

Soul Rising

**The Spiritual Science
of Living!**

Beth Lynch

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About the Author



Beth Lynch, Intuitive Consultant, Medium and founder of Inner Light Teaching, offers more than mediumship in her gatherings. She shares the power of understanding the relationship between the Spirit (relationship with God) and Self (personality).

Lynch feels the communication of those in spirit is about helping us as a species evolve to our natural and sacred expression.

Meditation is the tool and desire to know is the key to opening the energy to the sacred intelligence within all. Lynch is dedicated to guiding those to that place in the heart where the power of One's spirit is ready to light the way to sacred power and peace.

"It is no longer that stuff, or for those considered more intuitive". Lynch teaches us the truth of who we are as a spiritual and a human being. That journey begins at birth but there is a Source before that we all come from. It is accessing that Source daily that helps us live, love, create and heal the life we truly deserve. We should not ask "why" and one will not if they know their truth.

As a child, Lynch's sensitivity to thoughts and feelings confused and at times terrified her. Fast forward 30 years of curiosity, faith and healing it is now her passion and purpose ... to help others understand intuition, healing, thoughts and the power of love. The death of both parents in a short period of time made her face the depths of loss and the process of healing grief.

In the learning and healing process, the understanding of death also became clear. The truth transformed sensitivity into strength. In turn her intuitive gifts and abilities were clearly about helping her but also to help others. Living a life committed to meditation, higher awareness and personal healing her sensitivity to the Spiritual realm became natural and helping others was inevitable. She feels blessed to help others connect to those crossed as well as intuitively guide them to a place of higher understanding in their own journey.

She has been practicing meditation and yoga for 23 years and knows firsthand the importance of balancing a spiritual practice, motherhood and career. She has founded the Inner Light Awareness and Practitioner Program and is passionate about teaching meditation to all ages. She volunteers in her communities to teach and share meditation and wisdom.

Beth truly feels life experiences will be our greatest opportunity to learn and our greatest teacher. The understanding that we are energy, we are One, is important to hold in our minds and hearts for survival in our world today. We need to embrace the understanding that we are a spiritual and we are a human being. The separation of the two has not allowed us to evolve to our highest potential as a species. The time is now; the children of the world are showing us about past life memories and seeing loved ones crossed they never knew. How else can this be explained? It is natural to see beyond the physical and it is imperative we align with the time our Soul knows to evolve in the way we are meant to, intellectually, emotionally, physically and Spiritually.

Begin with one day at a time, nurture the relationship between the Self and Spirit and experience the energy of love in all you do. She embraces all roles as woman, mother, author and teacher, and knows the energy to balance comes from the commitment to the relationship one has with the Divine, our Highest Self.

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Introduction

This book is not about telling you you're wrong in what you believe to be true spiritually or scientifically, but it is about raising your awareness to the highest intelligence of where understanding ourselves as a spiritual and human being can help you in all the experiences you are having. Your happiness, your health, your degree of wealth all come into play when you realize that the Law of Attraction, when clearly understood and nurtured, will do its job...and its job is to keep us connected to our Source. By understanding our Source, we can more clearly understand ourselves as human beings.

Imagine what would happen if, at a young age, all the children of the world were taught how to understand their intuitive nature, their natural nature. This would give them the sense of security, the sense of belonging, they deserve. We are watching our world change in dramatic ways, and we are seeing that the old ways are no longer working, no longer holding up. I am reminded of what was said to me when I asked, "Why?" "You have evolved as a species technically, but not spiritually. You are now in the consequence of that. This is not a punishment, it is a consequence. That is what Earth is for."

What if we were able to see from a higher intellectual space and learn how we can better ourselves as a species? We could excel and reach our Highest Potential as a thinking, feeling, and physical being. What if I told you this was possible from the "Eye" of the Soul, that all answers are within? To understand the secrets of the universe and the quote from Nikola Tesla that we must think in terms of energy, vibration and frequency suggests that we as a species, for some reason, are keeping the secrets dormant deep in our soul.

