The Meaning of Everything

The Edelwize™ Path to Your True Power and Real Self



Christa Rae Pacheco

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This book presents the author's spiritual Life Philosophy, teachings, and personal observations, developed through more than thirty years of private practice and teaching. It is offered for education, reflection, and personal exploration.

The information in this book is not a substitute for individualized medical, mental health, legal, or other professional advice, diagnosis, or treatment. For matters requiring professional care or advice, consult an appropriately qualified professional.

The author makes no guarantees regarding the results you'll achieve by reading this book. The practices described invite active participation and application. Client experiences and examples refer to work undertaken directly with the author and reflect individual experiences. Your results may vary as you apply the teachings and move through your own process of change and transformation.

Dedication



To my Dad Werner, who recognized
his true, brilliant Self.

To my Mama Rosy, who showed me the
effect emotional trauma leaves on how we relate,
and the absence of who I really am.

To every single Soul who has come into my life
to assist me in getting me to where I am today.

I'm incredibly grateful to you.

The Thunder, Perfect Mind

Because I am the first and the last
I am the venerated and the scorned
I am the whore and the saint
I am the wife and the virgin
I am the mother and the daughter
I am the arms of my mother
I am the sterile one, and my children are many
I am the well-wed and the spinster
I am the one who gave the light and the one who never gave birth
I am the wife and the husband
And it was my man who bore me in his belly
I am the mother of my father
I am the sister of my husband
And he is my rejected son
Respect me always
Because I am the scandalous and the discreet.

— Anonymous, The Thunder, Perfect Mind
Nag Hammadi Codex VI,2

A Note on Language

Throughout this book, certain words are capitalized intentionally.

Self refers to your real Self — the Life Force energy that animates your physical body, the essential Self that is far greater than any role you play. The Self who is responsible for every experience you've ever had.

Knowing refers to the intelligence of your inner truth and inner Guidance — distinct from superficial thinking or human reasoning.

Source refers to the Super-Conscious Intelligence that animates all sentient Beings, which include humans, animals, plants, and minerals.

Soul refers to your eternal, real Self, and is synonymous with Source.

These capitalizations are reminders — placed throughout the text — that the words they mark are pointing toward something specific, real, and worth distinguishing from their everyday usage.

Trust your true Knowing, and take only what resonates deep in your Soul.

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INTRODUCTION

The Question That Started Everything

I was nine years old.

I was sitting on my bed in Bern, Switzerland, looking up at the ceiling, asking questions that the world around me would consistently fail to answer in a way that sounded and felt true to me.

Why did he leave us?

Why am I unloved?

Why are we so poor?

And eventually:

Who — or what — creates our circumstances?

Are we at the mercy of an outside power, or do we create our own reality?

And if we do — how?

My father died when I was four years old, leaving my mother to raise her children while rebuilding her life and her livelihood from the ground up. The years that followed brought hardship, responsibility beyond my years, and inner questioning I still lacked the language to voice out loud — and at the same time deeply understood, even then.

The answers I received from the world around me — from the church, from the adults in my life, from the conventional explanations available to a child in that time and place — were different from my own inner Knowing. They felt fabricated and disempowering. As though whoever was offering them had settled for a version of the truth that stopped short of what I deep down knew felt right and true.

I understood, even at nine, that the answers I was looking for could be found.

And so I began to search.

The Story of Where I Come From

I grew up surrounded by the majestic beauty and strength of the Swiss Alps — a landscape that deeply affects the inner life of a child who is paying attention. Mountains of that magnitude have a way of making the kind of questions I was asking feel more valid, while ordinary explanations only scratched the surface.

My parents were avid mountain climbers. They got engaged at the summit of the Matterhorn — which has a place in my heart that forever remains connected with courage, devotion, and the aspiration of love.

There is an old Alpine legend that has always held deep meaning for me.

A young man climbed the rocky face of a steep mountain to gather a bouquet of Edelweiss flowers — to demonstrate his bravery and devotion to the woman who had captured his heart. This is how this rare and hard-to-come-by flower became a legendary symbol of eternal love.

The Edelweiss thrives in demanding conditions. It blooms in seemingly inhospitable places. It carries extraordinary restorative and protective properties. And it's found in its most breathtaking form only by those who are willing to risk facing their fears.

Its story reflects my own.

And I suspect — if you have found your way to this book — it reflects the essence of yours as well.

The Search That Followed

The questions that began on that bed in Bern became the organizing principle of my life.

After finishing school, I secured an apprenticeship/Art College degree as a Display Artist, and graduated four years later. During this time, I spent three blissful years with a young man who gave me the unconditional love I've been missing in my life, and when he left, the tremendous grief over his loss left me feeling dead inside.

Two years later, I met the adventurous man with whom I moved to California and began an entirely new chapter. I learned English, traveled all over the US and South America, got pregnant, married, and together, we built a business renting and selling cars and campers to Swiss Tourists traveling abroad. Struggling with equality in my marriage and having a desire to be the mother I always wished I'd had for our two extraordinary children deepened the search for answers to the questions that had lived within me since childhood.

Instead of studying psychology, I paid attention to cause and effect. From early on and over the years, I explored the world's

religions, spiritual traditions, loved metaphysics, and found truth in ancient wisdom. I began to consciously follow my inner Guidance and integrate my own observations on the nature of existence. Every culture and tradition I studied or observed shared an understanding of a higher Power and taught love as the intrinsic essence of our Being.

The deeper I dove, the more I noticed the relationship between the inner world and the reality we experience. I recognized how we feel, perceive, value, and relate to ourselves profoundly influences our choices, our relationships, our circumstances, and our capacity to experience love.

This recognition became my guiding force.

The Teacher Who Changed Everything

In my early twenties, I found a meditation teacher who showed me something I had been moving toward without knowing it had a name.

Meditation, as she taught it, was a way to connect with my higher Self, receive higher Guidance, and discern what felt congruent with my highest Good, highest Truth, and highest Source.

For the first time, I had a focused practice through which I could explore my questions and receive answers that resonated with my inner Knowing.

I also became aware, during this period, of something that had been present throughout my life without my having fully understood what it was.

Sensitivity to the unseen appears throughout my family history. My father communicated with the realm beyond our physical experience during a time when the world around him had little language or acceptance for that kind of exploration. My maternal grandfather drew upon spiritual insight to develop his own holistic healing system.

From childhood, I had experienced an inner presence that communicated with me through simple teachings, metaphors, and Guidance I could understand. I learned to connect consciously with the spiritual realm in my early twenties, and many years later, came to recognize this presence as Archangel Michael.

My experience of Michael differs from traditional religious portrayals entirely. He is my wonderfully insightful connection to the other side — who helped me bring what I've always known to be my truth — a beautiful life philosophy, perspectives that explain complex spiritual principles with clarity, and tools different from traditional wisdom into the physical realm. After these teachings had effortlessly integrated into my own life, I started sharing them with the few who were ready to explore.

Over time, I came to understand my connection with the other side as my destiny, my spiritual lineage, and ultimately, my life purpose. The teachings have grown into what I now call the Edelwize™ life philosophy, with its unique systems, practices, and tools.

Thirty Years of Private Practice

My personal healing journey became my life's work.

For more than thirty years, I worked privately with individuals seeking meaningful transformation — observing, refining, curating, and integrating the Edelwize™ teachings and spiritual principles to include practical methods for everyday life.

My purpose has always been empowerment. I teach people how to establish a solid connection with their real Self, follow their true Knowing, and bring the wisdom they discover into the way they actually live.

I'm a teacher. I share the principles, practices, and perspectives that allow each woman who resonates with these teachings to access her own wisdom and become entirely Self-reliant in her relationship with her inner Guidance and real Self.

During those decades of private practice, I developed an extensive body of exercises, practices, and transformational techniques. I paid attention to what produced genuine, lasting transformation.

I observed the same patterns I played out with my first husband surface in my second marriage, in a slightly different form, yet identical in their essential nature, and traced them to their actual source with the clear intention of real transformation from within my Self. In addition, I noticed the dynamics of being a part-time mom for my own daughter and son, how to be there for my two bonus daughters, and how challenging it was to be both the one who gave our children wings and the ideas they held of what a good parent should be in their own mind and heart.

Giving up the pervasive notion of being responsible for filling others' needs, and instead acting from a place of equality, and experiencing independence while living in interdependent

relationships, was something I held dear in my marriage and was determined to instill in our kids.

After I took a Master class in DNA reprogramming — which failed to produce the desired results — I began to develop something that has yet to meet an equivalent in any system I have encountered since.

The Edelwize™ DNA Scan

In 2005, I began creating a comprehensive transformational system unlike anything previously available.

It was completed in 2010 and I keep refining and polishing it every year.

The Edelwize™ DNA Scan is a proprietary numerical mapping system that accesses what the Super-conscious already knows — identifying with extraordinary precision the exact thought patterns, emotional wounds, beliefs, archetypes, and energetic imprints that are creating imbalance in any area of a person's life.

It works across four sections: 200 Main Emotions, 144 Archetypes, 8 Chakras, 12 Meridians and 2 Main Vessels. Through a process of numerical mapping — in which the Super-conscious selects the numbers that reveal precisely what is ready to be seen — the DNA Scan produces a complete picture of what is creating an imbalance, where it originated, and what is required for genuine restoration and real transformation.

In all the years of private practice, I have yet to encounter two people who chose the same number selection. The DNA Scan is as individual as the person using it.

It’s unique to Edelwize™, goes straight to the core of any issue, tells the story of how the wound originated, gives clarity on what the Soul desires to change, and how to achieve real and lasting transformation.

The Manuscript That Arrived Ahead of Its Time

Years ago, I gathered many of my discoveries into a little book titled Opus Lux — Latin for A Work of Light.

My literary agent felt publishers would compete for it. The manuscript explored several interconnected dimensions of human transformation at a time when the publishing world favored books devoted to a single theme.

The responses revealed that the work had arrived ahead of its time.

That experience became part of my preparation. It strengthened my trust in the interconnected nature of the teachings and affirmed something I had long understood — that transformation reaches across every aspect of life simultaneously. The spiritual, emotional, mental, physical, relational, and practical experiences of a human life form one living whole. They’re genuinely connected and must be addressed as a whole.

Every closed door became a refinement. Every resistance became clarity. Every challenge to the work strengthened the foundation beneath it and helped me express its teachings with greater precision, compassion, and integrity.

The path taught me to trust the wisdom I carried — until the women who could recognize it were ready to return to their real Self.

The End of a Cycle, and the Birth of Edelwize™

For many years, I shared this work through my private practice — first at Avalon Healing Center, then at Conscious People Thrive.

When the physical practice had to close during the pandemic, I recognized something clearly: the teachings were ready to expand beyond the boundaries of a private office.

In 2021, Edelwize™ emerged — an advanced integrative Self-Mastery system and a gathering place for spiritually experienced women. A beautiful constellation of Souls devoted to living consciously, with courage, love, and inner authority.

The name brings two words together:

Edel — Noble.

Wize — Wisdom.

Edelwize™ represents Noble Wisdom — the wisdom that already exists within you and becomes available as you reconnect with your real Self, recognize your true Knowing, and embody your own truth.

Like the Edelweiss flower, this wisdom holds the power to emerge through the most demanding terrain. It carries the courage of eternal love — the love that calls us home to our Selves, to one another, and to the lives we came here to live.

Why I'm Telling You All of This

Because the nine-year-old on the bed in Bern, asking questions the world around her failed to answer — she is you.

Perhaps the circumstances are different. Perhaps your losses arrived in different forms, your questions took different shapes, your search followed a different geography.

And yet — if you're holding this book — you have been carrying a version of those or similar questions for a very long time. You have searched with devotion. You have gathered real wisdom from real teachers. You have had breakthroughs that opened something real.

And something has continued to feel incomplete.

Is this your inner Knowing — your knowing place in your heart that says: you have gathered enough. The integration and a meaningful advancement are ready to begin. The path that took me fifty-plus years to walk has been distilled, refined, and made available to you in a form that can take you to the same destination in a fraction of that time.

This is what this book is about.

And what the Edelwize™ system was built to offer.

What This Book Is

This book introduces the Five Edelwize™ Concepts — the philosophical foundation of everything taught within the Edelwize™ system.

They are offered here as a substantive introduction. The full depth of each concept lives within the Edelwize™ App program itself — where each one is taught step by step, practiced in daily life, and integrated over time into a lived reality rather than an intellectual understanding.

What you receive here is sufficient to know whether this path resonates with you — and sufficient to begin shifting something real, simply by holding these concepts with genuine attention.

Some of what follows will arrive as recognition — the particular quality of landing that comes when something you have always sensed is given precise language or arrives as a whole, for the first time. Some of it may sit with you for a time before it fully opens.

Your experience is yours alone, and exactly right.

Before you continue, you may find it illuminating to take the Discover Your Next Step to Self-Mastery Assessment at Edelwize.com — six questions that reveal where your wisdom is already embodied and what you are most ready to develop next. It takes approximately two minutes and offers a look at where you are and what comes next.

Take what resonates. Leave the rest behind or for consideration at a later time.

