

Solving the Inner and
Outer Chaos of Your Life

Change
Your Layers...



Change Your
Life!

*An Enlightened Approach
to Self-Awareness*

MARI ROSE

Change Your Layers...Change Your Life by Mari Rose

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Mari Rose



I would like to thank the following people for making this book possible; my sister who inspired this book, my mother, family and friends that supported and encouraged me along the way.

And to give thanks for each day that I receive these loving messages, words, and phrases that transform our hearts to allow in love.

Thank you spirit, so that I could be the channel and messenger for those to heal.



Testimonials for Mari Rose

Change Your Layers... Change Your Life, Mari has the ability to guide us and challenge our thoughts, peeling away the pain of the past as we emerge anew. Emotional...Inspiring...An Amazing Read !!!

~Sandy. Amarillo Texas



Do you truly want a change in your life and change the emotional issues from childhood, career, current job and love? Then we all need this book. This is a step-by-step plan to changing and transforming to a new happier you.

~ Beatriz. Santa Fe, New Mexico



Praise for Mari, the intuitive of today's world. Let the world know her immense talent to guide our path for living happier, complete lives. Mari's the most intuitive individual. She has written a book that is timely for all people seeking solutions in our complex lives. She is the master adviser. Again she delivered!

~Lulu, Castine, Me



An excellent book for transforming one's life with the steps needed to find love, peace, and inner healing.

~Sarah, Las Vegas, Nevada



I am so excited for this book. Mari Rose has been a shining light of inspiration and knowledge for me. Her innate ability to understand the spiritual realm is unbelievably profound. The way she explains the sometimes “unexplainable” is nothing short of amazing. Her gift is truly a gift for all. I pray this book will help others the way she has helped me grow as a spiritual being.

~Nikki, Las Vegas, Nevada



I am so excited that Mari is finally writing a book. She has so much to give, so much to offer her readers. We have had many a discussion and I find her ‘right on’ in her perception of any situation. Dear Reader enjoy, I know I will.

~Sonya, Las Vegas, Nevada



This book looks at unresolved hurt, self-doubt or anxiety. Not to mention how we do not know how to love ourselves. *Change Your Layers...Change Your Life* clearly identifies the layers humans place on the importance of our life. How the emotions cloud the flow within the bodies and interferes with the emotional healing process. This books’ technique focuses on how our emotions are the pathways to healing the body.

Cancer survivor and awaken being,

~Lulu, Dallas TX

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Preface

Have you ever sought happiness and fulfillment in worldly things? It is human nature to want to be happy, and obtain a measure of peace in our lives. This innate desire is one thread of commonality that every member of our species shares. When you look deep inside yourself, it is easy to see these things are something we all want. However, we often find ourselves searching and reaching for that fulfillment in the wrong ways, whether it is through relationships with other people, entertainment, or our careers. After all, how many people truly find peace in working double shifts and overtime? When fulfillment of these basic desires is lacking in our lives, we may place blame upon our environment and other external sources around us. Over the years we live too far within self-imposed limits, creating resentments and stress build up, creating feelings of anger, jealousy and fear, which in turn create inner and outer chaos in our lives.

This book is designed to awaken your inner 'Core' (the potential within us) to these chaotic events. The more aware you become of your inner self, and the turmoil raging deep in your heart, the better you will be able to address those issues and make positive changes to bring about true happiness, peace and love. The messages

within this book will empower you to become aware of the emotional bonds you place on yourself. Once you are aware of these bonds, you can begin the journey of letting go of things like fear, jealousy, resentments and anger. The writings in this book are meant to bring clarity and direction to your life, with a focus on bringing inner healing through love. By creating an environment within yourself for healing, you will be able to open your heart to the truth of your own personal power and strengths. When your mind is healthy, so is your body. Bondages that have held you back in your life will no longer control you, and you will be able to fully realize your own power and strengths.

“You gave yourself permission to enslave yourself to all your emotions, but you don’t have to tolerate it. Permit yourself to change it.”

Years ago, my life was filled with overwhelming personal struggles and had no real direction. It was extremely difficult to find fulfillment and peace without direction. I soon found that I was not the only one being affected by this chaos. My loved ones, and people I came in contact with, were also suffering. Over time, I began to realize that much of the pain in my life, and the lives of my friends, stemmed from various emotional bondages that I surrounded myself in. In response to this revelation; I began my own journey of healing, which started

with learning to love myself. I discovered that learning to love brought about positive changes that rippled through my life like a skipping stone on a clear pond. I found that I was the driver of my life, the center of control, and that it is internal, not external. Since then, I have had a deep desire to share my experiences with others I come in contact with, and that has helped me create this book. If a simple smile, or an act of kindness, has the power to change an environment, then what could a simple message do?

This book is divided into several sections and categories. The four main categories are: Love, Transformation, Healing and Growth. The sub-categories are the seasons of the year; as each season affects our mood and emotion. We get caught up in these patterns, and they become the matrix of our lives—dominating everything around us. Knowing that the seasons change our emotions and well being; we now can prepare ourselves for the months to come. I have found that certain moods are more dominate during certain times of the year.

