

SOUL RAISED

Interview with Elizabeth Fortune



Elizabeth at Free Spirit Farm, photo by Anna Zbitnoff

My move to Mendocino County last July was one of the best gifts I have given my Soul. Though the immediate impetus was a friend's accident, the creative freedom that I have found here has fulfilled a deep yearning from childhood.

As a child, I didn't trust humans, but that is probably true of many of us. Whatever truth was, I knew that it didn't match what I was hearing and seeing outside. At a very young age, I shut off from the outer world and discovered my inner world—a world that I grew to trust deeply. My inner guidance helped me to make sense of what I was experiencing, provided me the strength to stay here physically, and

brought me a sense of harmony and alignment. I mostly kept myself apart from people and participated as a witness, learning through observation. I had no idea that years later I would become a facilitator for others to learn self-trust and faith in their own inner guidance. Having been separated from people, I am now "guided" to be with many people and to deeply study the human/spiritual phenomenon.

While teaching in the public schools, I began to understand what children were capable of and to sense their abilities. After years of working with highly gifted, "learning challenged," and dyslexic children, I was convinced that one's innate intelligence only needs recognition in order to begin to flourish. I set out to prove that those in the "challenged" learning class and those who were dyslexic were actually gifted. Our goal was for some of these children to pass the test to enter the gifted class. To their glee and that of their parents, they did—but the administration was not so happy, since this meant that the school lost some of its funding.

My inner guidance signaled me when it was time to leave "the system," but a particular dream occurred three times over a ten-year period before I took action and finally resigned. It involved a polar bear that came through a rainbow sphere and approached me head-on. The energy of the polar bear and rainbow sphere was so strong that my sensory systems simply knew what I was to do. The message was always the same: I was being called to do other work.

I got my master's degree in counseling psychology, became a massage therapist and received training in

cranio-sacral work, acupressure and more; but I had not yet quit teaching when the dream came for the last time. This time, the dream's force was so strong that I woke up on the floor! I resigned within a week (on Halloween), let everything go (including the 'retirement fund'), and lived on faith. Taking actions with inner guidance and letting go decreased my sense of separation and opened feelings of discovery and adventure.

While vacuuming the floor one day, a paper fell off the desk. I picked it up and returned it to its place. As I continued vacuuming, I looked over and saw that the paper had fallen on the floor again. I picked it up again and placed it on the desk. The third time it fell, I read it. It was a flyer about an upcoming training in photonic therapy. Photonic therapy uses pulsating light and color to affect health and emotional balance. The cost of the weekend training was \$2500. As I was crinkling the paper up to throw it away, my guidance urged me to call instead. The workshop organizers needed help, and I was actually invited to assist. Within a very short time, I had received several trainings and was set up for business as a photonic therapist. This vibrational bridge of color opened doors to the human-human connection on the adult level, but something was still missing.

Wetting the Spirit

Through dreams, my inner guidance led me to study sound. It is through sound—the sound of my own voice—that whales and dolphins entered my life. My voice was recorded making a single sound that resonated with my heart frequency. When the sound was played back, areas of my body that were weak became strong. Then a new recording of this sound was made, and I was able to lie on a "sound table" so my body could relax into the resonance of my own voice. My

physical body automatically went into a fetal position, and I became inwardly conscious of being underwater. In my inner vision, a few feet in front of me was an adult female whale. At first startled at being able to breathe underwater, I gradually relaxed and focused on the eye of the whale. Her gaze was intense and I felt my body letting go of all resistance. For the next hour we were eye to eye—no sound or movement—in simple silence. A physical touch brought me back with awe of the power and strength of silence and stillness from one so magnificent. During this experience my breathing was imperceptible, but since my pulse was very low and steady, those monitoring me, though concerned, decided to let me continue. I was deeply affected by what had happened.

A few days later, I repeated the experience, and the exact same scene emerged. I was underwater before the whale, and we again spent the hour in stillness and silent communication. This resonance reached to the depths of my soul with a fullness of peace. A third experience came a few days later. As I climbed on the table, I expected the whale that I was calling “The Ancient One” to be there and the water and silence to be the same. I have since learned that when there is an expectation about whales and dolphins, there will surely be a shift. The first half-hour was as before. Suddenly, I heard a loud sound much like the sound of a boat engine. I physically jumped. The next thing I knew, the whale had moved. I could feel the waters moving around me as the whale moved close—placing her eye on my forehead. I could physically feel the texture of her skin gently brushing against mine. I felt graced



Elizabeth videoing wild dolphins, Bahamas

and blessed. Here was “the call” that I was being asked to answer.

