

Journaling in the New Energy



**An interview with Eva Smarda Carney
by Marisa Calvi
on The Awakening Zone Radio
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Awakening Zone Radio.

E.S.C.

MARISA: Hello and welcome wherever and whenever you are listening. You are on the Awakening Zone. This is the radio network for enlightened and awakening humans. My name is Marisa Calvi and I'm coming to you from Sydney, Australia with a show that I call "Feeling Good". It's a show that celebrates living life as conscious creators.

I'm so excited about my guest today. We've got a lovely lady joining us...

My guest today has been a very important part of my personal writing journey. I first connected with Eva Smarda Carney many years ago through our mutual interest in the teachings of Crimson Circle, and it was through that connection that I discovered she offered editing services. So when I finished my first big book, *Thutmose III*, I just knew Eva was the person to help me tidy it up and get it ready for release.

Eva's warmth and intuition has been invaluable to me as a writer, and her advice as she has edited each of my books has helped me grow as an author. Along the way, we've also nurtured a lovely friendship, and a few months ago in our emails, Eva mentioned that she would love to talk about her experiences with journaling. I knew this would be perfect as I knew we're not just going to be talking about writing and thoughts, et cetera, but this is all about connecting with soul which Eva has an absolute passion for. So I am so excited to welcome Eva to our show today.

So good morning – or good evening I should say to you Eva because you're all the way over in Canada, just near Toronto. So how is life over in Toronto tonight?

EVA: Hi Marisa. *Love is in the air!* Our daughter and her fiancé just arrived this morning from the other side of the country and we will have a wedding in the family next Saturday, so we're all very excited.

MARISA: And we really appreciate you being here because we know that it's a hectic time for the mother-of-the-bride. So thank you so much for taking time out from that excitement to be here and share your wisdom with us. We really, really appreciate it.

EVA: You're very welcome.

MARISA: So let's begin. Could you share a bit of your story with us... a little bit about your journey into spirituality and then after that we'll start to talk about the journaling. This is just to give people a little taste of where you've been, and where you're at now. Thank you.

EVA: All right. Well, it was grief that got me here. I experienced when I was fifteen the sudden passing of my mother while I was away on holiday with my best friend and her family. And what was really strange about it was that the news didn't get to us for several days after the fact, but I had asked my friend's brother-in-law what time it was. And he just answered by looking at his watch, and I was very irritated with him. And I

said: no, in Georgetown! And so he calculated the three hours difference and he told me. And I thought at first that was odd, but I didn't give it another thought.

And then later that evening we had flown from Vancouver Island to the city and the four of us were having an evening out, and when we arrived back at the hotel and it was time to prepare for bed, I was cold, I was afraid, I was feeling panicky – and there was no reason whatsoever to experience this. And I was freaking out so badly that finally to get some sleep, my friend's brother-in-law and sister took the top mattress off of their bed and set it down on the floor beside them, in the one bedroom of the hotel room and let us all sleep together like a bunch of little bunnies.

So then it was days later that the R.C.M.P. informed us that my mother had passed at that time that I had asked what time is it... and that explained the cold, and the creepy feeling I had no context for, but it returned the first night I tried to sleep in our home after the funeral.

So I was definitely this weird kid and I didn't have anyone to speak to about it and in the 70's there wasn't any grief counseling – you just went on with your life. So that's what I did, and I pushed it down.

And I felt it again when there was another death in the family – I didn't think the person was going to recuperate...

And I said: no, I don't like this. I definitely want a head's up. I don't want anymore of these sudden occurrences that flip me over for years.

So one night in my sleep I felt suddenly awake and I was given the knowingness that 'your father has cancer and he is going to die'. Wow! But because it felt so true, I didn't feel any emotion with it. And that was in January and it wasn't until April that he was given the results of some tests he had... and in my childish mind I felt that I had caused all those events because I had the premonition.

And so when Crimson Circle offered their Dreamwalker Death Transitions School I was there. Absolutely, front of the line. And that was in 2007, so I had to wait a very, very, very long time to get some answers to just what can a human being access? Because I believed that we were small and limited, but to actually go on a dreamwalk and feel how expanded and how much is available to us: that there is so much more.

So from there I read and attended more workshops, and *the rest is history* as they say.

MARISA: Yes, I think that Dreamwalker Death has been such a pivotal workshop for so many of us and like you said, that realizing that we're not just that little human, that we're not just restricted to this realm, and it's quite liberating once we know we're so much more than what we've grown up believing we are.