Within each season there are “Channeled Messages,” designed to help remove obstacles from your life. These collections were channeled by my spirit guides, which helped me through my spiritual journey. Now, you may choose the messages that specifically target your perception of your life during this time; and customize your healing process. These channelings are a powerful, spiritual unfoldment and transformation—coming from a loving, caring, higher consciousness, called God, Higher Source or the Universal Mind. These messages help us shift the mind into a new thought and mental space—where our consciousness expands.

The journey of writing this book took many years. My hope is that this book will be the spark that lights a fire deep within your spirit—to create magnificent positive changes in your personal life—and then, in turn ripples throughout the world.

~Mari Rose

Introduction

Do you find yourself feeling like you're a hamster on a wheel, continuously going round and round, yet never really going anywhere? In this book, you will learn how to create an environment for healing, and open the space in your heart to the truth of your own personal power and strengths. Each section is filled with a different insight that will bring clarity to your thoughts. Each part of this book focuses on the perceptions that direct your life, and help you to abolish old habits that no longer work. A different perspective may be all you need to change your life forever. One message you will get from this book is; understanding that to fail is a lesson. You need to look at your situation and ask yourself; *"Are my decisions coming from a level of consciousness, or is the ego driving the boat?"* Throughout this book, I may use terms that you may not be familiar with. Please refer to the glossary at the end of the book for clarification on the meaning of these words.

In mystical Eastern traditions; the human is often conceived as being in the illusion of individual existence, and separate from other aspects of creation. Ego is the sense of individual existence, which believes it must fight for itself in the world. The ego is unaware and unconscious of its own true nature. The dictionary says: *"The*

“I,” or self of any person; a person as thinking, feeling, willing, and distinguishing itself from the selves of others and from objects of its thought.” When consciousness is engaged, it will be the path of love and abundance—versus the battle you tend to fight.

My insightful messages can confirm, or validate your highest understanding, guiding you to the right path for which you are searching. The goal of this book is to connect you to your inner core, to facilitate change, and healing within your life. My book is meant to be a guide to self-awareness, so that you can make decisions about the things in life you have been struggling with. It is what I call, *Changing Your Layers*. It is the emotional, mental, and fear-based layers that we must peel away and change in order to get through to the core layer of our being.

My journey began early in my life, with encouragement, support, and guidance from my mother. Today, I teach—through guided readings (privately or in groups)—that we all have a gift of self-knowledge and intuition, and we have the ability to transform our own life. My insightful messages will expand your consciousness and open the doors to manifesting your dreams. This book was born through words of encouragement by my sister. She said to me one day, *“If there could only be words that could change my present situation, I would listen with an open heart.”* She had been struggling with cancer for many years and desperate for some kind of encouragement.

It was an emotional journey of unconditional love for my sister, to create words that could potentially affect the growth or healing of another. I decided to call it, *Change*

Your Layers...Change Your Life. This book can be used to understand why we struggle on our life path. It's the guidance you may need to transcend fears, doubts and rejections you have of yourself or the things around you. This journey brought me the clarity to understand what spiritually is, and how it is intertwined with our personal growth. The purpose is to find inner peace, and bridge the connection within the heart and mind. Each time we think a negative thought, the universe accommodates and gives us exactly what we created—a lesson to learn from.

As each person enters into our life, they affect the collective that is you and I. At times, this interaction can leave a trail of emotional imprisonment. Don't think that the decisions you make do not affect your loved ones. It's your perceptions that you place value on, which affect your reality. You have the power to change your reality for the better. If you hold the single thought in your mind for change and healing, it must not vary in any way. It's the new thoughts that make the change, and affect us all. Within each new positive change, a new reality is born. This new reality you create will affect you and the people you interact with—and all of us. In essence; a domino effect is created, and this domino effect is a universal law.

Every 12 years, when the stars align just right, the annual cleansing ritual of Mela becomes the world's largest religious celebration—the Maha Kumbh Mela.

Over a period of about eight weeks, millions of Hindu pilgrims converge on the city of Allahabad, India, to wash away their sins in

the confluence of the Ganges and Yamuna Rivers, thus becoming one step closer to heaven.

In the West, there's a pervasive idea that when people congregate, they surrender their individual identity, along with their ability to reason and behave morally—some of the very qualities that make us human.

“What our research shows is that, actually, crowds are critical to society,” says psychologist Stephen Reicher of the University of St. Andrews in the United Kingdom. *“They help form our sense of who we are, they help form our relations to others, and they even help determine our physical well-being.”*

Reicher makes a critical distinction between a physical and a psychological crowd. A physical crowd—commuters jostling on a subway, for instance—lacks a shared identity. Although, being very socially connected isn't the same as being physically surrounded by other people, it has a lot in common with belonging to a psychological crowd—sharing a group identity. And it isn't just bodily systems that are altered by the shift from “I” to “we.”