Your inner Knowing is your true North Star.

PART ONE

You Know There Is More



Where You Are — And Why You're Ready

You've had moments when everything opened. You felt your own brilliance, your connection, the possibilities waiting to be lived. And you know there is a way to live from that place while going about your life. This inner Knowing has brought you here.

CHAPTER ONE

The Woman at the Threshold

You have done the work.

This is the first thing worth saying — clearly, directly, and without qualification — because everything that follows is built on the foundation of that truth.

You have read the books that felt written specifically for you. Sat with teachers who opened new doors. Invested in healers, therapists, coaches, and systems that each gave you something real and valuable. You attended the retreats that cracked you open. Explored the healing modalities, the spiritual frameworks, the consciousness teachings that gave language to experiences you have been carrying wordlessly within you for years.

You've had breakthroughs. Real ones. Moments where everything opened — where clarity arrived so completely that you were certain something had permanently shifted.

And then, quietly, almost imperceptibly — the familiar returned.

The same relational dynamic. The same quiet anxiety arriving before you have even gotten out of bed. The same internal pattern you have examined from every conceivable angle, moving through you once more.

In the true Knowing place of your own heart, you have asked the question you rarely say aloud:

Is this as far as it goes?

What This Question Actually Means

This question may just be the most important one you've ever asked.

It is a sign that the stage you have been in — the gathering stage, the accumulation stage, the devoted and genuinely productive season of seeking — has completed its purpose. It has given you everything it was designed to give. And it is now pointing, with considerable persistence, toward something genuinely different.

Questioning whether the possibilities of further growth are limited is your Soul saying: you're ready for the next stage — and the next stage is interestingly different from what you've done and explored so far.

From accumulation to advanced integration.

From understanding to embodiment.

From seeking the answer to living it.

This transition — from Seeker to Self-realization — is the most important crossing of the entire journey. And it's the one that this book, and the system behind it, was designed to provide.

What Has Kept the Ceiling in Place

There's a precise reason why the familiar patterns have continued to return — regardless of how much work has been done, how many insights have been gathered, how many breakthroughs have been experienced.

It’s the same reason why the most devoted practitioners of the most sophisticated healing methods eventually arrive at a glass ceiling — a point beyond which the method, however excellent, reaches its natural effect.

And it’s the same reason why the woman who has done everything right finds her Self standing in her kitchen, or lying awake at three in the morning, or sitting in the middle of another genuinely valuable retreat, quietly asking the question that keeps occupying her every thought.

The reason is this: most of what she has been offered works at the level of the symptom. It identifies the pattern, names the wound, offers tools for managing the response, and — in its most sophisticated expressions — helps her understand the origin of what she is experiencing.

What it was designed to reach is the experience of the pattern.

What it was never designed to reach is the generative transformation of the pattern itself.

The way the emotional body is restored to wholeness.

The fact that the emotional body responds to one kind of restoration — and one kind only.

The kind of restoration that comes from within.

The World You Already Sense Is Possible

You’re living at a genuine threshold — personally, as well as collectively.

The world around you is confirming, with considerable urgency and in every direction you look, that something fundamental is shifting. Systems that once felt permanent are straining under their own weight. Explanations that once felt sufficient feel increasingly hollow. Structures built for a world you sense is on the brink of extinction are revealing their cracks.

You have already sensed this. You have been feeling it for years.

And you are correct.

We are moving through a transition between cycles — from a world organized around the dominance of outer authority, competition, and the management of symptoms, toward a world where decisions are based on inner Knowing, we live from a place of genuine equality, and celebrate the gifts we gained from negative experiences.

The woman who has spent years developing her inner life — her connection to her higher Self, her emotional intelligence, her capacity to discern her true Knowing from the voice of fear and conditioning — has been preparing for the biggest shift in human history Mother Earth has ever experienced.

Everything you have developed is exactly what this transition requires.

And the Five Concepts that follow give it the integrative framework that makes it fully operational — in your relationships, your work, your daily decisions, and the awareness of how you actually feel when you wake up in the morning.

Your inner Knowing knows there’s more.

CHAPTER TWO

Why Previous Methods Have a Natural Ceiling

Every method you have explored has served you.

This is worth stating plainly — because the conversation that follows is sometimes misread as a criticism of the paths already walked. It is precisely the opposite.

Every teacher, every modality, every framework has contributed something genuine and necessary to the woman you are today. The path you have walked — however winding, however costly in time and resources and emotional investment — has brought you to this exact threshold with exactly the preparation required to cross it.

The question that arrives here is a more precise one:

Why, after all of that devoted work, do painful patterns continue to resurface?

The answer has everything to do with what traditional methods were designed to do — and where their design, however masterful, reaches its natural boundary.

What Traditional Therapy Was Built to Address

Conventional psychology and mainstream therapy were built with sincere and valuable intent — to help the person in pain find

relief, develop coping skills, build inner stability, and grow in Self-awareness.

This is meaningful work. It has served millions of people. It has a ceiling.

The ceiling appears the moment the approach reaches the boundary of what it was designed to address.

Conventional therapy works at the level of the symptom. It identifies the pattern. Names the wound. Offers tools for managing the response. And in its most sophisticated expressions, helps you understand where the pattern originated.

What it was designed to address is the experience of the pattern.

What the design itself leaves out is a mechanism that leads to lasting transformation of the pattern itself.

Understanding why your father's withdrawal created the belief that love is conditional is genuinely valuable. It changes very little about the emotional frequency you are projecting — until the emotional body itself is genuinely restored. And restoring the emotional body from within is simply outside the scope of what conventional therapy was ever designed to do.

It was designed for a different purpose. It served that purpose. And you have outgrown it.

What Religion Was Built to Address

For centuries, religious institutions offered the primary framework through which people gained an idea of their place in the

Universe, their relationship to a higher Power, and the perceived reason for what they were experiencing.

At its best, religion pointed toward something holding truth — that a greater Intelligence animates life, that love is the intrinsic essence of our Being, and our conduct in the world and towards others is how the outer world responds.

At its most limiting, it placed this Intelligence outside the individual — as an authority to be appeased, a God who favored some children over others, a system of reward and punishment that left the devotee perpetually dependent on an external source of grace rather than connected to the one that lives within.

A mass exodus from traditional religious institutions is occurring across the world right now. It's the collective expression of exactly what you have experienced personally — the moment when the framework that once held genuine meaning reaches its natural boundary, and the inner Knowing that has always been present begins to insist on something intrinsically true — a power that lives within each individual, available to create balance and abundance for all.

Even if it's been a lonely journey, know you're among the leading edge of a collective transition currently underway to reshape the spiritual landscape of the entire world.

What Most Spiritual Education Was Built to Address

The spiritual education that eclipsed outdated institutions and thought forms — the teachers, the modalities, the frameworks of

consciousness, metaphysics, and energy healing — carried the seeking further than traditional religion had been willing to go.

It introduced the inner world, our thoughts, as the source of what we see in our world. It offered tools to quiet the mind, ways to control and cope with — or numb with medication and, more recently, the use of psychedelics — to deal with emotional wounds. Mainstream approaches finally began to acknowledge what conventional therapy had long offered — a space where negative experiences could be expressed.

And yet, the ceiling remained.

The ceiling of most spiritual education is the gap between following our true Knowing and falling back into the trap of the out-of-balance Ego voice. The insight that arrives in a session, a retreat, or a period of devoted practice — and then slowly, almost imperceptibly, the voice of instant gratification or convenience returns us to what's familiar. The pattern returns. The seeking resumes.

This gap — between what you know and how you actually live — is the experience that the Five Edelwize™ Concepts were designed to close.

The Shift in Energy Medicine

Those who have worked in the field of Energy Medicine for more than two decades will recognize something that has been quietly true for years.

The methods that created profound and lasting results in the late twentieth century are producing more temporary effects today.

This is real. And it has a precise explanation.

The vibration of human consciousness has risen. The Soul's agenda has shifted.

Where once an energy healing held the power to clear low vibrational energy and instill a higher frequency, your Soul is ready to go deeper. It desires to grow through its negative experiences rather than simply be cleared of them. It desires to understand what the experience was teaching, to find the gift it holds and extract the wisdom held within the wound, and to restore itself to wholeness through that understanding.

The Soul has outgrown the model of being healed by an outside source.

It is ready — genuinely ready — to heal itself from within.

This is extraordinary news. It's also the reason that so many devoted practitioners and Seekers have encountered the glass ceiling — they're applying tools designed for a previous stage of evolution to a Soul that has moved beyond and is ready to return to wholeness.

The Distinction That Changes Everything

Relief and transformation are two very different experiences.

Relief is real. The session that loosens something held for years. The practice that creates genuine stillness. The insight that reframes a pattern carried since childhood. These are meaningful and valuable.

Relief carries a particular quality — it is contingent. It requires the practice, the session, the right conditions, and the right inner state. When those conditions are present, relief returns. When they are absent, the familiar weight returns alongside them.

True transformation holds a different quality.

Transformation is what happens when the change moves all the way through — past the insight, past the understanding, past the emotional release — into the original experience of how you felt before you were wounded.

The difference between the two is precisely where the change occurs.

Relief occurs at the level of the symptom.

Transformation occurs when you return to feeling how you used to feel.

And returning to our original glory — always, in every case, without exception — lies in transforming the emotional body.

The Seeker and the Self-Realized

There is a distinction worth naming.

The Seeker gathers. The Self-realized lives from their real Self.

The Seeker is motivated by the genuine and beautiful impulse to find what is true — to discover the teaching, the method, the framework that finally completes the picture. She is curious, open, and willing to travel considerable distances — inner and outer — in the pursuit of understanding.

The Self-realized has returned to wholeness. She has found the gift in each insult, identified and named each negative emotion, discerned what the painful emotion is the absence of, generated and returned the emotion or feeling that used to live in her emotional body when she was born and first arrived. She consciously keeps what others or her out-of-balance Ego are attempting to take from her. Her worth. Her equality. Her real Self.

The one ready to fully Self-realize understands that the transition she requires is a different kind of movement entirely.

From gathering to embodiment.

From embodiment to living from her true brilliance.

From the management of what is difficult to genuine transformation from within her Self.

She's ready to stop seeking what she already knows — and begin to add the few missing pieces, complete the work of inner transformation, and live from her true Knowing and real Self for as long as she chooses.

This transition — from Seeker to Self-realized — is the most important crossing of the entire journey.

And it is available, precisely and completely, right here.

Deep down you know it's possible. All it takes is a decision to follow your true Knowing.



CHAPTER THREE

What Is Actually Available Now

Something genuinely new is available to you.

Beyond what's untested or merely theoretical. New in the sense that it was designed for precisely the stage you're at — the stage that comes after the gathering, after the breakthroughs, after the genuine growth that has brought you to this threshold.

The Edelwize™ system is an advanced, integrative Life Philosophy — the first of its kind designed specifically for the woman who has already done significant inner work and is ready for the framework of what makes everything finally fall into place.

It does more than just add a new layer to what you already know.

It reveals how what you already know fits together — gives you the practical means to live it, and adds the missing pieces, so you can consciously transform from within, and consistently live from your real Self in every way you can imagine.

The Five Concepts as a Living Foundation

At the heart of the Edelwize™ system are five concepts — an all-encompassing Life Philosophy that forms the foundation of every teaching, practice, and experience within the curriculum.

These concepts are bigger than five separate ideas you learn and file away. They are five interlocking lenses through which the whole of human experience becomes coherent — and through

which the patterns that have been returning, year after year, regardless of how much work has been done, are finally addressed at the core, where they originate.

They cover the full spectrum:

Who you really are — and what becomes available when you live from that knowledge.

Why you are here, why your life has unfolded precisely as it has, and where the power to shape what comes next actually lives.

The two voices that are active in every moment of every day — and the single most consequential skill a human Being can develop.

How the emotional body works, why outside sources have always returned empty, and what genuine restoration from within actually looks, sounds, and feels like.

And lastly, the missing link that explains why everything you have given has rarely returned, especially in the measure you were promised — and what changes the moment you understand and live from what outflow actually means.

Part Two of this book introduces each concept in full. Read them with an open mind and an open heart. They have a way of landing somewhere that lies outside of common understanding.

The Edelwize™ DNA Scan

As mentioned earlier, the Edelwize™ DNA Scan is a comprehensive transformational system that makes it possible to identify — with a level of precision that consistently surprises

even the most experienced practitioners — the exact emotional wounds, thought patterns, beliefs, archetypes, and energetic imprints that are creating imbalance in any area of life. Inner transformation with a personal map and clear directions.

The DNA Scan is completely unique to Edelwize™.

The process of emotional restoration it supports — identifying the negative emotion, naming what it is the absence of, returning the original quality from within, and learning to keep it regardless of what the outside world presents — is introduced in Chapter Seven of this book. You can begin that process with what these pages give you.

The full DNA Scan training — with complete personal access for private use and use with clients — is given in Month Eight of the Full Mastery Program.

What the Complete Journey Contains

The Edelwize™ Full Mastery Program is a nine-month journey through nine stages, beginning with the foundation and building toward the full integration of the teachings.

