



The Journey to Now and Beyond

Alice Stacionis

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This book is to give us some ideas on how we got to this point. Included is some history, some belief system/religion, some information from people who have influenced me in what I do and mostly some positive ways to go into the future starting NOW. Paralleled with this is my story and basically how various people have helped me "see" a bit more clearly. We all have events in our life that I call "significant emotional events" that wake us up and help us heal. I have also included a chart called Seven by Seven. This has a basis in astrology but for the most part people will relate to it as it has to do with time frames in our lives. The chapter on Life Trauma and the Accompanying Addictions is an eye opener and in my talk, Understanding the Times We Are In, I go into more detail on this. We are in a great transition time from the decadent end of the Piscean Age and going into the newness of the Aquarian Age. Once people understand these things it is a bit easier to live with it. And once people understand where they are out of balance they have some idea on how to make their life go a lot more smoothly. When people are aware of their life trauma and start healing from it the addiction whether substance or behavioral can ease and dissipate.

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