“Living out your beliefs takes a different form in a crowd of Kalpwasis than in a crowd at a rock concert,” Reicher says. *“But the underlying process is the same.”*

Reporting on the opening day of the Woodstock festival in 1969, *Life* magazine quoted an official who had just realized that more people would be coming than he had anticipated. *“There are a hell of a lot of us here,”* he said. *“If we are going to make it, you had better remember that the guy next to you is your brother.”* They did, and the three-day festival is remembered as much for its peace and love as for its mud, food shortages, and traffic jams.

“The Kumbh works because of a combination of good infrastructure and psychological cooperation,” says Reicher. But, in more advanced industrialized societies, the power of cooperation has been neglected, and we may be paying the price. This article was written by the National Geographic, February 2014 issue, *Karma of the Crowd*.

The “awakening” is your personal journey, and each direction you take is perfect for that stage in your life. Not one person has experienced the same exact life as you, but we all have the same emotions to work through. This book will give you the steps needed to connect the thoughts that imprison you—on an emotional level.

It’s a growth process that we all go through. Although, it’s all unique and special to each and every one of us—the path of light is right before us.

How to use this book!

I want you to start by making a personal list of the types of feelings you are presently experiencing. Begin by writing a heading (such as Winter) at the top of the page. Under this heading write all the feelings (or limited beliefs) that are in your mind during this time. They are feelings that you can sense through the body. When you think of the thoughts, you may feel a coldness, a heaviness, anxiety, or stress in the body—it's an indicator that could be a negative perception. Come up with a short phrase, or single word that best describes how you feel. Your personal list can be as long as you want. The section prior to each season, are examples of how our mind is not focused during the seasonal changes. It's the seasons that may have the tendency to over-power our life. Understanding our mental thoughts help us understand what we need to focus on during these times, and to be able to live a happier and peaceful life.

As you go through the seasons of this book, reflect upon this list, and you will begin to identify your feelings with the memories of each season. The list you have created will show how the seasons trigger emotions that affect your moods during the year. Negative emotions become your mental thoughts, and if you put energy into these thoughts—the more you will live in the negative.

Use one, or many messages that pertain to your personal list. Look back at the list you wrote, find a message that reflects a different view of the negative

thoughts you may have felt during that season. Once you have identified the false, limited beliefs that have affected your perception during that season, you will now know where they came from. You'll see that it's not the way your reality truly was, and now you can do something about it.

Going over the messages will help you realize how old perceptions dominated your life. Go over your newly converted belief daily—it's your new mantra—then life will have a new meaning and joy. It is the 'mental rehearsal' that strengthens the mind, to think in a new way, with new thoughts.

Chapter One

Love for Winter

Finding Love In Yourself and Others

*H*ave you ever wondered why you can't be happy and find love? Love can mean many things. It's the driver to any new beginning in life. Love comes in many forms; the love of a parent or child, love towards the work we do, acts of kindness, generosity and self-sacrifice. These are the bonds that hold our hopes and our bridge to one another.

Love does not have a price; it cannot be bought or sold. Love has a strong emotional bond that gives us the courage to face obstacles. Love can also be the greatest blessings we encounter in our lives.

Love is the feeling that embraces all elements in our lives, without trying to control the situation, and allow

things to come and go. When we allow ourselves to love unconditionally, a whole new world emerges. We see our relationships with others—including ourselves—in a new light. There is no judgment, only love. Unconditional love brings genuine joy to the soul. Each time you experience loss, or joy of love, it's the opportunity and challenges we bring to ourselves, which are lessons and learning tools for our experience.

*“If you’re feeling in ‘awe’ in any relationship,
open your heart and see the message that
person or situation has taught you.”*

Perhaps, we are shining and showering conditional love upon another—however, this is not true love. By loving conditionally, we are saying, *“I will love you only if you meet my expectations.”* It is in essence a controlling factor, and the relationship will not thrive to the satisfaction of both parties. You allow yourself to see that person (or thing) as having greater value than you. You're allowing the ego to take charge.

We need the ego to keep our physical body in shape, it's the driving force behind some of the decisions we make in life. The ego is handy for sorting out the chaos around you. The ego always wants to run our life; the ego starts by controlling the mind. If you think you have found love, the mind convinces you that it's the right person. But, your intuition (or your feeling) is saying that there is something wrong. Have you ever been in a relationship and felt love and fear? Did you wonder why



About the Author

Mari has a B.S. in Science, is an awakened teacher helping you understand consciousness, and life medium. She specializes in awakening and change; connecting you from the physical, to the spiritual level—creating balance in your life.

As a spiritual teacher, radio personality, author and public speaker, Mari has helped thousands of her clients achieve clarity, by helping to create an environment for healing and self-knowledge.

Through her insight, she guides her clients to discover and achieve their dreams. With her help, you will be guided to listen to your personal intuition and find your path to inner peace. As a life medium and spiritual adviser, she guides her clients through life experiences, acting as the bridge between the physical and the mental world.

Mari runs a successful practice of insightful readings. With her abilities she delivers comfort to her clients as she shows them the power to awaken personal fulfillment. Mari's clients rely on her regularly—as she provides them with the affirmations and energetic connections—to live an optimal life.

*“When we work with light,
we can learn to be centered in the light, and to help
ourselves heal miraculously.”*

~Mari