

A sunset over a field of purple flowers. The sun is low on the horizon, casting a warm glow over the scene. The sky is filled with soft, colorful clouds in shades of orange, red, and pink. The foreground is dominated by a dense field of purple flowers, likely lavender, which are in full bloom. The overall mood is peaceful and contemplative.

Heart in the Night

From Death to Rebirth

Experiencing Great Loss During the End Times

KAREN BISHOP



*Countless prophecies have predicted the arrival of the End Times, but no one could know how these times would unfold. **Heart in the Night** guides you seamlessly through this process, from climatic changes to Earth changes and a myriad of personal changes. You will learn about strange physical and emotion symptoms you may be experiencing, ways to receive guidance during the End Times, and what is in store for the planet in the near future.*

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PROLOGUE

SHE THOUGHT IF SHE COULD JUST keep on driving, she could get away from it. The night before, in a fit of desperation and finality, she packed up her car with some basic needs, preparing for her grand escape. Some audio books, Paul Newman's dark chocolate peanut butter cups, zero calorie drinks in her favorite pear flavor, and as an afterthought, a new map of the US— in case she needed some indication of where she was. Her basic needs had become very simple.

As her car followed the blacktop mile after mile, spread out as far and wide as one could see, were vast green pastures interspersed with small lakes, and an occasional barn with an accompanying farmhouse. Trying to distract herself, she loaded cd after cd of an audio book into her stereo system in an attempt to keep her wandering mind anchored to something—

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hanging out in a slow and easy pant, and no familiar smell of Bernie. She was now completely alone, bewildered, severed from the last of anything meaningful, and driving to who knew where in an attempt to free herself from heartbreak so deep, she wondered how she would ever survive.

. . .

NO SENSE OF PLACE...
“THE IN-BETWEEN”

BEFORE WE ARRIVE IN VERY new spaces with very new connections that fit us oh so much better, we go through the challenging phase of “the in-between”— where we are neither here nor there. Similar to menopause where we are too old to be young and too young to be old, we no longer fit within the lives we left behind, and our new lives have not yet arrived. This space of no space, where we dangle with no foundation to stand upon and nothing yet to hold onto, can make us feel as if we are floundering in mid-air, while we wait for the process of all the disconnects to complete. This can be one of the most difficult aspects of the death of the old.

As human beings, we very naturally crave a sense of belonging...a place where we fit in, feel comfortable, know who we are, and what is ours to do and be. At times, we may find ourselves alone and isolated while experiencing “the in-

between,” creating feelings of loneliness, invisibility, lack of value and worth, and at best, confusion and insecurity as we have nothing much to connect to.

When we are neither here nor there, our lives are basically gone. As if in a coma, we are now in a strange space that has no remote connection to anything currently occurring on the planet. We may wonder how in the world we will ever survive financially, how anyone can possibly help us when we have been removed from so much, and we may even wonder deep down if we are now destined to depart this planet forever...perhaps preparing to contract some fatal disease and soon die altogether.

One of the most challenging aspects of “the in-between” is the intense feelings of departure it creates, making us feel as if we can leave this world at any given moment. Because we have been removed from so much and are experiencing strong feelings of disconnection, we can get a very distinct feeling that our “time is up.” And when there is nothing left for us here, and we may feel that there is nowhere remotely left for us to go, we may find ourselves thinking “What’s the point? There is nothing here for me. I am no longer needed. There is nothing holding me here. It must be time for me to die as my life is over. I am done.”

We are indeed preparing to die, but it is only the death of our old selves before we arrive in a very new world—the new world that has been destined to arrive for eons of time. So in this way, we may feel very certain that death is an imminent event for us and on the very near horizon, when in fact what we are really feeling is the loss of a self that existed in the old world—a world where we no longer belong. In essence, we are

dying and being reincarnated once again, but this time, we will be re-born as a new and much more highly evolved human being, as we need to match the energy of the new world.

