when I told you about my client who was dying? I was at his bedside. I watched his soul leave his body, then it came back in. He opened his eyes one last time because he had one last thing to say to his wife and son, and then he left again. That's the nature of the soul. It's everlasting, and it can be both tangible and intangible at the same time. It's tangible here in the physical world through our senses, sight, smell, touch, and hearing, yet beyond that, it exists in other forms.

Asher Wright: You mentioned something earlier that I want to explore further. You talked about the number twelve, and I understand we're trying to answer a deeper question: If the soul could speak, what would it say? But this twelve keeps coming up, and it's intriguing. We think of the twelve disciples, the twelve

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apostles, but why this number? What's the significance behind it?

Andrea: Yes, it's fascinating. There are twelve houses in astrology, twelve strands of DNA, and twelve energy centers in the body. But what's behind that number? Divine Intelligence. Several numbers in science are used to understand the makings and workings of the universe, like 3, 6, and 9.

In Keylontic Science, the mathematical equations involved in creating spiritual anatomy include 144, 122, 48, and each one describes individual, encoded blueprints. So yes, twelve is significant.

And here's the frustrating part: if you investigate modern medical journals, you see DNA portrayed as just two strands. The double helix. But it's never been just two strands. Over many descensions we've been conditioned to forget. Repairing and awakening the full scope of human DNA is vital to remembering who we are and reclaiming our multidimensional nature. In Keylontic Science, DNA involves energetic frequencies and light coding that extend beyond biology, while still influencing the physical structure.

Asher Wright: I'm going to throw this crazy thought in here, too. When we have two strands here on this plane, on this level, it's a two-strand level, because when you think about it, we have Adam and Eve, that's two, they use a tool to create the copies.

On this level, we are dumbed down. I don't know. It just crossed my mind just now, but it's interesting.

Andrea: Asher, what is it with those words? “Tools” and “copies?”

Look, I'm not going to rain on anybody's belief system. However, Adam and Eve are not the first humans to be created.

Asher Wright: I know that. I know that

Alright, so going in a little deeper. If we strip away fear, what is left? It's really about the role we choose to play in life. Think about it: you meet someone, and they're just a total asshole. Like, a real one. And you catch yourself thinking, “Man, that guy's an asshole.” But then you pause and reflect— “You know what? I'm grateful. Because I'm not playing that role.”

So, I've got to thank that person for showing up as the “royal asshole,” because that could've been me. Would I want to carry that energy and be that person in the world? Probably not. I want to play the other role.

Andrea: Are you thanking him for what you received from him playing that role?

Asher Wright: Yes, because it taught me something about myself. It's the same thing; death plays a role just like life does. The cycle of life is playing a role.

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So now, if I had to speak to death, I would thank death for playing the role of death. And I thank life for playing a role in life because they both need each other. That would be my answer. What do you think?

Andrea: I love the question. That is your answer to what we just discussed. Right? What would you say to death?

You would thank death.

Asher Wright: Yes...

Andrea: Yeah, I have nothing to say to death. (Laughing)

Asher Wright: Wait! Wait! Hold on! (laughing)

Andrea: I don't have anything to say to death, I mean, I guess I could say thank you to death. It's an experience.

Asher Wright: But maybe the question should be, is death necessary in the way we interpret death?

Andrea: Yeah, of course it's necessary. The way we interpret death may not be the best, but death is an inevitable part of life, and life is an unavoidable part of death. Its nature makes it natural for us. You know, we're like snakes. How many times does a snake shed its skin? Every time it sheds its skin, it's new. It's a new life, do you understand? It's getting rid of the old, so it's the same with us. We shed skin every single night that we

sleep. We have shed a layer of skin, and that's death, and so you can look at it as such.

I'm trying to think of an analogy using your physical body, that you experience death in many forms almost every day, like shedding skin.

Asher Wright: We've been saying that. You've been saying we're dying every day. Slowly.

Andrea: Exactly. Every day is a dying day; therefore, when you live your life like that, then what is there to be afraid of? And what is there to be grateful for? Everything. Right? I'm not sure about you, but I experience sudden and unexpected bursts of gratitude. For example, when I'm taking a shower, I'm enveloped in appreciation for the ability to feel the warmth of the water streaming down. I am grateful for the ability to think independently, to create, and to see with my own eyes and be so intuitive. This gratitude blankets me... it comes without a warning. It just hits me.

I'm always grateful for things that you don't usually think about. You take it for granted. Yes, you get up and put on your clothes. It's a winter day. It's cold outside, and you're just as warm as ever. Never gave any thought to your experience in that warmth. Your flesh is warm. You're feeling safe. You're sheltered, and it's an experience; the ability to hear, taste, and feel intrinsically, instinctively, and deeply.

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It's not a frivolous, meaningless life. It's purposeful, full, and satiating. So be grateful for the eyes to see, for the tongue to taste, and when you make a poop, say, "Ah! "Thank you for this beautiful poop." (laughing) Thank you so much for helping to eliminate waste.

Asher Wright: Because if not, you'd be constipated and angry.

Andrea: That's exactly right, so is death necessary? Of course, it's necessary. And every day is a dying day, and we're constantly shedding our skin. We are meant to eliminate waste of all kinds. Our hair falls out and goes back to the ground, and it's just everything, you know.

Asher Wright: Did I share that Maya Angelo clip? She was talking about death, and she was saying that she's not afraid of death anymore, because she has faced it, and she understands what it is. She says she has fear every day. But fear puts her in the present. She had a way of explaining.

Andrea: Very powerful, and that's very true for me as well. That's the benefit of fear. It keeps you present. It doesn't mean you allow it to consume you and override you. You don't give it that kind of power. It keeps you present.

And that's the same analogy about being in the shower and realizing it's warm water that I'm experiencing. And my body can feel that, and all my senses are alive. I recognize the water to be clean, flowing, and providing me with the sensation of

warmth. I see it as symbolic too. It washes away the old and brings in the new.

That is what being present feels like. I'm present. I'm right here, and Maya knew not to fear death because she faced it.

I faced it. Literally faced it, and I was ready. I thought, I can't wait to get going. I wondered what was taking so long for my body to shut down. I wanted it to shut down faster. I was a little impatient. I had to get right with that. I had given all my things away, my precious goods, everything. I wrote out my living will, and I had everything in order; I was ready to go. It didn't work out. My son said, "Nope, you need to get on the next plane out."

Asher Wright: Work is not done, Andrea. Work is not done.

Andrea: You know. Let me tell you something, when somebody is in hospice, and actively dying. What does actively dying mean? It's the moment your body starts shutting down. One of the first stages of dying is that the stomach shuts down. You're no longer eating any foods, so if the stomach is shut down, your bowel shuts down. When everything starts to shut down, your breath becomes far and few in between. Now your heart and lungs are slowing down. Slowly, you're actively dying when you stop eating. Now you're getting closer. And so, what happens to the patient during that time? Is there any pain in that?

Absolutely.

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Have you ever gone hungry? Have you ever gone days without food? Does it hurt? Yes, you might get headaches more frequently, or you might get very weak. You might become delirious. You might have some abdominal bloat or cramping of sorts. It's not a pleasant situation when the organs begin to shut down. We get wrapped up in what's going on with the person that we love and are caring for.