EVA: And, that we are only responsible for ourselves. That was liberating as well.

MARISA: Absolutely.

EVA: I create my life. Every other being on the planet has their own soul and is responsible for their own creations.

MARISA: Yes, that's a wonderful freedom as well.

So now to get into the journaling... can you talk about how that sort of wove into that journey and how it came about, and why you actually started?

EVA: Again, it was a Crimson Circle event. I took the Crimson Circle School II 'Coming to Earth' that was held in beautiful Kauai in January of 2006, and on the last day we took a little riverboat ride to the Fern Grotto. As it was our last formal gathering, we were asked one at a time: what will set you free? And when my turn came to stand up at the front I said: I don't know. (laughter) And if Adamus was there he would have sent me off the island, but luckily he wasn't... and instead Linda said: well, at least that's an honest answer. So I just left it at that.

And when I was more relaxed and not in front of a group my answer for me arrived, and it was just one word, and that was 'writing'. So I knew that writing would have a place in my future but I didn't know yet how it would show up.

And then a couple of years later, Patricia Aburdene hosted a webinar on the topic of journaling: the gateway to mastery. And from there I opened a book and I started writing the next morning and I just continued. So it's been five years, and forty-five journals later... and that's when I thought I'm ready to talk to others about this thing that keeps me so busy, so entertained, and happy all by myself at home.

MARISA: Yes.

So can you tell us a little bit about – I'm going to call it 'the process' which sounds very clinical, but I'd love you to talk about: is there a time of day that you feel that energy of journaling with you? Is there a certain space you go into when you journal... if you could talk a little about that please.

EVA: Certainly.

For me, it's first thing in the morning. I tend to wake up slowly and I don't feel ready for conversation... I like to stumble out of my bed with my journal and write about the impressions that I'm left with from my dreamtime. To me, it's like a party treat bag: I like to see what I've been given through the night, what I can bring through.

And when I was jotting down my notes of what I wanted to say tonight, I came up with a corny joke – so I'm going to inflict it on you!

MARISA: Yes, go ahead.

EVA: Okay, it's bad... (laughter) It was...

I like to check my internal mail... and then that came iMail:
I like to check my iMail before my email...
and then it was that whole 'l' before 'e', except after 'c'... (more laughter)

MARISA: (laughter)

EVA: When I say that I invite my soul to play, I honestly and truly do. And these are the kinds of things... but I just play, and I laugh, and I have a lot of fun. But sometimes it's not that clean!

I don't have a ritual at all. I don't have a lucky pen, or anything like that. Though I always start by writing out the date in full: like the complete word 'Friday', the complete word 'September', then the number and 2014. And that seems to bring me into the here and now.

Then from there, that's my open invitation to record, to write whatever wants to be expressed through me.

MARISA: Fabulous.

I want to get into the soul connection but before we do, let's talk about what sort of things you write about – without being too personal, you don't have to share too much. Is it kind of similar? Does it change?

EVA: Sure. I tend to write about whatever is going on with me at the time. My journal is my safe space where I can be honest with myself and so I may be jotting down the way I'm feeling about something that's coming up, that I have to do in the day, or it maybe something that's happening within a relationship... and as you might imagine, I meet many of my aspects. I'm becoming more and more aware of how my memories, my past is blurring my present and it keeps me from feeling. So it's old.

I might start with the present, but it will start expanding into: ...and then there was that time, and then there was that time, and then I realize, whoa! WHOA!

I do tend to work with themes. Sometimes my soul will give me a word: so I'll wake up with a word and not that long ago, the word was 'gauntlet'. And so I looked up 'gauntlet', and then I looked up images of gauntlet, and I was just playing around.

And there are three different ways that the word gauntlet or glove can be used. There's throwing down the gauntlet which is inviting someone to a challenge, and then the second meaning is picking up the gauntlet which is accepting the challenge, and then the third one – which I have been going through – is *running* the gauntlet.

MARISA: (laughter)

EVA: Honestly. It was shown to me like that. It wasn't a challenge like we do it – a double dare; it didn't have that kind of energy. But it was: this is available for you now, are you willing? And so I said yes, I'm willing. I'm willing to run the gauntlet.

MARISA: (laughter)

EVA: You laugh... you haven't had the last two months I've had.

MARISA: I'm sorry, I'm sorry. I'm not laughing at you. (still giggling) I'm kind of laughing actually at myself because that is such a beautiful metaphor for what we're all doing here in whatever regard. So I didn't mean to laugh at you and your circumstance.

EVA: Oh all right.