Along with the obvious, “the in-between” has other characteristics that are fairly common and worth mentioning, as they can create confusion and at times be frightening. In addition, a handful of these characteristics resemble Alzheimer’s disease, and for very good reason. In the old world, when it was time for a soul to depart and this soul found it difficult to leave, many times he/she would get Alzheimer’s disease. Some souls were very attached to a soul mate or other loved ones, and did not want to leave them behind. Some souls could no longer tolerate this world, and so they departed via Alzheimer’s. And yet others had varied reasons for wanting to stay here longer than intended, so they stayed “half-way.” No matter what the reason, Alzheimer’s disease leaves a soul in an in-between state for a lengthy period of time. They are slowly easing themselves out of this reality. They may not want to be here, but they do not want to depart either. In this way, they are neither here nor there. Because these souls will not allow themselves to depart entirely, they spend intermittent amounts of time here, and intermittent amounts of time stuck in “the in-between.” When in “the in-between” during the ascension process, it is of a much shorter duration and certainly much easier to navigate through and function within, than when literally contracting Alzheimer’s. But nonetheless, the symptoms are remarkably similar, as when in this space, we are neither here nor there. And of course, Alzheimer’s is a devastating blow to families and a very challenging situation, with ramifications that do not remotely compare to the temporary resemblances that the “in

be-between” mimics. Below are the most common symptoms of being in “the in-between”— and remember, they do not last forever:

- *An acute feeling of vulnerability.* Because we are neither here nor there, with nothing to hold onto and no attachments, we are dangling in mid-air. In this space, we are unable to enmesh ourselves within anything, which leaves us out in the open for anyone or anything to have their way with us. We have no anchor and no walls around us. This is the time when we will usually experience abuses from darker energies. Because we are in essence “homeless,” we are now more subject to these darker or denser energies and can feel very vulnerable. As we move into our new spaces more securely, through the process of letting go, we will eventually cease to have these unpleasant experiences and a new power and security will eventually find us.
- *An all-encompassing lack of self-confidence.* We have lost our old selves. We are no longer who we used to be, and our new selves have not yet arrived. Add to this a disrespect from others and feelings of being invisible, and it is no wonder that many times we find ourselves feeling lost, “less than,” and unsure of much of anything. In addition, this process also prohibits us from moving forward, so in this way, we may feel a severe lack of control as well. And being that we are unable to manifest anything whatsoever during this stage (because our subconscious higher soul selves are

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what is molding and controlling), our lack of control can be all-encompassing. Our physical, or conscious selves, are no longer at the helm.

- *We forget where we are.* We can be driving down the road, and suddenly forget where we are, where we were going, what day it is, and even who we are. We can go into a room and forget why we are there, or we can go to a store and forget what we came for, let alone where we parked our car! We can wake up in the morning, and even though we are in our bedrooms, we don't know where we are. When we are in "the in-between," we are neither here nor there, and in this way, when in transit, we can easily become lost. While driving, if we simply just relax our minds for a minute, our current reality will catch up very shortly and we will then be back in alignment with where we are.
- *We are unable to finish a sentence or remember the names of things.* Similar to the reasons above, only this occurs while talking. We are preparing to begin anew, so this means that everything will soon have a new and different meaning. Our interpretations from the past will soon be replaced by new and more elevated perceptions, so meanings then cease to exist. We can be in mid-sentence and completely forget the names and labels of objects, people, or places. In regard to finishing a sentence, we have simply lost our place, as

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we are neither here nor there, and unable then, to connect to anything. We begin, get so far, and then get lost as there is nothing yet up ahead to grab onto. And during other stages of the removal of the old, we may feel stunned, in a funk, and be unable to talk at all! Most of these symptoms ease as we eventually progress forward.

