

The year 2020 has been cited as a time of major change. The world has moved into a spiritually advanced fourth density consciousness. Upside-Down is packed full of metaphysical secrets for a shifting world.

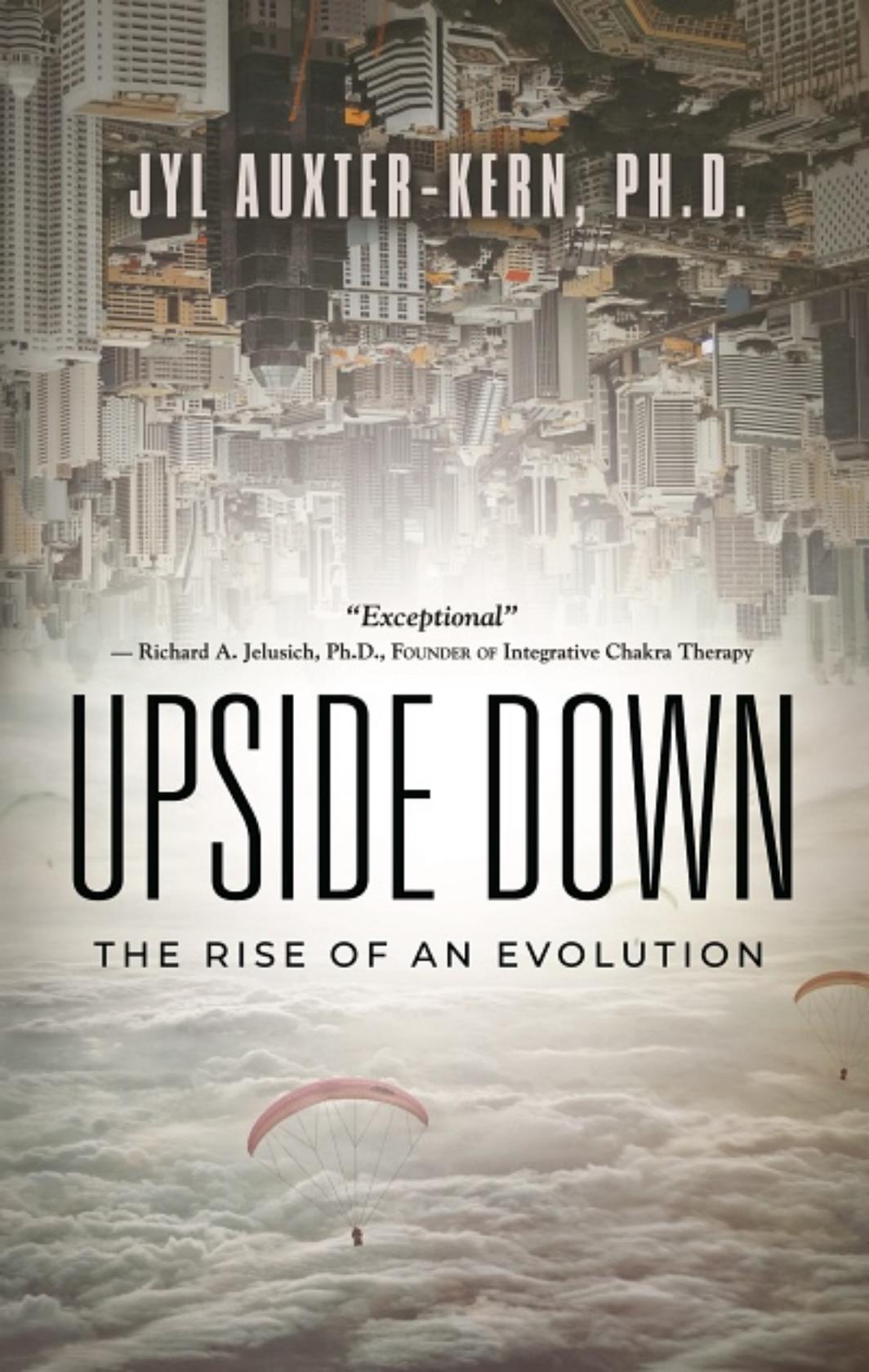
Upside-Down: The Rise of an Evolution

By Jyl Auxter-Kern, Ph.D.

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JYL AUXTER-KERN, PH.D.