Since this occurrence, my life has not been the same. For the next ten years the whales and dolphins guided me to bring others to them and to the oceans—to reawaken the remembrance of who we truly are and to experience expanded dimensions of personal spirituality. These experiences filled the missing space in my life and caressed separation into union. I discovered that the separation was only within myself. I began to accept being human on Earth and experience the connection of beauty with all life. Recently, the whales and dolphins have led me back to the land to be with humans on a more compassionate and intimate level. Although “The Ancient One” is still with me, it is now asking me to bring the messages of the whales and dolphins to the human-human connection and to the human-soul communication. The whale asked me not to identify

its species. Our tendency to identify and encapsulate things limits our possibilities and narrows the vessel that information flows through. By allowing the whale this freedom, it could come to me in many forms and give me a wider and deeper volume of information, guidance, teaching and love.

The whales and dolphins taught me about the close affinity between the divine and the water element. This whale became a vehicle for conscious awakening and acceptance of the divinity and beauty within all life. We ourselves are primarily water, akin to the oceans and earth in our composition. The oceans are the womb of mother earth, representative of the larger womb of the cosmos held in the deep blue of creation. The acceptance of cetacea as divine and the intimate connection between water, creation, and source was confirmed by learning

myths—of Apollo turning himself into a dolphin, of Delphi, stories of anointing, the symbolism of carrying a vessel of water, and being birthed from water. The call of the dolphins and whales has been a call to gateways and portals of other realms, to deep aspects of ourselves, of soul, of water, and of source.

Worlds within the Body

The energies of what we call “goddess” are within our physical bodies, whether male or female, child or adult. This applies to any realm, any culture and any time. This goddess frequency resonates through me when I recognize beauty. Beauty is a very high vibration and is perhaps far larger than what is contained in the word “goddess.” Given the opportunity, images will speak to us as we learn to follow and track

them, specific teachings will come through. Each individual has his or her own doorway for entering into partnership with the divine, beauty and soul.

The body is in a sphere of energy. That sphere is holographic, and the sensory system of that sphere is within and around the physical body. When an inner image or symbol comes forward, receptivity to the sensory or emotional sensation accompanying it helps to uncover its meaning, so that symbol becomes a teacher. Paying close attention to what is going on inside one's personal sphere helps one stay more conscious of physical experiences in the dream state as well as in the awakened dream. This conscious "in the moment" listening through all sensory systems allows a holographic matrix of communication for the highest good.

I receive images as messages much like those from a Tarot card or rune stone. These images stay with me until I unlock their secrets. As I study an image, I become conscious of it through my life. The universe of the divine assists me through this language of images that I see clearly and in immaculate detail.

I use applied kinesiology (muscle testing), a pendulum, or my multi-sensory system to confirm my interpretation of a message coming to me through an image or vibration. These are very finely tuned tests—much more than just "yes" and "no." A confirmation actually brings in additional information. I have learned to listen, to read and trust the input, even though it sometimes takes hours, days or even years for the full message to come through. As I open doors to further discover who I am, integrate the information and take action in my life, I can then share what I have learned to help and serve others.

I have been trained to always keep open—not to limit an interpretation to a specific area like a chakra, or a particular system of healing, religion or teaching. I am not following the lineage of any particular goddess. For me, goddess energy has to do with a metaphoric consciousness of the feminine, the beauty, the creator in all life—being receptive, wise to the dark, able to move through transitions, and capable of merging the male and female in androgyny. The source may appear as a goddess like Demeter, Isis, Tara and Kuan Yin, or as an

animal form such as the bear, wolf, whale or dolphin. I have personal stories related to all of these; they have all been metaphoric messengers put before me to unlock a riddle and bring their divine jewels into physical reality in my life and relationships.

Each of us holds a treasure of information. The filter of discernment comes through our focal alignment and attunement with soul. I know my actions are in alignment with my soul if I feel excitement, joy and happiness. The strongest truth check for me is that feeling of inner calm, stillness and silence—the same feeling I had when encountering the whale's eye. It is held in my own sound, in my own voice. I look at myself and continually ask, "Is this your truth?" If I honor an image, it will be there to help me, and if I feel strength, health and clarity, then I know a message is right on. By following my guidance with faith and trust, more information comes. Then, looking back in retrospect, as with a weaver's backstitch or movement in a labyrinth, I see patterns and gain understanding that I can pass on to others.

