

CHARLOTTE DALBIN

Eudaimonia

YOUR HIGHEST GOOD
AS A STATE OF BEING

PROLOGUE

Eudaimonia is an ancient Greek concept that is often translated as “happiness,” yet its true meaning reaches far beyond fleeting emotion. It speaks of a life well lived—a life aligned with one’s deepest truth, and fullest human potential. It is not about feeling good at every moment, but about living in accordance with one’s highest good, with purpose, integrity, and inner coherence. Eudaimonia is the quiet fulfillment that arises when a life becomes meaningful.

This book is a compilation of insights that have come to me through a path I did not fully design, but rather, one that unfolded. The ideas within these pages have been received through moments of channeling and later confirmed through Akashic Record readings. I do not present them as doctrine, nor as something to be followed blindly, but as reflections, invitations, and practical guidance that may resonate with your own inner knowing.

I am, at my core, a normal mother of three, living in the beautiful chaos of motherhood. My life is not removed from the demands, the noise, the tenderness, and the intensity of everyday existence. And yet, within this very reality, there has been a long-standing search driven by longing to understand life more deeply.

By grace, that search has been met with moments of illumination. At times, these have arrived as sudden quantum leaps in understanding—brief yet profound openings of clarity. At other times, they have unfolded more slowly, as a progressive form of enlightenment, built through experience, reflection, and integration. Both have shaped the perspective from which this book is written.

We are living in a time of profound transition—times that may feel uncertain, intense, and, at times, destabilizing. From now and into the years ahead, it becomes more necessary than ever for each individual to step into their highest human potential. Not as an abstract ideal, but as a lived reality. Because when each of us aligns with our highest expression, we contribute to a collective elevation. We begin, quite simply, to help one another live better lives.

Another concept that accompanies this work is **stigmergy**—the idea of work triggered by a mark. It is a principle observed in nature, where simple individual actions leave traces that guide the actions of others. Termites, for example, build complex structures not through centralized control, but through following and responding to the marks left by one another. From these simple interactions emerges a form of collective intelligence.

This book is my mark.

I do not see myself as teaching. I see myself as participating. As placing something into the field. As leaving a trace that may, in some way, guide, inspire, or activate something in you. Just as each termite is equal in its contribution, so are we. Each of us carries within us the capacity to respond, to build, and to co-create something greater than ourselves.

What you will find in these pages is a collection of practical guidance—reflections, perspectives, and tools aimed at supporting the unfolding of your highest human potential. It is not exhaustive. It is not final. It is simply a beginning, a fragment of something much larger.

There is much more from where this came from. And in time, I will continue to share further chapters and reflections through my upcoming website, allowing this body of work to evolve organically, as it is meant to.

ACKNOWLEDGMENTS

Thank you to my friends and family—you know who you are.

Thank you for helping me find the time, the strength, and the space to think clearly and to write. Thank you for holding me, in visible and invisible ways, during a moment of profound transition in my life.

This work was written in the midst of that transformation. And it exists because, in one way or another, you made it possible.

Thank you, from the heart.

Nota Bene

This book has been edited and translated with the assistance of ChatGPT. Nevertheless, it originates from a human mind and will be reviewed and refined by human eyes.

ON THE SOUL, THE MIND, AND THE BODY

Before speaking about intuition, I think it is important to explain — very humbly — how I personally understand the relationship between the soul, the mind, and the body.

Everything that I will say later about intuition only truly makes sense within this structure. Of course, what I am sharing here is not presented as an absolute truth. It is simply the way I have come to understand life through life experiences, my spiritual work, and through the information I have received while doing Akashic Record readings.

THE SOUL

The soul is the highest aspect of ourselves. It is the part of us that is connected to the divine intelligence of creation — to God, if you are comfortable with that word.

Personally, I do not have any issue with the word God, but I also understand that, depending on how we were raised or what religious experiences we may have had, some people prefer different terms. If the word God does not resonate with you, you can simply replace it with Source, the Universe, or the intelligence of creation. The word itself is not the important part. What matters is the idea of a universal creative force from which everything originates.