MARISA: Thank you so much. That was such a wonderful insight for me.

EVA: It was a conscious choice.

MARISA: It is a conscious choice but even speaking from our soul perspective – we threw down the gauntlet to say: do you want to go and have experience? And we picked the gauntlet back up and said: yes, and now we're here running it. So...

EVA: (laughter) Oh, we're running. We're running.

MARISA: We're running. Oh I'm sorry, I can hear Kuthumi laughing.

But look, I want to get into that beautiful sort of journaling with our soul in the new energy – that's what people are really tuned in to hear about, because anyone can pick up a book and keep a diary...

And so I'd love for you to talk about: what does that soul connection mean to you? And how you've woven that into your journaling, and maybe how your journaling has let that connection expand and evolve?

EVA: When I had that feeling writing would set me free, and then I was waiting for writing to come closer, for the impulse, for the inspiration... as I thought writing, my mind said: how wonderful – a book. Beautiful. Kuthumi loves to work with writers. And I thought that that was how it was going to arrive for me. Of course, it would be a book. And then when I was working with writers...

I think the first time I ever contacted you was to download from your website your book on how to publish...

MARISA: Yes.

EVA: ...remember? You used to offer that for free.

MARISA: Yes, I still have that if people want it.

EVA: Oh yeah, I thought I needed it because I was going to be a writer.

And so I started journaling after listening to Patricia, and getting excited about spending that time with myself – and so I was journaling, and journaling...

And one day I asked Kuthumi, I said: well, where is my book? (laughter)

And he just said: well what are you talking about? You've written – ten, or twenty, or however many I had written by that time.

So that was very sobering because I realized that I have to receive for me first. And how many times have we heard that?

MARISA: Yes.

EVA: So I made friends with the idea that it's okay to receive something for me that I don't give away; that's only for my own amusement, my own personal growth, my own connection with my soul. I don't have to share that, I don't have to offer it – I can keep it for myself. And that was a very strange turn of events. (laughter)

MARISA: I think that's something that a lot of us come to: it's a really beautiful realization when we have a creative impulse in that regard like I'm going to start journaling, or I'm going to start writing, or I'm going to start painting... and it starts off when we feel that it's one thing, but when we're doing it with that beautiful soul connection and we just let it kind of evolve.

Yes. This to me is what Tobias talked about when 'setting our creations free'. It was about giving them the freedom to become whatever they are, but from that beautiful

place of doing it with our soul. And then eventually it will reveal itself perfectly as to why we've created it, and how it's sort of enhancing our experience.

So I think that's a really wonderful thing because so often I know people come to me talking about writing books and Kuthumi will say: just because you're starting a book doesn't mean it's going to be a book when you're finished. (laughter) So I think that was a really beautiful realization you let yourself come to.

EVA: Yes, because I hadn't written one book, I had already half a box full.

MARISA: Yeah.

EVA: Publishing wasn't an end result. That wasn't what the purpose was.

MARISA: That's it.

Now I loved when you said too about playing with your soul. So okay, you said that word 'gauntlet' came to you and you thought: well okay, I know this is something that my soul has given me to play with.

Can you talk a little bit more about that playing with your soul, and what playing with those little things that come up are like?

EVA: Okay. Well, sometimes we just need to lighten up a bit.

So here I am seriously answering these questions with a pencil and I'm wanting to complete them this afternoon because our call is this evening, and so then I get that silly joke about iMail before email. Sometimes playing with my soul is just 'lighten up', you know? It doesn't need to be serious; your journey can be a lot of fun. It can be a lot of fun. Yeah.

Life isn't so serious... we're not here to suffer.

But sometimes we need to go into areas where we, where I'm going to have to re-experience some really deep pain.

MARISA: Yes.

EVA: And because I know that from a day-to-day experience that she (my soul) is right here – so when it's time to go there, I have that support available... and that support from Kuthumi... and that support from Kuan Yin and the support from Ohamah. Because I've been introduced to their energies through Norma Delaney or Aandrah and Ahn, and so I can feel that building around me, and I know I'm being well held, and I can go there.

That probably makes sense to you too, right?

MARISA: Absolutely. And I love that too because before you talked about your journaling is also your way of nurturing that safe space. That you know that when you step into that journaling energy, my feeling is that there's absolute trust that you're in your safe space. And then you know, that energy must surely then radiate out to the rest of your life when you're not journaling. Would that be right?

EVA: It does, it does. Yeah. Then life just becomes very magical because I know that voice.