The first three stages form 90-Days to a Blissful Life, also available as a standalone twelve-week experience:

Beyond Meditation

Life Philosophy

Love Your Self

For those who choose the complete journey, six additional months expand on that foundation:

Harmonious Relationships

Life Purpose

Energy Medicine

Physical Vitality

Transform Your DNA

Highest State of Mind

Each stage builds on what came before. Through the weekly teachings, everyday application, and our live Community Circle calls, you'll deepen your understanding, explore examples, and receive answers to the questions that arise along the way.

The closing pages describe each stage and the other pathways available through Edelwize™. For now, the Five Concepts offer the foundation from which you can discover how this philosophy speaks to your own experiences — and whether you feel drawn to explore it more deeply.

"The Full Mastery Program gave me chunks of gold and diamonds I never would have found. After 73 years on the Spiritual path, I had learned enough to see that Edelwize is an incredible, well-counseled, step-by-step guide to full Enlightenment."

Patty Hansen, Edelwize™ Graduate

PART TWO

The Whole of Who You Are



The Five Edelwize™ Concepts

Imagine seeing your life with a deeper understanding of why you're here — and discovering the gifts held within experiences you once wished had been different. As these five Concepts come together, painful moments of the past take on new meaning. You begin to recognize where you've given your power away, and how to return what is yours to your Self.

These five concepts form the philosophical foundation of everything taught within the Edelwize™ system.

They're offered here as a genuine and substantive introduction. The full depth of each lives within the program — where each one is taught step by step, practiced in daily life, and integrated over time into a lived reality.

Let each one sink in. Contemplate the possibility and what would change in your life when you fully embrace this way of seeing, and look at the world through the eyes of the Five fundamental Edelwize™ Concepts.

Your true Knowing lives in your heart.



CHAPTER FOUR

Concept One: Your Essential Nature

WHO YOU REALLY are — and why this changes everything.

There is a question that most people have answered automatically, without ever pausing to examine whether the answer they have given is actually true.

Who are you?

The answer arrives quickly. A name. A set of roles. A history. A collection of relationships, responsibilities, characteristics, and experiences that feel, from the inside, like the most natural and obvious definition of Self imaginable.

And underneath all of it — the Life Force energy that animates your body, and generates every thought, every feeling, every perception, every moment of genuine insight and every moment of ordinary daily living — is something that answer has left entirely unnamed.

The first Edelwize™ Concept begins here.

Are You Your Body or Merely Human?

Your physical body is remarkable. Its complexity, its precision, its capacity for sensation, movement, and regeneration are genuinely extraordinary.

And it's the vehicle for the driver.

The Life Force energy that animates your physical body — the Intelligence that thinks the thoughts, feels the feelings, observes the experiences from a place of genuine awareness, and continues with complete consistency regardless of which role is being played or which circumstance is being navigated — is required for the physical body to be animated, alive, and to function.

Research into near-death experiences offers the most direct evidence available to the scientifically oriented mind. Those whose heart and brain activity have ceased — who have been, by every clinical measure, completely without physical function — return with accounts of continued, expanded experience. Of perception without physical sensory organs. Of knowledge acquired during the period of clinical death that their physical senses were without access to — later verified, with remarkable precision, by those who were present in the room.

The consciousness continues. Independently. With its full capacities intact — and in most accounts, with capacities significantly expanded beyond what the physical body's five senses allowed.

The brain is the receiver and processor. Your Super-consciousness provides what you hear, see, feel, think, and experience.

And the Life Force energy — the provider of your experience — continues to exist after the receiver has ceased to function.

Three Levels of Your Consciousness

Understanding who you are requires an understanding of how consciousness operates across three distinct levels — each one real, each one purposeful, each one contributing something essential to the experience of residing in a human form.

Conscious awareness is the level you navigate most deliberately — the thoughts, perceptions, memories, and knowledge available through your five senses and your accumulated life experience. This level is valuable and real. It is also inherently limited to what has already been encountered, already been learned, already been lived.

Decisions made from conscious awareness alone draw on the past. They're made from what is already known. And this type of decision or choice consistently produces variations of what has already been experienced — because the past is all this level of consciousness has access to.

The unconscious holds the patterns, beliefs, and behavioral programs that operate beneath the surface of conscious awareness — shaping choices, responses, and relational dynamics without the conscious mind's knowledge or participation. Illuminating this level is genuinely valuable. Illumination alone, however, rarely transforms what is found there.

The Super-conscious — the Life Force energy, the higher Self, Soul, the all-Knowing mind — is the level that transcends the

limitations of both conscious and unconscious experience. This is your real Self, the level of clarity near-death experiencers describe accessing when they leave the confines of conscious and unconscious awareness behind. This is the level that holds the blueprint of your life, the Soul agreements made before incarnation, and the wisdom that exceeds anything five senses and accumulated experience could produce.

This is also the level that is fully accessible in the body, in daily life, in the ordinary moments of an ordinary day — when the right relationship with it has been established.

And here is what makes the Edelwize™ system distinct from every meditative or spiritual practice you may have encountered previously:

This connection goes beyond a temporary daily practice. It is consciously practiced until new neural pathways form. And then it's a habit running on autopilot — the natural operating system of your Super-conscious awareness, from which you think, feel, choose, communicate, and create. At all hours. In every conversation. In every ordinary moment of every ordinary day.

Beyond Meditation — the first stage of the Edelwize™ Full Mastery Program — is devoted to establishing the natural conscious connection to your Super-conscious awareness. It's practicing what it FEELS like to be grounded to Mother Earth, centered with your Self, and connected to your higher Self, until you're consciously connected to and live from your highest level of awareness, whatever you do and wherever you are. A deeper, more impactful way of living, instead of a temporary daily practice you step out of at the end of a meditation or class.

You Are Source in Physical Form

Here is the understanding the great teachers were pointing toward — stated plainly, without the layers of protective language that previous centuries required:

You are Source. In physical form. Having chosen, willingly and excitedly, the experience of duality as a vehicle for the deepest possible understanding of who you are.

This is what Jesus meant when he said: "The kingdom of God is within you."

This is what Buddha meant when he said: "You are God, your Self."

This is what the Oracle at Delphi was pointing toward when the words "Know thy Self" were carved above the entrance to the temple.

This is what the Hebrew word for God — Elohim — suggests in its plurality. The animating Intelligence that lives within and through all of life simultaneously.

E pluribus unum. From many, one.

The temporary amnesia that every Soul accepts as it enters the physical realm is purposeful — it makes the experience of duality genuinely real, genuinely instructive, and genuinely valuable. A Soul who remembers its full Nature in every moment would surrender the experience of contrast — and therefore gain a limited lived understanding of what it is comparing anything to.

Your Life Force energy, your Soul, enters the world of duality to experience both the absence of love and the experience of who

you really are — PURE LOVE — to know the difference and have a point of reference. You deeply understand who you are only if you've lost "it."

The loss of who you really are — all facets of pure love — was chosen. The experiences are precisely designed. And the return of all you lost — the full knowledge you gain by the absence of your true brilliance — is the reason you're here. The moment you discover you have the power to give all you seem to have lost back to your Self is the first step of your return to living from your brilliant, powerful Self.

What This Means for How You Live

Once you fully embrace this concept — even if you simply consider the possibility — everything shifts.

The way you make decisions shifts. You have access to a level of intelligence that exceeds the limits of conscious awareness — one that already knows the answer the mind sifting through life experiences is working so hard to calculate.

The way you understand your experiences shifts. Experiences that once felt random or inexplicable become deeply meaningful — each one a communication from the most Knowing aspect of who you are.

The way you understand other people shifts. The person across from you — however different their choices, however challenging their behavior — is animated by Source inhabiting a physical form, also navigating the world of duality, also having forgotten who they really are, temporarily unaware of the brilliance that is our essential Nature.

And the way you understand healing shifts entirely. What is called to be transformed is revealed as something far more precise and far more exciting — the return, piece by piece, to the wholeness that was always present and that was always, from the very beginning, you. Your real Self.

The Old World and the New — Concept One

The Old World placed our innate Intelligence outside the individual.

A God to be worshipped. An authority to be obeyed. A grace to be granted by an institution with the power to determine who was worthy of receiving it.

The mass movement away from traditional religious institutions that is occurring across the world right now is the collective expression of exactly what this concept teaches — the recognition that the higher Power sought on the outside has always lived within.

The woman who establishes a genuine, reliable, lasting connection to her Super-conscious awareness — who makes decisions and finds solutions from her all-Knowing mind in the middle of an ordinary conversation, a challenging situation, an unexpected circumstance — is already living in the New World.

And you already know: being fully present, connected with and living from your higher Self and all-Knowing, is magical and provides the essence of what creates the New World.

A Question Worth Sitting With

Before moving to the next concept, bring your attention inward for a moment.

In the decisions you made this week — the small ones and the significant ones — which level of consciousness were you drawing on?

The conscious mind, working with what it already knows?

The unconscious, running a familiar program without your full awareness?

Or your Super-conscious awareness — the all-Knowing aspect of who you are, the one who already held the most aligned answer before the question was even fully formed?

Your true Knowing may have been hiding under all the layers the Old World instilled, excited to be freed and heard once again.

"Once I learned I'm so much more than human, I made a choice to stop suffering and embrace life's bumps as opportunities to grow."

Colleen Gnos, Edelwize™ Graduate

CHAPTER FIVE

Concept Two: You Created Your Own Blueprint

The understanding that sets you free.

Of all Five Edelwize™ Concepts, this one tends to produce the most immediate and visceral response.

It may arrive as profound relief — the particular quality of release that comes when something you have sensed for a long time is finally given precise language.

It may arrive as resistance — the loud voice in your head rising quickly to defend the narrative it has built around innocence and injury and the injustice of what has happened.

Both responses are worth paying attention to.

Because this concept, more than any other, has the power to set you free.

Before You Were Born

Before you drew your first breath in this life — before you entered your physical body, accepted a state of amnesia regarding who you really are, and lowered your vibration to inhabit the world of duality — something extraordinary occurred.

In the non-physical realm, where all is love, and all is known, you gathered with the Souls whom you planned to encounter while being in physical form on the planet of duality, in the light of full awareness, and created a blueprint together.

Soul agreements were made. Roles were chosen and taken on. Experiences were designed with extraordinary precision — calibrated to produce exactly the contrast, exactly the challenge, and exactly the opportunity for growth that your Soul had determined it required in order to come to know itself more fully.

The parents who would shape your earliest mis/understanding of worth and love and safety — chosen. The relationships that would test your boundaries, your sense of Self, and your capacity to maintain your own inner authority in the presence of another's pain — agreed upon. The patterns that would repeat until their gifts and wisdom were genuinely claimed — designed with the care and intelligence of a Soul that already knew, from its full vantage point, exactly what the physical experience of duality would require.

You designed this. All of it.

And then you arrived. The mantle of amnesia had already done its job, and you forgot why you're here, who you really are, who would be part of your life, and the roles you agreed to play for each other.

The Agreement Your Soul Made

Consider the extraordinary commitment and love this required.

To agree, in the full light of Knowing, to enter a realm where all-Knowing would be temporarily obscured. To choose parents

whose own wounds would create the precise conditions for your own losses. To invite Souls who loved you completely — in the non-physical realm, in the fullness of what you both are — to play roles that would, in the physical realm, feel like betrayal, abandonment, or harm.

And to do all of this intentionally. Because the Soul understood what the mindset of merely being human, caught in the middle of the experience, would be challenged to understand.

Each wound is intentional. Each loss holds a tremendous gift. Each person who took your confidence, your worth, your sense of being enough — agreed, on a Soul level, to play that role with Oscar-worthy acting, because, on a Soul level, you asked them to. The experience of Knowing, let's say, the absence of being more than good enough, and then reclaiming your own worth from within, is the most direct path to gain a deep understanding of your own brilliance, your true worth, equality, and your real Self.

Consider the possibility of having created your own blueprint before you ever came into physical form. Those we love most are the ones who often hurt us the most. The most painful wounds hold the greatest gifts and give us the deepest level of understanding of who we are in our essential Nature.

The Victim and the Architect

There is a narrative that most healing modalities have reinforced, with the very best of intentions, that is worth examining directly.

The narrative of the victim.

She was harmed. She was wronged. Something was taken from her that she deserved to keep. And the path to healing runs through the acknowledgment of that harm, the processing of its impact, and the eventual arrival at forgiveness.

This narrative is real. The harm was real. The impact was real. The acknowledgment of it is genuinely necessary.

And it is incomplete.

Because it stops at the level of what happened in the physical realm, and extends only to the level at which there was an experience of pain.

The woman who holds only the victim narrative remains, in some essential way, at the mercy of what occurred. Her healing is contingent upon her relationship to what was done to her. Her power is located, at least in part, outside her Self — in the actions of the one who caused the harm, in the circumstances that allowed it. In rendering her powerless.

The woman who adds the architect's perspective to the victim's experience finds something genuinely different available to her.

She was harmed, experienced pain, suffered. That’s true.