The soul, in my understanding, does not have a beginning, nor does it have an end. It is part of the energy of creation itself. One of the most beautiful ways I have ever seen this expressed comes from the poet Rumi, who said: “You are not a drop in

the ocean. You are the entire ocean in a drop.” This quote perfectly describes how I understand the soul — in the sense that we are not small fragments separated from the divine. Each of us carries the entire essence of creation within us. In that sense, the soul is limitless, just as the creative force that generated it. Everything that you see outside is also inside.

However, when the soul chooses to enter the experience of life in the third dimension — life here on Earth — it accepts, for a time, to limit its expression. It enters the human experience through the body and agrees to live within certain parameters so that it can fully experience being human. In other words, the soul remains infinite, but its expression through the human experience becomes temporarily limited.

THE MIND

The way I see it, the mind functions almost like a GPS system. If the body is the hardware, then the mind is the software that runs it. The role of the mind is not spiritual expansion — its role is survival.

The mind constantly gathers information from the environment and stores it in order to help us navigate life safely. This information can come from many places: our personal experiences, the education we received, what our parents and elders taught us, cultural beliefs, transgenerational patterns, and also the collective knowledge that exists in the energetic field around us.

A small parenthesis to understand collective knowledge and the energetic field: imagine a country that has just gone through a war. Even if the war has ended and

future generations experience wealth, peace, and prosperity, it is very common for the behavior of those closest in time to the experience to still be shaped by scarcity and fear. In that sense, even in a present moment of peace, human behavior may still be dictated more by past trauma than by current reality.

Another example is that of a newborn baby who immediately knows how to suckle after birth. The baby has never eaten before — so how does it know what to do? Some of us believe that this information is accessed through an energetic field that stores collective knowledge.

Parenthesis closed.

Over time, the mind builds a database of information that it uses to make decisions. This is also where many limiting beliefs originate. It is where fears are stored and where traumatic experiences can imprint themselves, both in the mind and in the body (see *The Body Keeps the Score* by psychiatrist Bessel van der Kolk).

But it is important not to demonize the mind.

The mind is not trying to sabotage us. It is simply doing its job — collecting information and making decisions based on that information in order to protect us and ensure survival. The difficulty is that the mind does not necessarily evaluate whether the information it has stored is true, accurate, or aligned with our highest good. It simply uses what it has learned. And this learning may be based on fear, trauma, or inherited, transgenerational beliefs that were never consciously questioned.

THE BODY

In my understanding, the body is also profoundly intelligent and, in many ways, as powerful and limitless as the soul. However, in order for the human experience to take place in the physical world, the body has agreed to participate in a system of apparent limitations.

Part of that agreement includes allowing itself to be programmed by the mind. If the mind is the software, the body becomes the system that follows those instructions. This is one of the reasons why we experience things such as aging, illness, and, ultimately, death.

From the moment we are born, we are immersed in a world full of messages that tell us certain things are normal. It is normal to age. It is normal to develop diseases. It is normal to eventually die. These ideas are repeated by society, by science, by culture, by family structures, and by the collective beliefs of humanity. The mind absorbs these messages and normalizes them, and the body obeys.

Personally, I believe that the fewer limiting programs we carry about disease, suffering, and death, the less those realities tend to manifest in our lives. And this principle applies not only to health, but to many aspects of our experience.

ON INTUITION

The mind, by nature, will always have an opinion about things. It is programmed to analyze, compare, anticipate danger, and suggest solutions. Because of that, the mind produces many internal voices. Sometimes those voices can sound very convincing. And very often, they can masquerade as intuition — not because the mind is trying to deceive us, but simply because, if we do not know how to differentiate the two, they can feel very similar.

That is why the advice we often hear — “always follow your intuition” — can be misleading. My advice would be slightly different: only follow your intuition once you are able to clearly recognize the difference between the voice of the mind and the voice of the soul.