"Exceptional"

— Richard A. Jelusich, Ph.D., FOUNDER OF Integrative Chakra Therapy

UPSIDE DOWN

THE RISE OF AN EVOLUTION

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Introduction

The Law of Evolution



The reason we incarnate is to evolve our consciousness. We are acting within this law when we engage in learning about ourselves. We learn to become happy under any circumstances, to have eternal peace, and to serve without limitations. Love becomes our destiny.¹

Awakening

The year 2020 will be cited throughout history as a time of major change or what some are referring to as the “great awakening.” This drama-filled stint with required face masks, social distancing, quarantines, and massive amounts of liquid sanitizer would serve to get our attention, and it certainly did. Who would’ve expected toilet paper to become a modern-day currency and conspiracy theorists the latest gurus? This upside-down period stumbled in with extreme uncertainties and weighed heavily upon the human psyche. Whether a citizen of the United States, Canada, Europe, Asia—Christian, Muslim, Buddhist, Atheist—we were all asking the same question: When will this nightmare end?

Honestly, I didn’t feel the masses realized just how much the world needed to change, which quite frankly frightened me much more than a flu virus and all the heartbreaks that accompanied this pandemic. Widening racial and gender inequalities, along with global-warming adjustments of fires, floods, hurricanes, and

¹ Gonzalo Rodriguez-Fraile, *A New Paradigm of Reality?* (Madrid, Spain: Foundation for Consciousness Development. 2015), 216.
<http://www.desarrolloconsciencia.org/eng/themes/>

earthquakes, were the ruinous shifts some consciously expected. Whatever the preferred thinking, 2020 would become known as the year that exposed a key truth: We have been living in an upside-down world for a very long time, and it was primed for a colossal spiritual evolution.

Spiritual Activation

Metaphysicians, along with many of the indigenous clans, declared that a spiritual activation had already begun around 2012 with the conclusion of the Mayan calendar. Many of us were wondering if this meant the end of the world as we knew it. At some level, I strongly believed it did. Numerous conscious teachers, healers, and psychics literally felt the physical shifts in energy and thought the ascension may have started well before 2012. Most of us have been priming our students to buckle up for a ride of a lifetime. All of us would eventually be asked to make major life changes. It was time to open our hearts and peacefully move into the Age of Aquarius. If not, we would be violating the Universal Law of Evolution.

Despite the darkness on Earth, the consciously oriented had to remain positively focused. As each of us continued to brighten our inner sacred lights, we became beacons of love out into the world. For those who have spiritually awakened, it would be our quest to influence others to do the same. The spirit world has asked us to help those who are not divinely activated but interested in finding a positive rhythm into a right-side-up world. There is great meaning behind this shift in consciousness, and the growth ahead may just lead us out of darkness and into a shimmering light of devotion—all in the nick of time.

As the calendar flipped to 2021, the world was still struggling with relentless anger, fear, and frustration over heightened physical energies that couldn't be explained and a virus that wouldn't go away. Many European countries like Germany kept

extending the lockdown periods, leaving many of us wondering if life would ever get back to normal. In the months that followed, nations could only hope and pray that all this worldly chaos would shift into a higher frequency of love. It was time for people to wake up and make their conscious growth a priority. Other energy healers like myself started to look at this distressing interlude as the perfect opportunity to be more of service and optimize our reason for reincarnation. It was time to go to work.

Ascension

Most energy healers agreed that this was a grand opportunity to prepare ourselves and our clients for the ascension. We have left the frequency of what some are calling a third-density reality and moved into a more spiritually advanced fourth-density consciousness. Others are referring to this shift as the fifth dimension and the Age of Aquarius. What? Perhaps this means nothing to us now. Trust these expansive shifts ahead to take us from ignorance to wisdom, hate to love, and fear to peace. It is a big deal and certainly a leap into higher levels of consciousness.

If we can successfully make this jump, harmony will abound. The key message here is to stay focused on our spiritual work, remain positive, and seek to help others. This combined awareness can guarantee a stronger connection to the Infinite Creator (God). Life lessons and karma lie ahead, so keep one eye open for speed bumps and additional signposts along the way. A deeper meaning of awakened states of consciousness will be offered as we travel along.

A Time to Express

I left my home in the United States and moved to Europe in 2008 to begin a new life with my soon-to-be German husband. Since then, my commitment to my life purpose and spiritual mission has remained strong. I continue to adhere to my intuitive

gifts and have always tried to embrace opportunities to be of service whether in the United States or abroad. Then came 2020 and a worldwide pandemic when I surprisingly found myself in the United States alone and stranded.

Quarantine meant more intense connections with other teacher-healer types on social media to discuss how we could help calm our students. The uncontrollable virus, with all the social restrictions, was dangerously stirring up far too many negativities and unnecessary fears. I had great concerns: if we kept our focus on what we didn't want, we would continue to manifest more problems. The Law of Attraction, the Law of Vibration, the Law of Harmony, and so many other Universal Spiritual Laws were being violated. Of the people I spoke with, few cared about these powerful, sacred decrees, and most had no idea what I was even talking about.