She designed the conditions that made that harm possible — at the Soul level, in the fullness of what she is, for the purpose of coming to know something about her Self that she could only come to know through the experience of its absence.

That’s also true.

And from the architect's perspective, the entire experience transforms. The harm holds a tremendous gift. The one who caused it becomes a Soul who loved her enough, in the non-

physical realm, to agree to play the most difficult role in her story. And the path to inner transformation and return to wholeness runs through the claiming of what the experience was always designed to give her.

She is always the architect. The one who gains the gift held in the rubble of the pain.

What the Blueprint Gifts You

Imagine sitting, in the non-physical realm, beside the Soul who played the most painful role in your life. Both of you fully restored to who you are — brilliant, powerful, completely at home in the knowledge of your essential Nature. Looking back together at the physical experience, the pain of betrayal or anything else you played out to fulfill your mutual Soul-agreements.

Marveling at how real it felt. How completely the roles were inhabited. How precisely the experiences produced what they were designed to produce. The gifts of deep understanding of who you really are, and the triumph of the return to your real Self, you had a choice to gain in the process.

And Knowing, from that vantage point, the profound love that made the entire agreement possible.

This concept — held with compassion, and with the openness of considering at least the possibility, or the choice to embrace it fully — has the power to exchange the years of accumulated resentment, grief, and the particular exhaustion that comes from carrying a story of injury for a very long time, with what you gained.

Because it places the power exactly where it has always been.

Inside you.

The blueprint is yours. It is designed by the most Knowing aspect of who you are. And it is adaptable — because you are, in every moment, the author of what happens next.

Inner change is reflected in what you see outside your Self.

Karma — Looked at Differently

The Old World offered Karma as a system of reward and punishment — a cosmic ledger in which debts were accumulated across lifetimes and eventually repaid, with interest, by a Universe keeping score.

This understanding has caused an enormous amount of unnecessary suffering.

Karma, looked at differently, is cause and effect.

Every action reacts with an established consequence and result. Once you observe which action creates the desired result, intentional, conscious creation becomes effortless. The mechanics of cause and effect are given and precisely designed for the fulfillment of our experience in the world of duality — and are firmly installed in the cosmic reaction of this particular Universe.

The law of cause and effect is fixed — and this may be one of the most empowering understandings available to a conscious Soul. Because it means that every consequence can be traced to a cause. And she has the power to change the action that causes an effect that leads to a consequence she loves.

Certain aspects of life are planned before she ever came into the physical realm. When what is perceived as a negative experience or outcome is experienced, and the dynamics of victimhood are applied, it causes an effect and consequence of remaining in a powerless state. The action of changing one's perspective from feeling victimized to looking for the gift causes an effect and consequence of being empowered by the same events.

The blueprint holds our Soul-agreements and general plan for life. Our genetic programming is in place at birth. Cause and effect are something we have to observe and understand before we consciously choose actions to create the desired effect. The agreements, the designed experiences, the patterns that repeat until the understanding of cause and effect is gained, are in place upon arrival.

Understanding it as such transforms Karma from a sentence into a system — one that she is fully equipped to work with consciously, from this moment forward.

The Old World and the New — Concept Two

The Old World operated from victimhood, blame, and the randomness of circumstance.

Things happened to people. Forces outside themselves determined the quality of their lives. The appropriate response was to endure, to manage, and — if one was sufficiently devoted — to eventually forgive.

The New World understands cause and effect. Soul agreements. Personal creative power. The blueprint as the most liberating

explanation for why every experience has arrived precisely as it has and the freedom of choice she has in how she responds.

The woman who holds this understanding — who meets a difficult experience with the question, what is the gift held in this insult, tragedy, suffering, or pain, what is my Soul asking me to change — rather than why is this happening to me — is already living in the New World.

And the energy she previously devoted to resentment, management, and protection becomes available for something genuinely different.

Often, tragic events are the catalyst to finally commit to a change that's been begging for a very long time to be addressed and transformed from within.

The claiming of what the experience was always designed to gift.

Your true Knowing delivers messages directly from your Soul. Listen closely.

"For the first time in my life I gave myself permission to say No to all the obligations that were leading me to a slow, painful death and Yes to all the healthy things I knew were necessary."

Karen G., Edelwize™ Literary Agent



CHAPTER SIX

Concept Three: Which Voice Are You Listening To?

The most consequential skill a human Being can develop.

You have two voices.

One is your loud, out-of-balance Ego voice that lives in your head, and the other is your calm, true Knowing voice that lives in your heart.

This is the third concept — and in many ways the most immediately practical of the five. Because the distinction it illuminates is active in every moment of every day, in every decision, every response, every conversation, and every quiet moment alone with your own thoughts.

Learning to distinguish between these two voices — reliably, quickly, and with the kind of calm certainty that comes from genuine practice — is one of the most consequential skills a human Being can develop.

The Voice That Lives in the Head

The out-of-balance Ego voice is one of the roles your inner Male has taken on and represents.

Your healthy, balanced, inner Male's qualities and traits are connected to the left hemisphere of the brain — the linear, analytical, strategizing intelligence that excels at logic, planning, sequencing, and the management of outer reality. In its balanced expression, this voice is genuinely extraordinary. It organizes complexity into workable steps. It holds the capacity for strategic thinking, intellectual precision, and the kind of focused, disciplined action that turns vision into reality.

This is the healthy, balanced, inner Male in all his strength and power.

When the out-of-balance Ego is expressed — which is the expression most people in the modern world have been living from for most of their lives — this voice becomes something quite different.

Loud. Persistent. Resistant to change. Driven by fear, by the urgency of certainty, by the compulsion to control outcomes and protect against the discomfort of the unknown.

This is the out-of-balance Ego voice.

I have come to lovingly call him my "little Bastard."

He plays the role of the Villain. He is the Tempter, the Seducer, the one who uses fear to control, manipulate, limit, confuse, and "protect" you from following your true Knowing voice. He robs you of your worth, spreads insecurity, or makes you believe you're better or less than others. Change for the better is his greatest enemy, as he would be prevented from feeding on you, or diminish his ability to show you the absence of who you really are.

He has done his job extraordinarily well.

And learning to recognize him — to hear his particular quality of urgency, his insistence, his talent for dressing fear in the language of reason and common sense — is the beginning of the most important skill this path develops.

When you follow the “little Bastard” — when you make decisions from a place of fear rather than trust — you will experience hardship. You may achieve outer success. However, the results will consistently reflect the limitations of a consciousness that is based on fear and does its best to control everything and everyone.

The Voice That Lives in the Heart

Your true Knowing voice is one of the roles your inner Female has taken on and represents.

Your balanced, creative, inner Female is connected to the right hemisphere of the brain — the circular, intuitive, visionary intelligence that excels at seeing the larger picture, accessing higher Knowing, and feeling the quality of truth in any given moment.

This is the balanced, creative inner Female in all her brilliance and glory.

In its balanced expression, your true Knowing voice is the most reliable navigational instrument available to a Soul in human form. It recognizes truth through a quality of feeling — a quiet, settled sense of inner truth that is available to anyone who has learned to slow down enough to discern it.

This is your true Knowing voice.

And here is its particular challenge: it is based on trust. Your true Knowing voice is naturally solid and much less demanding than the “little Bastard” who lives in the head. It speaks with clarity, and with a quality of calm easily overlooked in the presence of the head voice's insistence and volume.

The inner Female, in her out-of-balance expression — which is represented by your out-of-balance Ego voice — shows excessive passivity, is lazy, builds dreamy castles in the sky, waits too long, is emotionally too sensitive, moody, and far too innocent and trusting.

Your out-of-balance Ego voice is based on FEAR. Your true Knowing voice is based on TRUST.

Trust that everything is always in perfect divine order. Trust that everything on your plate is there to help you grow, expand, and become more of who you truly are.

Your out-of-balance Ego voice lives in your head and represents the imbalanced expression of both your inner Male and your inner Female.

Your true Knowing voice lives in your heart and represents the balanced expression of both your inner Female and your inner Male.

The Agreement They Made

Before you came into physical form, something was agreed upon between these two aspects of your Super-conscious Self.

Imagine your inner Male saying: I’m strong enough to represent the out-of-balance Ego and play the role of the Villain in the

world of duality. For you to experience pain and suffering, you have to fall into the trap of the fear-based voice — this is the voice that holds the key to showing you the absence of who you are. I will do my best for you to follow the fear-based voice, so you can experience constriction and limitation.

The out-of-balance Ego voice is loud and lives in the head. It resists change. It will do everything in its power to convince you that safety lies in staying exactly where you are.

Imagine your inner Female saying: I'm confident to represent the true Knowing voice. My challenge is to be heard beneath the volume of my counterpart — my trust-based voice is calm, and you will have to slow down and tune into your true Knowing place in your heart space to hear me. When you follow me, you will grow, expand, and come to know, through lived experience, who you truly are.

Be kind with your Self when you notice you've been misled by the fear-based voice and fallen into its traps, as Knowing the absence of who you are is the only way to truly understand your brilliance and true power.

This agreement — made in full awareness, with complete love — is the mechanism through which the world of duality operates within you.

And understanding it changes everything about how you relate to the loud, insistent, fear-based voice that has, for much of your life, been making decisions on your behalf.

The "little Bastard" has been doing his job exactly as planned. You can be genuinely grateful to him for how well he played his role — and consciously choose, from this moment forward, to

slow down, discern which of the two voices sounds true, and follow your true Knowing voice.

The 16 Seconds That Shift Physical Reality

When what you envision, what you feel, and what you think are in congruence and produce a coherent frequency — something measurable begins to occur in the quantum field.

Physical particles begin to form.

Research in quantum physics confirms what the great spiritual traditions have always pointed toward: consciousness shapes reality. The field responds to the frequency you carry. And the frequency you carry is determined, above all else, by the congruence between your vision, how you feel, and what you think.

This is why positive thinking alone produces inconsistent results. You can hold an elevated thought while feeling something entirely different underneath it. And what has the greatest impact on the creation of your reality is HOW YOU FEEL — the actual frequency of your emotional output — is 5000 times more effective than the thought you are consciously choosing.

Sixteen seconds of conscious coherence — between the vision you see, the emotion you feel, and the thought you think — starts to form particles in the quantum field you reside in.

This is also why Concept Three and Concept Four are inseparable. The inner Female provides the vision and the true Knowing. The inner Male provides the structure and the action. And the effect the emotional body has in the creation of your reality — addressed fully in the next concept — is what

determines whether the frequency you are projecting is genuinely compatible with the reality you desire to create.

The Qualities of Each Voice

The voice that lives in your head is connected to the left side of your brain and is represented by your inner Male.

The other one lives in your heart, is connected to the right side of your brain, and is represented by your inner Female.

The out-of-balance Ego voice is based on extremes like irrational FEAR (Masculine), WORRY (Feminine), CONFUSION (Masculine), NERVOUSNESS (Feminine), and ALL other NEGATIVE and out-of-balance aspects of BOTH the Masculine and the Feminine.

Your true Knowing voice is based on centered, healthy TRUST (Feminine), CERTAINTY (Masculine), CLARITY (Feminine), COMPOSURE (Masculine), and ALL other POSITIVE balanced aspects of BOTH the Masculine and the Feminine.

Examples:

When your out-of-balance inner Male experiences FEAR, he must consult with your balanced inner Female to establish TRUST.

When your out-of-balance inner Female experiences Worry, she has to consult with your balanced inner Male to establish CERTAINTY.

When your out-of-balance inner Male experiences CONFUSION, he has to consult with your balanced inner Female to establish CLARITY.

When your out-of-balance inner Female experiences NERVOUSNESS, she must consult with your balanced inner Male to establish COMPOSURE.

To get in touch with the balanced inner Male and the balanced inner Female, slow down and discern if what is being said FEELS and SOUNDS TRUE.

The Most Consequential Question

The majority of people, when asked where in their body they make their decisions, point to their head.

This is the most consequential habit of the modern world.

A decision made from the head alone draws only on what is already known. It calculates from the past. It reaches for the safest available option based on accumulated experience. And it consistently bypasses the level of intelligence that already knows the answer — the Super-conscious, the true Knowing, the balanced inner Female who sees the bigger picture in any given direction.

The practice of feeling into and learning to trust the right answer — rather than calculating the safe one — is among the most transformative practices available.

It's one that requires inner discernment. Because the "little Bastard" is sophisticated, persuasive, and deeply practiced at presenting his fear-based conclusions in the language of reason and common sense.

Learning to distinguish between this feels right, and this feels safe — between what you know to be your inner truth and the

relief of avoiding discomfort or indulging in convenience — is the essence of Concept Three.

And it's a practice that becomes a habit, which holds the power to positively affect the quality of every decision, every relationship, and every moment of even the most ordinary day.

The Old World and the New — Concept Three

The Old World ran on left-brain dominance.

Patriarchy — in its most essential definition — is the dominance of the linear over the circular, the analytical over the intuitive, the doing over the Being, the head over the heart.

The consequences of this imbalance are visible in every system and structure that the Old World produced — from the speed of modern life to the epidemic of disconnection, from the management of symptoms to the dismissal of anything that is intuitively felt yet remains scientifically impossible to be measured.