For example; yesterday my daughter asked me: are we driving down to the hair salon?

And I said: yes.

It just came out of my mouth. Well, it's like a five minute walk, or it takes you three minutes to drive and try to find parking.

But I said yes, so I stayed with it. And then just as we were leaving, my husband brought up a shelf that he had ready to be delivered to that same location.

So I just don't question it: I don't struggle in my life and fight my mind. I don't have to explain things to my mind anymore.

Because it seems that when I write I'll hear from that aspect, but I'll also tend to them. And I'll integrate them and we'll all have resolution. And all of the shouting and trying to get my attention – it can all be soothed and start to calm and I don't have to live like that, you know? I can just live in a quieter way where: hey, take the car.

Okay. Well, I just agree with myself.

I don't have to have that fight: that's stupid. Why would you take the car? It's greener....

I just don't need to go there anymore.

MARISA: Yes. It is. It's inviting that beautiful flow through life.

What I would love for you to do is: you talked a little bit about aspects and integrating...

Can I get you to expand on that a little bit more for people who are probably just starting to go into the concept of what an aspect is and what it actually means to integrate. So can I get your perspective and what's your experience, what does it feel

like? That you know it's an aspect coming up and how then you choose to bring it into balance or to integrate it?

EVA: Okay. That is kind of the topic of discernment. And the way I can tell when an aspect, or a synonym for that would be the mind: the mind would have thoughts or a memory...

So I would be writing and there would be an emotion starting to come up and I would feel it in my body. I would begin to feel tense. Maybe I'm squeezing my knees together with my book on my lap, which isn't necessary, but I'm just starting to feel tension in my body.

And the way I explained it was 'I'm taking dictation from my dictators'. Aandrah often calls aspects our dictators. And it's exhausting: it takes away energy.

So if I'm writing (like I was saying, sometimes I explore relationship) so this happened... and I feel an emotion coming up... jealousy, or anger, or whatever – I'm human. So I feel that and I observe it, and if I decide to stay with my mind, if I decide to stay with my aspect, there's always more that they want to say and they don't want to be interrupted: well, how about that time? And then he or she did that. How about that – you're not letting them off? And then how about that? And your parents did that... and it goes on and on.

And I could entertain them. I could spend a day (and I have) just writing. So the mind and the aspect always has a time urgency: get this down. You don't want to miss it, this is really important. Don't stop for a drink of water; don't go to the bathroom like you don't want to miss what's coming next.

It's all mind chatter. And it may take a while...

It's kind of like Lucy holding the ball for Charlie Brown: sooner or later I don't trust it. We're not going anywhere. You're just enjoying having my full attention.

And so that's what an aspect feels like. And that's a red flag, when you can't stop.

Because when soul talks, it's different. You get relaxed, and the pen drops and you're feeling like it's flowing. And any explanation that's coming in for maybe something I'm going through... it will start to arrive and I won't feel like I want to break that connection. I don't want to break that flow, that nurturing, that sweetness to pick up a pen and start writing words. You know one letter has to go in front of the other or it's spelled incorrectly—I don't want to, I don't feel a need.

And as far as getting something down in my book for later, I can write it anytime. Because I can't lose it – it's mine. And that is a really BIG piece: you can't lose that knowingness.

Where the mind will tell you: well you'll forget it if you don't write it.

With soul there are no conditions, and there's no time – right? We're together, we're stuck together for all of eternity. So if you don't write it today, I'll remind you tomorrow, and we'll get it down then.

So it's really felt through the body: whether there's a feeling of urgency...

And with integrating, I've noticed that integrating is invigorating. And I just love how that could be a catchphrase: integrating is invigorating.

I mean after having found where that energy got stuck in that memory: a small child, a misunderstanding, a stern look... soul is willing to take that child and bring her onto her knee, let her hear her heartbeat, and feel calm, and safe and loved.

And I feel that energy that was locked up, I feel that release—it might be in my spine or somewhere else in my body, but I feel like I have new energy now, you know? That energy that was held so tight, it's now released and I'm relaxed and I just feel energized, and vitalized, and all those wonderful things. Smiley. (laughter)

Yeah. So that's what I go for.

MARISA: Yeah. Absolutely. Just letting that joy back in.

EVA: And sitting down with a journal every day: it invites that stillness. It's that invitation. And if my aspects are backed up, then I might write a bit more through the day because we're working with a theme...

And we'll meet a few one right after another. But other times they know: they know every day I'm going to take fifteen minutes and I'm going to spend time with whoever, whatever needs to be healed.

