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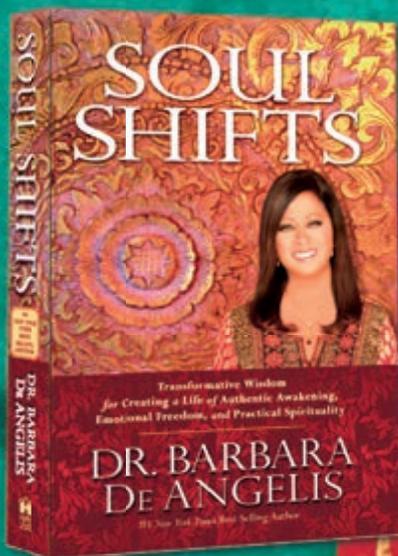
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An In-Depth Interview with
Dr. Barbara De Angelis
 on her newest book
Soul Shifts

by Karen Larré, Carla Garcia and Mary Anne Weaver

Dr. BARBARA De ANGELIS is one of the most influential teachers of our time in the field of personal and spiritual transformation. As a renowned author, speaker and media personality, she helped popularize the self-help movement in the 1980's, and for over four decades has reached tens of millions of people throughout the world with her inspirational messages about how to create a life of true freedom, mastery and awakening.

Dr. De Angelis has written 15 bestselling books that have sold over 10 million copies and been published in 25 languages, including **four #1 New York Times Bestsellers**. She has starred in television shows on CNN, CBS, PBS, was the creator of her own award-winning infomercial, and has been a frequent guest on OPRAH, THE TODAY SHOW, and GOOD MORNING AMERICA. She currently hosts her own popular weekly radio show on Hay House Radio heard worldwide.

Over the past thirty years, Dr. De Angelis has been in high demand as a motivational speaker and is known for being one of the most moving and inspirational female presenters in the world. She is one of only five women ever honored as one of the most outstanding speakers of the century by Toastmasters International.

Barbara's remarkable life achievements span almost four decades, and she

credits her dedication and unrelenting commitment to her own personal journey as the source of all that has come through her to millions of people. She is a serious seeker who has deeply immersed herself in spiritual practice and study from the age of 18, and spent many years in residence with several of the most renowned spiritual masters of our time.

It is on the foundation of this profound inner wisdom that she offers her life-changing programs on "TRANSFORMATION FROM THE INSIDE OUT", and why she is known for sharing her inspirational presence, authenticity and passion with her audiences, readers and students.

Dr. De Angelis' new, highly acclaimed book is **SOUL SHIFTS: Transformative Wisdom for Creating a Life of Authentic Awakening, Emotional Freedom and Practical Spirituality**, which debuted in March 2015 as an international bestseller.

Truly Alive: *In Soul Shifts, you talk about this book being the culmination of your life's work. Can you share about that?*

Dr. Barbara De Angelis: From the first part of my life when I became a conscious seeker, and then when I became a transformational teacher, I've dedicated myself to supporting people on the path of awakening and offering them powerful tools to help them on that journey. I've done this in many ways:

through seminars, TV programs, radio shows, and of course through books. *Soul Shifts* is the most important book I've written because it's coming at the end of over four decades of very deep spiritual seeking, study and attainment. It marks, for me a time of what I call "harvested, ripe wisdom"—a moment in a teacher's life when there is an abundance of living wisdom that yearns to be shared with others. This book marks both the fruit of my work, my path, my studies, all my other books, as well as a new paradigm of teaching and writing. Of all that I've written and offered, it's the thing I'm the most proud of.

TA: *What is "Divine Discomfort", and why is it important to know we are on the right track?*

BD: I'm a mystic, but I'm also a very practical spiritual teacher, and my main focus is helping people navigate the real, practical experience of waking up and living a fully conscious awakened life. That real experience contains a lot of things—passages, purifications, moments of revelation, moments of confusion, moments of relinquishment, and so on. These experiences often have nothing to do with projections or fantasies about what it's like to grow in more consciousness. People imagine that awakening means every day you feel happier, you feel more love, nothing bothers you, everything in your life starts going your way, and you're manifesting

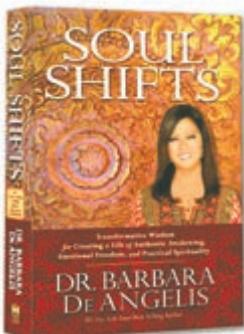
everything you want. This is what I call a “kindergarten understanding” of spirituality.