From my experience, the soul is of the same nature as the Higher Self, with the difference that your Higher Self is your soul — not a part of it, but in its entirety — connected to Source. Time is not linear; everything exists in an eternal present. Therefore, your soul is (1) in this reality, living life as yourself, (2) while also existing in other times or even dimensions, living what we like to call past lives (which, in reality, could be called “other lives,” since they are all happening in the eternal present), (3) while simultaneously being one with God as your Higher Self. Therefore, your intuition is your Higher Self.

An author who helped me tremendously in understanding how to listen to one’s Higher Self is Maureen St. Germain. She teaches a method, and one particular

exercise stayed with me because of how simple and effective it is. I practiced it for months before it became second nature to me. The idea is very simple: you train yourself to receive yes-or-no answers from your Higher Self by asking questions that are as unimportant as possible, as often as possible. The reason for this is important: as we discussed earlier, the mind — or the ego, or the “monkey brain” — has a lot to say when things are important. When a decision involves something emotionally charged, the mind immediately becomes very active, which makes it extremely difficult to recognize the quieter voice of intuition. In other words, the more trivial the question, the less interference from the mind, which does not feel the need to take control of the decision.

This allows you to begin training your internal hearing. Slowly but surely, you will notice that the mind contains many voices, and it has the ability to use them all at once. For example, the moment you are driving and mentally singing along to the song playing on the radio, while also listing your supermarket items in your head, while also commenting on other people’s bad driving. The mind can very easily layer multiple internal voices, whereas intuition — the voice of the soul — is one single, clear voice. The goal of the exercise is to gradually learn how to recognize that unique voice.

Before explaining the exercise itself, there is another principle that is important in spirituality: clarity of intention and naming. Over the years, I have read many spiritual texts, including the Bible, that put forward one idea again and again: when you address a specific spiritual consciousness, you name it clearly. If you are speaking to God, you say God. If you prefer, you say Source. If you are speaking to your Higher Self, you say Higher Self. This clarity matters. In spiritual practice, you do not call out to “any spirit” or “whoever is there,” nor do you remain vague about

who you are addressing. You speak precisely to the consciousness you intend to communicate with. This creates a clear energetic boundary and ensures that the response comes from the place you intended.

A small note that I find important here: once you have clearly stated who you intend to speak to, there is no need to doubt, fear, or try to protect yourself. One thing I have learned through my own experience with the spiritual world is that impersonation is not possible there: an entity cannot pretend to be another one. No matter how negative an entity might be, it cannot present itself as something it is not when you have clearly named who you are addressing. Confusion tends to happen only when we are vague.

For this exercise, the consciousness we are addressing is your Higher Self — the aspect of your soul that remains fully connected to divine intelligence while you are living your human experience. Before you begin asking questions, you first need to learn how your intuition communicates with you. So the first step is simply to sit down calmly and say something like: “Higher Self, please show me what a yes feels like.” Then you wait. Different people receive intuitive signals in different ways. You may feel a sensation in the body, hear an internal sound, see a word or symbol in your mind, or simply experience a clear inner knowing. Once you receive that signal, you repeat the process and ask: “Higher Self, please show me what a no feels like.” With practice, these signals become very clear.

I will share my personal example so that you have a concrete idea of how this can appear. When I receive a yes from my Higher Self, I see the word YES written very clearly in large black letters on a white background. At the same time, I feel a tingling sensation in my body that moves upward, almost like an energy rising from

around my navel toward my chest. Internally, I hear something like very high musical notes — light and uplifting. When I receive a no, the signals are the opposite. I see the letters N-O clearly written on a white background. The sound becomes lower, almost like a deep musical tone. And the physical sensation moves downward in the body instead of upward. For me, these signals appear together. I tend to use all my senses simultaneously when I am channeling or reading the Akashic Records. But for someone else, it might be only visual, only physical, or only auditory.