Some people are very sensitive, they're empaths, where they take on the ailments, and they feel it within themselves, and they suffer right alongside their loved one. Some people shut down completely. These are what I call coping mechanisms. People cope differently. Some people don't cry, they don't talk, they don't eat. They get spaced out, or they sit behind, reading a paper or a book, avoiding, that's another coping mechanism.

Anyway, I explained all that to ask you this: outside of the physical body shutting down, is dying something to fear?

No. Not at all.

And what happens when the organs are shutting down on a psychological level? There's anxiety that builds up because the body no longer receives food for nutrients. It's like when your car's speedometer is over here and you start applying the brakes. You start seeing it go down. That's what's happening in the body. As the nutrients are no longer being absorbed, anxiety begins to course through the body. The intestinal tract is no longer

working, and the body is now in distress. We have stress, but when our organs are shutting down, we experience distress. Anxiety shoots out the roof, and the heart starts palpitating harder, before it slows down completely. This is where the caregiver comes in. We start administering calming drugs to help keep the body comfortable and maintain the integrity of the human soul as it processes itself out.

We assist the patient in maintaining their integrity and keep them as peaceful and well taken care of so that they don't have to suffer from panic. Panicking is suffering. The caregiver keeps the patient from experiencing the pain that comes with the process of shutting down. We keep them clean, safe, and calm.

Asher Wright: I want to talk about your work because I just realized, deeply, the value of what you do. You're saying that transitioning, dying, is not something most people experience more than once. Sure, some might have near-death experiences, but for the most part, it's a one-time event, and it's not something you can rehearse or specialize in for yourself. You don't get to say, "Oh yeah, I've done this before; I know how I'm going to die; I've got this down."

But as someone who witnesses it, someone like you, you can see it from the outside. You can recognize when someone is about to go through it, and you understand how they might panic or freak out. You know how to guide them, how to help keep their energy steady so they don't spike into a state of anxiety or distress,

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especially when the body is failing and they can't regulate themselves anymore.

And honestly, most of us don't even realize that part. We don't understand what happens in those final moments on that level.

Andrea: Right. That's correct. Well, most people don't. But, if you don't mind, I'd like to keep this line of communication clear. I am not saying dying is something we experience once in our lifetime. I've been saying that we've had many deaths, and we can recall them using some of the modalities I've shared. NDEs are also not the same in the sense that they are near-death experiences, something that can be recalled consciously when the person heals. I have not once said death is a one-time event. That would contradict eternity. I have listened to way too many people recall their past-life deaths.

What I am saying is we have many deaths, consciously and unconsciously. What people do not realize is what actively dying entails. That's all.

Asher Wright: So that maybe that's the reason we fear death so much, because it's a one-time event.

Andrea: And then you have somebody like me that can come in and say, "Don't fear," and this is why. I speak about death being a continuum, and I share these analogies and stories to provide a way out of fearing it. I mean, yes, I'm not trying to downplay your experience. I encourage you to live fully in your experience.

I'm saying, it's okay to hurt, feel deep sorrow, and grief. This too shall pass, and to know, you're never alone.

You are never, ever alone, even when you think you are. As your body begins to shut down, your consciousness starts to move into your subtle bodies, and suddenly you can see and feel beyond you and me. You are then able to see other Souls waiting for you. They respect you, they know you. They're Light Beings. They're in their Light bodies waiting for you. And you have the Beings in the physical form, nursing you and keeping you stable while you transition, so you are never, ever, ever alone.

Whether you like it or not, you are not alone. You'll always have beings on both sides simultaneously taking care of you and waiting for you to assist with your transition.

This is why I'm asking to remove the fear of dying. You are constantly being taken care of, and the pain that comes with the organs shutting down isn't going to be something the soul directly experiences, as it is already letting go of the flesh. Caregivers are keeping the body comfortable with the drugs.

I wish I could say it better.

Asher Wright: Wait a minute. You're interesting. When we first spoke, we discussed birth doulas and death doulas. You're saying that on both sides, there is a receiver and a sender. That means when you were coming in, there were folks on the other side who sent you here, and then we received you. When you left,

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people on the other side were saying, “Come on in.” “We got you. Come on back.”

Andrea: Absolutely.

Asher Wright: Interesting.

Andrea: It is! That is life. It’s a continuum. I’ll say it again; it is a continuum.

And even though what I talk about may seem nebulous or vague, it’s because it’s intangible. This might stir your curiosity enough to ask questions like, “How do I open my third eye?” “How do I consciously and presently access the other realms?” “How can I do all these things?”

Well, that’s another book entirely.

Know that there are many mystery schools that teach and guide people to understand themselves more deeply and reach higher levels of awareness. Also, I want you to know, I help people through sound, using my voice. I create personalized meditations for individuals.

When I customize a meditation, I speak directly to you, using your name. I design a healing meditation tailored specifically to what you want to heal. It’s very personal and specific. I record it and ask that you use headphones, playing it quietly as you fall asleep or sit peacefully and listen. This method allows

meditation to penetrate the subconscious. It helps you gain insights into yourself as I guide you inward on all those levels. It's a tool to help you connect.

Asher Wright: No, I like this. This is my spiritual poetry, right this moment, because I'm imagining it right now.

My mind is on when a baby is born, and we're here to receive it. The family gathers, and so on. But then, on the other side of this, when you're dying, they're receiving you like a baby on the other side. You don't know what's over here yet, but once you transition, you'll realize it's a new world.

And in that process, there's always a community with you, whether you recognize them or not. In this life, in this world, the community aspect really makes sense. Now, there's always a community, whether you volunteer to show up or not, they're going to show up.

Andrea: Yes! That's just the bottom line. I'm not sure if you've ever heard this analogy. In a forest, if the tree falls and you don't hear it, does it mean it didn't fall?

Asher Wright: Does it make a sound? I think I heard this.

Andrea: Right, you know it doesn't matter whether you're aware of it or you're not aware of it. You're never alone, ever, because we're so multidimensional, moving through various levels of consciousness.

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We have all these subtle bodies, and that in itself shows you're never truly alone. Just focus your awareness on these areas and realize you've never been alone at any time. We have ancestors, and yes, we also have what people call angels and saints, spirit guides, and many other Beings—there's all of that. It's just endless.

Asher Wright: So, let's go down these questions. I have some more interesting ones that we haven't covered yet.

If we strip away fear, what is left?

If we look at death without avoiding it, does it stop being the enemy, and if that's even a great question to ask?

Andrea: First question, if we strip away fear, what's left? Listen, if there's anything I've said multiple times, it's that you are the creator of your own life experiences. You are the only one who can answer that question, honestly. Regarding the second question, if we confront death without avoiding it, does it remain the enemy? This is not a good question, right? Because whoever said that death was an enemy?

Why is death an enemy? I would ask that.

It's like going in to do a counseling session for a drug addict when they're not trying to overcome the addiction. You learn that their reason is that they're afraid of what their withdrawals are going to be.

Instead of telling them all the positive things that will happen if they do get themselves off the drugs, I will go in there and ask them, “What experience have you had that's causing this great fear to get off the drugs?”

