

Gateway to an *Enlightened World*

Collective Life Lessons to Support
Planetary Transformation



Compiled by Dr. Ruth Anderson

“Come Dance With Me” Step Onto Your Spiritual Path

By Linda Dierks

Welcome! Come join us. You're exploring these pages because you too have that irresistible lure to find your spiritual path. It may have started with a tug on your sleeve or a yearning in your heart. It's a thirst for higher knowing, the feeling of being part of something greater and a knowing there's more for you. These are the stirrings of your path to joy, higher awareness, and extraordinary knowing.

My guides repeatedly beckon, “Come dance with me.” Let your spiritual path also become a dance: a time of intimacy with a higher presence, a time of whimsy and delight, a consistent melody that hums in the background of your life. The spiritual life is mystical as the moon, fresh as nature, solid as granite, and comforting as a glowing fire on a winter night. It brings solace to a spinning world and turns your everyday life into a pirouette.

Come dance! As you and a higher presence come together, you ignite the spark of the divine within you and generate a life of deep satisfaction filled with fulfillment, a sense of purpose, and service to others. Cultivate the seed and you become a perennial blossomer. The process is always emerging and I've learned that these four practices are your greatest resources to continued expansion:

- **Finding your tribe.** For years I struggled with the new identity as a spiritual leader and my counselor kept saying, “Linda, you have to find your tribe.” Your tribe is your community of like-minded thinkers. It's a platform that propels you upward and a safe haven where you can be genuine with your beliefs, express freely, and become the highest version of yourself.

Tribe members are models for one another and by sharing information, experience, and expertise there is a collective escalation. It reinforces your “I can” attitude and provides an energetic momentum that pulls the collective community upward. It's that rising tide that floats all ships. Nothing is more elevating than a compliment from a peer. My guide showed my tribe as members of an athletic team, carrying me on their shoulders after a victory.

As Dr. Ruth Anderson remarked in the Enlightened Women ~ Enlightened You Summit, “Your tribe is where magic happens.” I would never have set my sights this high or found the resources to make it all possible if it weren't for Ruth and Enlightened World Online. I've also been fortunate to have mentors along the way who later became an integral part of my tribe.

- **Continuing education.** Whether seeking inner calm or opening to communication with a higher presence, education opens new portals for you. Most of the major steps in my spiritual and clairvoyant growth have come after investing in my studies. Education adds depth to your writing, counseling, healing, or whatever role you choose as a spiritual leader.

Like a medical student, you start with a broad base of knowledge, but eventually, your life purpose will direct you to an area of specialization. The Creating Joy and Wellness I teach today is a composite of alternative healing modalities, energy medicine, quantum mechanics, Science of Mind, clairvoyance classes, advanced psychology, and my training as a Certified Intuitive Healer.

And I'm ever grateful for the writing, public speaking, and leadership skills learned in my previous professional life. When you look at past learning, you'll recognize that each skill and each experience—both good and bad—was preparing you for the next level and supports what you aspire to today.

And continuing education is an excellent way to build your tribe. Listen and learn from one another. Reach out, stay in touch. Ruth and I agree that meeting each other was the best souvenir from our conference in Phoenix.

- **Defining your belief.** Take the time to delineate your beliefs and put them on paper. Like an organization's mission statement, the exercise will bring greater clarity and focus to your path. Note the date, as your spirituality is always evolving. Your beliefs may be a hybrid that includes traditional religions or be something completely unique to you. I defined mine this way:

I am the extension of a greater force—Spirit, Divine, God, Oneness, Source, Creator—that is invested in my greatest good. I am in Its guardianship and when I recognize and claim this presence, it ignites an energetic expansion of reciprocated love. My guides are my tutors. They expand and grow by interacting and expressing through me and since my success is their goal, when I succeed, they succeed.

My place of worship is in nature where I can empty my mind and interface with my Creator. In this space, I see the interconnectedness of the universe and receive new realizations, heightened awareness, and acute intuition—essential skills to my work.

I am a creator of my life. When I choose high-frequency thoughts of love and joy, I attract more of the same. When I eliminate low-frequency attitudes of judgment, control, anger, or fear, I am in the greatest alignment with this higher force.

