



## Ep 1: The Celestine Prophecy & Is Anything In Life Ever 'Just a Coincidence'?

Here are my interpretation of the 9 insights from The Celestine Prophecy by James Redfield

1 - The first insight is all about Coincidences and Synchronicity. Life's big and little 'coincidences' are there to guide you. They are like breadcrumbs and when you follow the trail you come to see you're experiencing events and meeting certain people for a reason. Pay attention. Stay curious. Follow the breadcrumb trail...

2- The second insight is around the history of spirituality, religion and science. For centuries our natural essence of spirituality has been put into a really small box called religion. What started off as a beautiful connection to a higher source and a knowing that there's more to the universe than what meets the eye, morphed into a way to get society to conform and behave. Spirituality is a journey. Religion became an institution. Religion promoted shame and guilt and obedience to get society to behave. Spirituality is self honesty and awareness and curiosity and growth. But later in history as people became more interested in science and needing scientific evidence to back up their increasingly logical, analytical minds, they lost their intuition, their heart energy, the part of them that seeks to know - what's life beyond the physical. Why are we really here? People began to think there were only two choices - religion or science.

The second insight also begs us to consider that as we focused for centuries on CONQUORING the earth, we have wasted her natural resources.

3 - The third insight is about energy. Every single thing on this planet is made up of energy, including ourselves. Our thoughts and intentions really do create our reality and Quantum Science is proving it. Our perception of this energy increases with our heightened appreciation to beauty and nature. In the book we are invited to really look at flowers and trees and see the energy they are emitting. Quietly enjoying nature daily can aid us in experiencing these energy fields, and connecting with them can enhance our appreciation of beauty, increasing our energy and awareness.

4 - Insight four is about Competition for Energy. When you are conversing with someone you like, and you're both happy, then you're voluntarily giving away positive energy and receiving it back. But people actually compete for psychic energy, or try to feel good at other people's expense. This struggle for power happens when one person tries to dominate or manipulate another person. The dominator feels more powerful, but takes power away from the weaker person. Bullies do this, or parents who dominate their children by not letting them verbally express themselves. This competition for energy is a big cause of conflict between people and countries. We can certainly observe it in our political leaders. There is plenty of energy in the universe, we do not have to "steal" it from others.

5 - The fifth insight predicts that we are entering into a historical period where more and more people will begin to attain higher states of consciousness. Not just a few practitioners of esoteric practices, but by anyone who is willing to surrender to the adventure of life without trying to conform or control outcomes. And as we do this, we begin to exist at a higher level of vibrational energy. When we move past the cynical, analytical mind, we open up to a higher levels of consciousness.

6- The 6th insight dives deeper into 4 different Control Dramas people use to get energy:

**Aloofness:** withdrawing from others, appearing mysterious and secretive, telling oneself that it is out of being cautious but it is actually in order to create interest and pull someone in closer. You get their full attention and they send you energy.

**Interrogating:** interrogators probe /ask lots of questions in order to find something wrong with the answers of someone to then criticise and draw energy from the other person.

**Poor me:** these people take energy by being able to easily make those around them feel guilty for no reason just by being in their presence. They create a feeling like you haven't done enough for them.

**Intimidator:** an intimidator takes energy from others using aggression.

**Interrogator parents create aloof children:** An aloof parent creates an interrogator child. We need to free ourselves from these patterns.

7 - The seventh insight is about Conscious Evolution. When you tune into your intuition and feelings, you are plugged into a universal current that will show you where you are stuck, confused, overwhelmed, worried and from there you take inspired action that's truly coming from universal intelligence. When we become the observer of our thoughts (through meditation and mindfulness) we are no longer ruled by our thoughts and emotions. We can more easily replace fear-based anxieties and worries with positive thoughts that feel better. And we can distinguish the ones that are deeply seated so we can address those and find ways to release them. Dreams are another way of tapping into higher consciousness.

8- The eighth insight is about Assisting Each Other In Our Evolution. When we begin to form conscious groups with like-minded people, amazing things happen because everyone has the intention to uplift each other. Working TOGETHER raises us up to a mutually higher vibration and then even more wisdom becomes available. With the goal of lifting each other higher, you don't have the old ways of interacting, like trying to impress someone or concentrating on your own thoughts rather than actively listening, feeling intimidated or trying to control the group.

9 - The ninth and last insight in the book is The Conscious Evolution and is an outline of where the human race is heading. It speaks of a change in our vibrational frequency. As whole groups of people increase their vibrations, they will move into a lighter frequency and an evolutionary leap. The ninth insight describes the inspiration that comes when we are truly loving others and evolving our lives forward. Fear lowers our vibration. Love raises it.



How often have you been in the right place at the right time or someone's come along to help you just when you needed it? What are some of the significant 'coincidences' in your life?

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How aware are you of energy and the exchange of energy between the people in your life? Do you pick up on the vibes of others? Do you have a sense of your own energy and what you're giving off?

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What control drama do you use the most? Is it different depending on who you're with? Can you observe the control dramas used by other people in your life?

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How connected do you feel to nature? Are your actions in alignment with the preservation of this beautiful and extraordinary planet? What would you like to do more of? Less of?

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Do you include children in your conversations - not talking about them or at them, with with them so they feel acknowledged and worthy?

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How do you feel about the idea of a collective consciousness and evolving together from a place of love?

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Here is an opportunity to write to your intuition. Relax your forehead. Take some lovely deep breaths as you focus on your heart space. You are only having a small play here so you don't have to save this for something big! Use a journal to do it again on something else later. Carry on to the other side if needed.

What do I need to know for my highest good about .....?

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If you haven't yet got the free Project Me Life Wheel® you can get that at [www.myprojectme.com](http://www.myprojectme.com)

Until next time, open your mind, open your heart - and stay curious.

Positively yours,  
Kelly x

Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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