I want to know what is behind their fear. I would ask, “What is keeping you addicted to the drug?” Never mind all this good talk. All the benefits of being off the drug. They can't even fathom it. They're addicted. And there is so much fear wrapped up in the addiction, it can be senseless to pump them with positive benefits. It's unrelatable to them. I want to go where they are. I want to go into them and find out by asking, “What have you experienced that keeps you so scared?”

So, the same thing with death. Who said death is an enemy? Where did you get that concept from? Why would you ever fear death to the degree that you do? What experience have you had?

Now, when I say we are a continuum, the individual, who is afraid of death, may have some recollection. They call it cellular memory of a previous life, where their death was the most horrific experience. And, of course, with the patient's permission, I would use hypnotherapy to help them access that experience. And once they find it, it's bringing it to the light. It's the same when finding your fears; a ray of light enters your consciousness, exposing the fear.

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That's how I would help people who think that death is an enemy.

If they have a progressive disease or are terminally ill, the people who are going to enter hospice and be cared for, I will help these people understand that they're never alone. And that they will be very well taken care of while they are processing out. Meaning every organ is shutting down. That's the process.

Asher Wright: Interesting. You can't leave without the organ processing out.

Andrea: That's why I was impatient. I was thinking, what the heck!

Asher Wright: Wait! Wait! Wait!

Andrea: I'm telling myself, "You're supposed to be happening now! Hurry up!"

Asher Wright: So, you were ready to go, Andrea, you thought you finished your duty here. Your mission?

Andrea: Yeah, I thought I was done. I sure did. And back in the day, I used to ask my clients, "When you go, can I go with you?" And they'd say "No" because, you know, I would help get them to a particular space, and then I couldn't go any further, and they'd always tell me. "No, you can't, you have plenty of work to do."

Asher Wright: Here's something you said that makes me think differently, too. When you discussed the person who might be addicted, you mentioned having an experience that made you afraid. We don't know how far back it goes. Figuring that out requires a different level of thinking, because sometimes people aren't even aware of when that fear was triggered or where it originated.

Andrea: Exactly, and once you help them find that trigger, they start to think again and ask, "What AM I afraid of?" Once they arrive at that thought, I can walk them out to look at some of the benefits of being off the drugs and more empowered. Being whole again. I can ask what life was like before they started the drugs and became addicted or dependent on them. When I can get them there, the healing can begin. It's a slow process that requires deep commitment and focus.

Asher Wright: At the same time, they need to have a reason in mind to take them back without freaking out. Because there's a lot of vibrational weakness, it's interesting.

Hmm, let's talk about it another time.

Here's another question: Does death call us forward or pull us away? And if it can sit with us now, what would it say?

Andrea: Hmm, I wouldn't say they have to have a reason in mind to take them back. Their mind is already freaked out. Get it? That is the work of a counselor or spiritual guide.

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Anyway, back to the question: does death call us forward or pull us away? If it's moving forward, it's not necessarily pulling, but it's separating from its original position. If death is movement, right?

Asher Wright: Hmm, you made me think about dimensional movements. The movement is happening from this dimension to the next.

Andrea: There is constant movement. Even though we are in two different locations on Earth, we can see and speak to one another. Your ability to hear me comes through the waves, which is the movement. So, its constant movement. All things are energy, and energy is conscious. In understanding this, we know that death doesn't call us forward. Death is not an entity outside us. It cannot call or do anything to us because we are "death." Death is a version of that greater lesson, letting go.

Every day is a dying day. We are life and we are death. That is what we are, consciousness.

Asher Wright: Hmm, the greatest answer.

Here are some additional questions you'll like.

Do we fear death, or do we fear meeting ourselves in its reflection?

Andrea: (Laughing) It's always meeting yourself. I think it was Marianne Williamson who wrote it. Gosh, she could have never said it any better when she talked about the power of love. We do fear our ability to do great things, we do. We fear ourselves.

I said we fear our ability to do great things; hence, we remain in fear, and the fear dictates how we're going to live.

I'll give you an example: One of my clients had cancer, ten rounds of chemo, and she had the PET scan review scheduled to see how her body responded to the chemo.

Since her ten rounds of chemo, till now, she has grown significantly. She's back to eating, no longer has colitis; she's getting stronger, exercises and walks every day, sleeps well, and has all of that. She talks about traveling and doing her garage sale again, and when I say, "let's do it," she says, "no, I have to wait to see what the PET scan is going to say."

People are letting their fear dictate their actions every day.

You feel better, you're eating again, you have a healthy poop every day, you sleep well every night, you walk, you exercise and you're going to let a PET scan dictate whether you're going to go back out and do your sales or travel.

Fear does that. People fear themselves.

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Asher Wright: That's a powerful statement. You say fear determines what you do with your day. Oh my God!

Your fear influences what you will do tomorrow. That is very profound, Andrea. Because we don't realize how much it controls our lives. That is the ultimate puppeteer. Based on my level of fear, I will do that tomorrow. If I can't face my fear, tomorrow becomes my limit. My fear tells me how far I can go.

Andrea: It's factual. That is people's lives. And it's very sad.

And here I stand, looking at my client. I'm saying, "I don't understand." "Why would you allow the PET scan results dictate whether you're going to do your yearly sale that people are waiting for?" Why would you allow the results of ANYTHING tell you how you're going to feel?"

You already feel a certain way, so let's go on that. We have sneezing and coughing, which are symptoms. It's your biological body's soulful way of asking for attention. It's always asking us to come back, saying, "You missed something," "You're not giving me the nutrients I need." "I need this to help me, help you." (laughing now)

As a result, people have become so disconnected that they no longer rely on themselves. People are asking, "What is that doctor going to tell me?" "I need the doctor to tell me how I'm doing." Woe! Woe! Hang on! Let's realign things here because you don't need a doctor to tell you anything. Your body is your

doctor. Your symptoms are your doctor. And all YOU need to do is research. Figure it out because doctors are getting paid to give you a deadline and tell you you're riddled with cancer, even when you feel great.

Listen, if I were riddled with cancer and I was feeling the way I feel right now, I'd be like, yeah... cool. I'm good. I mean, seriously.

If I've never gone to a doctor, and I have no idea that I was riddled with cancer, I'm walking around exercising, talking, laughing, eating, do you think I would care if I was riddled with cancer? If I'm living vibrantly. Hell no!

Do I need a doctor to tell me I'm riddled? NO!

This woman has no pain anywhere. She exercises, walks, talks, gets on the phone, eats, poops, sleeps, drives, and she plans to wait for the PET scan results to decide whether she'll have her annual sale.

Asher Wright: Hang on, because you mentioned something that's a learning experience for me. You said that we need to learn how to read symptoms, because that's what doctors do. But if we know how to do it ourselves, then we are our own doctors, like you said.

But we don't know how to read the symptoms.

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Andrea: You just need to be in touch with yourself. And then take the time to do the work and figure it out. I mean, today we are surrounded by information up the gazoo! Again, that can be a little dangerous. The bottom line is that you need to be in touch with yourself. Because what's good for me isn't going to be good for someone else.

Asher Wright: That is true.

Andrea: I'm simply saying, fear will dictate if you allow it. And there are people who allow that to happen. They have lost themselves. And this client, she is another one who doesn't want to talk at all about her end-of-life wishes, or even death. It's too scary and inconvenient, as she put it.