After a while, the intuitive voice in my head loudly screamed the words *upside down*. It kept repeating that the world is upside down, and I had to write. The intention of this book is to establish a clear conversation around our spiritual awareness and conscious growth. Everyone on the planet can look forward to a spiritual awakening, and the process could be challenging. This compendium offers several time-tested and trusted metaphysical secrets that will support the quest and clear up any confusion.

The primary objective of this book is to simply be an advocate for the evolution of our souls and the rebirth of Mother Earth. It is time to hold hands and together jump from the edge of our comfort zones. The Universal Spiritual Laws have been included to aid our adventure into the unknown. These laws are timeless and have much to offer during this transformational and somewhat uncomfortable period in history.

Most people have heard of the Law of Attraction. The book and movie *The Secret* made this law more accessible.² However, the

² <https://www.theseecret.tv/law-of-attraction/>

Law of Attraction is only one of the cosmic laws, with so many more to acknowledge. Whether we know the laws or not, they vigorously linger in the background of our lives, especially during the ascension. Many people are unaware that natural sciences have concluded that nature does not respond randomly, and behind everything we see happening in the world, there is a spiritual law connected to it.

As we consider the growth aspect of a higher-density planet, it will be important to examine areas in the upside-down world that are near and dear to us. The spiritual laws will help us understand why our attention to them is so important for our evolution. These same laws will lend support while we desperately try to comprehend what is going on in the world and may just prepare us for the changes that lie ahead. As a group consciousness, the more consistent we are in letting go of timeworn beliefs and ideas, the sooner we can manifest peace, love, and happiness in a world currently full of hate, anger, and divisiveness. The time has come to ask the important question: Are people intentionally seeking to develop their consciousness, and if not, will they still evolve?

The Journey Ahead

Throughout my spiritual journey, I have discovered many inimitable resources and powerful tools to support a metaphysical awakening—meditation, prayer, spiritual teachers, sacred books, breathwork, energy systems, and yoga are just a few. All can be easily accessed by anyone who yearns to intentionally grow. The moment has come to remember who we are and why we are here, yet will we? Do the masses want to know a greater truth about what is going on in this current upside-down world? Do people have the courage to pursue a grander reality? In my mind, a verdict hasn't been reached yet.

Most esteemed spiritual books say that human beings on planet Earth are built to question their spiritual lives and even desire to evolve their consciousness. Together, we will learn how to accept our souls' incarnated truths based on a contract and free will. Being killed by a virus isn't going to happen to any of us if it is not in line with our souls' journey. We have much more spiritual power than we realize, and soon we will discover that the collective consciousness greatly affects the world. This needs to be further explored. The time has come to ask, Why do we give our personal power away and stay so humanly insignificant?

The chapters ahead will offer several metaphysical tools that we can use to manage our health and balance our lives. Most people agree that many of our present-day systems are not working and, with time, may need to be modified. In fact, my psychic sense tells me that the old practices currently in place must be greatly altered as we move into a more conscious state of living. This will require a comprehensive shift in our attitudes about the humanmade structures and the laws governing them. According to the Foundation for Consciousness Development, "The laws (rules) of men are variables that govern the territorial, economic, and social arrangement of human organizations."³

Universal Spiritual Laws

The manmade rules in our upside-down world have allowed Mother Earth to be polluted with mindless greed and corrupt intentions. Our personal evolutions could lead us to discover that many of our so-called freedoms have long since been taken away. It's critical to understand that the laws of the universe are just as important for securing our freedoms, and maybe even more important than the earthly rules. The earthly rules are constantly in a state of flux, whereas the laws of the universe never change. People who have been meditating on these laws will quickly

³ <http://www.desarrolloconsciencia.org/eng/themes/>

migrate through the rough and rocky earthly terrains. These same individuals will quickly find sanity and take back their sovereignty.

As a saving grace, all living creatures on the planet have an instinctive sense of the spiritual laws. However, like the earthly rules, if the laws are violated, there can be serious consequences. Maybe that is why chaos continues to grow on the planet when most of us want a much different outcome. When we find the courage to change our course and follow the Universal Spiritual Laws, we just might attain the power to correct reckless and useless mandated human rules.

As we accept this powerful shift in consciousness, perhaps there is room for nobler inner truths, ones that will empower us to understand how an evolution works for our greatest good. In time, many of us will wake up and see a new reality. Once we accept that our souls have created this moment in history and that everything is in line with a divine plan, or the Law of Order, we will be on our way. Stubbornness is senseless, and regrets over past events shall soon fade away.

The Law of Order



This law is the latticework of the universe. Our challenge is to understand that everything in our world is guided by order. What appears to be disorder or chaos is an illusion.⁴

The time is now to forgive ourselves and others as we take a moment to send love out into the world. This will help us emotionally heal and reclaim our cheerful attitudes. We thank the teachings from the popular third-density crowd as we make room for fresh philosophies. New teachers and healers will provide guidance to the next level of consciousness. We, the conscious,

⁴ <https://journal.christianscience.com/shared/view/murjoqgowu>

Jyl Auxter-Kern, Ph.D.

are equipped with the wisdom to rise above our status and shine. We, the people, know there is much work to be done and are up for the task.