My purpose in this lifetime is to be an instrument of my Creator as a messenger of self-directed joy and wellness through higher consciousness. The more I embrace my role, the more I'm sent new concepts, fresh ideas, and opportunities. This fluid interaction is my dance with the Divine.

My voice is the language of love. Love is the music behind the dance. It connects us all, is the presence of the Divine in my life, and a theme throughout all religions. It softens my reactions, unites me with others, quiets my mind, and elevates my consciousness. When I live from love, I'm a magnet for more of the same—more love, more contentment, more richness. I am radiant when I radiate love.

My spiritual practice is contented, practical, grounded, and flows as an effortless part of my life. I call it "kitchen table spirituality"—casual, comfortable, warm, and kind. It provides the guideline for my lifestyle, my conduct, and the thoughts and attitudes I entertain. I call it "behavioral spirituality"—walking the walk.

- **Opening to guidance.** Creating a connection to divine guidance is created with consistency and practice. My guide taught me these simple steps—Open, Ask, Listen, Discover.

Open—You open when you eliminate distractions and establish the intention to receive. The most common is a committed meditation, best practiced first thing in the morning when your brain is still in a liminal state. You also have greater interaction with your guides when you tune in at the same time every day, especially when you are beginning. Setting a consistent time reinforces your commitment and tells your guides they can depend on your availability at that time.

Express love from your deep heart to raise your frequency and become a greater match with the high-frequency energy of higher presence. Think of your guides as a radio. When you match frequencies, you are "tuned in to the same station" and by raising your frequency, like a satellite dish, you become a bigger receiver.

Ask—Invite the dance! Asking is the powerful broadcasting of your intention. Seek their help and tell them you're listening. Be energetically fluid and in a state of allowing as your frequencies seek one another, like searching for the right station on your radio. It may be useful to prompt the conversation by asking, "What would you like me to know today?" Be in loving patience. The process cannot be forced. When you ask you become a magnet for their attention.

Listen—Stay open and play. Just like the movie *Close Encounters of the Third Kind* you are trying to find a common vocabulary. Put away any preconceived notions or illusions of control as your connection may occur in hundreds of ways. It may come as an undeniable knowing in your gut, objects like coins or feathers appearing along with synchronistic

occurrences, voices from loved ones passed over, or messages and images from a higher source. My guides send telepathic messages but more commonly communicate with images that have meaning only for me.

Beginners often question if what they hear or see is true guidance or their imagination. You can answer this by asking, “Is this coming *from* me or *to* me?” When you examine the manner by which you received the information, the source will be clear. Eventually, you will learn to trust your guidance.

Discover—Have fun. Be playful and creative. This interaction stimulates the “three Ps” – promise, possibility, and potential. The more adept you become, the more the “Ps” will flow to you. There’s never a plateau and you will see a clear progression as each stage builds upon the next. This is the choreography of the dance.

By finding my community I was able to fully accept and embrace my identity and my gifts. I became secure in my authenticity, which created bullet-proof confidence and a new love of myself. By investing in education, I boosted my connection with my guides, met valuable colleagues and elevated my level of professionalism. By defining my beliefs, I created a solid platform that became a springboard to more. And by opening to guidance, my meditation practice brought me consistent connection, play, and discovery in this world of marvels.

Stand up and join the dance! You don’t have to be an authority—you only have to be the one who said “yes” and stepped up to the plate. You increase your expertise by doing. My guides said, “With focus and diligence you will rise. Remember we are always with you. You are our gem. You are our joy.”

The dance is a continuous upward spiral. As your perceptions expand, your life will shift. You’ll see things from a higher plane with greater acceptance, patience, and understanding of yourself and others and of the universe and your place within it. When you raise your own consciousness, you raise the consciousness of everyone around you. Live in joy. Happiness is the greatest indicator of success and the highest compliment you can pay your creator.

About Linda Dierks

Linda is a pioneer of self-empowered healing, an advocate of emotional wellness, and is the best-selling author of *Quiet Mind: How to Create Freedom from Depression and Anxiety*. After studying advanced wellness methods, alternative healing modalities, the mechanics of energy, and personal trial-and-error she created a successful recovery program for both physical and mental health.

She describes the source of her insight as coming from “A higher force, like a gentle palm in the small of my back.” Find her at SpinStrawtoGoldnow.com where you can sign on to her blog, and also on Facebook, and Instagram.

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