So that's what fear will do. It will keep you from the conversations that you need to have, especially with your loved ones. And it will keep you from taking the necessary steps, which will make that experience worse when that day comes. Much worse.

Asher Wright: I realize that fear is such a powerful force. My question for you is, why is fear such a powerful force?

Andrea: Good question. I see momentum in waves, and I sense that the fear is perpetuated through the ego. Because it continues to spread, it has taken on a life of its own, so to speak. The more people who carry this fear in numbers, the more it exists.

That's why I said I see this wave; it's massive. The bigger it gets, the more powerful it becomes. And that's where we have a choice. We can either stay in it or move out of it.

Asher Wright: Yeah, and over there is courage. Having the courage to step into another...

Andrea: (interrupts) Step into yourself. You don't have to go anywhere, see anybody. You just go into yourself. Sit with yourself and have a good time! (laughing) That does take courage. It requires a willingness and commitment to yourself, which in my eyes equates to your commitment to God.

Asher Wright: Andrea, this was such a lively conversation. It was. Some people might see it and think it's a heavy one because even when I talk to others about death, they find it scary.

We might love where we are right now, but could it be that the grass is greener on the other side? We don't know; it's possible. But the death thing is very scary.

Andrea: We can only go as far as our frequency allows. So, is the grass greener on the other side? If your frequency is that green, you can go over there and find out.

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Asher Wright: Alrighty, what does witnessing a death do to the living?

What comes to mind is the story of the Buddha. Early in his life, he was completely protected. He didn't see sickness, poverty, or suffering because his father kept him inside the palace, away from all of that. But when he was finally exposed to it, it stirred something within him; it changed his understanding of life.

So now, I think about death in a similar way. When we recognize that people die, whether we first encounter it as kids or later in life, what does that moment do to us? How does it shape who we are from that point forward?

Andrea: Yes, death often pushes you to a deeper understanding of life. As a witness, death can be very sobering because it shatters the illusion of permanence.

Just like the Buddha Consciousness, once you are exposed to the truth of suffering and mortality, you can't unsee it. It becomes part of your understanding of life if you choose. Death forces you to confront the fragile, temporary nature of everything, like relationships, possessions, and your own body, which is what I've said in different ways throughout our conversation.

From the moment you have a death experience, something shifts inside you, and you might live with more urgency or intention, knowing time is limited. And notice, I said, “time” is limited, not your soul and consciousness.

Having a death experience might cause you to become more compassionate, realizing everyone is living with inevitable loss. It's an awakening, not always comfortable, but deeply transformative because it strips away the surface and forces you to face what's real. Death teaches us how to let go and reassess our priorities and values. Possessions of any kind are perishables. I don't care what piece of history you own on paper. It will perish. Value and prioritize what's eternal.

You know, I've seen very young kids who lost their mother or father and never really got the chance to know them. And I think, if you were to sit and talk with someone like that, they would probably express a sense of mystery, like a wondering, “Who was my mom?” “I only know her through stories; I wish I could have known her myself.” Or “Who was my dad?” That kind of loss often comes with deep, unanswered questions, such as “Who were they?” “Would they have understood me?”

Experiences like those can cause one to feel like a part of oneself has died. It's important to view your thoughts and remain aware of the emotional impact they have on you. If your thoughts take over and consume you, do your best to release them, like the Soul releases the body when it exits. As the old wisdom says,

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“What you sow you will reap,” and of course, everyone knows, you reap, you will sow. It will all come back to you.

Asher Wright: I like what you said, “What you sow is what you reap.” It's going back and forth. And you understand that whatever somebody puts inside of you. You're going to put out.

Andrea: Nobody puts anything in you.

Asher Wright: No, what I'm saying is, whatever you get indoctrinated with.

Andrea: Oh!

Asher Wright: Then you're going to also present that to the world. And then, whatever you present to the world, you're oftentimes going to reap. It's a cycle until you start changing things.

Andrea: Right, and the only way to change a cycle is to do what?

Asher Wright: Disrupt it, I would say.

Andrea: How? What would you do to change a cycle? Give me an analogy of how you would change a cycle.

Asher Wright: Okay, I'll use success and failure as an example to explain this.

When I think about failure, I see it as simply a new experience. When something fails, it's not just falling apart; it's a cycle coming to an end. Failing.

Success, on the other hand, is like a repetitive cycle that keeps going the same way, because it doesn't fail. That's why it's called the "success cycle."

To break that cycle, you must encounter failure. You need to disrupt it. I see failure as a new experience, something unanticipated and surprising. Each failure is unique; it doesn't happen the same way twice. While it's still a failure, it also opens the door to new possibilities.

Like, "Oh! I just made a wrong turn!" The cycle breaks because it's not repeating the same way, allowing failure to disrupt the pattern. Does that make sense?

Andrea: Yes, you mentioned it at the start when you said, "So it's a cycle until you start changing things." It makes sense to say "letting" things happen. To me, this is about taking responsibility, but in the analogy, you think, 'Oh, I just took a wrong turn and now it's leading me in this new direction,' as if you had nothing to do with that wrong turn. Something outside of you caused you to make it. No, that wrong turn was not a mistake!

The truth is, you were in a different frame of mind, which you chose, even if it was subconscious. There is nothing trivial about

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what makes you who you are. That's what I'm talking about. The only way to break any cycle is by choosing to do so, not because you made a mistake. There's a big difference between making a mistake and not being focused enough to make the right turn. You have your unconscious, subconscious, conscious, and superconscious mind—it's all you.

Essentially, to do things consciously means you are fully present. And the things you do as a “mistake” must be accounted for as being outside of yourself, unconscious, or subconsciously. Always take responsibility for the experiences you have in your daily life. This keeps you Present and your integrity in alignment.

It's all God, it's all you, so there's no “mistakes.”

Asher Wright: Hmm.

Andrea: And that is why there are absolutely no regrets, because you are aware, and you are present in your pillar. I'm saying, you better take responsibility for every little thing you think, everything you say, and do. Nothing out there controls that unless you give it permission to. That's it!

You must be the one to give it permission. Do not disempower yourself.

Asher Wright: So, let's go back to the idea of new experiences. They only come when a new cycle begins. If you keep going

through the same pattern repeatedly, there's no expansion, just repetition. But when something unexpected happens, something outside your usual awareness, that's when a new experience breaks through. Suddenly, you're like, "Oh, something just opened up." Now, if you take responsibility for what you called a mistake, a failure, or a wrong turn, you realize, "Wait, this was actually a new experience I've never had before." And that experience only happened because you broke the cycle.

Once that cycle is broken, it's like, "Whoa, I wasn't expecting this!" because you were so used to staying in the loop. But now that you've stepped out, you're expanding. And the more responsibility you take for that shift, the more life opens because now, that experience becomes part of you. You grow. You get bigger.

Okay, so here's the second question: Have you changed by sitting with death? How have you changed by sitting with it?

Andrea: Before I answer that question, Asher, I'd like to respond to what you said. It sounds like you get it. I'm not talking in circles here. My message is straightforward and easy to understand. It may be hard for people to "like it" because it does require a lot of getting to know who you are, and that is not always a comfortable experience.

Unexpected things always show up, no matter what. I'm saying to take responsibility for the wrong turn. Be awake, aware, and

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able to acknowledge your mistakes, if you believe it was a mistake. Look into the cause of your wrong turn. Nail it. Own it. This can only produce another layer of awareness for you. Behaving this way will render clarity, and clarity always ends well.