The real path of growth of consciousness is much more nuanced and has many more peaks, valleys and intense passages, which I call “the narrow path”. Scholars and great mystics have written about these passages for thousands of years. They’re challenging—even **frightening**—and, if not understood, can be easily misinterpreted. We may think something’s wrong with us, or erroneously conclude that we’re stuck and not growing at all. I’ve been a very serious practitioner receiving formal spiritual training with several spiritual masters, and have spent years at a time in seclusion, meditation and retreat—so I’ve passed through these stages myself, and subsequently taken many people through them. I feel obligated to come forward and talk about what I call “practical spirituality,” and explain to people that what I describe as “*symptoms of awakening*” don’t necessarily mean something is wrong—they usually mean something is **right**. As I say in *Soul Shifts*: “*There is nothing worse than thinking you are lost, when you are actually in the middle of finding yourself.*”

TA: *How do we see the world through the eyes of our issues and with our personal shades of perception? And, how can we change that?*

BD: Everyone basically lives in their own personal hallucination, and that hallucination is based on our issues, our patterns, and our neurological programming. We literally experience life through the lens of these issues.

For example—a friend doesn’t call you back. You don’t just think “she didn’t call me back.” Inwardly, your issues act like your advisers, offering you an explanation about why she didn’t call: “The reason she didn’t call you back is that she’s angry with you about something you said. Or it could be that she



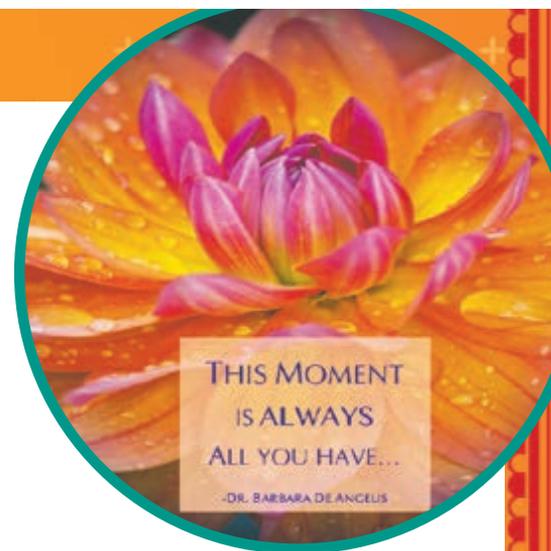
doesn’t think you are important enough to her.” In this example, you are re-interpreting the facts through your issues. Not only are you interpreting them, but you’re reacting in a different way *inside* because of it. Now you have actually changed reality! In your mind, it is a *real thing* that you were rejected. But your friend didn’t do anything to you—she was just being herself and not returning a phone call.

This is so important to understand: **the difference between what you think is happening to you, versus what’s happening in you.** Relationships then become people’s issues colliding and interacting and dancing with each other, as opposed to real heart recognition and love. What do we have to do to change it? This is what I write about in *Soul Shifts*, and what I mean by real *emotional freedom*—freedom in each moment to authentically react and interact from a clear, fully conscious place.

TA: *How do we send out “vibrational double messages”, and what manifests in our lives as a result?*

BD: The first thing to understand is that we are all simply vibrational beings. As physics tells us, we’re vibrating matter. Our thoughts, our feelings, and the atoms in our bodies are all simply different configurations of vibrations. We vibrate at certain frequencies that are harmonious, or frequencies that are dissonant; frequencies that are uplifting or frequencies that are agitated. We’re broadcasting these vibrations out, whether we want to believe it or not, and since everything is connected vibrationally we’re impacting the world in every single moment.

Suppose you are trying to manifest the perfect job. You focus on images and thoughts like: “I deserve to be hired. I’m going to get this job. People think I’m wonderful.” But let’s say there’s another part of you inside that’s very contracted, vibrating with an old feeling that you’re not good enough, or the fear that if you get a more important position, you won’t have time for your children. Now you’re sending out vibrational double messages. If the Universe were your potential employer and you were in a job interview, the Universe would be looking back and



forth between these two parts of you, saying, “I don’t know what to do with this. Make up your mind, and when you’re clear, come back.”

Our deepest and often unconscious emotional wounds are usually responsible for these negative messages: “People disappoint me. I’m never going to get what I want. I feel abandoned by Spirit.” They are what controls our life, unless we locate them, understand them and heal and recalibrate them with love. That’s really what the path of awakening is. Positive thinking is nice, but all of our thoughts emerge from our consciousness anyway, so we need to go beyond positive thinking to positive vibrating.