If any of this sounds the least bit interesting, please join me to explore the evolution of the soul. Say a brief prayer for the uninformed that they too may seek their truth and evolve.

Life in an Upside-Down World

The Law of Saturation



Deliverance begins where suffering ends. The mind becomes saturated after it has discovered that opposition and suffering are futile. It is only then that the chains of fear are broken, and we are ripe to receive new information. We are now free to move forward and evolve.¹⁴

Saturated World

Greed

Fear

Doubt and Worry

Manipulation

Fake News

Disrespect

Corruption

The Powerful Elite

Killing—Above the Law

Lies and Secrecy

Unhappiness

Depression

Terrorism

Unsafe Food and Water

Looking Outside Ourselves for Truth

Sorrow

Rage

¹⁴ Rodriguez-Fraile, *A New Paradigm of Reality?* 231. Foundation for Consciousness Development, <http://www.desarrolloconsciencia.org/eng/themes/>

Stealing
No Spiritual Lifeline
Alcohol and Drug Abuse
Crime
Betrayal
Enslavement
Godlessness
Lack of Outgoing Love
Lack of Inner Peace
Lack of True Freedom
Injustice
Pollution
Selfishness
Stress
Shame
Victim Mentality
Denial
Lack of Affordable Healthcare
Corporate Price-Gouging
Organized Religions—Exclusive and Translational
Racial Injustice
Gender and Sexual Inequality
Self-Hatred

Defining Upside Down

The term *upside down* is meant to symbolize the dangerously imbalanced world in which we currently live. It represents moving from one density or dimension into a much higher state of consciousness. The metaphysical meaning of density and dimension will be discussed later. For now, think of these concepts as abstract energies (light) in space and time. Many metaphysical teachers have gone as far as to say that planet Earth could be breaking off into two separate worlds. Yes, it is indeed a

radical and unfamiliar time in which we live. All of us should expect newfangled energies arising to help us deal with whatever powerful shifts may come our way. Think of the upside down as the Piscean Age of the past as it meets up with the Aquarian Age that has just begun to unfold. Those of us who are here witnessing the transition should consider it to be quite an honor. Say goodbye to an unjust and, at times, unlovable third-density world as we prepare our energies for the ascension.

This shift in consciousness means we must move into our hearts as we help Mother Earth find her sense of balance. As we discuss the upside down, be prepared to question our beliefs and allow strong emotions to get sparked. This is the way we align with our core inner truths. Keep in mind, this conscious shift will not occur overnight. The specific timeframe for the complete ascension is still greatly debatable. Metaphysical experts agree that it could take hundreds of years before we are completely aware of the transformation and fully reside in the fourth density.

How does this make you feel? Are you ready for significant changes in your life? Many of us have spent a whole lifetime trying to recall our reason for being, and now it might erupt in real time. No doubt, some of us have forgotten the importance of a spiritual connection and that all the answers we seek reside deep within us. The lack of a spiritual foundation has created the upside-down world. Many people are currently in service only to their own needs, with attitudes that may not support the greater good. In time, many of us will become saturated with the negative polarity and, gladly, welcome peaceful and loving transactions. *Amen.*

Through the eyes of a child, I always thought this world seemed a little topsy-turvy and quite upside down. For one thing, as a little psychic healer, I didn't easily subscribe to Western medicine's protocols, with all the funny smells, cold sterile equipment, and endless pill-popping (pharmaceuticals). Over the years, the practice of conventional care would prove to be unacceptable for my spiritual frequency. I guess that is what led

me to become a traditional healer. Someone had to help make sense of the third-density healthcare with its upside-down healing methods. It is time to know the real secret behind health and vitality. May I briefly say, it is less about a new medical procedure, vaccine, surgery, or drug and more about a stronger connection to the Infinite Intelligence. We must find the courage to think differently about our health, aging, and spiritual commitments if we are to move forward and out of the upside down.

Upside-down themes seemed to form the cornerstone of many childhood nightmares. For years, I watched my father, an ambitious American farmer, be forced by the industrial agriculture business to increase the use of dangerous herbicides and the matching genetically modified seeds. Unfortunately, food in the United States and around the world has declined in sustainability. This is heartbreaking to me and all my fellow foodies. I remember in the mid-1960s, my neighborhood friends and I would run after the fairy-like, green crop spray falling from the sky. We had no idea how dangerous these toxic substances were to our human bodies or the beloved planet.