As for the question you just asked me, how have I changed by sitting with death?

Personally, every day is a dying day. I sit with death every single day.

And please, I don't want to sound superior or like I'm someone who walks on water, although I do want to develop myself and heal whatever I need to heal, so I could walk on water in this body. (laughing)

When I was a young girl, I didn't realize that every day was like a dying day, even though I lived as if it were. As I've shared before, I used to lie in bed each night and review everything I said that day. I would examine my body language, posture, and energy. I'd examine everything I did, and then I'd go to sleep. That's not a typical habit or behavior for any child.

To me, doing things like that speaks to the kind of perception I had at a young age. It was more than just following along aimlessly with the crowd. I questioned everything.

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Of course, as kids, we follow our parents' discipline. At school, I listened to my teachers and was an obedient kid. But I never thought I'd show up to school the next day and find out that my teacher had died. My awareness wasn't that developed yet. I didn't think in those terms until I was a young adult and in the working world.

As I grew and moved into work, I was passionate about, work that I felt deeply at home in, I began to understand the depth of what I was doing. And yes, death was part of that. When I was involved in the transition for a client, I felt it as part of me. I was literally serving the Soul that was preparing to leave. I saw myself as their companion. "I'm here with you, buddy." We're going to walk this part of the path together until you feel safe.

I've always viewed death that way. I've never seen it as anything else. It's as natural to me as feeling hungry or breathing. It's just another form of life. So, that's my everyday experience with death.

It's strange because my dad used to say, "That's so morbid." And honestly, I sometimes felt misunderstood, like he just didn't get me. I know that some cultures and people honor the dead. People work in cemeteries, bury bodies, cremate, and embalm bodies, and this is necessary work. Without those people doing this, I wonder where the world would be.

I didn't share the same thoughts as my dad.

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I'm not living in a dreary world; it's a celebratory one. Yes, my clients are sick, and yes, I help them through tough moments, but they don't stay sick forever. They leave their body. It's not a world of gloom and doom for me; it's life.

One, you can't have life without death, and you can't have death without life. Two, you are never, ever alone. When you come into this life, you do so through someone else's vessel and into the arms of many. And when you leave, well, you go out the same way. That tunnel of light we hear about is the umbilical cord to God.

That's the whole cycle. It's the breath, the inhale, and the exhale. You are all-encompassing. That's who we all are.

My everyday life is a dying day, and I love it because it helps me stay present. It keeps me tuned in to my moments. I don't miss a beat. Whatever I'm doing, I'm experiencing it with all my senses and more. So no, it's not constant sorrow, or darkness, or solitude. I sit in silence every day, and I love it. But I also go out into the world, and when I'm with someone, they get all of me. They don't get a fraction. I'm not here and halfway somewhere else.

You have all of me at all times.

That's what it means to be present.

Asher Wright: I would like to add something here. When you were talking about your childhood, where you sit and you rehash your day, you go over the language and the energy, so forth. You sit by yourself. You reminded me of when I was listening to Sadhguru. Are you familiar with him?

Andrea: Oh, yes, I love him.

Asher Wright: Yes, he was telling a story about his childhood. When he was younger, he used to sit there and stare at things for hours at a leaf, at the water, at a rock, and just watch them, trying to understand. What is this thing?

He explained his childhood in a slightly weird way. It was a little strange for other people because he would sit in class and just stare at a spot on the book, he said. He had a unique way of growing up in his teens and early years.

When you mentioned yours, it was clear you were doing something very different from others. This gives you an experience most people don't have, which reminded me of Sadhguru. His approach to mysticism is truly remarkable.

Sometimes you can tell a person is going to be very different because of how their childhood was, and the unique things they engaged with early on. For example, the things you were doing as a child. Not many kids do that. Almost no one did that.

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Andrea: No. I haven't met anybody who does that, has ever done it, or even after I share that story, nobody says, "Oh, my God! I've done that myself!" I've never met anyone.

Asher Wright: Hmm.

Andrea: I told you that out of six children, my father told me I was the one who scared him the most. And that was because I used this adult language, saying things like, "If I make a decision, it's because I'm willing to face the consequences."

I was born like that. And Sadhguru, when he stared at things. I don't know if he was asking what it was or trying to figure it out. I think he was becoming what it was he was staring at.

Asher Wright: hmmm

Andrea: I think that Sadhguru became what he was staring at. I've done this myself. I'll share this short story about that experience.

I used to work in Kaneohe, a beautiful place on Oahu, Hawaii. I worked for a woman who lived at the end of a cul-de-sac right on the water. It's called Kaneohe Bay, where the lighthouse is. After work, I would walk along the path, go out to the lighthouse, and lie on the big block of cement anchored in the water.

I lie down on my side, gaze into the water just below eye level, and slow my breathing. I kept my gaze focused until my entire

body became that water. It was the most extraordinary experience because I truly became that water. I was not the body lying there; I was the water.

I can't tell you how I did it. When you mentioned that about Sadhguru saying he would stare, I think he was becoming. It's a form of meditation.

Most of my meditation occurs while I am moving during the day, while I am awake. I consciously, purposefully, and intentionally send my conscience to another place while I am busy with something else. So, I am literally in two places at once, being present and aware of both places.

So ultimately, I think Sadhguru has learned to be in multiple realms as well. Notice, I said "be." I didn't say "try to be." To be means he already is, and he exists in multiple places simultaneously, consciously and intentionally.

I heard him speak and tell a story of when his wife passed. Now, I can't remember it verbatim, but it began with him teaching a friend who wanted to transition and leave the earthly plane, intentionally.

Sadhguru reminds me of gurus like Paramahansa Yogananda. If you ever want to read some good books, I recommend Autobiography of a Yogi and The Life and Teachings of the Masters of the Far East. There are six volumes. Very easy reading, and for me, it was captivating and satiating!

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Anyway, back to what I was going to say about Sadhguru: he helped his friend by teaching him how to drop his body. They call the practice the *conscious exit of the body*. His wife was listening, so when they were on their way home, she asked Sadhguru, “Why didn't you teach me that?” And Sadhguru replied, “Why?” “We have a good life.” “We have our child, and we are living peacefully, etc.” His wife replied, “This is the perfect time to go.” “When I’m so fulfilled and happy.” “This is when I want to go.”

First, that's such a wise thought! Imagine seeing death as a reunion rather than a loss and having such a beautiful perspective that she'd want to leave her body while she was peaceful and happy. That spoke volumes to me. Second, to all those people who don't believe you can “Will” yourself to die, trust me when I say, you can. All you need is your will to do so.

Sadhguru honored his wife's wishes and taught her. I don't remember exactly how much time passed, but the day came when they held a big retreat. She sat beside him. He tells this story much better. During the retreat, when it was time for everyone to close their eyes and go into a guided meditation, Sadhguru's wife decided to get up. I remember him alluding to the fact that her timing to go to the bathroom was a bit unsettling to him, but he closed his eyes and continued with the plan.