- *We feel very old and worn out...as if we have aged 100 years in the past few.* Well, what can I say? Our old lives are over, so we feel used up, ravaged, depleted, exhausted, and just plain worn out — all that is left of our old selves has been utilized far beyond what was intended. Our old selves are indeed at the end of their time here. After we are born again, we are infused with a new life force resembling the new world or new reality, and our old shells are then put to bed so to speak. We do indeed become rejuvenated—I can attest!—and our energy returns in droves. We look younger and more vibrant as well.
- *We find ourselves having our own “life review” as we examine our prior life on a regular basis.* We are done with our old lives and our old selves, and done with old relationships and old jobs, and done with old residences, and done with our prior spiritual calling, and done with...with...with...it all. In this way, we may find ourselves reviewing it all, processing it,

making sense of what it was all about, and so forth. These are simply symptoms of letting go before we move on into the new, where all these things will be replaced by things that we have never experienced before. And these new things will be much better.

- *At times, we may feel as if we are sinking into a deep hole with nothing to pull us up.* We are bottoming out and dropping down as low as we can get, as there is nothing yet to hold onto to keep us elevated at a reasonable level. We may feel that we are falling, falling, falling. It can be dark down there! We may get stuck at the bottom, then find a few things to grab onto. Thinking we are finally on our way up, they suddenly fall away and we are nowhere once again. These strange “drops” do not last forever, and cease to exist altogether when our new lives eventually become intact.
- *Insomnia.* Subconsciously, we are afraid to let go, as we do not know where we will end up. The new shore has not yet arrived, and we may find ourselves jerking awake as we attempt to drift off, perhaps fearful that the cords holding us to the earth are no longer doing their job. Similar to feelings of vulnerability, as we are no longer here nor there, but homeless and unprotected, bouts of insomnia become most intense immediately preceding an arrival into a new space. It can be hard to sleep on the commuter train! Once we

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arrive in our very new spaces, we will once again sleep like babies. At other times, we stay awake as things are not yet ready in the new space—even in dreamtime! We cannot go where the construction crews are busily building the new.

- *An inability to write a sentence, formulate a complete thought, grasp a concept, or concentrate.* We might have a thought and then suddenly it completely leaves our consciousness and for all our efforts, we cannot find it again. We may be required to review legal documents, and find we need to utilize every modicum of pure concentration to focus and comprehend what we are reading. We may try and write a letter or compose other works, and struggle at length to write anything that remotely makes sense. We may find that we completed some kind of paperwork days before, and do not even remember doing it! Our thinking is foggy and we are seemingly brain dead with mush for brains. Emotions, on the other hand, seem to remain intact, as *feeling* is essentially a higher way of navigating in our new spaces. Nonetheless, as we progress through the birth canal, our brains eventually return to a more palpable operating capacity as they align with our new way of being and with what we will soon be doing.
- *General memory loss.* At times, we may find that we cannot remember what happened the day before or

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even a few moments before. And we may tell others the same stories again and again, forgetting that we had already given them the same information. Short-term memory loss occurs when we are in transit during this process and long-term memory loss occurs because we are leaving our prior lives behind. They may seem like they are now at the end of a long, dark tunnel somewhere far, far away.

- *Hot flashes and night sweats.* Our spiritual evolutionary process mimics menopause in nearly every way. Both men and women experience these common symptoms. Hot flashes are most prevalent when releasing and burning off old energy, and also the energy of the ego. (More on this further along.)
- *All in all, we may feel as if we are not all here.* We may feel that we are not as alert or sharp as we normally are, that we are not on top of things, that we do not know the answers to things anymore, that we are behind the times, or even that we are not on top of our game like we used to be. These particular feelings can last a few years if we are in spaces where we have been waiting for others to catch up. We are experiencing symptoms of having our souls move on into a space that has yet to be created, while what is left of our old selves is still in the old. We have evolved out of our old spaces, but

are still physically there. In this way, we may feel as though we are not all here.

- *Heat stroke.* Similar to hot flashes and night sweats, heat stroke is common when in transition or when the planet is detoxing as a whole. In this way, our animal companions can experience heat stroke as well. We can have heat stroke in the dead of a cold winter. Staying hydrated is vitally important during these times as is staying as quiet as possible. Heat stroke results from a burning off of old energy as higher energies bombard the planet during specific times.