The New World requires something entirely different — the inner Male and inner Female working hand in hand to create synergy. The left and right brain hemispheres integrated. Thinking and feeling in harmony. Vision and action working together.

The woman who has developed this capacity within her Self — who makes decisions from the place that both knows and makes sense, who brings the full intelligence of both hemispheres to every significant choice — is already living the shift from patriarchy to synergy that the collective world is moving toward.

Her presence in any room changes what is possible in that room.

Her way of communicating models what equal exchange looks and feels like.

Her capacity to envision a third solution — one that serves everyone rather than requiring any party to lose — demonstrates, in the most practical and immediate terms, what the New World is capable of producing.

Your true Knowing trusts that everything is unfolding with perfect timing, and in divine order.

"Since I've started the program, I have made life-changing decisions and am focused on healing my Self from within. I'm taking all the steps and making all the moves that will have a positive impact on me and my relationships for the rest of my life."

Shannon Thomas, Edelwize™ Graduate



CHAPTER SEVEN

Concept Four: Heal Your Emotional Pain and Fully Thrive

The restoration that lasts — and the Super Power hidden in every wound.

You arrived in this life with something that the world of duality was designed to temporarily obscure — and that is fully available to be permanently restored.

An emotional body that was completely intact.

Whole. Radiant. In full possession of every quality that is intrinsically, originally, and unalterably yours.

This is the fourth Edelwize™ Concept — and it contains what is perhaps the most transformative understanding in the entire system.

Because it answers, with precision and without ambiguity, the question that every devoted Seeker eventually arrives at:

Why does the pain keep returning?

The Hotel

Imagine your emotional body as a beautiful hotel.

In each room lives a quality that is yours by original nature. Confidence. Worth. The unshakeable inner Knowing that you are acknowledged, valued, and unconditionally loved exactly as you are. An inner security free of requiring anything from the outside world to be present. Trust in your own Knowing. The settled, quiet certainty that you are, in your essential Nature, more than enough.

This was the state of your emotional body when you arrived.

Every room occupied. Every quality present. The entire structure whole, radiant, and fully functioning.

And then the world of duality began to have its effect.

How the Rooms Empty

Someone came along — a parent, a sibling, a teacher, a friend, a stranger carrying their own emptiness — and took what they them Selves had lost.

A careless comment that landed in the room where confidence lived. A withdrawal of love that emptied the room where worth resided. A dismissal of your perception that darkened the room where trust in your own Knowing had been at home.

When worth has left, insecurity moves in. The emotional body is compromised, looking for ways to regain the original occupancy of worth. And since worth has seemingly left with whoever took it or vaporized when a stressful situation presented itself, it becomes a screaming, painful pit, begging to be filled with the original vibration and frequency of worth.

The taking was real. The impact was real.

And here is what is essential to understand about the one who took:

They were on the prowl.

They had been robbed, in precisely the same way, by someone who had been robbed before them. Their own emotional hotel had rooms that had been emptied long before they ever encountered you. And the only mechanism they had ever been shown for filling the rooms with what had originally occupied them was to take from the outside what had been lost from within.

The Bully on the playground. The dismissive parent. The partner who diminishes to feel larger. The colleague who undermines to feel more secure. The Pleaser who does everything in their power to be acknowledged for all they give and do for others. They are all, without exception, operating from the same place.

Their rooms are now filled with insecurity, shame, guilt, or resentment, causing emotional pain that triggers a search for relief. And the only strategy they've ever known to return feeling secure, accepted, happy, or fulfilled is to bully or please.

Understanding this dissolves the particular kind of suffering that comes from believing that what was taken was taken because of something fundamentally inadequate about you.

It was taken because the one who took it had lost it first.

Why Outside Sources Return Empty

Since what was lost went to the outside, the instinct is to go looking for it on the outside.

To work harder to earn back the confidence that was taken. To give more devotedly in hopes of reclaiming the worth that was emptied. To seek, in one relationship after another, the love and acknowledgment that the original loss made feel so urgently necessary.

And here is why this search consistently returns empty:

Consider what happens when someone receives an organ transplant. The donor organ requires a near-perfect biological match. And even then — even with the most skilled surgical team and the most careful selection — the body requires medication for life. Because the body's intelligence recognizes, immediately and completely, the difference in frequency between what is originally its own and what has arrived from elsewhere.

The immune response activates. It identifies the foreign frequency, the vibration different from its own. And it works, persistently, to push it out.

Your emotional body operates with precisely the same intelligence.

When confidence — or worth, or feeling loved, or feeling carefree — is taken from others or filled from an outside source, the emotional body recognizes what has arrived immediately. It scans the vibration. And what came from the outside carries a different frequency from your own original vibration.

The defense response activates.

The relief only lasts minutes. A day. Sometimes a week.

And then the room is empty again and once again starts to fill with the absence of who you are in your original essence.

And the search resumes — ever increasing the mechanism of restoration. The Bully becomes more taunting and destructive, the Pleaser more subservient and exhausted. The pain of the absence of the natural state of Being is real and ever increasing.

This cycle has very little to do with how devoted you have been. It's simply the intelligence of the emotional body doing precisely what it was designed to do — recognizing what is originally yours, and accepting only what is a vibrational match.

The Restoration That Lasts

The restoration that lasts requires something entirely different from anything most traditional approaches have offered.

To identify — precisely — what was taken and name it.

To name the negative emotion with complete accuracy — and to define what it is the absence of. What, exactly, was the original positive quality that lived in that room before the taking occurred?

To return that original quality from within — in the only frequency the emotional body will fully receive. Your own original vibration.

And lastly, to learn to keep "it" — so "it" remains, regardless of what the outside world does or says.

"It" being your worth, your equality, your inner peace, your maturity to know each person is responsible for their own happiness.

This process is available to you right now, with what these pages have given you. You can identify a negative emotion you are carrying, name what it is the absence of, begin to generate the

feeling of the original quality from within, and practice living from that place — in the smallest, most ordinary moments of the most ordinary day.

The Edelwize™ DNA Scan takes this process to a level of precision that makes it faster, deeper, and more complete than anything you have previously encountered. Through numerical mapping, it identifies the exact emotion, its origin, its archetypal pattern, and its location in the Chakra and Meridian systems. It goes directly to the root of the pain, giving you the story of exactly what happened and a complete picture of what is ready to be restored and precisely how to restore it.

The full DNA Scan training — with complete access for personal use and use with clients — culminates in Month Eight of the Full Mastery Program.

The Super Power Hidden in Every Wound

Here is what most healing traditions have missed — and what makes the Edelwize™ approach genuinely distinct.

Every negative emotion has a Super Power.

The negative emotion is the absence of the original positive quality. And the experience of that absence — when its wound is consciously transformed — produces a much deeper understanding of the original emotional equivalent you were born with.

It is the emotion that has been lost. And only by its absence can it be deeply known and understood in its true nature and expansive effect. It can only be fully appreciated through the lived

experience of its absence and the claiming of its return from within one Self.

The experience of Self-doubt, when fully understood as the absence of the natural component of your real Self — a feeling of security and calm confidence from within — and you consciously instill this feeling from within and decide to keep it, you complete the transformation, and this part of the emotional body returns to wholeness.

The experience of feeling invisible, when fully understood as the absence of authentic visibility — invites you to re-claim the capacity to be fully seen as who you truly are, in full acceptance of your Self, and with awareness of the originality of your talents, gifts, and strengths.

The experience of feeling unworthy of love, when fully understood as the absence of loving Self — with the same kindness, the same understanding, and consideration you have for others — ends the moment you know the pain you feel is present because you being unworthy of love is a lie.

The greater the pain, the greater the lie.

This is what the Edelwize™ system means when it speaks of finding the diamonds in the rubble.

Every wound contains one.

Rather than simply managing, regulating, letting go of, or forgiving, make sure to claim the diamond in the rubble of your pain — this is what transforms the experience from a source of suffering into a permanent source of deeply felt gratitude.

The necessity for forgiveness dissolves the moment you realize a Soul-agreement has been fulfilled, the absence of what you lost has been acknowledged, identified, and named — you've returned what used to be filled from outside your Self, and all you lost, back to your Self.

You feel the gratitude of having a deep understanding of, let's say — your own brilliance, equality, inner freedom, unconditional acceptance, and love for your Self. This is the gift. The diamond forged from the misery of loss.

Learning to Keep It

Filling the rooms with their original occupants from within your Self is the restoration and return to wholeness.

Learning to keep what has been returned is what makes it permanent.

Because the world of duality is consistent in its invitations. The person who has reclaimed their confidence will encounter, with remarkable reliability, exactly the situation designed to test whether that reclaiming is solid. The one who senses a newly restored sense of worth will meet, almost immediately, with precisely calibrated pressure — because the fisher always casts the line where the fish have historically been.

The practice is this: to keep what you returned back to your Self.

To respond from confidence rather than defend against its challenge. To hold worth as an established fact rather than a position requiring protection. To remain, in the presence of the most sophisticated provocation your own or someone else's

“little Bastard” can produce, solidly centered and peacefully at home in the knowledge of your own brilliance and power.

And when the fish refuse to take the bait, the fisherman puts on a bigger bait; the Bully pounces harder, and here is where you remind your Self the reason why the fisherman keeps putting out bait is that he’s still looking for what he hungers for outside him Self.

Keep “it” — discern what the fisherman is after and keep ‘it.”

When the fish refuses to take the bait, even the fat and juicy bites, the fisherman moves on.

And the woman who has consciously filled her own rooms from within — who keeps what is hers regardless of what arrives from the outside — discovers something remarkable:

The invitations to wrestle over what is innately hers become less frequent. The provocations less pointed. The relational dynamics that once felt like recurring inevitabilities begin, quietly and then unmistakably, to shift.

Because what she projects from within has changed.

And the outside is a reflection of her inside. The way it always has.

The Old World and the New — Concept Four

The Old World offered symptom management and instant gratification.

Reach for something outside your Self to fill what is empty within. Take the pill that manages the feeling. Attend the retreat that

provides temporary relief. Find the relationship that fills the rooms — for a while.

These approaches were sincere in their intention. And they were always, at their limit, addressing the experience of the wound rather than the wound itself.

The New World offers something interestingly different — the precise restoration of what was lost, from within, so that the source of the pattern is authentically transformed rather than more skillfully contained.

The woman who does this work — who identifies what was taken, returns it in her own original vibration, and learns to keep it regardless of what the outside world presents — becomes something the Old World had yet to imagine possible.

A woman whose emotional body is whole.

And a woman whose emotional body is whole carries a vibration that raises the vibration of every person in her immediate environment. In her relationships, in her work, in every space she moves through — her presence creates the conditions in which others begin, sometimes without knowing why, to feel a call to gain the insights she carries.

As a single high-vibration Being, you have the power to raise the vibration of thousands of people in your immediate environment.

Through presence alone.

This is the ripple effect of one woman who has done the inner work.

And it’s the foundation of the world we are building together.

Your true Knowing celebrates the effect you have in the world.

“Christa is simply brilliant, and her DNA Scan is a life-changing masterpiece. With remarkable precision, she helps you identify, release, and reframe core beliefs that have limited you in life.”

Jason Swart, CHt, Edelwize™ 1:1



CHAPTER EIGHT

Concept Five: You Are Treated the Way You Treat Your Self

The missing link that changes everything.

This is the concept that most directly contradicts what you have been taught.

And it is the one that, when accurately understood and lived from, produces the most immediate and far-reaching shift in every area of life — relationships, work, creative expression, financial reality, and the quiet texture of an ordinary day.

It's also the concept that carries the most profound implications for the world we are collectively building — because it dissolves, at its root, the oldest and most persistently damaging misunderstanding in the history of human spiritual teaching.

The Teaching That Has Always Felt Incomplete

You have been taught — with the very best of intentions, by authentically devoted teachers and traditions — that what you give to others will return to you.

That generosity is rewarded. That service is reciprocated. That the measure of love and devotion you pour into the world will, in some form and in its own time, find its way back to you.

This teaching has produced some of the most beautiful expressions of human generosity the world has ever seen.

It has also produced, in the woman who has taken it most seriously and applied it most devotedly, a particular and quietly devastating experience.

She gave. Generously. Consistently. With the full commitment of a woman who believed, genuinely and completely, that this was the path.

And the return she was promised arrived in forms so partial, so conditional, so dependent on the continued giving, that it never quite constituted the abundance she had been led to experience.

And so she gave more. And waited longer. And wondered, in the honest privacy of her own heart, what she was doing wrong.

She had only become more depleted, more neglected, less considered.

She was operating from a teaching that contains a missing piece so significant that its absence changes the entire meaning of what was being taught.

The Missing Piece

Here is what outflow creates inflow actually means.

The outflow is what she projects from within her Self. Every moment. In every interaction, every decision, every way she presents her Self in the ordinary experiences of daily life.

And what she projects from within her Self is precisely how she treats her Self.

When she praises others and remains critical of her Self — she projects: meet me with criticism.