Tracking the Images/ Searching for Significance

Last December, when the planets were aligned in an arc, I received information that led me to start an herb garden in the caduceus form—intertwining snakes, the integration of the male and female. The majority of the plants are to be medicinal herbs. The biodynamics of earth, planting and herbs are totally new to me. My learning is in the doing—step-by-step following of guidance. With each throw of compost, more information comes. Looking back, patterns and synchronicities reveal messages and I gain wisdom. It seems no accident that I have moved to Mendocino County, an area so attuned to the biodynamics of Earth, stars, and astrological systems. This garden will take over a year to build, plant and make available for a walking experience.



*Kuan Yin statue
in the labyrinth garden
at Freespirit Farm in
Redwood Valley.*

The labyrinth is an ancient geometric symbol often walked as a path toward spiritual clarity. Here where I live, there is a Cretan labyrinth—a mounded garden path fifty-five feet in diameter—corresponding to the MerKaBa field (dynamic geometric energy potential) around each human. When I moved here, it felt important to bring a statue of Kuan Yin into the labyrinth garden. She is called the goddess of compassion, but the feeling of Kuan Yin is so pure, so beautiful and so interlaced with the core of source that words can't express it. Much like the dolphins and whales, my relationship to Kuan Yin has led me to the attributes and miracles of water. There will be fountains among these garden paths, and other images that help individuals strengthen their personal relationship with soul and their intimacy with inner guidance.

The beauty here is intended to nourish this inner acceptance, and to relinquish fear of personal divinity.

This ever-expanding relationship with the divine is continuously seasoned with wonder and awe. I have been trained to always balance the known with the unknown, thus allowing the element of surprise. When seemingly unrelated experiences or images appear, I surrender and allow the larger message to emerge.

Melchizedek & Sacred Geometry

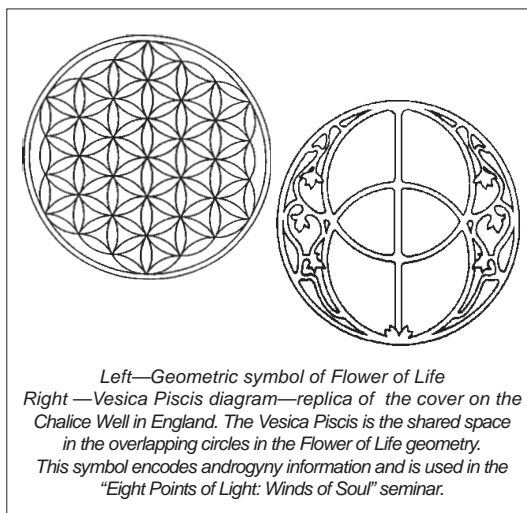
In 1988, after my first physical experience with dolphins, I began to see visions of intricate geometry—a language that has continued to reveal itself to me through the years. When I opened the door to greet a client the morning after returning from that trip, I discovered that I could not speak. And, to my obvious shock, I was able to see through the person! Thank God, it was a close friend. It took three weeks for my voice to return. As it did, my perceptual abilities declined. During this time, I was referred to a man named Drunvalo Melchizedek. When I contacted him, he told me about his own similar experience in Machu Picchu, and provided some explanation for this phenomenon. I wanted my voice and perceptual abilities to be of highest service—not the ability to walk down the street and see through everyone’s body!

This language of sacred geometry led me to explore Drunvalo’s teachings about “The Flower of Life.” His training culminates in a breathing technique used to activate counter-rotating geometric fields around the physical body known as the MerKaBa. Since 1989 I have lived and breathed sacred geometry, integrating it with other aspects of my life. The whales and dolphins continued to deepen my awarenesses of multi-dimensional consciousness.

I facilitated the Flower of Life training with this living geometric breathing for four years. Between the words and scenes of the training video, I received additional information about the feminine approach to breath, form and sacred geometry. Two years ago, when teaching this course, the form of Machivenda Melchizedek appeared. The energy was so



Lions Paw over the Flower of Life Sphere,
In front of The Emperor's Palace, China. Photo by Ilizabeth



Left—Geometric symbol of Flower of Life
Right—Vesica Piscis diagram—replica of the cover on the
Chalice Well in England. The Vesica Piscis is the shared space
in the overlapping circles in the Flower of Life geometry.
This symbol encodes androgyny information and is used in the
“Eight Points of Light: Winds of Soul” seminar.

strong that half of the people present saw the same form. I was instructed to focus on the heart and then lower my eyes to the feet. Where the feet would be, I saw flowers—primarily roses. Then I was instructed to raise my eyes, and as I did, the form became Mary. This was the signal to me that it was time to focus more on the feminine aspects of sacred geometry and led me offer a new training—“Eight Points of Light: Winds of Soul.”