If you were to plug in to this frequency every single day you would release potential beyond your human capability of understanding. We would also see how we could bring healing not just to the body but to our world. And what if I told you this was possible within your breath, within a simple commitment you could make each day? Take a deep breath. Don't fear where this book will take you. These are not secrets after all; they are just dormant within our consciousness and shared throughout the ages of time with avatars who chose to speak out, who have come to teach us such as Jesus, Buddha, Dr. King and Dr. Wayne Dyer to name a few. These great teachers came to bring enlightenment, to share the simplicity and the power of healing and forgiveness, and coming together in love. So why do we resist? That is a good question, and there are many answers, but the Source will always be the same. This book is about connecting you to that Source spirituality, emotionally, and mentally so we can physically express.

I hope in the understanding of Who You Are as a spiritual and a human being that the questions you have had, the questions you have, and the questions you will have are answered by the information in these pages, and that the answers will bring you peace, understanding, and power in the knowledge of Who You Are. This is the intention of the Wisdom, the Love, and the Light I have experienced personally and received in channelings for others which I share with you in this book.

Much Love, Beth.

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Chapter 1

What the Spirit World Is Teaching Us

Introduction

You are here for a purpose, and the best way to accomplish your purpose is to understand the true nature of Who You Really Are. Because of the experiences we have on Earth, it is easy to believe only in our senses, to trust only that which we can see, hear, touch, taste, and smell, and yet this is an illusion. There is so much more to our existence, more than we can imagine because we are not just what we appear to be! This first chapter provides insight to understanding the unlimited power you have to accomplish your heart's desire and live the life you intend.

You will learn:

- Your Divine and physical self are one
- The three elements composing your Presence and purpose on Earth
- The similarity of the Law of Attraction with the Law of Magnetics
- The importance of Mr. Nicola Tesla's quote
- Some of the many resources we can use to connect with our Source
- What high frequency and low frequency expressions are
- The value of the root chakra
- How our species has...and has not...evolved

The most important lesson of all is the connection of our Spiritual Essence with our physical expression. We are here to learn that our presence on Earth in our physical bodies is not a separation...not a division between our spiritual and physical selves... These two elements are one.

In my work I often hear, "Well, I don't have time for my spiritual work, and I don't know what my purpose is. Can "they" tell me?" There can be no telling because your answer lies within you, for you to discover...by you, yourself!

Every day is an opportunity for us to see where we are, and accept and grow from the experiences we're in. Every day is an opportunity to understand who we are as the integrated combination of a spiritual and human being. I heard this in my inner ear... "Tell them to stop separating. Stop separating the Spirit from the physical expression."

Human beings have this sense of separation because having the illusionary experience of separation is part of the journey. Based in higher consciousness, we're a Soul-level being, and we're existing in Source. We have chosen to come to the Earth-plane ... and now we have this experience of separateness, which is an illusion. We can't have the memory of our true state in our immediacy or we couldn't do the work we came here to do...so we have this illusion of our separation from the One. Ah-ha!

**"Tell them to stop separating.
Stop separating the Spirit from the physical expression."**

One day on the Other Side each of us has said, "I'm going back." Then we're in the beautiful, warm, and hopefully loving energy of a mother's womb, and after nine nurturing months we come out...usually into a sterile and cold environment with noises and bright lights...and that's the start of the illusion of separation.

In your life, today, every day, you have the opportunity from the first moment you wake up to have a feeling or thought of high-frequency, or a spiritually mindful moment. The bottom line is that each of us is Spirit/energy, and in a physical body, and we have a personality. Your Spirit has come to this plane of consciousness to express itself through your personality and in your physical manifestation, and these three elements working together is the purpose!

You are here to express your Spirit through your personality in this physical world.

When you honor this formula, you are now putting that beautiful Law of Attraction, that powerful magnetic force of the Universe, into motion in high vibration...and there you are...you now walk in purpose.

Why is this so important?

First of all, on the Spiritual higher frequencies of Who You Really Are, it is your authentic connection, the Real You of you. If you want to look at this traditionally from the perspective of formal religion, it is your connection to God, to the Divine, to Buddha, to Whomever or Whatever you honor as the Source in traditional teachings, in whatever religion you choose to follow.