When we are living in “the in-between,” we are prohibited from moving forward. At our higher soul levels, we are indeed at the helm of our lives, even though we may feel helpless and lost at our conscious levels. What this means is that we may attempt to move forward, create something new, go outside of our “box” of staying put, and be completely blocked from doing so. Nothing, but nothing will be in alignment with the spaces we are currently inhabiting because... we are in the space of no space. We are nowhere. We will be unable to find anything that fits, no matter what arena of our lives we are attempting to add to.

While occupying this space of no space in seeming suspended animation, at the higher levels of our spiritual evolutionary process, we are being molded into a very new person—pushed and shoved, held back, and redefined before

we move forward. We must—absolutely must—fit these new spaces before we are able to occupy them. Energies, then, from high above are navigating things for us. So even though we may feel helpless at times, with a gross lack of confidence and power, there are powers far beyond our own conscious selves that are perfectly navigating our course for us. All we need do then, is get out of the way and be still. If we are stubborn by nature and refuse to comply with these loving powers that are here to assist us, as perhaps we like doing things on our own, and *even if* we are somehow able to create anything during this time (which is highly unlikely), we will only have to undo what we have created in times to come. If we attempt to move into any new creations we formulated while in “the in-between,” when we are finally released, they will not remotely fit where we now belong and it will become immediately evident that we wasted our prior time, energy, and at times, finances as well. Being blocked then, or held back, only serves to help and assist us in the long run. So even though at times we may feel as if we are in prison, this is a time as well, when patience and trust can be great virtues. As we begin to move forward in slow and steady increments, frequently we find that we can now create, but only *half* of things. This means that one part is just what we desire or need, but not *all*. Absolutely nothing, then, fits just right in all ways.

At one point when I was personally experiencing this remolding process, it became very clear to me that I was being held hostage, or what I came to refer to as “being in protective custody” before I could move forward once again. My large home became my only world, because if ever I ventured out, I would be met with a massive wall of un-productivity.

Absolutely nothing would move forward or complete, and each and every one of the few items I purchased during that time had to be returned for various reasons. I soon came to accept that I was in a strange protective custody that felt safe and secure, even though I was not generating any income during that time and even though nothing new was seemingly ready to arrive for me. At one point, I simply had to have a change of scene (as my creativity had been blocked as well, and I was bored beyond belief), so I booked a flight from my home in New Mexico to North Carolina to visit my daughter and grandchildren. I felt as if I was going against a loving tide that was indeed assisting me, but I did it nonetheless. Much to my amusement, during my flight, I found myself seated in between two prison guards in transit for work related activities, and they did not even know each other! My protective custody status had remained intact—even outside of my box. (It is when we get completely “ousted,” that the strange feeling of vulnerability can set in. But if we remember that things are being navigated from a loving source beyond our conscious selves, this alone can ease these uncomfortable feelings a bit—indeed, a true test of trust!)

While in this stage of “the in-between,” another common development frequently occurs. If we are highly creative individuals, we may find that we need to be doing something with our energy (and not all of us want to travel to North Carolina). Even though our creativity may be blocked, it is not easy for a creative person to remain idle. If we are not used to staying put and being idle, we may endure so much, and then eventually burst out and move forward nonetheless. We simply have to make something, or *anything* happen — especially if our “in-between” stage lasts for an unusually lengthy period. So

then, one day we may decide that we are going to start a new career as a botanist, or we may suddenly decide to take up photography. The next week we might say, “I’ve finally got it! I’m going to be a pilot!” Or perhaps we begin to wonder if we were meant to be an author or dance instructor, but for some unknown reason, we had just not realized it until now. Our loved ones (if we have any left), may be supportive or simply nod as they hear yet another brainstorm about what we are going to do next with our lives. But if they are loving souls, they may also realize that we have indeed lost our bearings, and rightfully so. When “the in-between” stage is finally complete, it will become very clear what we are here to do and be in our next phase, and we can easily find ourselves laughing at all the new careers and self-expressions we had envisioned for ourselves in times past. These attempts at holding onto a shore while we travel through the birth canal are very common, but we are not able to, nor was it planned, that we stay at any of these shores along the way. We will eventually come to find that our final shore is perfect and amazing, and very unlike anything we have experienced before. It is then as well, that grace and gratitude find us, as we come to know that the wait and frustration was all worth it.