When she places everyone else at the center and consistently leaves her Self out of the equation — she projects: overlook me.

When she gives beyond her true capacity and waits for reciprocation that the act of giving-from-depletion makes energetically impossible — she projects: deplete me.

When she fills her own emotional body from within, stands fully in her own worth, and moves through the world as a woman who knows — in her bones, in her emotional body, in the living reality of how she actually feels — that she matters as much as anyone else she will ever encounter:

She projects: I matter. And the world meets her there.

With few exceptions.

The Giver and the Taker

This concept illuminates one of the most common and most draining relational dynamics that devoted, spiritually oriented women encounter.

The Giver gives. The Taker takes. The Giver gives more, hoping the dynamic will eventually balance. The Taker takes more, because the giving continues. And the cycle repeats until the Giver is exhausted, resentful, and genuinely bewildered by how someone could take so consistently from someone who has given so devotedly.

Here is the truth the old healing narratives have rarely offered:

The Giver's giving too much is the source of the Taker's taking too much.

They are two expressions of the same wound — two people whose emotional hotels have empty rooms, operating from the only strategies they were ever shown for filling them. The Giver gives, hoping that the generosity will eventually be recognized and reciprocated. The Taker takes, because the giving continues and the Giver is failing to say: this is the boundary of what is truly mine to offer.

Both are operating from depletion.

Both are projecting a frequency that confirms the dynamic.

And the dynamic continues — with remarkable consistency, in relationship after relationship, across years and sometimes decades — until one of them changes their behavior and frequency from within.

The Marbles

You arrived in this life with fifty marbles.

They represent something precise and original — your equal value. Your equal importance. The unshakeable inner Knowing, intact at birth, that you matter as much as anyone else. That your happiness carries the same weight as the well-being of those around you. That your basic needs, your desires, your creative expression, and your inner peace are as worthy of attention and care as those of every other person you will ever encounter.

In the world of duality, this marble count shifts.

The one programmed to play the Taker takes marbles. The one programmed to play the Giver surrenders them.

One holds eighty. The other holds twenty.

And here is what makes this understanding so completely liberating:

The Giver retrieves her marbles only from within her Self.

Earning them back through greater devotion leaves her count unchanged. Seeking them in a different relationship brings the same count into a new dynamic. Waiting for the Taker to recognize what they have taken and voluntarily return it is waiting for a response that the Taker, by the very nature of their programming, is designed to withhold — until she changes first.

The only path to restoration is the one that leads inward.

To ask — with complete clarity and sincere precision:

How would I act, behave, communicate, assert my Self, feel, think, choose, and decide if my equality was already an established fact — and the only one who has to know my equality is me?

And then to begin — in the smallest, most ordinary moments of the most ordinary day — to live as though the answer to that question is already true.

Because it is.

It always has been.

The Self-ish and Self-less False Choice

The world has long presented two options and asked you to choose between them.

Be Self-ish — place your Self at the center, take what you require, and allow others to manage their own basic needs without your consideration.

Or be Self-less — place others at the center, give without reservation, measure your worth through your devotion, and trust that the Universe will eventually recognize your sacrifice and reward it accordingly.

Both of these options create lack.

Selfishness creates a particular kind of isolation — the experience of a life that has plenty of resources yet lacks loving connections, a deeper understanding of the meaning of life, and the particular satisfaction that comes from contributing something real to the lives of others.

Selflessness creates a different kind of lack — the experience of a woman who has given everything and finds her Self, quietly and persistently, running on empty. Whose generosity has become a mechanism for seeking acknowledgment of her worth and equality, rather than an expression of it.

The third option — the one that dissolves both forms of lack entirely — is the one this concept illuminates.

Fill your own basic needs first.

Then fill the basic needs of those you are truly responsible for.

Then fill some of your own desires, and some of the desires of those who depend on you.

And then — from what starts to overflow, from the actual abundance of a life that has been genuinely filled from within — give to others.

This is the model that creates a world in which everyone is full. In which authentic generosity is possible because it flows from overflow rather than depletion. In which the giving is real — a fair, free, joyful expression of a woman who has so much of what is originally hers that sharing it is the most natural thing in the world.

What Shifts When She Does

When she returns her own marble count — back to her Self from within, through the precise restoration of what was originally and always hers — and starts to act from a place of equality, something remarkable and entirely predictable occurs.

The person across from her begins to change.

In the vast majority of cases, as she treats her Self with fairness — and she holds her equality as an established fact rather than a position requiring constant defense — the one who had been taking becomes more like her. More giving. More open. More fully present.

They meet in the middle.

At what the Edelwize™ system calls the zero point — where both have always, originally, belonged.

One may still be a bit more inclined to focus on the material world, while the other is naturally more prone to look out for the well-being and happiness of others. Both are in their most profound element to fulfill both the worldly and the spiritual elements of their life purpose and the legacy they live and leave behind.

This is inner transformation producing outer change. Precise. Lived. Generative.

The Missing Link in the Law of Attraction

This concept is the missing link that explains why the Law of Attraction, as it has been most widely taught, has produced such inconsistent results for so many genuinely devoted practitioners.

The Law of Attraction, in its most common teaching, focuses on what you think and what you visualize. Change your thoughts, the teaching goes, and your reality will follow.

Thinking matters.

The missing piece is this: it's how you feel — at the deepest, most honest level of your emotional body — that has the greatest generative power over the reality you actually inhabit.

You can hold the most elevated thought available to you — and feel something entirely different underneath it.

How you feel about your Self has the greatest impact on the reality you create.

Which means that a woman who thinks abundant thoughts while feeling, in her emotional body, the frequency of someone who

consistently leaves her Self out of the equation — will continue to generate the experience of someone who is left out.

As soon as the emotional body is transformed from within. As soon as the feeling matches the thought. And as soon as she projects from her Self — in even the most challenging circumstances — the frequency of a woman who knows and acts from her own equal worth and importance, she turns into a magnet for abundance.

At that point, the Law of Attraction begins to function as it was always designed to.

Because the outflow has been consciously transformed.

The Old World and the New — Concept Five

The Old World celebrated martyrdom and Self-sacrifice as the highest expressions of virtue.

Give everything, especially when you have little. Measure your worth through your devotion. And trust that the Universe — or God, or Karma, or the law of reciprocity — will eventually return what was given in the measure it was promised or was desperately needed.

This teaching produced generations of devoted, exhausted, quietly resentful women who gave everything they had and wondered why the abundance they were promised felt perpetually just beyond their reach.

The New World thrives through an entirely different understanding.

That filling your own basic needs first is the foundation of rightful generosity.

That a woman who operates from true fullness — whose emotional body is restored, whose marble count is intact, whose giving flows from overflow rather than depletion — contributes something to the world that the Self-sacrificing woman, however devoted, is denied access to.

Because what flows from fullness carries an entirely different frequency from what flows from depletion.

And the world — the collective field, the relationships, the communities, the organizations she is part of — reorganizes itself around the frequency she carries.

This is the missing link in the Old World's teaching on service, generosity, and abundance.

And it is the one that, when clearly understood and lived from, changes everything.

Everything Is in Perfect Divine Order

Everything that’s on your plate is there to help you grow and become more of who you really are.

There are moments in life that feel like a cruel joke, an undeserved punishment, or a hardship that hits far too close to home, instead of something you planned ahead and truly had a desire to experience.

The unexpected loss, the relationship that ended in betrayal, the opportunity that arrived and then disappeared, the pattern that

returned when you were certain it was finished — they show up seemingly uninvited — to reveal a level of suffering unimaginable to have been planned.

Precisely designed. Exactly timed. Carrying, within the apparent randomness of their arrival, the specific loss your Soul designed.

Your destiny and fate unfold with perfect timing and exactly as you planned.

The five concepts you have just encountered are the framework that makes that statement genuinely liveable — rather than a beautiful idea that dissolves the moment life presents its next challenge.

They are the lens through which every experience becomes meaningful.

The foundation from which every choice becomes conscious.

The philosophy that transforms a woman who has been seeking into a woman who feels fully alive.

And they provide the foundation for what becomes attainable in Part Three.

Your true Knowing secretly rejoices each time you get excited over how you'll grow when you stand in front of a new challenge in life.

"I love that the Edelwize™ App incorporates ancient wisdom with evolved knowledge to accelerate our current existence."

Pragna Jay Patel-Mueller, Edelwize™ Graduate

PART THREE

To Find Your Way Home — and Live There



The Return

You wake up and feel at home within your Self. There is clarity in your choices, equality in your relationships, and a deep, pervasive bliss that accompanies you through your day. Life continues to invite you to grow—and you meet it with the excitement of discovering even more of who you really are.

You have traveled a considerable distance to arrive here.

The Five Concepts have been offered. Some will have landed immediately — with the quality of recognition that comes when something you have always sensed is given precise language for the first time. Others may be sitting just outside the familiar, either slowly sinking in or translating themselves into your natural language and what feels true to you.

Consider all possibilities, and only take what resonates.

Part Three opens the vision of what becomes available when these concepts are legitimately embodied — beyond intellectual understanding, and meant to become your lived reality. As the way you move through the world. As the quality of being fully present for a challenging conversation, an important decision, a glorious morning on an ordinary day.

This is where the journey has always been heading.

CHAPTER NINE

What It Means to Come Home

The lived reality of an embodied, Self-realized life.

The word Enlightenment carries a great deal of weight.

For many women who have devoted years to the journey of consciousness and personal transformation, it carries a specific and quietly discouraging set of associations. The monk on the mountain. The decades of dedicated practice. The rare few who have somehow managed to transcend the ordinary conditions of a human life and arrive at a state of Being that feels impossible to reach for someone who has a family, a career, a body that requires maintenance, and a life that continues to present its full range of challenges.

This understanding of Enlightenment has kept more serious Seekers from finding their way home than perhaps any other single belief.

And it deserves to be set aside completely.

What Enlightenment Actually Is

To be Enlightened is to be whole.

The whole of who you really are.

That’s all.

It’s you finding your way home — you returning piece by piece all you’ve lost, shedding each veil that went up each time you lost a piece of your true Self — until you reach the original state that every Soul arrived with, rich with the Knowledge of who you really are.

You Were Born Enlightened

You arrived in this life Enlightened.

This is the starting point — and it’s the one that most traditional approaches to spiritual development have inverted, with consequences that have shaped the entire experience of the seeking journey.

Most spiritual frameworks begin from the premise that the human Being is, by nature, incomplete — spiritually inadequate — and that the journey of development is the journey from that inadequate starting point toward a distant destination of wholeness or grace or Enlightenment that must be earned through sufficient effort, sufficient devotion, or sufficient surrender.

The Edelwize™ system begins from the opposite premise.

You arrived whole. Radiant. In full possession of every quality that is intrinsically and brilliantly your real Self. With the complete wisdom of Knowing you are the Source that animates the physical body you inhabit. With every room in your emotional hotel occupied with all facets of love, every quality of your essential nature fully expressed and fully accessible.

And then the world of duality began its work.

Every experience of loss — of confidence, of worth, of inner authority, of trust in your own Knowing — placed a veil. Generated a little fog. Added another layer between the brilliant, powerful Being of Light you are and diminished you to see your Self as a mere human Being struggling to survive on Earth.

And when the losses became unbearable, you began to seek, because deep down you innately knew there's more than suffering and pain.

The entire seeking journey — every teacher, every modality, every retreat and course and book and circle — has been the Soul's persistent, creative, and ultimately successful attempt to find its way back to what you've always been.

The Return Home — Piece by Piece

Every time you return a piece of what you lost, a veil comes down — every time a piece of original wholeness is returned from within — you experience a beautiful shift in the quality of your lived experience.

A sense of inner freedom. A sense of having recovered something that was always meant to be present. A quality of inner happiness that previously required for the circumstances to be favorable, the people around her to be supportive, or the day to unfold according to plan — less and less outer perfection required each time a veil lifted and the more the fog cleared.

This is how you return and find your way home.

Each inner transformation causing a veil to fall away — each room in the emotional hotel restored through the precise process of identifying what was taken, naming it accurately, returning "it"

from within, and the skill set of keeping “it” — practiced enough to be on autopilot, regardless of what the outside world presents.

And then — at some point along this process, at a moment that is different for every woman and that arrives with a quality of blissful calm rather than fanfare — the last veil drops away.

The fog lies below.

And she is standing on the summit.

Blue skies. Sunshine. A 360-degree view.

She clearly sees everything for exactly what it is.

What the Summit Actually Looks Like

It is worth describing this clearly — because the summit may look, from the outside, remarkably like an ordinary life.

She still has a family. She still has work. She still navigates disagreements and disappointments and the full range of experiences that the world of duality consistently produces.

The difference is entirely internal — and that internal difference changes everything about how she meets every external experience.

She is calm at the center of any storm. What in the past may have qualified as a devastating circumstance has lost its power to destabilize the quality of her inner life — because she feels consistently stable, her inner bliss remains intact or is quickly returned; escalating distress is only a memory, a state of mind experienced in what feels like another life.