TA: *Why is it important to “be in the present” and how does that help us to tune into our inner GPS?*

BD: To me, this comes back to the *Soul Shifts* mantra: “**Today I’m going to see what there is to see, to feel what there is to feel, and to know what there is to know.**” When people are stressed or when people are upset, when they are going through challenging experiences, this is the first place I always tell them to start. When you “feel what there is to feel” in the moment, unbelievable shifting will happen right then, instead of thinking, “What should I do? How do I change or fix this?” Most people skip the seeing and feeling and knowing and turn to their intellect, asking, “What do I do, how do I do it?” First you have to see, feel and know before you can accurately assess what is really happening and know what to do.

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TA: *Your urging for us to live always from our Highest and think about the legacy we are creating every day is compelling. Do you want to share about that?*

BD: That's the most important chapter of the book for me—Finding your way back to your Highest. We all have our Highest Self, and experience moments in which we feel connected to it, but we need to learn how to locate it and live from it at all times. It's the simplest thing, and it's the most powerful thing. Part of that is noticing how we drift away from our Highest. When we drift, we start to feel different. "I was feeling calm and I was feeling very emotionally expanded, and all of a sudden I started to feel contracted, agitated, or more shut off and irritated." When that happens, you know you've drifted from your Highest. If you pay attention, you can feel when you are drifting, and then you can use my *Soul Shifts* practices to come back to it.

You can ask yourself "What am I choosing in this moment? Is there a more enlightened choice I can make?" or "What would it look like right now for me to be in my Highest?" Just asking these questions recalibrates you. The minute you say "My Highest," your consciousness opens the file labeled "My Highest," and all of that knowingness is available. You immediately begin vibrating at your Highest. When you have enough of those experiences, it starts to feel absolutely excruciating to *not* be operating from your Highest. Then you've actually shifted. You're spending more time in your enlightened vibration than in any other. One day, it becomes impossible to choose anything but your Highest. And then, there's not even a thought about it. . . that's just where you *are*.

TA: *Is there anything else that you would like our readers to know about?*

BD: The Paris terrorist attacks happened while I was on a plane to New York City. All I could think to do when I got to the hotel was to post this message on Facebook—a message that ended up going viral to almost half a million people: "What can you do when faced with the darkness that obviously does exist in this world? What is the remedy for the way it breaks your heart and shakes you to the core of your soul? Like me, you can pray; you can try to be a force of goodness. And most of all, and always, you can LOVE. Tonight and tomorrow, and every day you have, reach out to anyone you can, and create a field of love between your hearts. Thank people, appreciate people, honor people, comfort people, kiss and hug people. In that



moment, you will be offering the highest, healing vibration to the world. You will be adding to the vortex of Light, of Goodness, of Grace."

We all need to understand that we *are* making a difference, not only by doing things externally, but by our own process of offering our highest healing vibration to the world and living it day by day. Now more than ever, we need to all live what we believe in. Now more than ever, we need to free ourselves of any way we terrorize ourselves with our own negativity, shame, fears or self-judgment. Now, more than ever, we need to stop indulging in the ways we emotionally terrorize others, even if we don't think that's what we're doing. Anger, harsh words, spreading gossip, losing one's temper, whether with your children, your partner, your dog—these are forms of terrorism. Just because you aren't using weapons doesn't mean your thoughts and actions aren't destructive to yourself or others.

Deciding to not raise your voice to someone, to not say something hurtful or sarcastic, to not turn away from or shut down to someone you love because you're annoyed or pissed off...*deciding not to do these things and instead, choosing love IS ending war in that moment.*

In the face of everything unthinkable that's happening on the planet, I absolutely believe that we all are being called to accelerate our process of transformation and awakening. No matter how fast we think we are going, we can go faster. No matter how much we think we are loving, we can love more. No matter how much we think we are healing, we can let go of more. And even if we don't know what that looks like, we can just have the thought: "I'm reporting for cosmic duty. Show me what I need to see, open me to what I need to feel, reveal to me what needs to be relinquished so that I can, in every moment of how I live and love, serve the triumph of light over darkness on this planet."

To learn more about Dr. Barbara De Angelis' amazing work including seminars, conferences and online courses, visit: <http://barbaradeangelis.com> or write info@barbaradeangelis.com

Dr. De Angelis is currently president of Shakti Communications, Inc., dedicated to bringing enlightened messages to the world through all electronic and print mediums. She lives in beautiful Santa Barbara, California.