She knew she couldn't drop her body with any jewelry on, so she removed all of it. She returned and sat right beside him, amidst

thousands of people in their auditorium or wherever they were holding their retreat. She sat next to him with a smile on her face before she left. She exited her body. Her body stayed there, with no heartbeat, no breath. And Sadhguru knew. I see this story as a love story. To love someone enough to honor their wishes and give of yourself in this way is rare today. I remember that story, and I can truly say that people will themselves to exit their bodies.

Asher Wright: I agree with you, because of my experience leaving my body. I used to struggle with it, and it scared me. I'll tell you about the Astro travel moments I used to have. I used to worry about them.

It feels strange when I used to leave my body and then find it difficult to return, which would scare me. I would think, 'Wait a minute, I can exit my body and not want to come back and animate it!' I didn't understand what it was at the time. Someone told me that astral travel is real, but I didn't call it that. It was something that frightened me because when I returned to my body, I couldn't move it. I'd wonder, 'What's going on?' So, I'd do a slight shake, like an internal vibration, almost like having a seizure, to try to reanimate myself. It took time, but the fear was so intense that I decided not to go into a deep sleep, because that's when I used to travel a lot. I only sleep for about three hours at most to avoid falling into a deep sleep. I drink a lot of

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water, so my bladder wakes me up every three hours, ensuring I don't fall into a deep sleep.

I still struggle. I still avoid deep sleep, and I take short naps.

Andrea: Where are you now with that experience?

Asher Wright: It hasn't happened in a long time because I put myself in the cycle of short naps.

Andrea: Right. And so that's why it doesn't happen.

You viewed your experience consciously, intentionally, and chose to stop traveling by not falling into a sound sleep. Now, here are the choices you had. There's no mistake that you mentioned this to me, Asher. The way I interpret your situation is that your soul is saying one thing to you, and you're ignoring it. I've done this, I even mentioned my own story here, where I was being given red flags and chose to disregard them.

Your soul is saying to you, "Hey, I want you to develop your ability to travel, so that you are no longer afraid." Did you read the part where your soul gives you the reason? So that you are no longer afraid. You know, Asher, I don't know what body you're traveling in; only you would know that. It may be beneficial for you to learn about that.

Choosing to live in fear, not sleep soundly, and avoid digging deeper into your experiences are not healthy choices at all. There

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is a reason our bodies need to go into REM, Alpha, and BETA sleep. That is all part of the divine package we are built with. So, listen to me very carefully, Asher. When your body begins showing you symptoms, you must take responsibility for the choices you've made. This is a good example to share with others. They can read about your story and see a common thread in their own lives.

You chose to shut down your divine abilities. You did it; you shut them down out of fear. You're responsible for opening that up and developing those parts of yourself because there's so much more you're going to be doing. You're going to develop way more than just traveling.

Hey! I didn't know I'd be spending time in Japan, over the Pacific Ocean, helping people. You know, but apparently my soul knew this, and I agreed to it. So, I did it.

For you, Asher, you chose fear by saying, "I was afraid that I couldn't animate this body again."

Reverse that and speak: "I am no longer afraid." "I know I can develop this body, and I will." With that mindset, you'll activate courage that takes you to the next level. There won't be a problem your higher self can't fix. This is where courage and faith come in. Do you understand?

You just learn to develop that.

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Don't choose fear and shut down your God-given abilities.

That is what Marian Williamson wrote about. People are fearing themselves. They are fearing their God-given abilities. I don't like to say it like “God- given” because people automatically think it's an entity outside themselves. No, stop it! This is not an entity outside of you. It's you who can delve into your complexities, learn from them, and develop whatever you want to develop, you know.

Asher Wright: Hmm.

Andrea: So don't choose fear. It is time for you to get back to your practice. Because it was meant to be a practice, Asher. It was. You might not have thought it was because you were having an experience. You weren't saying, “Okay, I'm going to travel now.” No, it was an innate practice, and you know what? You brought that with you. You incarnated with it. It's not like your mom and dad said, “Okay, Asher, we're going to go practice astral projection now, and astral travel.”

You came with those bodies, and it's up to you to connect to them, learn them, practice, and develop them. That is very important. Get rid of the fear and make it happen. Surround yourself with those who do it and learn to develop those parts of yourself.

Asher Wright: Wow! You got me, Andrea!

Let's get back to this. O.k. Here are some more questions on the list.

What does it mean to be a witness, not just to death, but life? When we stop fearing death. How does life expand?

This is so crazy because you just mentioned this. You just talked to me about fear. I was afraid of dying at that point in my life; I didn't feel like I was ready. You know I've done my thing, then when it's time for me to come back into my body, or I can't find my way back to the room to find my body, then I would start asking," How do I anchor myself back here?" I was worried that my life was over. I'm not ready to go.

But now, when you're talking, I feel like my life is in some field; you know, like I'm ready to go tomorrow. Tomorrow is Asher's time to go. Then, I start feeling, I'm still locked in that fear, though.

Andrea: Asher, you asked the right question: "How do I anchor myself back here?" And I understand you so well. I do. I hear you saying you were afraid of dying, like you weren't ready. To think and say those words, "I'm not ready to die," while you're traveling and trying to come back into your physical body, is saying you're not dying. Does this make sense? How can someone who is dying say anything or think that way? Where does this fear of dying come from? What do you mean, you're not ready? That is the ego speaking.

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Your consciousness is alive, traveling in your astral body. You're a living Being having an experience. Once you started thinking the physical body was the living source, your ego took over because the truth is that your consciousness is the source. You need to ask, what vibration is fear dwelling in? Fear is only here in this dimension. Get it?

You see, your Spirit body was ready to return to the vessel lying there, but your ego is thinking that if it didn't return, you would be dead. How is that possible? Does this make sense? What part of you was not ready to die, and how would you know that? You must recognize when the ego is doing all the navigating and when it's your soul doing it. You do have a choice on which one you want to listen to. That's the beauty of life.

Is the fear of dying stopping you from experiencing your multidimensional self? This is worth paying close attention to, because the way I know it is, your Spirit body is not afraid. It is the ego, in this physical realm, that knows fear.

You stopped. Stopping is not the answer to what your Soul was trying to get you to develop. The way I understand your experience is that you were unaware of this part of yourself. When you began to travel, you did not realize you were in another body. You're like a child. You had no intentions, no direction, and you were just out there. So, when it was time to return to this physical body, you did not know how.

But get this. Somehow, you managed to shake as if you were having a seizure until you were fully back. What does this tell you?

Who taught you to do that? Did you hear someone tell you to do it?

This is what I'm talking about. Connect with those aspects of yourself. Don't stop, and especially don't fear falling into a sound sleep. This is crippling you!

Did you know you have Guides? We all do. So, if you ever need help, you can call on your guides.

Asher Wright: As I was talking to a friend, she was talking about the same thing! You said "Guide." You know, the only thing that used to make me come back?

A snake!

Andrea: Perfect! Isn't that beautiful?

Asher Wright: I used to be afraid of snakes. Whenever a snake showed up, that was the only thing that could snap me back, but I was always scared because I believed it would hurt me.

Looking back, I realize the snake was bringing me back. That was the only way I could return. I used to have dreams in which I was afraid of snakes while sleeping. I was talking to a friend once, and she asked, "So what happened when the snake showed up?"

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It hit me: the snake wasn't there to scare me; it was guiding me. And I replied, "I knew I would understand. I knew I was going to return."