As years went by, I continually scratched my head, wondering why people treated each other so poorly. Even the congregation of my small-town church was quick to judge others over a misinterpreted Bible verse. In turn, this made me feel very conflicted about religious legitimacies. Yoga masters who exploit the yoga communities—*upside down*. Healthcare using excessive amounts of pharmaceutical drugs, vaccines, and unnecessary surgeries, all in the name of profits—*upside down*. Human and drug trafficking—*upside down*. Lab-made viruses used as biological weapons—*upside down*. Pollution—*upside down*. Even thousands of people with pink ribbons walking to support the war on cancer—*upside down*. All these conditions violate the Universal Spiritual Laws, and unfortunately, most people are completely unaware. Moving into a new world means a wake-up call with more voices being heard on these issues and many more.

In the end, being psychic offered a few perks in helping me understand the ways of humankind. I certainly had an unfair advantage, and at times, I would know when the words coming out of a person's mouth were not in line with a higher truth, which eventually led me right into a nasty lawsuit. My #MeToo moment would become like all the rest, suppressed and unnoticed by the media and masses. Once men and women find the courage to confront their inner ancestral wounds, healing can begin. It will then be time to change the narrative around these unfortunate *upside-down* #MeToo stories.

Even now, as I search the all-powerful Internet, I can find endless YouTube videos of a doctor telling people to stop eating tomato seeds because they are dangerous. Perhaps we need to ask a more relevant question: Are tomatoes even safe to eat? Generally, people in the US and other countries around the world should know by now that tomatoes, along with many other fruits, grains, and vegetables, if not certified organically grown in healthy soil, are sprayed with harmful herbicides, pesticides and are grown from seeds that are genetically modified organisms (GMOs). Okay, time for the chorus—*harmful foods are so upside down!*

Future of Food

As we set out to spiritually awaken and consciously evolve, clean, nutritional foods with a powerful life force become critical. Unfortunately, the global food systems of my grandfather's and father's times have long since been destroyed. The USA small family farms established in the 1920s are few and far between today, and we can all taste it. When I travel back to the United States, the food seems to lack flavor and most likely is deficient in important nutrients. Living in Europe, where food is still somewhat sustainable, I can really taste quite a difference.

The Demeter label, inspired by the Greek goddess of agriculture, represents a certification of the highest quality food

produced in Germany, and this program can be found in over fifty countries, including the United States. This label means the produce has been grown biodynamically (organic), and the products use both Demeter produce and approved processing methods. This certification ensures that the food meets the highest quality standards and is carefully grown, gently processed, and packaged. In 1928, the Demeter International program was established in Europe and would become the first ecological label in the world for organically grown food.¹⁵

This method of growing sustainable food uses the teachings of Rudolf Steiner. The fundamental principle of Demeter is to limit synthetic chemical fertilizers and pesticides. Specially designed composts and sprays are introduced to the soil to improve the quality. These enhancements consist of healing plants, fortified cow manure, and powdered crystal quartz. These enrichments are processed according to the demands of each farm. The Demeter method creates a healthy environment for cultivation that at the same time won't harm Mother Earth or people. The use of iodine, nitrate salting mix, and so-called natural aromas in any Demeter product is strictly prohibited.¹⁶

Demeter Association, Inc., does mention producers and locations around the United States. I personally haven't seen this label in any US grocery store, and I have intentionally looked. I am curious if any of us have seen this label?

Of course, my next question is, what kind of upside-down government destroys the food of their country? What greedy entity allows this to happen? In the last fourteen years, since I have been out of the country, it seems GMOs and herbicide- and pesticide-ridden foods have taken over. Some experts say these foods have hurt people's bodies by increasing the chances of illness and obesity. What lies ahead on the menu? Will nutrient-

¹⁵ Naturata and Demeter, <https://www.naturata.de/en/bio-qualitaet/demeter/>

¹⁶ Ibid.

fortified chocolate food bars completely replace naturally grown produce? I truly hope not.

Several government studies have shown levels of protein, calcium, potassium, iron, and vitamins C and B2 in fruits and vegetables have dropped significantly over the last fifty years.¹⁷ I believe the people of the Western world and especially in the US have gradually grown accustomed to the bland, contaminated foods and have accepted their fate. Of course, I still go a bit crazy every time I am fresh off the flight from Europe. The minute I see my American neighbors out spraying their yards with toxic herbicides and pesticides, I want to scream. In fact, I usually do.