MARISA: Yeah.

We had a question in the chatroom. Marie was asking because she actually stopped journaling because of all that mind chatter and she says: any suggestions on how to change it? But she's actually put that you've answered her question with what you've said about just going into that beautiful space.

It must be wonderful... I'm trying to think of the right word... I want to say to have that commitment to your integration and living as an enlightened master to say: I am willing to spend fifteen minutes every day getting in touch with that safe space in this way, as an invitation to my aspects to integrate.

And I was going to ask you the question of habit versus commitment, which you kind of answered as well because it is habit in that you do it on a regular basis, so doing from that simple human context it is, but to me, there's kind of a deeper energy to it which is that commitment to your soul connection and to living your ascension.

Now I should actually ask you a question about that so you understand where I'm going...

Was there a space where you kind of wrestled with forcing yourself to do it, to get into that flow with it, or was there a point where it kind of kicked into: this is such a beautiful part of my experience here, it is so essential to how I want to be here that it never became a question of how, or why or when you were doing it?

EVA: I—this isn't the answer I think you're expecting, but...

MARISA: That's okay. I like those.

EVA: But it's not habit, and it's not commitment. I thought about it and what came through was I'm just following my curiosity.

MARISA: Wow.

EVA: Yeah. It's curiosity.

MARISA: Thank you. That is really beautiful when it just becomes a curiosity. And I think that's a lot of times when we all start that beautiful big conscious breath and there's that resistance to it. And I think a part of us will create that mind chatter to say: I have to do this because it's going to fix me.

But wouldn't it be wonderful if instead we said: you know what, I want to just go and play with this experience because I'm just curious as to what it's going to show me. Well, thank you so much. What a beautiful way to change the energy of why we would even go and start doing something. So thank you for that.

EVA: The curiosity has to do with journaling because I know that preschool kids ask their parents on an average one hundred questions a day.

MARISA: (laughter)

EVA: Yeah, yeah. And there's a funny YouTube video... (laughter) ...check it out when the show's over. And I just felt that I wanted to learn: I have lots of questions and who better to ask than my soul.

MARISA: Absolutely.

EVA: And so that's why I show up everyday. And it was my experience as a child that asking too many questions annoyed adults: put down your hand. (laughter) And plus I always talked a lot and that also annoys people. And so in my soul I found a compassionate ear. She never tires...

I can talk and oh, I have this idea, and I have this theory... and she has nowhere else she's got to go. So she listens, and she never judges...

MARISA: Yeah. And there's never a stupid question you could ask your soul is there? They never turn around and go: argh! Why did you ask me that?

EVA: (laughter)

MARISA: Never.

EVA: No. And sometimes she provides me with information before I even ask.

MARISA: Yes.

EVA: While we were running the gauntlet, it seems to be easing up a little bit now, but when I was going through that very intense time, I found myself writing one day...

Oh. I was going to add that she talks to me in a way that I can understand. I used to be very involved in gymnastics: first as an athlete, and then later as a coach and a judge...

And so one day this past summer, I found myself writing, 'do you know how when you want to increase your balance, you widen your base of support?'

MARISA: Yeah. Exactly.

EVA: Yeah. And so I called a massage therapist, I made an appointment with a naturopath, and then the following week I had a Skype session with Aandrah. And I needed help and I sometimes don't know when to ask for help: can I just keep pushing, you know? Can I just keep integrating, can I just keep meeting these aspects, can I just keep running this energy through my body...

And sometimes the compassion of my soul says: you could probably use a bit of human support too.

MARISA: Oh, absolutely.

Eva, I've got a question in the chatroom from Gabby in America. And she's saying there's times when the mind chatter is super-intense. So how do you stop that and really get to that soul energy? Do you do breathing? Is there anything else that you do? Do you just keep going letting that pen move? What do you do to sort of get that back into balance when it's just really over the top?

EVA: Thank you. That's a great question. And when I've experienced that most intensely has been in the night where I feel an aspect near and it's quite scary, and it feels quite convincing, and I used to wake myself up and run from it. By becoming awake I was gone, right?

I, and others like Ahn, call this the point of separation. So I'm at this juncture where I'm feeling so much, and my body has already gone into the reaction: so I'm pumping adrenalin... breathe.

Well I can't. I'm suffocating: I can't get air down my windpipe. (laughter). I'm petrified, terrified. I'm all alone.

And then... (slowing down) and then... I realize... that no aspect is more powerful than me.