I feel a call to look at sacred geometry with fresh eyes. Since this knowledge has been entrapped in specialized traditions, we must go beyond the philosophical. Now, with androgynous wisdom, we can feel how its philosophy is inherent in all aspects of life, take action and live it with conscious choice. That which is naturally inherent in all life becomes a living process.

I had an experience in the water a number of years ago, in which seven dolphins approached me directly. I distinctly heard, “We are of the Melchizedek!” I never forgot that statement.

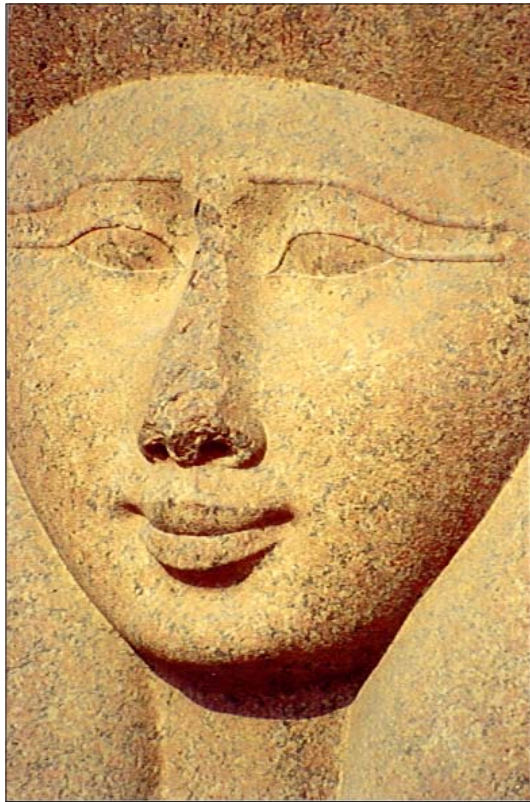
This was another confirmation for not limiting identification to a form—so that a wider knowing can be experienced.

Hathors

Adreamtime experience led me to a meeting with the Hathors—sentient beings from Venus who reportedly were on Earth during ancient Egyptian times and are here now etherically for those who desire contact with them. They are in harmony with the purposes and expressions of the whales and dolphins, operating only on the frequency of love and communicating only through sound. They also relish a good sense of humor.

In my dream I was taking an advanced Melchizedek training in sacred geometry. I was called outside the cabin where I was staying and noticed that the grass was pure emerald-green. I looked out and saw something white ahead. As I came toward it, I noticed it was a very long feather—longer than the tail feather of a white peacock. I picked it up and turned; I saw a huge flower—a lavender and yellow columbine. I wanted to photograph them, so I went back

into the cabin and picked up my camera. As I was going out the door, I noticed a speck of pink on the white feather. A Melchizedek was there in the doorway and we hugged. He began crying on my shoulder, and all I could say was, “You do remember, don’t you?” As I lifted my eyes, I saw a white being ahead of me. I released the hug and continued toward this pure white Hathor, whose name was Hekor. She had given me the gift of that white feather from one of her wings. She has been my teacher since.



Hathor Priestess, Egypt.

Photo by Ilizabeh Fortune

Hekor, other Hathors, “The Ancient One,” and the varied forms of Melchizedek, are leading me to help release aspects of the feminine that have been trapped—even within the goddess form. In the dream I went back to the cabin and saw that the white feather was completely entrapped in a beautiful pink-rose-colored cloth. It was struggling to move, and looked like a snake. Isn’t it interesting that what needs to be free can be entrapped in something that is so very beautiful? Through the ensuing months, Hekor showed me how to free that white feather from its encasement and to apply this to my life. I am living what I learned, sharing the feminine aspects and living philosophies of the language of sacred geometry.

New Ritual

Without ritual, people are lost. Chaos comes in. We see a lot of chaos in the world right now. There has to be a reason we are here without roots and without particular rituals. I have seen people take on the rituals of indigenous cultures as their own, but I believe we are being asked to do something else—to go beyond that. We have an opportunity to access the best of all past rituals and traditions and to somehow combine these to create something even better for the whole. When we adhere to a particular ritual identity, we are more focused outside ourselves. We can also listen to the messages and frequencies within our bodies, within our merkaba spheres, to find our way. I believe that our common language is in frequency, like sound; it is in resonance. This is what I feel with Kuan Yin—the resonance of the moment in harmony with the cycles of self and earth that seem so important now.