You can also look at it as a science, as with the Law of Magnetics, the vibrational frequencies that are resonating. Mr. Nicola Tesla gave us my all-time favorite quote: "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

When you take Tesla's concept and apply it as the scientific way of understanding Who You Really Are, and you step out of your emotion a little bit, you will be able to have your human experiences in a more balanced state. This is when you are connected to your creative Source, your connection to Eternal Life...which is what Jesus and Buddha and the other great religious leaders have taught. This is true for the science of life as well, because energy never dies, it never ends. As a form, energy is ever-present. It just changes into other energy forms.

I find that a lot of people don't understand that Spiritual energy is our natural Source, and on the Earth-plane we have many resources we can use to connect with our Source. For example, being one with nature is a reliable, comforting and energizing connection. Walking in nature, breathing

the air, being close to the water... The closest we can physically come to our Source on this planet is to be in nature.

When you use your Spirit with your personality, your personality feels more connected, more secure. Now it has a strong foundation, as opposed to looking for that sense of security outside yourself. Many people look for their Spiritual connection by wanting to be loved, needing to be loved... This quest also appears with money. Money is a strong energy because of its connection to survival and to the ego, and frequently people have an emotional relationship with it. A negative emotional relationship can be healed when you live in a higher frequency with it...and the magnetic Law of Attraction will do the work for you.

Another very powerful method the Spirit World uses to teach us, and as a medium I see it often, is connecting people on Earth with those who have physically left. I see the simple things the spirits bring with them to say, "I'm okay, and I'm still with you..." Sometimes there are very emotional experiences such as when a departed person is sorry for something they did and is hugging my client during our session. "Oh," my client says, "she never hugged me in my life. She didn't even want me...she gave me up. My grandmother raised me!"

When this person is 60-years old and has lived her entire life feeling that her mother didn't love her, and now her mother comes through Spirit not wanting to let go, giving the hug she never gave, it's amazing to see. I remember one person saying, "My mother never hugged me so that cannot be my mother," and then the mother in Spirit broke down. I actually saw her weeping, and then the grandmother, who was still with us, said, "Yes, it is your mother." This is an example of a mother showing her daughter the love she could never give her here on Earth. The daughter had this negative energy lying dormant in her spiritual heart, and that created a powerful negative connection to her physical heart.

I remember the daughter also cried and there were healing words coming from her mother in Spirit, and at the end of the session, the woman said to me, "I have to thank you because I will never live another day thinking or feeling my mother didn't love me."

This was a 60-year old woman who had lived her whole life like this, and it affected so much, had affected her relationships with others, given her a sour attitude toward so much of life. She rejected nurturing love and was uncomfortable with hugs, so it was interesting that this was the first thing her mother in Spirit did, something her mother had never done with her before, not even as a baby. This is an example of how a simple hug and a few words can transform someone's life, and that is the power of Spirit because in Spirit we receive the utmost compassion. It's profound when you see something like this happening, something as simple as a hug being relayed.

We also are also being taught forgiveness by Spirit. Spirit forgives, and the essence of that part of you will look at some of the experiences you are living in and give you that sense of peace that many people talk about. "I said a prayer and all of a sudden I felt this deep peace."

You can pray to God or your guardian angel, your parents, or whoever is up in the higher realms, in the higher vibrations. If you choose, you can also employ science, as with Tesla's understanding of energy, frequency and vibration because everyone can choose their own direction. It doesn't matter who or what you choose because the most important connection is your personal connection, your own personal connection to Source, to the Divine, to God, to Oneness.

**I believe we're not capable of really feeling like a human being
unless we're connected to Spirit.**

We have access to the Divine through nature, and are constantly using the beautiful Law of Attraction, which is magnetic and responds to emotional energy. The Law is neutral and not capable of thinking or choosing...it responds only to your vibrations, to your emotions, and the emotional quality of your thoughts. These energies create the vibration that magnetizes people and events toward you...which is why every thought and every emotion is so important! Your emotions and thoughts attract everything into your life, or push things away, or hold things stationary in the frequency YOU are generating.

Every feeling and thought you have is important and sacred, and this is why, when you slow down your thoughts, when you connect to your Spirit, when you understand the heart-mind-body connection as one with the Spirit relationship, you begin to see all the things the Spirit world is showing us. It's all quite simple, sacred and natural, and important if we're going to function well "down" here.

Thank you for reading this excerpt! If you feel this material has value for you or someone special in your life, please purchase the book from the link on my website so this important work can continue to bless others.

With gratitude and great love, Beth.