A massive amount of change is occurring. Much— and I mean much, is being remolded and reformed on the planet, and this includes us as well. We may contract an illness or repeated bouts of the flu that insist we stay down and out of the way for a long period. We may break a bone or throw our backs out, again, making us stay put during this massive process of remolding. Another common circumstance involves our finances. We may find it nearly impossible to receive monies

owed to us, to receive any kind of assistance when needed, or to have anyone remotely hear us or pay attention to our needs. When experiencing the “in-between,” we are indeed in suspended animation and in this way, invisible on the earth plane. We are being prohibited from moving forward, as our new space is not yet ready and neither are we. Having things manifest for us then, or even receiving anything at this time, can be a very rare event. In this way, everything seems to go in the direction of the other party—leaving us feeling completely forgotten and non-existent.

So not only are we held back because we need to reformulate and remold the energies within ourselves, but the energies and/or the platform or grid where we will eventually land is sometimes not ready for us either. Earthquakes, floods, fires, and the like, or rather Earth changes, also occur frequently during the End Times, and these events are here for a very good reason. Although flooding, tornadoes, hurricanes, and fires offer cleansing for the planet, earthquakes have a different purpose entirely. The earthquakes during the End Times occur at very deep levels, and many times are deep enough to shift the axis on which the earth rotates (all part of the divine plan). So not only are the inhabitants of the earth required to adjust their own personal energy at deep levels in order to match the earth, but the earth herself is also re-aligning and being reborn as well. In addition, when the earth experiences these intense quakes, she is also opening herself or aligning herself to accept more light arriving from the heavens. So in these ways, there are also times when we are prohibited from moving forward until the earth herself has created a new space for our arrival. Like a perfect sailboat tacking on the ocean, we change and the earth

changes— all destined to create new and higher vibrating ways of existence in a very new world, as the old world completes its death process.

These phases of being held back almost always have a natural by-product of changing long standing behavior patterns within us (especially those health related situations that keep us down). During the latter stages of the First Phase of the ascension process, there finally came a time when those who had served the planet for their entire lives, were set free and done with their service here on Earth. This meant that it was now time for them to stop helping others, to stop giving of themselves, and to now focus on creating their own world and reality, all specific to each and every one of them.

In order to change these deep-seated behavior patterns of service within these souls, much internal adjusting was needed. For some, they contracted illnesses and ailments forcing them to stay down, which prohibited them from serving and assisting others, as was their natural way of being in times past. Simply giving love and caring to others was another natural way of being, but because this love had been abused, disrespected, and drained from them along the way, this way of being needed to be altered as well. These patterns within these evolved souls then needed to be turned inward instead of outward—they needed to direct it toward themselves. Because of all the massive change needed, these souls were assisted in making these internal changes by strange occurrences manifesting as illness, ailments, and at other times, rejecting behavior from loved ones. At their higher soul levels, they were lovingly and purposely guided into moving on to their next levels, or rather

new spaces—and these new spaces were now all about them, instead of everyone else.

Our spiritual evolutionary process indeed mimics menopause. With hot flashes, sleep disturbances, short-term memory loss, abdominal weight gain, depression, anxiety, and more, we are now at the phase where we are done with “the family” so to speak and need to take time for ourselves. And we especially need to *give* to ourselves. In these ways, if we are women, we may find that taking a variety of remedies for physical menopause symptoms has absolutely no desired effect, as these symptoms are a result of the ascension process, and not a result of the physical experience of menopause. So then, during the time of “the in-between,” we may find that we are being remolded to now tend to ourselves and create what we have always dreamed about; and we may also find that these dreams were buried so deep within us that we were not even conscious of what they were.



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