So this fear is something that comes from the mind. Realizing no aspect is more powerful than me, it's something I've been able to experience, so now it's an experienced truth.

But at first you may just have to say: okay. No aspect is more powerful than me. (repeat) No aspect is more powerful than me. I am the chooser.

You know, at first it feels mental because you haven't experienced it.

But after you've experienced it, you've been at that juncture where your body is in alarm, but you remember: I'm the chooser. No aspect is more powerful than me – your soul is RIGHT THERE. And that's the first breath.

Okay. I have a bit more I want to say...

MARISA: Yes, go on.

EVA: ...because I felt I had to experience this to learn it.

The first breath seems to do nothing and my mind loves that. It tells me: well, why did you think it would work? How did you think it was going to work? Blah, blah, blah, blah.

And the chatter intensifies because the mind is desperate and it will say anything to keep me. It's like Columbia House Record Club: we want you back! They keep sending you mail, right? They don't want to let you go. And that's what the mind's doing.

It's desperate. It will tell you anything, anything at all. It's go for a weak, or a soft place or a hurt place and just send you more thoughts, more thoughts.

But then: I'm the chooser, and I don't have to listen to this.

And so I return to my belly. I place both hands on my belly... and I begin to feel how solid, and how safe it is. And from experience, I know I WILL get down to my belly. It might not be the first breath, it might not be the second, but then I start feeling my soul with me and I'm not alone. So any argument: you could die here...

No. no. no.

I just don't go there anymore. I don't have to argue that thought, I can just let that thought float on by...

And take another breath in through my nose. And it doesn't matter if it makes it all the way down to my belly. That's all right. My soul is giving me my next breath... before I can even breathe that one down to my belly, my soul has my next breath: here, breathe this one in.

MARISA: Thank you.

EVA: And it's so powerful and it does work. And I needed Aandrah to say: I am 1000% sure this works. It works. And I needed someone to say it works, because in that moment, you can forget. And you haven't had the experience yet. You haven't felt, perhaps you haven't felt when you're that alarmed: you haven't felt that calm. And it works for anything, any worry. And then the next thing you end up believing with all your heart is 'fear isn't real.' (laughter) It's not real.

Because over and over and over, it's not real. So I understand now, I just need to be willing. So when my breath catches in my throat, I feel all alone, I feel like I could just be taken away by my mind and that aspect and that nightmare... I just begin to feel a shift...

And I think that when we were playing with these subjects before your show and we were talking about 'your own personal merabh'... that's something that people who tune into the Crimson Circle monthly shouds would be familiar with. A merabh is only

five minutes and you just experience a shift. That's all a merabh is. So this is your own personal shift.

And once that shift happens, your body may take a little while to calm down, but trust that energy has been shifted and it will continue to flow. It will keep flowing, and it will keep flowing... until it's found resolution: until it's found balance. And so there's nothing I need to do past that – I'm the chooser. There's no aspect more powerful than me. I'm willing, soul. And take that breath, and she's there with the next one. Take that breath too. And just keep receiving them down.

So you see, I'm not doing anything. It's all being taken care of for me. That aspect goes to soul for that comfort, for that healing. I'm just receiving the next breath, and the next breath. And then I can sleep. And I do love my sleep! (laughter)

MARISA: Don't we all! (more laughter)

EVA: To me, I think the recurring dreams I used to have as a child, what I used to call a nightmare, I think they were aspects from other lifetimes that wanted to integrate and innocently arrived. Why not? She's not busy. But they frightened me; they frightened me so badly. I couldn't deal with it (then) but now I can.

So journaling isn't what makes this happen – it's the breath. And it takes lots of practice. So don't listen to your mind when it says: you're not catching on, you'll never get it. You're no Aandrah, who do you think you are?

No. No thanks. Just let that thought pass. Because it does take time and it does come.

MARISA: Fabulous. I think that is a big thing. You know people get put off when it doesn't happen straight away and that mind chatter loves to tell you you're doing it wrong. And when we sort of have that understanding that that's all that is – it's just that distraction, it's mind chatter and just be willing to – all we have to do is take that next breath. I love that you said you really don't have to do anything except take that next breath and it's there waiting for you, just let it through. So thank you so much for that.

EVA: Well I used to think I needed to make the breath happen, but you don't, it's just there.

And for me, I met with Norma and Garret just before I started editing for them, so that's probably five years ago, and I talked to them about becoming certified as a New Breath facilitator. So that would be something my mind would throw back at me: you? New Breath facilitator? You can't even breathe. (laughter) You're a fraud!