Everyday Pollutants

During my pandemic visit, while experiencing a bit of quarantine insanity, I got a real taste for crazy. I called the local county office to report the overuse of toxic yard chemicals. I guess it was the huge semitruck labeled Toxic Pest Control parked directly across from my yard that sparked my interest and pushed me over the proverbial edge. Well, all I could see were toxins being powerfully sprayed onto my neighbor's front yard. The spray was coming from the spigot of a large, thick hose attached to the semitruck. As I watched, my mind was consumed with one simple question: Why would anyone place so much toxic substance in such a small plot of yard? Psychically, I saw all these harsh chemicals flowing right into the ground water, sewer lines, and back into the ocean water just minutes away, and possibly right into my bathroom shower. *God, forgive them for they know not what they do.*

In Germany and other countries around the world, toxic yard chemicals have been banned for residential use. I have never witnessed any of my European neighbors out spraying weed killer

¹⁷ Naturata and Demeter, <https://www.naturata.de/en/bio-qualitaet/demeter/>

in their yards or gardens. Unlike Americans, the Europeans seem to have an old fashioned yet well-suited relationship with nature. As a result, Europe tends to be green and lush, with many plants growing together—one happy family. And when did weeds become the enemy? Traditional healers understand that some have medicinal properties.

For instance, ground ivy, chickweed, dandelion, cleavers, wood sorrel, camphor, and mugwort are all considered to be herbal medicine for the human body. Azolla is a powerful fern that should be added to our save-the-world global-warming arsenal. It is said that this plant not only cools the planet but can be used as medicine, a water purifier, and biological control for mosquitos.¹⁸ It might be helpful, as we leave the third-density world, to reconsider the natural healing power of plants as we rethink our position on weeds and toxic herbicides.

Not long ago, I was introduced to a store in Germany called Hornbach. It is the German equivalent of Lowe's Home Improvement store in America. To my delight, instead of weed killer being the first thing a person sees when walking in, the German store welcomes their customers with crates of beautiful, multicolored flowers and warm soft pretzels, *Herzlich Willkommen* (*Heartfelt Welcome*). The bottles of glyphosate-based herbicides and other toxic concoctions are placed behind a locked glass door deep within the store—out-of-sight, out-of-mind. Pollutants are very upside down and don't belong in the new world. I pray, as the shifts in consciousness take hold, people will wake up all over the world and realize that polluting must be stopped once and for all. We have run out of time.

Chemical technology has become highly developed in our saturated world, and unfortunately, most of us don't know any other way of behaving. If the neighbor continues to spray toxic bug and weed killer in the yard, then it must be alright for

¹⁸ <https://www.scientificamerican.com/article/can-the-fern-that-cooled-the-planet-do-it-again/>

everyone to carry on with this harmful act. Then again, on an international front, countries like Spain are now setting higher standards and contributing to new bio-disinfection treatments. According to a study published in *Frontiers in Sustainable Food Systems*, researchers investigated using the agricultural byproducts of organic beer grains and fresh cow manure to promote beneficial microorganisms in the soil. The beer and manure combination has been shown to kill off parasites that damage crops, and it should be quickly adopted as a future pesticide.¹⁹

Modern agriculture has been known to blunder in its use of chemicals. DDT, for example, a chemical pesticide developed initially in the 1940s for warfare, was applied to crops in the United States for decades before scientists figured out it was killing birds and causing a fourfold increase in breast cancer rates. According to Amanda Little, author of *The Fate of Food*, it's one of several agricultural chemicals approved by the United States government only to be banned later. Our ecosystems have been seriously harmed, and way too many people have become critically ill. The frightening thing is that it is still happening today. It is time for all of us to wake up and demand better.

Cleaning products have recently become a real concern for our fragile planet. If we grew up with our mothers cleaning the house with all-purpose chlorine bleach²⁰ or a similar product, we most likely will do the same. Unfortunately, we were never taught how toxic this chemical cleaner is to our eyes, skin, liver, and lungs. We continue to use chlorine bleach regardless of the dangers when combined with other toxic environmental gases. Please, start checking the ingredients in all cleaning products. It is best to switch over to a combination of natural ingredients: white vinegar, fresh lemon, essential oils (orange, lemon, tea tree, clove),

¹⁹ <https://blog.frontiersin.org/2021/05/31/beer-byproduct-manure-excellent-organic-pesticide/>

²⁰ <https://www.ncbi.nlm.nih.gov/books/NBK441921/>

and pure water. Natural mixtures will do a much better job of cleaning and are far less toxic.

Since the outbreak of COVID-19, noxious hand sanitizers and toxic cleaning products are being forced upon us in a heavy way, and all in the name of health. I remember walking into a grocery store that had just been chlorine bleached, and I immediately felt ill. My eyes and nose burned. I had a hard time catching my breath. I am extremely sensitive, but imagine what these harmful cleaning chemicals are doing to our lungs. Yes, the same lungs that this so-called killer virus attacks. In my mind, we are only making life worse for ourselves and Mother Earth.

