

Talk To Your Soul

Raise your energy
vibration and manifest
a new reality

By James & Cathy LeValley

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Introduction



The potential human experience described in the opening of this book is just one of many possible events that can take place in a multi-dimensional reality. Imagine that you are this soul sent to observe the damage and destruction to our mighty planet Earth. This destruction was not caused by some alien race wanting to take over the planet, as filmmakers often portray in science fiction movies. Instead, this devastation was caused by Earth's greatest enemy; it's own people.

Could this experience be something that happens a thousand years from now? Or is it an event that could be a reality within your lifetime? The possibility is always there that man-made or natural global destruction could occur at any time.

A common first thought is to blame this type of mass destruction on world leaders. However, it is the thoughts of each individual that influences the collective consciousness, or the energy vibration, of our whole planet. This is just one of many possible outcomes that can occur depending on the individual choices each person makes toward developing a deeper understanding of ones self and their connection to the greater whole.

One individual may feel powerless to make a difference to the world, but each thought or idea starts with a possibility. A seed thought, or a new thought that first enters the mind, will contain either negativity and judgment, or compassion and love. From there, a choice is made to either accept the thought and move on, or to consciously dwell on the experience. After a sufficient amount of contemplation is performed for that thought, it is then preserved safely in the subconscious mind to recall later when a similar experience occurs. If the end result is to remember that experience as positive, that is what you remember about that idea or belief. The same holds true for a negative thought. Your mind makes many conscious choices every minute of the day, and you make the decision how you want to process each one.

You may feel helpless to stop the hate and destruction associated with war or terrorism as one person standing alone. However, you do have the personal power to take a stand against what negativity you allow in your own mind. For example, when you first encounter someone who approaches you, what is your first thought about their physical appearance? Is it a negative judgment based on a comparison to yourself or someone else. Or do you see their beauty and give thoughts of positive reinforcement? Each positive or negative thought reflects the energy vibration that the other person receives from you. A positive thought creates an opportunity to raise your energy vibration where a negative thought can lower it.

As each person takes the steps to raise their own energy vibration, the Earth's vibration will also increase. To achieve a higher level requires finding a balance between the materialistic ego and the inner knowing of the soul. Part of the process is to stabilize the emotional thoughts of fear and lack, to allow for thoughts of unconditional love for self and others to be a conscious part of everyday thinking.

This book shares the story of how one married couple who felt disempowered to change their life circumstances were taken on a soul healing journey to discover their true purpose for being here on this planet in this lifetime. I am Cathy, the narrator of the events. What you are about to read are the experiences that James and I recall about our soul healing journey which brought awareness how we could raise our energy vibration. It also describes the process we went through to heal the experiences of our soul for times that have passed or are yet to happen. As we took the steps to raise our energy vibration, we developed a different perspective for many of the events in our life. We began to understand how our past experiences play an important part of the synchronicity for the life lessons our soul came here to overcome.

We're just a simple, humble couple that grew up in small town America and were taught the Christian values and morals that go along with a rural environment. We don't have any titles to go after our name and we haven't won any recognition for our humanitarian efforts, or any literary awards for our writing. In fact, connecting to other people is often challenging. We've always been about two years ahead of the current way of thinking, and when we start a

conversation, many people either take offense to what we say, because the words don't seem to come out just right, or they look at us with glazed eyes and wonder if we are full of hot air.

We're not claiming to be experts on any particular subject and we can't supply you with any scientific studies to back up most of the information we share with you in this book. We didn't write this book as an opportunity to announce that we are the next great prophet or new age guru looking for a new following of believers. We confess these disclaimers not to make us seem small, but to portray ourselves as just normal human beings who simply want to let people know that it is possible to raise your energy vibration. We share our experiences to help others explain the changes that may be occurring in their own way of thinking as their vibration rises.