Not that I went out and advertised and charged money or anything, but your mind will find a place where it can really do some deep damage if you (allow it).

MARISA: Oh, it loves it.

EVA: Yes. It's going to go for something very deep and something painful. Something that will make you squirm. And you know what? You don't have to listen to this. I am more powerful than any thought that wants to cross my mind.

MARISA: Hmm. It does get very, very clever. And I say the stronger you get, that the more evolved you get – the cleverer it gets too. (laughter)

So speaking of evolving: you've been doing this journaling for quite a few years now... how has the actual journaling evolved, and how have you evolved along the way as well?

EVA: (pause) I'd say how it's evolved is I'm getting to know myself. I'm getting to know what's mine and what's not, and I'm gaining experience, and I'm able to set boundaries.

I had difficulty saying no to aspects before: well, I can't. I'm not going to be rude. Well, can I do that? Can I tell an aspect to go away?

I can do whatever I want. This is my life. This is my incarnation – they had theirs. Yes, I'm committed to integration with my soul, but I'm not taking any abuse. Period.

And some of it's the childhood some of us have come up through; we're used to some very harsh realities. And so that's new for me to say: no, I'm not listening to that. I'm not even answering to that.

And go to soul. You have a complaint? Go tell soul. You know, me – ME, I don't have to put up with any of that business. So that's how it's evolved.

I think that early in this conversation I was talking about how sometimes I would take dictation from my dictators: I'd think it was so important... I'd barely stop all day. I'd just be writing in my journal, and writing and writing... and I thought I was releasing. Ah, you have to release this.

Well, no.

Releasing and writing is not the same as integrating—at all. They're two very different things. And yeah, so I'd let Lucy hold the football, but finally... isn't that what awakening is? You awaken – my eyes are open, I see what you're doing. I'm not putting up with that.

MARISA: That's it. Yes.

EVA: So that's where journaling has evolved. And now I've found I can use it more for art and creativity and bringing through the colors from dreams, and animals... that's where I explore now and play because I did all that. That was in the early journals: early meaning the first four and a half years. I—honestly, maybe in the last half year, I've been less gullible. (laughter)

MARISA: Isn't that a wonderful feeling to know that you're not so gullible anymore. We've been dipping into the subject of discernment, but I really love what you said before: it's just really knowing what's yours and what isn't. And that's another wonderful part of our awakening, isn't it?

EVA: Absolutely.

And it might be energies you ingested as a child, you know at school when someone was getting into trouble and I would start cowering... I don't want to get into trouble too. All this guilt, and shame, and embarrassment, and all those emotions, I could feel those through aspects...

And I can heal that: come to me. I know what to do with embarrassment. I know what to do with shame. I know what to do with guilt. I know what to do: I'm the adult, I'm the leader. And come to me, bring it on because I love, I love spending time with my children. And when I say I – I'm speaking from my soul.

Yeshua said that: bring the children to me. You know, he had a soft spot in his heart for little children.

In their innocence, they take on things that never were theirs.

MARISA: They do.

EVA: Yes, yes.

MARISA: Wonderful. And you know, I had that personal experience when I did my first little book.

And I'm going to confess: I've always thought I had a resistance to journaling and the funny thing was, I was clearing a cupboard a few weeks ago and I found some old journals. I forgot that I had actually started channeling through journaling and the greatest gift it gave me was in learning what was my voice and what wasn't my voice, which actually helped me as a channeler as well. So that discernment was a HUGE part of my evolvment as a channeler, and now as a writer. So thank you for sort of clarifying how that's been for you as well.

Can I now get you to talk about the practical things about journaling if people are wanting to get started like: do you use your computer or do you handwrite? What sort of books do you use? Do you buy nice books or do you buy little cheap books? Can you talk a little about those sorts of things?

EVA: Okay. And you know that the two of us have had a lifetime where I think we were both scribes...

MARISA: Yes. (laughter)

EVA: So I do love handwriting, I love paper, and I like to see my handwriting. And so for me it was never a question of would it be a paper, physical, material book – or a computer.

And I find too with a computer, I need to be in the mood for feeling a lot of other energies through email, through marketing, through the ads, through the click, click, click, click... move all this crap out of the way just to get to the stuff that's actually of interest. So I don't like to feel those other energies. Again, it's my me time.

So I prefer a paper book and I felt that getting an expensive gift-type journal kind of held me back at the beginning because I feared what kind of emotion might come through because I knew I had a lot of anger. And the kinds of things that I didn't want to tell other people were the kinds of things I didn't need a pretty twenty-five dollar journal for... (laughter)

So I purposely, intentionally went with something cheap.