She acts from a place of equality. Her own worth is an established fact and remains intact even when others fail to recognize it. She negotiates from this place — in her relationships, in her work, in every exchange of everyday life.

She loves from fullness rather than hunger. The quality of her giving has changed entirely — because it flows from the overflow of a woman whose own basic needs and desires are fully met, whose own emotional body is whole, and whose generosity puts wind under the wings of all who desire to receive it.

She is fully present. In the conversation that is happening, the relationship that is in front of her, the extraordinary beauty of what may look like an ordinary moment. Because the past has been transformed and holds the gifts, the diamonds, and the wisdom she claimed from it — and the future is trusted and holds the excitement of what is consciously created.

She is, in the most precise and complete sense of the word, at home in her Self.

The Twelve Qualities of the Return

Those who have arrived at — or are consciously moving toward — this place of wholeness tend to share a recognizable set of qualities.

These are offered as natural expressions of what becomes available when the emotional body is fully restored, and the veils have truly lifted — rather than aspirational ideals to be performed.

1.

They identify with their Life Force.

When they say I, they refer to the Life Force energy that animates the physical form they live in for the duration of their stay in the world of duality — instead of their human Self — which is unaware of the all-Knowing, Super-conscious, brilliant nature of their real Self. They know they are every Thing and every One.

2.

They know themselves as one and all.

The clear understanding that they live in and through all life forms and in their true Essence are pure Source — the Life Force energy that animates all sentient Beings — is what returns a deep, unconditional love for each expression of the higher Power, experiencing it Self in the physical realm.

3.

They have a clear conscience.

Marveling at the complexity of their blueprint and mutual Soul-agreements, they look for the diamonds in the rubble — and understand that the one who plays the role of the Villain shows the Victim the absence of who they are or the absence of how to be, and has done so with Oscar-worthy acting skills, and bestowed the gift of Knowing their real Self.

4.

They embrace all possibilities.

Knowing the desired outcome arrives in the form that fulfills the Soul's desire, regardless of the human's desire for ease and convenience — allows them to live in integrity with their own truth, embrace all possibilities, including what exactly the result of their conscious creation will be, or in what form what they ask for will arrive.

5.

They're patient.

Through observing cause and effect and understanding the Universal laws, they see clearly why those who are still veiled use their out-of-balance Ego to invite others' out-of-balance Ego into battle. They patiently hold a sacred space and know the lower vibration only has one choice, which is to rise and meet the highest vibration present.

6.

They see the good on both sides.

Seeing the bigger picture, they know there are two sides to every coin — that opposites are too much or too little of what constitutes balance, and to establish equal worth, equal rights, and equal importance between both sides, they use their skill set to communicate and negotiate win-win and third solutions.

7.

They enjoy emotional stability.

Having healed their emotional body from within, they clearly discern between the “little Bastard” and their true Knowing voice — allowing them to remain calm, experience inner stability, inner peace, and feel empathy for those who are still heavily veiled and still operate from their out-of-balance Ego.

8.

They experience inner peace.

Being free from fear, anxiety, worry, sadness, anger, shame, or resentment has created a space of trust which allows them to be calm at the center of any storm — and instills a deep understanding that everything is always in divine order and unfolds with perfect timing.

9.

They’re filled with inner happiness.

Feeling a deep, blissful happiness inside of them, they experience gratitude and appreciation for everything they receive from outside them Selves, enjoy the feeling of having extra, and celebrate every moment by being fully present with every task at hand.

10.

They act from a place of equality.

Being solid in the awareness of their own significance, they act from a place of equal importance, equal worth, and equal rights — and value their own contribution as much as they value what others bring to the table.

11.

They take care of their physical temple.

The type of reverence for, the quality of, and how they supply the physical body with the fuel it thrives on — is a vibrational match with the frequency of their Life Force energy. Their high vibrational Soul requires and desires high vibrational air, water, food, touch, movement, clothing, and love.

12.

They're fully present.

Living with a sense of impending loss allows them to experience a sensation they call the bliss of having — a feeling deeper than gratitude or appreciation — which they generate by being fully present in each moment, each encounter with loved ones, each Being they interact with, and with each physical item they get to enjoy with the five senses that are only experienced in the physical realm.

This Is Available to You

Every quality listed above is a natural expression of an emotional body that has been returned to wholeness.

Every single one.

They are available to you — within a timeframe that would have seemed impossible to any previous generation — because of where we are in the larger cycle of human consciousness, and because of the precision of the system designed to facilitate the inner transformation.

This is the living reality of the Edelwize™ Full Mastery Program.

And it is available to you — fully, completely, and permanently — when you are ready to begin.

Your true Knowing supports only what deeply resonates with you.

"I had been on a healing journey for several years and felt there was something missing. I joined the Edelwize™ Full Mastery Program and am so grateful to have found that something."

Kelly V., Edelwize™ Graduate



CHAPTER TEN

The World We Are Building Together

One woman at a time. One transformed emotional body at a time.

There is a reason this journey matters beyond the personal.

The woman who does this work — who consciously restores her emotional body, who lifts the veils, who emerges from the fog and stands in the full light of her own original Nature — carries that transformation into every space she moves through.

It's a direct effect of the Universal laws that govern this planet.

Because the quality of her presence changes. The frequency she carries changes. And the effect of that changed frequency on every person, every relationship, every environment she moves through is real, measurable, and extraordinary in its reach.

As a single high-vibrational Being, you have the power to raise the vibration of thousands of people in your immediate environment.

Through presence alone.

The Old World — What We Are Leaving Behind

Look at the world we are moving through together.

The uncertainty is real. The unraveling of familiar structures is real. The sense that something fundamental is shifting — in the political landscape, in the cultural narrative, in the institutions that once felt permanent — is real.

The Old World hologram displays a picture of global uncertainty, political unrest, economic instability, governmental overreach, and scientific progress that has moved faster than the wisdom required to guide it with open-hearted and clear-minded awareness for all who are affected.

Cultural leaders who suppress innovation that threatens their position. Systems and structures bursting under the pressure of centuries of left-brain dominance and the out-of-balance Ego's insistence on control. A health care system straining under the consequences of what the average person consumes — from food to medicine to entertainment to the chronic stress of relationships and work that have long since ceased to nourish.

The majority of people have lost trust that it is genuinely within our power to create abundance for all who desire it. They lack the imagination of an economy that allows everyone to be fed, to prosper, and to live their true life's purpose. They have yet to witness leaders who communicate with sincere emotional intelligence, who consider each other's viewpoints, and who stand together for collective freedom rather than individual dominance.

And they’re exhausted by waiting for something to change.

What they are waiting for, though they have yet to fully articulate it, is exactly what you are developing.

The awareness of how to consciously create the desired change.

The New World — What Is Already Here

Here is the truth that the outer world's noise makes difficult to see clearly — yet becomes clearly visible from the summit of the mountain.

The New World is already here.

The solutions to the largest problems facing humanity have already been found. The innovations already exist. The knowledge of how to grow nutritionally dense food on minimal land, how to generate energy with zero use of fossil fuels and zero greenhouse gases, how to create legitimately sustainable communities built on cooperation rather than competition — all of it is already present. Already available. Already in the hands of the people who have devoted their lives to developing it.

What is required is the consciousness to implement it.

And that consciousness is precisely what the woman who does this work develops.

From Religion to Spirituality

The Old World placed the greater Intelligence outside the individual — in an institution, in a hierarchy, in a God who favored some children over others and was known to punish those who strayed from the prescribed path.

The mass movement away from traditional religious institutions that is occurring across the world right now is the collective expression of exactly what Concept One teaches personally.

The higher Power sought on the outside has always lived within.

Every woman who establishes a conscious, solid connection to her Super-conscious awareness — who lives from her true Knowing rather than from the prescribed answers of an external authority — is already living in the New World of spirituality.

And her courage to live openly from that place creates permission for others to find their way there too.

Your courage is contagious.

The more comfortable you are being your true Self, the greater the impact you have on those who have been waiting for someone else to lead and dare to go first.

From Patriarchy to Synergy

The Old World ran on left-brain dominance for thousands of years — and using mainly linear talents and qualities created the fast-paced, achievement-oriented, symptom-managing world we live in.

A small percentage of people hold and rule over the majority of resources. School systems are built on intellectual intelligence and theoretical knowledge. Relationships between nations are regulated with the threat of force. And the out-of-balance Ego had considerable influence while it lasted.

The Queen is arriving to relieve the King from carrying the full burden of protection, provision, and progress alone.

The woman who has mediated between her inner Male and inner Female — who has united their talents, learned to form an ideal vision and take the required action steps, who communicates from emotional intelligence and creates win-win and third

solutions as a natural expression of how she moves through the world — is already living the shift from patriarchy to synergy.

She demonstrates, in every conversation and every negotiation, what becomes possible when both brain hemispheres work in synergy.

She shows others what it looks, sounds, and feels like to combine the forces of both energies.

And most people, when they encounter it, love all that becomes possible.

From Rulership to Community

The Old World operates on the premise that resources are scarce, control requires dominance, and the agenda of the few is fulfilled by the compliance of the many.

The cause and effect of our Karma and how our choices and way of being are disrupting natural balance is now visible everywhere — in the health of the planet, in the systems and structures that are straining under the weight of centuries of imbalance, in the bodies and relationships and communities of the people who have lived within it.

The woman who understands cause and effect — who makes choices mindfully, who transforms her emotional body from within, who keeps her confidence regardless of external pressure and reframes her mental landscape to match how she feels when she stands in her true power — is already creating the conditions for a happy, sustainable, collaborative community.

She has opened the door to abundance in all its forms and shapes by discerning what she requires to be fulfilled on a human as well as a Soul level.

She fills her own basic needs first. Only gives what overflows. Takes what is rightfully hers. Receives with open arms what she has use for and overflows from others. And she holds back when she lacks what others are asking for or when she has little use for what's offered.

And she invites others to do the same.

From Competition to Innovation

The Old World was ruled by competition, greed, and indifference. The only metric that mattered was winning and being right. Ideas that threatened those at the top were dismissed, devalued, bought, and buried.

The New World has already been designed.

The solutions to our largest collective challenges already exist — from climate restoration, to nutritionally dense food, to free energy, to governance models that reflect the actual preferences and freedom of those they serve.

What is required is the courage of the people who hold these solutions to come out of hiding.

The woman who has left victimhood behind — who loves her Self unconditionally, who communicates from emotional intelligence, who has identified the Super Powers of her negative emotions and set the boundaries that reflect her innate worth — is a

shining example of what the New World looks, sounds, and feels like, from the inside out.

She has stopped buying into or reacting to tantrums, verbal attacks, and the old conditioning of the dark cycle fighting for survival.

She understands that these are the final expressions of the Old World imprint, fighting for survival.

And she meets them with the calm, grounded, inner freedom of a woman who knows what is now possible and ready to take flight.

From Instant Gratification to Conscious Living

The Old World offered the temptation of instant gratification in every form — from what was put in and on the body, to how challenges were managed through force and suppression, to the entire architecture of a consumer culture designed to provide temporary relief, for what only the authentic restoration of inner work would be able to transform.

Intuition and psychic powers were feared and suppressed precisely because they would have exposed the inadequacy of every substitute sold in their place.

The woman who has deepened her connection to her psychic Knowing — who has used Energy Medicine to raise the vibration of the subtle bodies, who has addressed what her Soul has been communicating through the imbalances in her physical, mental, emotional, and spiritual bodies — carries the vibration of conscious living in everything she does.

She has taken her health into her own hands. She is making choices that strengthen the foundation of vibrant vitality. She is growing younger with intention and grace.

And when people notice — when they ask how she got there — she has a clear answer for those ready to join her there.

The Tidal Wave That Is Already Rising

In this lifetime, you'll see the majority of people on this planet embrace and live from a mindset of abundance.

You'll notice the shift in the fabric of daily life as people's desire to create a better world rises to the breadth and depth of a tidal wave.

The collective consciousness is waking up to the fact that it is our birthright and our capacity to love our Selves and one another. To use the brain in our heart to have compassion for all who have suffered from the indifference of the past. To use the brain in our gut to instinctively know what serves the greater good. To use our intuition and our connection to our higher Self to access the solutions that already exist and are waiting to be implemented.

One brave Soul who lives their truth openly inspires others to join.

Every woman who steps out of the shadows she has been operating in — who comes off the mountain and claims her rightful place in the community — adds her light to a field that is becoming brighter with every one who arrives.

Let us celebrate each one who joins us.

Let us go where we're invited and appreciated.

Let us remember that our deepest wounds have created our greatest passions — and that our true life's purpose is born from that passion.

And let us generate the bliss of having what's already on its way.

The systems and structures of the Old World are completing their purpose, and the old cycle has ended.

And together — one restored emotional body at a time, one lifted veil at a time, one woman living openly as who she truly is at a time — we have everything required to build what comes next.

Your true Knowing has led you impeccably to your true destiny and fate.

"I found my way home."

Laney Mohle, Edelwize™ Graduate



Closing

A Simple Invitation

You've arrived at the final pages of this book.

Take a moment to tune in with your higher Self — your body, your emotional body, and the quality of your inner landscape right now, having traveled through these pages.