James shares his personal story and family issues not to be seen as a victim to a cruel world, but to illustrate how soul healing can bring completion to a contract that was put in his path to provide a life lesson. Going through a process of soul cleansing can bring awareness to past experiences that may have been unknown or repressed. It provides an opportunity to assess what lessons were learned from the experience. As part of the healing process, it is important to bless and forgive those involved to release the self blame that can often occur with the mind. This provides a sense of empowerment and restores self esteem and confidence.

It is also not our intention for people to use our story as a template of how the soul healing process should be done. We just want to be a witness that the possibility does indeed exist that it can be done. After we talked to our soul, we really did exist in a new reality because the way we thought about ourselves changed. The one phenomenal factor that started the changes to take place in our reality, was for the first time in our lives, we learned how to love our self, unconditionally. This is how we truly empowered ourselves.

Prior to acknowledging that our soul existed, we looked to the outside world to determine our self-worth. We were waiting for our family and peers to give us the validation that we so desperately wanted that our life had value. But we were seeking the wrong opinion to determine that we were relevant to the people around us. We found that many of the opinions of our value are driven by a materialistic ego that feels it has a mission to instill fear, lack, and negativity to those around it for self-protection. The soul seeks to share compassion and love for itself and others. When we finally

started listening to the desires of our soul, a greater understanding of our value to the universe occurred, and this changed our reality.

As James increased his energy vibration, new abilities were unlocked that allowed him to have experiences beyond his five senses. He became receptive to receive messages from a group of divine guides that walked us through the steps of our soul healing. The channeling of messages from The Gathering is just one example of an experience beyond the physical realm. Each and every human has the potential to evolve into a multi-sensory being that can experience the invisible realm as we do, by developing an inner connection to the soul and a relationship to the Higher Self (or universal God source).

In Chapter Two, I narrate the story of the events that led us to the introduction of The Gathering. Other chapters that follow include the transcription of some of the channeled messages and teachings of The Gathering, along with dialogues of past life regressions and attachment releases that took place as our soul healing journey evolved.

As the messages from The Gathering progress, they reveal our life's purpose and acknowledge a vision for us to reach out to others who seek to know their inner soul. We were already aware of pieces of this vision prior to the introduction of The Gathering as a sense of inner knowing of what direction to take for the next phase of our life. The Gathering confirmed this vision and helped bring all the ideas together so we could focus on a defined mission.

Some of the channeled messages we received from our guides may seem to be filled with doom and gloom at first glance, but that's not the intention they wanted to convey. The human's 'politically correct' way of censoring public messages is not part of their intellectual mindset, so sometimes their messages seem rather blunt. We wanted to keep their way of speaking as authentic as possible. Their intention is not to instill fear, but to merely get people to start thinking about the conscious choices they make and how it affects not only their own life, but the world around them.

In their messages they share possibilities of what could happen to our planet based on the current path that the human race has chosen. But as humans, we each have the ability to change our circumstances based on our own individual free will to make different choices in our thoughts and our actions.

As you read their messages, consider that as a divine entity, they have the opportunity to look at our planet literally from a higher perspective. Most humans are only concerned with the factors of their own environment or community and base their decisions on that information. But a divine entity looks at the human way of life from a global perspective. They see a bigger picture by looking into different dimensions of that situation. They can see what possible outcomes are available for the decisions the human race makes.

For each choice you make, there are several different possibilities that can occur, depending on how you react to an experience. These choices represent the different dimensions or possibilities for that experience. For example, if someone is approaching you in anger, you may choose to react back with anger and have a shouting match with them, and then never speak to them again and hold resentment. This is one possibility or dimension for that experience. You could choose to let this person express their anger and then respond back with words to calm and resolve, and you walk away still friends. This is another possibility or dimension for that experience. Or you could become so angry that you pull out a gun and shoot this person, which will totally change your present reality as you face the possibility of being charged with the crime of murder. This is a third possibility for that experience.

The choice (or dimension) you select for that moment in time will influence what reality you live in next. Each time you make a new choice, you have the potential to choose another dimension and create a different or similar reality. Each human holds that inner power to influence their reality simply by the choices they make.