Cancer-Causing Chemicals

Over the years of doing energy healing work, I've realized when I am around a person who needs balancing, my body instantly becomes very sensitive. It was late afternoon when I had a conversation with one of my American neighbors. His doctor had just informed him that he has cancer. I had detected this sometime ago and tried on several occasions to inspire him to stop using the unnecessary yard chemicals. I do realize as a psychic healer that most likely it wasn't just the chemicals that made him sick. It was probably the heated energy, or what some of us call repressed emotional anger and rage, that also contributed to his cancer diagnosis. I offered my neighbor an energy healing on the spot and to my surprise, he accepted.

Later that night, I turned on the TV and noticed the same outdated and harmful commercials, ones I thought the US would have long since gotten rid of, were still running. Every segment break pushed pharmaceutical drugs, making them seem as if they were the only solution for chronic health complaints. Most of us should know by now that drugs only mask symptoms of a disease and don't cure it. The well-known physician Henry Lindlahr summarized a basic medical truth. The greatest part of all chronic

disease is created by the suppression of acute disease by drug poisoning.²¹ He goes on to say that trusting medicine for healing is erroneous. Healing takes place in the body, by the body. Pharmaceutical drugs have a 35 percent success rate.²² In many cases, drugs literally cause devastating side effects by adding more toxicities for the body to later process. Yes, I will admit that these drug commercials list the dangerous side effects along with the risks from taking pharmaceutical drugs; however, they represent the *upside down*, and most conscious people find them disturbing and insulting. In my world, Big Pharma's advertisements push making profits from illness and do not support wellness. Don't be fooled.

The next commercial showed a family with a cute dog and little children. The mother was spraying the kitchen countertop where she was preparing her family's meals with a chemical ant spray—come on! If the spray immediately kills ants, it is most likely toxic to human bodies and pets. As a side note, how many of us know that ants hate the spice of cinnamon? Simply sprinkle a little powdered cinnamon where the ants are entering the house, and they will quickly go away. I find it helpful to tell the ants to go back outside where they belong. They are not welcome in the home. Ants, like most animals, are very attuned to conscious communication. It is time to live more mindfully and support a higher vibration on Earth. The planet depends upon humans to make healthier choices.

The Law of Communicating Vessels



This law manages the loss, or the taking, of energy, because only someone who has can give. Anyone who

²¹ M. Andreas, *Timeless Secrets of Health & Rejuvenation*, first edition (Ener-chi Wellness Press. Lightening Source Inc., 2005), 31.

²² *Ibid.*, 11-19.

does not have can only then receive. This law is based on a notion of a higher consciousness.²³

Purification

Whether it is emotional or mental wounds from the past, unsustainable foods, or chemical toxins from the environment, the way to help heal our upside-down planet is to have the courage to heal our own bodies: mentally, emotionally, physically, and spiritually. Right now, Mother Earth is in the middle of a rebirth. To support her, we must cleanse and replenish ourselves. In meditation, ask your higher self how to become a communicating vessel by balancing your own body. Then ask how to use these new energies to heal yourself and Mother Earth. If meditation is still a mystery, the time to embrace this healthy habit is now. Many useful tips for mastering inner stillness will be offered later in this book.

When most of us think of a healing purification, glasses of green vegetable juice, wheatgrass shots, and scary colonics (hydrotherapy) immediately come to mind. These can all be beneficial ways to cleanse the physical body. Still, there may be more to a true cleanse. Often the body is our only focus as we consider a detoxification. A more comprehensive cleanse will dive into the mental, emotional, and spiritual aspects of our lives as we move deeper into a spiritually, awakened state. All the good information about a lifetime of wounds, fears, and frustrations are waiting to be examined. Processing the mental, emotional, and spiritual weaknesses is a sign of a real cleanse. Detoxing might not be easy, but it is a major part of moving forward during the ascension. As we awaken and transition, purifying cleanses will be essential for silencing the mind and finding our spiritual bliss.

²³ Foundation for Consciousness Development,
<http://www.desarrolloconsciencia.org/eng/themes/>

The Law of Purifying Action



We must follow the three pillars of purifying actions. First, learn to be generous with others. Second, observe your mortal conducts and restrictions. Third, meditate.

As the mind clears, we become attuned to powerful insights that will help purify our lives.²⁴

Spiritual Life

In a saturated world, our spiritual journeys often get overlooked. The evolution of our soul is by far the most important aspect of reincarnation. Many of us bypass this area by setting up life roadblocks. These distractions keep us from exploring our mistakes, or so-called spiritual sins. Where do we begin to make right of all our misguided ways? Instead of hiding from our human errors, we must embrace them. The whole point of life is to learn from our mistakes. The only way to bask in the light and love of our spiritual nature is to clear the disabling misconceptions.

We incarnate to undergo key life lessons that help us spiritually grow. These experiences teach us a great deal about ourselves. Hopefully, we take the time to understand these vital teachings and then choose the conscious path. We have come to Earth to live and make mistakes. My advice is to embrace it all before the short journey ends. Set a powerful intention to release the old ways and start to ponder a new spiritual adventure. Forgive those who have hurt you as you forgive your own misdeeds. Release it all by exhaling.