MARISA: (laughter)

EVA: And it was like Kuthumi was saying: if you want to (write or) draw... take a stick and do it in the sand. It doesn't have to be a big production.

So I found these books: they have coil binding. And I like those because whether I'm writing on the left or the right hand page, I can equally flip them around. And they also have an elastic so I find now that I like to play with associations, and follow my curiosities, and really enjoy my time with my book – I like that with an elastic I can tuck in printed pages or things I clip or (collect)... and it holds them all in one place.

I like using a black pen so that if I'm writing in dim light; outdoors and the sun is going down or if I am up in the night and I'm just using a little light somewhere in the house, then I like that my pen is black and I can see what I've written.

My favourite right now is two-sided tape. I discovered it and I just love it for printing quotes... sometimes they're posted on Facebook and I'll copy them into Word, and

then I'll click and reduce the size so that it's just a small thumbnail, or if I want it to be the same size as the page in my journal –I'll print it. And then I'll cut it out and use two-sided tape and I'll stick it in my book and I'll write, what drew me to it or whether I thought it was funny or whether it was a wink... a validation...

Sometimes it's a little: that's right. Keep going, keep going, keep going.

If I've been writing or thinking or working on one of my theories, or questioning and then something shows up that is exactly that little missing piece or it echoes what I had just been writing with my soul – then I think that's fun and I love it, and I clip it, and keep it!

MARISA: Ah... and you said you do a little bit of drawing: so just playing with colors as well?

EVA: I have done. From my dreams. My dreams are visual because my mind is not there and it's not working with words... so sometimes the things I bring back from my dreamtime...

I do enjoy animals, and once in a dream I was seeing – and then it was like 'stop and look' (rather than my dream scrolling on and on) and it was an opossum in the crook of a tree.

And so when I awoke that was one of the curiosities that I followed. If you type in 'medicine' after you have (entered) an animal then you'll find information about what kind of energy, what kind of messages that animal has. It's a little new age-y but I think it's fun. I enjoy it.

MARISA: Yes.

EVA: Your own soul will find a way to get messages through to you that you enjoy. So it might be music, it might be movies or television, or something. You're going to find that if you're willing to receive, to begin the dialogue back and forth, you will find a way that suits you. And I do like the furry little critters and then I can draw...

Or if I'm just washed in a color, rather than write: I saw orange last night in my sleep. (laughter) I might just find that shade of orange and just do a bit of scribbling, or shading – I just have fun with it.

And sometimes it feels nice just to reconnect with crayon and pencil crayon and when you used to have those projects in school: I enjoyed school, I enjoyed being a scribe – I liked that. And so that's how I play with my soul, and for someone else it might be entirely different.

I have a quote from one of my favourites that I'd love to share. It's by John Lennon. He said: *time you enjoy wasting was not wasted*.

That's something I had to get over: should I really be here as a grown adult finding the right color of orange to scribble an entire page in a book? Hmmm... (laughter)

MARISA: (laughter)

EVA: But I don't listen to that voice, do I?

MARISA: No.

Ah, that's beautiful. And just to finish up with now: our last question.

EVA: Yes.

MARISA: Do you keep your journals, and do you ever re-read them?

EVA: Major regret: I used to journal my dreams for about five years, and I didn't just throw them out – I shredded every page. And now that just seems so wrong. And I also played around with automatic channeled writing in and around 2000, so that's going back a long time too, and I didn't keep any of those volumes either. And so I've learned from that.

Although I don't re-read my journals, I do date them and number them and I keep them in a box.

I don't need to go back. My favourite journal has always been the one I'm holding in my hand. It sounds strange, but it just feels good to hold that... what I'm doing in that moment. And I know I'm writing an epic love story – and it's very important. It might be the most important thing I'm doing for myself right now. But I wouldn't throw out the ones that brought me to where I am right now: I would never judge where I was at, or think that they weren't as important as the one I have now.

MARISA: Beautiful. That's a wonderful, wonderful note for us to finish on: this has been such a wonderful conversation. Thank you so much for being here with us today.

If you would like to visit Eva: you've got a beautiful little blog where you've started doing some writing as well. It's newenergyexpression.com. Please go and visit that. That's: newenergyexpression.com

So we'll say goodbye and thank you to Eva. It's been wonderful to have her here. And I wish Eva congratulations and good luck with her family wedding for next week. We really appreciate having had her here. It was a really beautiful conversation.