As an entity with a higher vibration, The Gathering has the ability to review these possibilities or dimensions as easily as we would see a flash of light. They will explain more about this in their teachings. This ability is available to each human that learns to step away from a third dimensional mindset that creates a belief system based on what they can physically experience with the five senses.

To raise the energy vibration requires continual monitoring of the thoughts that are processed and the actions that are taken with each experience that occurs throughout the day. Each book you read to gain knowledge and each class or seminar you take to learn and become more aware is a small step to get you there. When someone enters your life, it is an opportunity to raise or lower your vibration by the words you speak to them or the actions you take. The self-talk

you repeat over and over to yourself will also influence your energy vibration, as well as the amount of violence you expose yourself to (and yes that includes video games and movies where people are killed or harmed). The energy vibration rises when you receive messages of love and compassion and lowers when you accept negativity or are in a mindset of fear.

Raising the energy vibration is a constant process. Anyone who tries to tell you there is a magic formula for reaching instant enlightenment simply wants to make money from you as quickly as possible. There is no pill you can take to make your vibration raise higher. It is not concerned with your economic status and doesn't care how much money you have in the bank or how many possessions you own. It is not race or gender sensitive and it doesn't recognize social titles. It's not important if you live in a fine house in the suburbs or a cardboard shelter in the inner city. The potential to raise the energy vibration is available to every human being.

To start the process is simple. First you must believe that your soul does exist and that you have the ability to speak to your soul. Acknowledging the soul will activate the connection and the inner journey begins from there. Just believe in the possibility and amazing changes will begin to take place!

How can the human race continue to evolve? Are cell phones, ipods, and plasma TVs considered to be significant to the betterment of humans? To Wall Street investors, consumerism and profit is all that is important. A third dimensional mindset would think that additional technology is a tangible advancement to the human species. To develop a consumer product that can be experienced with the five senses (one that can be touched, tasted, heard, seen, or smelled), is what every nation on this planet puts the emphasis on.

Will creating more of these electronic gadgets to encourage consumerism help humans continue to evolve? Or is there a greater mission for the human race? Consider this possibility. What if the one and only mission of every human was to learn how to love themselves and have compassion for other life forms around them and live in harmony? By simply learning how to love themselves, each and every member of the human race can become a hero to their spouse or partner, their children, their family, their community, their nation, and to planet Earth. One simple act of self compassion

can trickle upward for the greater good of the Universe. That's really all it takes to create world peace and unite the world, but our third dimensional way of thinking believes it must be complicated.

The messages from our soul indicates that for the next phase of our personal evolution, we should take the focus off of the technology and consumer products which satisfy the physical senses, and develop our spiritual senses that create a greater connection to the universal source or the Higher Self. People often place little value on this type of evolution because it is intangible and it is not feasible to assign a monetary value to spiritual growth.

There is a new energy vibration that is sweeping across this planet that is changing the way people perceive the world around them. It's been a slow and gradual process, but it's happening to people everywhere. What would happen to your reality if you discovered you had a greater purpose for existing in this lifetime? Would you be willing to answer the call from your soul to help your soul evolve to a multi-sensory being?

We invite everyone who reads these words to consider the possibilities for the next phase of your life. What intuitive messages have you been receiving? What subjects or concepts have you suddenly developed an interest in, or have always held a curiosity for? What people have come in and out of your life and what lessons or opportunities for growth did they provide? Whose lives have you made an impact on? Start to pay attention to the synchronistic events that are happening around you. They are there to help you bring awareness to the greater purpose of your soul.

*Exploring the path to higher awareness
begins with the inner journey.*

Awareness begins when you accept a possibility.

About The Authors



After making a declaration to each other to find their authentic self, James and Cathy LeValley are living the passion they discovered after becoming consciously aware of their soul. Certified in life coaching and hypnotherapy, these soul mates have celebrated over 31 years of marriage and host a weekly cable TV talk show called Soul To Soul. Through audio and video media, they offer virtual life coaching to awaken the inner self as well as guidance and inspiration to assist others to become conscious creators of a life filled with passion and purpose.

Visit the author's websites: CosmicCN.org
TalkToYourSoul.com