Whatever is here is information. And your true Knowing already knows what it means.

What These Pages Have Offered

It's all here:

A way to always be connected to your higher Self, higher Guidance, and highest Source.

A Life Philosophy that allows you to embrace your own brilliance, worth, and all you value.

The tools to permanently transform all negative experiences.

Five concepts. Offered freely. Stated plainly.

Concept One: Your Essential Nature.

You are the Super-conscious creator of your physical reality — the Life Force energy from which your thoughts, feelings, all you perceive, and know flow into conscious awareness. You are the

all-Knowing consciousness that continues beyond the physical body and is fully accessible — in daily life, in every moment — through the natural connection to your higher Self.

Concept Two: You Created Your Own Blueprint.

Before you arrived in the world of duality, you created your own blueprint and sat with the Souls willing to incarnate alongside you into the world of duality. You negotiated Soul-agreements of who plays which role so you would experience both love as well as the experience of the absence of love, the absence of who you are — so you each would know the difference, have a point of reference, and have a deep understanding of who you really are — Pure Source and Pure Love.

Concept Three: Which Voice Are You Listening To?

For the experience of duality to work, you agreed to enter the physical realm in a state of amnesia — and to hear two voices while you're here. One voice lives in the head, is loud, and represents the voice of the fear-based, out-of-balance Ego — the other voice lives in your heart, is calm, and represents your trust-based true Knowing. The first uses manipulation, deceit, and temptation to limit and confine you — the second one sets you free, leads you back to your real Self, and insists you lift the veils and embrace your true brilliance and power.

Concept Four: Heal Your Emotional Pain and Fully Thrive.

You arrived in the physical realm with an intact emotional body. If you look at your emotional body as a hotel with many rooms — the rooms were filled with your sense of worth, courage, trust, peace, freedom, carefreeness, and so much more. You were born small and dependent — at the mercy of those who had

already lost, as an example, their own sense of worth — and took from you what had been taken from them. We are now evolved enough to understand the mechanics of our Universal laws, fill the voids from within, and learn to keep all we restored, to finally live as whole Beings and live in harmony and peace.

Concept Five: You Are Treated the Way You Treat Your Self.

Outflow creates inflow. We were taught we're here to be of service, to give — especially when we experience lack — with the promise that we get back how we treat others, and that it's Self-less giving that creates the outflow and constitutes the only way to be sustained. Give, and you shall receive. However, observation of our Universal laws shows it's how we treat our Selves instead of how we treat others — what we project from us, which flows out from us, and prompts the return of exactly what comes back to us. Include your Self in the equation. Be as kind, generous, and considerate with your Self as you are with others.

What Becomes Possible

I have asked every single one of my community members, after they arrived at their last stage at the end of their nine-month journey, whether they felt they were now Enlightened.

The answer was 100% NO.

When asked whether they had all that was required to attain full-spectrum healing — with the wisdom and new knowledge they gained since beginning their education on the Edelwize™ system — the answer was a resounding YES from every single one of them.

The only difference between those two answers was that they had either postponed living through the eyes of the Five Concepts or were waiting to apply what they gained – hello "little Bastard" — or never equated being in a consistent state of inner peace, inner freedom, or the inner sense of bliss and quiet happiness they predominantly feel in even the most challenging of circumstances — with being Enlightened.

Once they did — everything shifted.

They knew that whatever would come into their lives — amazing or incredibly difficult — they now already knew how they would respond, and how excited they would feel to be given another opportunity to grow and discover ever greater facets of who they really are.

In a few short months, you'll find your Self in a reality you have to experience to fully understand.

The Pathways Available to You

Whatever you feel called towards next — a single clarifying conversation, a focused standalone experience, or the complete nine-month journey — something is available that is designed to meet you exactly where you are.

Self-Mastery Assessment — Edelwize™ App.

Download the Edelwize™ App on the App Store or Google Play, sign in, and click on "Begin Here," which contains your Self-Mastery Assessment. Six questions that reveal where your wisdom is already embodied and what you are most ready to

develop next. Also available at Edelwize.com. Two minutes. A profoundly useful lens for everything that follows.

Out-of-Balance Ego vs. True Knowing Voice — Edelwize™ App.

Sign in to the Edelwize™ App, click on our free sample segment: “The Cause of ALL Misery.” Experience what our Edelwize™ community members practice in our 90-Days to a Blissful Life program.

The Orientation Dialogue.

A complimentary private conversation designed to explore where you are on your path, what you are ready to master next, and whether Edelwize™ is the right fit for the exceptional life you feel called to create. Begin here if you desire a personal conversation before choosing your next step.

The North Star Session.

A private, two-hour 1:1 experience with Christa — using the Edelwize™ DNA Scan to identify with extraordinary precision what is ready to shift within you. Illuminating clarity you can begin living from immediately.

90-Days to a Blissful Life.

The twelve-week foundation of the complete Edelwize™ journey. Three pillars: Beyond Meditation, Life Philosophy, and Love Your

Self. Weekly video teachings, live Community Circle Calls with Christa, and a global community of like-minded Souls.

The Full Mastery Program.

The complete nine-month journey through all nine stages of the Edelwize™ system.

Beyond Meditation — sync with your higher Knowing and practice being connected with your higher Self at all hours. Establish a basic understanding of quantum physics to uplevel your conscious creation — and create synergy between your inner Fe/Male, find the best solutions, and make decisions that serve your highest good.

Life Philosophy — answer age-old questions, find the cause of all misery, and learn to discern between the out-of-balance Ego and your true Knowing voice. Dive deeper into each of the Five Edelwize™ Concepts — to gain the wisdom of how to transform your emotional body, and how to foresee cause and effect and understand how Karma works.

Love Your Self — become aware of and use the circle of abundance to create infinite flow and fill both your human and Soul's basic needs. Magically heal grief and your inner child — then learn to acknowledge your own and others' pain, find the diamonds in the rubble, and apply the formula that eliminates fear, anxiety, worry, and doubt.

Harmonious Relationships — elevate your emotional intelligence and discover the secrets to fulfilling relationships. Learn the skill set of how to negotiate equal exchange in your relationships so

you get exactly what each of you desires — and explore how you can deeply connect through real intimacy.

Life Purpose — fully step into your true life's purpose and money flow. Supercharge your brain power, time, and play. Then consciously create a legacy you're happy to look back on — and spend a weekend away to look at each section of the wheel of life so you can live a charmed life you intentionally and consciously designed.

Energy Medicine — explore the hidden powers of Energy Medicine, discover the patterns held in your Chakras and Meridians — and receive a list of over 800 general metaphysical causes of physical imbalances, derived from 30 years of one-on-one clients. Wherever you are in the development of your own psychic skills, find out how to elevate and sharpen your abilities.

Physical Vitality — take your health into your own hands and let food be your medicine — and integrate 12 steps to optimize your physical health and raise your body's vibration. What you eat is a vibrational match of how you feel — gain insight and tools to bring your body back to balance — and find new ways that allow you to grow younger in biological years.

Transform Your DNA — receive the training used to intentionally reprogram your genetic code with the use of the Edelwize™ DNA Scan healing system — learn how to zero in on the root cause of any issue, gain mad intuitive skills, and how to write a transcript to highlight the story and intuitive, individual interpretation of each transformation.

Highest State of Mind — get excited about the end of the world as we know it — and take a look at the truth of what exactly our "reality" is. Contemplate the stunning effect a high vibrational

person has in the world, and take a brief tour over the ground you covered the past 9 months, tie it all together, and celebrate your enormous achievement.

Sacred Guidance.

The most intimate and elevated experience Edelwize™ offers — the complete Full Mastery Program with twelve private two-hour sessions with Christa woven throughout the nine-month journey. Strictly limited enrollment. For the woman who knows she is ready for everything — and desires direct access to Christa throughout every step of the journey.

All pathways are available at Edelwize.com.

This path is valid. The work is real. And it asks something of the woman who undertakes it — the willingness to go deeper than she has gone before, to stay with the process in the moments when the “little Bastard” insists it is too slow or too difficult, and to trust that what is being built from the inside out is more durable, more real, and more genuinely satisfying than anything that could have been built from the outside in.

A Final Word — From Me to You

I was nine years old, sitting on my bed in Bern, asking questions the world around me was ill-equipped to answer.

And here, more than fifty years later, is what I know with complete certainty:

The answers were always within me.

They were always within you.

Every teacher who opened a door was reflecting back something you already carried. Every method that gave you relief was pointing you toward the source of what you were seeking. Every breakthrough that felt like arrival was a step on the path to the real one.

And every experience that felt like loss — every wound, every veil that went up and obscured the brilliance that was always present underneath — was designed by the most Knowing aspect of who you are — to give you precisely what you required to arrive at this moment.

You're ready.

Prepared by everything you have lived.

And standing at the threshold of the stage where Knowing and living finally become the same experience.

I have walked every step of this path personally. I have tested every teaching in the most demanding laboratory available — a human life, with its full spectrum of joy and loss and love and challenge and the particular beauty of a journey that has taken more than fifty years to distill into what you have just read.

I know this works.

I know it because it worked for me — through the hardest chapters and the most disorienting crossings, through the moments when the "little Bastard" was at his loudest and the true Knowing was the quietest it had ever been.

I know it, because I've arrived at a point where I feel excited about how I will grow and expand from each challenge presented now, and on my journey along the way.

And I know it because I have watched it work, with extraordinary consistency, for every woman who has trusted the process and applied the knowledge — across thirty years of private practice and through every stage of the Edelwize™ journey.

If something within you resonates with what you have found here — if your true Knowing is speaking with the particular quality of recognition that comes when you have finally found the path you have been moving toward — trust it.

It has been right every time.

I would love to be your teacher.

Illuminate Within. Live Exceptionally.

Christa Rae Pacheco

Founder, Edelwize™

"I've traveled to the deepest regions of my inner Being and emerged transformed and beautifully balanced. I'm grounded, centered, and connected, and know I can trust myself because I'm following my true Knowing."

Bonnie K. Edelwize™ Student



About Christa Rae Pacheco

Christa Rae Pacheco is the Founder and Creator of Edelwize™ — an advanced integrative Self-Mastery system and gathering place for spiritually experienced women devoted to living with greater consciousness, courage, love, and inner authority.

Born in Bern, Switzerland, Christa began asking the questions that would shape her life's work at the age of nine. Her more than fifty-year journey through spiritual exploration, metaphysics, ancient wisdom, and a lifelong connection to higher Guidance — including a profound relationship with Archangel Michael that began in childhood — became the foundation of the Edelwize™ Life Philosophy, systems, practices, and tools.

For more than thirty years, Christa worked privately with individuals seeking meaningful transformation — observing, refining, and integrating spiritual principles with practical methods for everyday life. During that time, she developed the Edelwize™ DNA Scan — a proprietary numerical mapping system developed to access the Super-conscious and identify with extraordinary precision the exact emotional wounds, thought patterns, beliefs, archetypes, and energetic imprints creating imbalance in any area of life.

Edelwize™ was born in 2021, when the physical practice closed during the pandemic, and Christa recognized that the teachings were ready to expand beyond the boundaries of a private office — into a global community of women ready to receive the integrative framework that makes everything finally fall into place.

She lives what she teaches. She shares the wisdom, illuminates the path, and teaches the practices. The transformation belongs to the woman who applies them.

Edelwize.com



About Edelwize™

Edelwize™ — from the German word Edel meaning Noble, and Wize meaning Wisdom — represents the Noble Wisdom that already exists within you and becomes available as you reconnect with your real Self, recognize your true Knowing, and embody the Guidance you receive.

Like the Edelweiss flower that thrives in demanding conditions and blooms in seemingly inhospitable places, this wisdom can emerge through the most challenging terrain. It carries the courage of eternal love — the love that calls us home to our Selves, to one another, and to the lives we came here to live.

Edelwize™ is a community of equals. Every woman who finds her way here arrives with her own wisdom, her own journey, and her own precise and perfect timing.

Illuminate Within. Live Exceptionally.

Edelwize.com

"This is the best system I've ever encountered. It's everything I've ever learned on my lifelong search, all rolled into one, plus more."

Kelley O'Neill, Edelwize™ Graduate

Acknowledgments

With great appreciation and love for my amazing husband, Tim, who has shown his love, care, patience, and support throughout all the years it took to cultivate and curate the integrative Edelwize™ teachings, programs, and systems.

A special thank you to our growing Edelwize™ community, my family, my friends, and all those who are part of my inner circle, who supported me with your much-appreciated contributions to my life and purpose. I have so much gratitude for every one of you!

To every client who trusted the process across thirty years of private practice — your courage, your devotion, and your willingness to go deeper than you had gone before made every teaching more precise, more compassionate, and more complete.

To Archangel Michael — for the loving connection and patience to send these wonderful teachings from the Angel realm to a world slowly getting ready to receive them.

And to every woman who finds her way to these pages — thank you for your devotion to the path, your willingness to trust your true Knowing, and your courage to live openly and from your real Self.

With Love, Christa Rae Pacheco, Edelwize™ Founder and Teacher