Andrea: It was not your enemy, it was your guide, it was your animal guide.

Asher Wright: Yes, yes.

Andrea: So, we have several guides, not all of whom are in animal form.

Asher Wright: Hmm.

Andrea: When you're out traveling, you have other guides as well. Just calm yourself in that body and ask, "Where am I?" Then wait. Be patient.

Asher Wright: Hmm.

Andrea: Just wait. You will find yourself again.

Ask and it shall be given. Matthew 7:7 And it doesn't stop there! Seek and you shall find, Asher. Knock and it shall open unto you.

My interpretation of this scripture, "What we ask for shall be given," is rooted in what I said earlier. Every cell, atom, particle, and molecule is God, which is what our bodies are made of. There is no such thing as an unheard request.

So, ask your guides to show you the way back. Tell them you need help. Remember, you are in practice. When you started, you didn't have stability. You didn't have direction. You didn't have intention; you didn't have purpose. It was just happening without your full awareness. Now that you have your friend, therapist, and your guides, you can learn and understand that world. You can adopt it and practice it without fear.

Asher Wright: Interesting that we end up in this place. If we stop fearing, we will expand.

Next question: If death is not the end, then what is life? What if dying isn't about leaving, but about waking up?

And I'll add this, especially to that last part about waking up. I've always believed we're never really going to sleep. We're constantly waking up. When I fall asleep, I'm waking up into something else. So, when I sleep, I wake up, and when I wake up, I'm still waking up. It's never truly about someone going to sleep or dying; it's about waking up into another dimension, another place.

That's the thought that comes to mind for me.

What about you?

Andrea: I like it because it feels light. However, let me address the question first, and then share my insights. If death is not the end, then what is life? Life is nature. Life is cyclical. Life is part

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of eternity, which would include death. I'm talking about the experience of living fully through death and life. Not just life.

Regarding what you mentioned about constantly waking up and entering another dimension, that does happen when we consciously choose to do so. However, from my perspective, many people are still spiritually asleep. Why do I say that? Because of what I observe every day. The fear is living in the minds of many. You just shared your own story about your fears.

If people are unaware of their fears, it means they are still spiritually asleep.

If people place their trust entirely in outside sources to act on their behalf, they haven't fully awakened within themselves. I still hear some highly renowned spiritual leaders refer to God as "He." Why? It makes me wonder if they hear themselves speak. Is it by habit to refer to God that way?

I briefly discussed our descent back during the incarnation process. I learned that through this process, we lose memory. I mentioned that I am a student of Keylontic Science, so I would like to incorporate some of that knowledge into the conversation to provide a broader perspective on what I discuss. I will start with the concept of the 12-strand DNA template and its link to human spiritual evolution. According to this system, humans were originally designed as multidimensional beings with a complete 12-strand DNA structure, with each strand

corresponding to a specific dimensional frequency band, as I mentioned earlier.

These strands are not all physically active in the body, but they exist as part of a morphogenetic template, or an energetic blueprint composed of scalar waves. Scalar waves are said to hold the codes for how your cells, organs, and systems should develop and operate. They are known to serve as the communication medium between your consciousness and your biology and allow energy and information to flow between dimensions and between levels of your DNA template.

So, the form and function of your body aren't just determined by the two physical DNA strands we see under a microscope. Instead, they're governed by pre-matter energy patterns (scalar waves) embedded in a 12-strand DNA template, most of which exist beyond the visible, material level.

Keylontic Science teaches that through various interdimensional conflicts, genetic tampering, and distortions in the Earth's grids, that most of humanity's DNA strands became dormant or fragmented. As a result, the human race has been operating at a fraction of its original spiritual and energetic capacity. People are only functioning through the first three strands, linked to the physical and lower emotional dimensions.

According to the teachings, this loss cuts people off from their higher-dimensional bodies and universal memory, explaining

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why we do not remember our full cosmic origins when we incarnate. The process of DNA activation is described as a method of consciously reconnecting these dormant strands through specific practices that involve breathwork, scalar wave techniques, and Merkaba mechanics. I have practiced all these techniques. The goal is to repair the original Divine Blueprint within the individual, which not only facilitates spiritual awakening but also restores the physical body to a higher vibrational state, enabling it to participate in planetary and cosmic ascension processes.

This activation is seen as both an individual and collective mission, where humanity plays a role in restoring balance not only within themselves but also across larger universal systems. I want to reiterate the importance of taking responsibility for everything we participate in, beginning with our thoughts. I am saying that because, as a student of Keylontic Science, I learned a bit about those various interdimensional conflicts, genetic tampering, and distortions in the Earth's grids. And just like the stories that came from those eras, participation was involved, so that alone is what the individual must reconcile with.

I have participated in grand experiments; some I remember, while others I don't. But just like the analogy I gave about the tree falling in the forest, just because you didn't hear it or see it doesn't mean it didn't fall. This also means that just because I

can't remember it all doesn't mean it didn't happen or that I didn't participate in it.

Here is part of the history you won't find in the Bibles around the world. In Keylontic Science, the Guardian Alliance is presented as a collective of highly advanced interdimensional beings who act as caretakers and protectors of the Divine Blueprint.

According to Ashayana Deane (the author of the Voyagers Books), these beings operate from higher-dimensional realities, often described as the 12th dimension and beyond, and are dedicated to assisting humanity and the Earth during periods of ascension.

The Guardian Alliance is said to include various races, such as the Elohei-Elohim, Seraphim-Seraphim, and Azurites, who hold the original codes of creation and work to preserve the integrity of the universal life-field. Their mission, as framed in Keylontic teachings, is to counteract the influence of fallen or distorted groups, sometimes referred to as the Fallen Angelic races or certain factions of the Anunnaki who, through ancient conflicts, have introduced genetic, energetic, and planetary distortions.

These distortions are believed to be the root causes of humanity's fragmented DNA, blocked Merkaba systems, and collective amnesia regarding our spiritual origins.

Keeper of Final Moments

Now, I can see the common thread of discontent among the various groups today; some claim to hold the original codes, while others argue about the rights and wrongs of their own religious beliefs.

These are the things I've learned that brought me to where I am today. Wars and a lot of bloodshed caused by defending their beliefs, but I want to point out all wars. All wars originate within. There is no one to blame, outside yourself.

What I have to say about that is, regardless of the circumstances, any conflict within your biological body will manifest in symptoms. Internally, when we suppress conflict, whether it's unresolved anger, grief, or guilt, the energy of that tension must move somewhere. The human system is dynamic; it is not a closed circuit. Our nervous system, immune system, and cellular processes respond to the signals we give them, whether consciously, subconsciously, or unconsciously.

Examples of prolonged stress include elevated cortisol levels, which, over time, weaken immunity, disrupt sleep, affect digestion, and strain the heart. And Asher, I want you to get a clearer understanding of what's happening inside your cells because you chose not to fall into a sound sleep for years. Fear is taking precedence!

Emotional pain translates to tension in muscles, changes in breathing, and altered hormonal patterns. Spiritually speaking,

unaddressed conflict blocks the natural flow of life force through the body. It creates energetic stagnation, like a river dammed up, which eventually causes pressure until it finds an outlet. This outlet reveals physical symptoms or emotional outbursts that spill into relationships. The most important relationship of all is with yourself.