I can’t say I understand it, but I certainly feel it.

I return the honor of the images given to me by always treating them as sacred. To understand them I research the story, and then apply that story as a metaphor to life. In their highest potency, stories of the past (in holographic reality, all that happened in the past is also in the future) are applied to this moment—to the center of the huge sphere that I am a part of. I have to be acutely aware and honest with myself about how a story applies to my life and how it integrates with my soul’s intent. I ask myself how this image story applies to my heart, to my soul, to paying my bills, to doing the gardening and to revealing exactly what I am to do here on Earth. Perhaps this is the old ritual of the moment as we evolve with these changes at hand.

Rooting the Sacred with Honor & Humor

Since moving to Redwood Valley, I am finding the aspects of the divine in the land, planting, and communing with the weather and the elements that are so raw and beautiful here. I have also been told that I am to show how the feminine and the androgynous are hidden within the sacred geometry. This has led me to drumming, and integrating these sounds with the philosophies of the feminine. Each new phase opens a door. Awhile back, I got a strong image of Bugs Bunny, and asked, “What did Bugs Bunny always do? How did he present himself?” He always took the serious with humor. This image was telling me to bring some humor to the seriousness and depth of what I was receiving. Then I went to the post office and saw Bugs Bunny all over the post office—he had his own stamp. This was a further message to get to work and communicate. Get it out there. Put that stamp on the letter, and don’t forget the humor!

Being physical with the labyrinth, the Earth, planting, composting and helping with the horses has been the greatest gift to my spiritual growth. I am in gratitude. Because I had been going to the water so much, I wasn’t being as physical as my body wanted. My experiences emphasize the value of physical

projects that interweave spiritual growth and beauty. Art is also part of this expression—whether as painting, photography, sound or movement.

I am continuously learning, and always open. What I learn I share in joy. Since moving here, I feel a strengthening courage to come forward as a spokesperson and creator of environments for more people to recognize and experience their link with source, their intimacy with guidance, and their faith in their own divinity. My greatest joy is to experience myself and others in the full recognition of our eternal beauty, taking the time to nurture the self, being compassionate in the caring of soul, and fully expressing the creative.



Labyrinth Garden layout at Free Spirit Farm, Redwood Valley Photo C Lindgren

Like Her, I Am by Trace Ashleigh

*I am created in the image of the Goddess
I am the embodiment of essence.
Like her, I am woman energy.
I am inspired by forces from myth and legend.
I am permeated with ancient wisdom.
Like her, I am connected to and inseparable from self.
I am, at once, maiden, matron and crone.
I am the womb, the child, the mother.
Like her, I am the bearer, provider, protector.
I am receptive and giving.
I am empathetic sincerity.
Like her, I am the touch of being.
I am artistic expression.
I am emotion and abstract thought.
Like her, I am truth and integrity.
I am trusted intuition.
I am the source of power.
Like her, I am the well, fountain and river.
I am the water of life.
I am the blood.
Like her, I am death reborn with each cycle of the moon.
I am the turn of seasons.
I am the four directions.
Like her, I am elemental rhyme and reason.
I am nature's rhythm.
I am the heartbeat of the universe.
Like her, I am at the center—the core.
I am the garden within.
I am the earth to which the body returns.
Like her, I am the healer.
I am the mortal incarnate.
I am the soul's journey—infinite.
Like her, I am alone among many and the all-encompassing one.
I am existence, growth and evolution.
I am change.
Like her, I am the only constant.*

The Celtic Shaman by Pat Augustine

*I am the girl who heals warriors
I am the woman who races the wind
I am grandmother crone who touches the stars*

*I am the boy who collects stories
I am the man who feeds the eagles
I am grandfather shaman who steps between the world*

*I am father god whose tears put out fires
I am goddess who thrusts the mountains upwards
I am mothergod whose laughter tumbles the earth*

*I am thunder god who roars with joy
I am river daughter of the sea who spills forth from my banks
I am sky fire's wife whose pointing finger sets trees alight*

*I am the tree teller
I am the bird talker
I walk between worlds*

*I dance between the clouds
The hawk rests on my shoulder
I place food before snakes*

*I bend down and smell the smallest flower
I hear the vast salt roar of oceans
I taste the sweetest fruit*

*I am shapeshifter
I walk between the worlds
I am the shaman who heals all things*

*I am in all things
All things are in me*