²⁴ <https://thomas-sparrow.com/the-law-of-purifying-action/>

The Law of Commitment



Once we decide to move forward and our direction creates harmony, the universe immediately supports our commitment. Everything we need will come effortlessly into our lives.²⁵

As we move forward in the direction of harmony, it becomes important to maintain a steady focus. Our commitments to the spiritual work ahead will aid the journey itself. We must have the courage to learn about esoteric spiritual laws, advanced methods of consciousness, and deep love. It is time to rise above the suffering of an old, saturated life and carve out a new pathway home. Let's celebrate and commit to a life of harmony.

In Summation

As we awaken to a higher level of consciousness, our lives will be enhanced. We realize it is not an overnight occurrence and start to accept that, with time, life may become magically different. Integrity, respect, and love will be filtered into the common air we breathe. The upside-down people along with souls who have graduated from their experience on Earth will do so with grace. We say goodbye to the old and bless all souls who are staying.

The world will soon start to lighten up and offer new opportunities to become green. It is time to support the planet. On many global fronts, we will begin to see a major turn of events. This shift has already begun in countries all over the world. Spain, Germany, and other European countries are doing their part to support a sustainable world by offering out-of-the-box creative solutions to eliminate dangerous pollutants. We are all going to be asked to change our ways and treat the planet better. Take a

²⁵ www.theorder.us/5-law-of-commitment

moment and pray for Mother Earth and her precious evolution. Begin to visualize healthy foods grown sustainably for everyone to consume. All outdated and dysfunctional systems must change to support a higher consciousness experience here on the new Earth.

About the Author



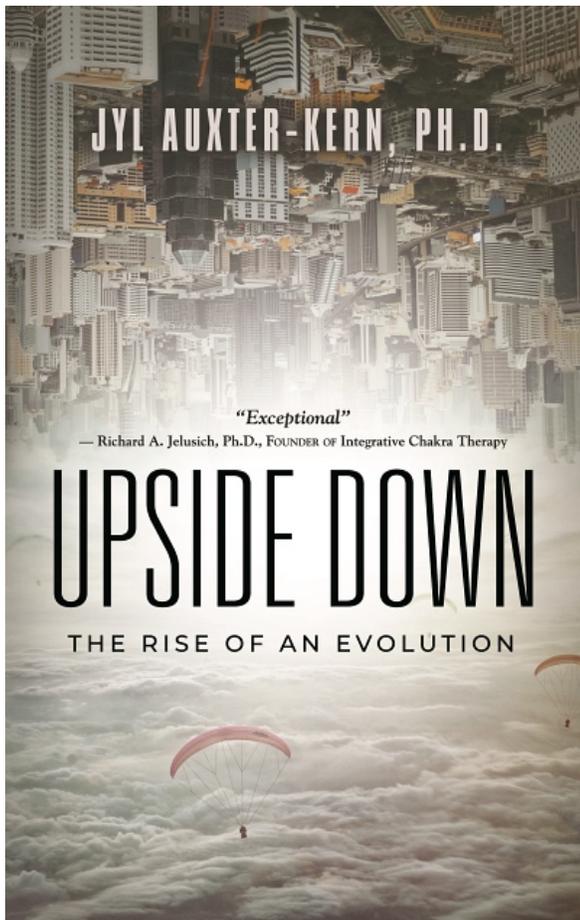
Jyl Auxter-Kern, Ph.D., is an international speaker, healer, and author. She holds a Bachelor of Science degree in human nutrition and a master's degree and Ph.D. in transpersonal psychology and consciousness studies.

In the early 1990s, Jyl experienced a spiritual health emergency, or what the shamans refer to as the “Birth of the Healer.” The healer’s journey led her around the world, exploring alternative healing methods and deeper states of consciousness. In 2004, Jyl was ordained as a minster and began working with cancer patients to help them shift the consciousness surrounding this very misunderstood disease.

Her work includes energy medicine, therapeutic counseling, Mettaplaytions (kriya yoga), purification (detoxification retreats), healer’s training, and nutritional guidance with sustainable foods. One of Jyl’s organic conscious dinner parties aired on Lifetime for Women TV. Jyl demystifies spiritual healing as she openly explains the benefits of energy medicine and why it is a viable healthcare solution for the twenty-first century. Her mission is to empower others to self-heal with healthy food, healing water, energy medicine, (spiritual healing) and self-love. For additional

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The year 2020 has been cited as a time of major change. The world has moved into a spiritually advanced fourth density consciousness. Upside-Down is packed full of metaphysical secrets for a shifting world.

Upside-Down: The Rise of an Evolution

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