In short, conflict cannot be contained because the human system is not meant to be a sealed compartment. We are open, living, relational, inhale and exhale, pulsating Beings. What happens within us inevitably seeks expression outward, because that is the nature of life! To move, to reveal, and to be integrated. Ignoring or denying inner conflict does not make it disappear; it only delays its emergence, often in ways that are more disruptive or painful later.

I like to say the symptoms we experience are God's language. That mysterious language one must learn to decode. Know that what's happening inside the body will reveal itself on the outside of your body, through your five senses.

After learning about various religions and spiritual teachings, I have emerged as a more balanced person. My heart is moving toward ending conflict, within and without. I see the conflict as something I participated in, whether I am aware of it or not. I no longer wish to participate in ideas that stifle me.

Keeper of Final Moments

Even when I was a student of Keylontic Science, several of the other students would introduce me as a "K.Ser" I can remember stopping them in their tracks and asking them to stop that. I would tell them, "I am not a K.Ser." Like a follower of some cult. I would say to them, "I am a student, and I will take what I need from the teachings and keep on going." Just like all the Bibles I have read.

Spiritual growth means releasing the need to belong to a rigid category or to defend one view as the only truth. To me, life holds everything, every moment, every feeling, every breath, every transition, every layer of existence. It includes joy and sorrow, birth and death, waking and sleeping, the physical and the spiritual, the known and the unknown. Nothing is left out.

Life is one continuous, boundless, limitless experience.

When I say life is all-encompassing, I'm saying you are never separate from the greater whole, and you are NEVER alone because you are part of everything, and everything is part of you.

And as far as I know, religions do not teach this, which leads me to share some of the history behind them.

After studying several versions of the Bible, attending various churches of different religious sects, listening, and participating in baptisms, and being a student in several mystery schools, I have concluded that humans' drive to make sense of existence is how religion began. Originally, humans wanted to understand

the mysteries of life, death, the cosmos, and their place within it. The word religion itself can be traced back to Latin, meaning “to bind” or “to reconnect,” suggesting that religion is about binding people together or reconnecting humans with the divine.

In its earliest forms, religion was not an institution or system. Ancient people observed the natural world. They felt awe and witnessed its power, feared its dangers, and developed rituals, stories, and practices to make sense of forces beyond their control. Over time, these stories and practices were shared, formalized, and passed down. What began as individual or tribal relationships with the sacred evolved into collective traditions, and groups of followers gathered around to share myths, rituals, moral codes, and symbols.

Then, as societies grew more complex, so did their religious systems. This is crucial to realize. I like to keep this real. I don’t want any blurred lines. People made the religious systems. The people of religion created cultural identity, governance, and law. They were seeking structure for spiritual questions, social order, and political power.

In this context, the people of religion became “something” because it met deep human needs, you see, like the need for deeper meaning, belonging, moral guidance, protection, and community.

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It also became something collective and overseen by authorities and institutions, and this is where the tension started. While “religion” can bind people together in shared devotion, it can also bind them into rigid structures of belief and hierarchy. And when we look at what dimension this is all taking place, the ego is front and center and “friggin” huge.

So, when I talk about religion today, I am referring to the organized, inherited systems that have been influenced for centuries by human history and culture, which led to the misuse of power. Knowing this has brought me to where I am now, I ask myself this question: “What is it that I want to continue to participate in and why?”

Allow me to close this chapter by saying, as a witness standing at the bedside of another person’s end of life, the way we know it, I’m aware of human history. And when that person is ready to take their last breath, know that they are where all religious systems, beliefs, divisions, and doctrines die.

In that sacred space, there are no followers, no camps, no arguments about who holds the original truth.

I Am Present, with the mystery of life and death unfolding in its raw, undeniable reality.

At that moment, as a witness, I see beyond death where there’s something untouched by human systems, something no religion can fully contain or control.

Andrea Lucia Tripodi & Asher Wright

I share this in the hope that you can come to realize that all the conflicts we carry; the inner wars over identity, belief, and rightness, are ultimately the same conflicts that manifest in the body, bleed into the community, and ultimately the world.

Step beyond inherited patterns to meet the end of this embodiment with openness and a clear heart. What truly matters is not what you follow, but how deeply you engage with the living moment, how fully you listen to the language of your body, your spirit, and the silence that holds it all.

In this space, the witness is not just observing someone else's transition; they are invited to fully experience their own transition with grace.

Be fearless, and go calmly, my friend.

“In the end, we’ll all become stories” - Margaret Atwood

Keeper of Final Moments

If Keeper of Final Moments stirred your curiosity, gave you viewpoints you never thought of before or served you in a meaningful way, your feedback means a lot to us, and it will help others find this book, too.

To leave a review, copy and paste the link to your browser; it will take you straight to the book. **<https://a.co/d/oFjbQkk>**

Many thanks for considering my request.

Andrea Lucia Tripodi & Asher Wright

About

Andrea Lucia Tripodi

Andrea's experience is powered by deep listening, spiritual inquiry, fierce integrity, and a practical mind. A devoted end-of-life caregiver, spiritual mentor, and writer whose work emerges from decades of intimate experience with those who have transitioned. With a natural ability to hold space for the sacred moments that often go unnoticed, she guides others through fear, confusion, and silence into a deeper relationship with presence, truth, and the unseen.

Her work is grounded in intuitive wisdom, spiritual anatomy, and the knowing that death is not the end, but an entrance into life. In *Keeper of Final Moments*, Andrea offers not only her insight but her heart, inviting readers to meet death with clarity and life with courage.

She continues to mentor families, speak on the sacredness of dying, and create healing modalities for inner awareness and self-healing. She is also the author of a published coloring book featuring 33 original quotes about love, available on Amazon.

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Asher Wright

Asher is a storytelling strategist and the founder of Life Changing Wisdom Coach, LLC. Originally from Saint Andrew, Jamaica, he is a proud U.S. Army veteran with twenty-two years of service.

He now dedicates his life to helping immigrants, veterans, and entrepreneurs transform their personal journeys into published memoirs that inspire, empower, and build legacy.

Asher is also the creator of The Ultimate Mind and Body Transformation (UMBT) Program, a coaching community designed to guide individuals through deep personal growth, healing, and lasting lifestyle change.

He is the author of the self-growth book series *Demi Divine* and has published four previous titles: *Turn Your Traumas Into Treasures*, *Focus on Your Path*, *Two Suitcases to Success*, and *Dare to Ignite Your Dreams*. *Memoirs to Millions* marks his fifth publication, further cementing his mission to publish eighty-six books by his eighty-sixth birthday.

He also co-hosts two podcast platforms: *Pandora's Awareness Podcast* and *Idea Tennis* with Jessica Velez-Benito, where meaningful conversations spark transformation and self-discovery.

Andrea Lucia Tripodi & Asher Wright

Driven by his philosophy of “building on other people’s dreams,” Asher collects untold stories and circulates life-changing wisdom. His greatest joy is working with individuals who embody multiple identities, immigrants, veterans, entrepreneurs, and helping them rise through the power of their voice.

When he’s not writing or coaching, you’ll find him snowboarding, cycling, or scuba diving, activities that keep him grounded, adventurous, and in flow with life. Connect with Asher Wright at: <https://lifechangingwisdom.com/>

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