The important thing is simply to discover your own signals. Once you know how your yes and no appear, you begin asking very simple questions throughout your day — questions that are not important. For example, imagine you are about to leave the house and, while choosing your shoes, you ask: “Higher Self, should I wear the green shoes for my highest good?” Then you wait for the answer. The mind usually does not care very much about which shoes you wear — unless you are a fashion influencer, in which case it might be very important. But for most people, the mind stays relatively quiet about such decisions, which makes it easier to hear the intuitive signal.

One of the most fascinating things about this practice is what happens afterward. When your soul sees that you are actively trying to communicate with it, it often begins to help you in very tangible ways. If you received the answer correctly, the day will often provide small confirmations. For example, imagine the green shoes were tennis shoes and the other option was flip-flops. You follow the intuitive yes and wear the tennis shoes. Later in the day, maybe your plans change unexpectedly. Perhaps you end up going to the park with your child or walking much more than you expected. Suddenly, you realize how useful those shoes are.

Moments like that can feel like the soul gently saying: “Yes, you heard correctly. This is why.” It almost feels like encouragement.

Of course, sometimes you will misunderstand the signal, and that is also part of the learning process. If you thought you heard yes but later the situation becomes inconvenient, you can simply observe and say to yourself that you probably interpreted the signal incorrectly. There is no failure here. You are simply training your perception.

I practiced this method with many small decisions: which shoes to wear, what to cook for dinner, which road to take while driving. Sometimes, when I am at a traffic light and there are several routes to my children’s school, I might ask: “Higher Self, is it for my highest and best good to take the road on the right?” Then I wait for a yes or a no. If the answer is no, I take the other road. And often, something happens later that shows me why that path was easier or more aligned for the day. Over time, this practice strengthens your ability to recognize the quiet but unmistakable voice of intuition. Once you learn to recognize it in small things, it becomes much easier to trust it when the decisions become bigger.

ON WORKING WITH THE MIND

One of the most important things to understand about the mind is that it is not something we are meant to control. It is a part of us that we are meant to work with. Thoughts are not as abstract as we think. In many ways, they are as real as you and I. Whatever we think, life seems to give us more of. When we are fearful, we find more reasons to be afraid. When we are grounded in joy, life seems to reflect that back to us.

But here is something essential to understand: the mind is not only conscious, it is also subconscious—and the subconscious is much larger. If the mind were an iceberg, the conscious mind would be the visible tip above the water, and the subconscious would be everything underneath. So if, consciously, you are saying, “I want abundance, I want success, I want love,” but subconsciously you are holding beliefs like “money is dangerous,” “love is unsafe,” or “success leads to suffering,” then it is not the conscious voice that shapes your experience. It is the subconscious one, because it carries more weight.

This is why alignment is essential. It is not enough to think positively at the surface; the deeper layers must be brought into alignment as well. And this is where the work becomes subtle. We do not silence the mind. We do not fight it. We influence it. We feed it what I sometimes call “good propaganda.” This is an idea that has been put forward by Bruce Lipton, among others, and it refers to the fact that the mind can be gently reprogrammed through the repetition of positive and supportive beliefs.

This is not only done through affirmations during the day, but also—and very importantly—through the states of consciousness we access around sleep. When we are just about to fall asleep, or when we are waking up, the brain moves through different frequencies, including alpha and theta states. These are moments when the subconscious becomes much more receptive. Listening to affirmations in those moments allows those ideas to be embedded much more deeply, almost bypassing the analytical filter of the conscious mind.

In that sense, the goal is not to force the mind to change, but to consistently offer it new information, new patterns, and new possibilities, until those become familiar enough to be accepted and integrated.

And above all, when it comes to our thoughts, let's create distance. Meditation is my go-to method for working with the mind, as it allows you to create space between you and it. It helps you understand something fundamental: you are not the mind. The mind is one component of you, but it is not the entirety of who you are. When the mind's chatter becomes overwhelming or begins to generate emotions that bring you down, you do not need to fight it. Instead, you distance yourself from it. You observe it with patience, knowing that it comes from a place of limitation—of acquired knowledge, of fear, and of survival.

We do not quiet the mind. We do not silence it. We simply create enough distance so that the noise becomes background noise. It is still there, but it no longer has power over you.

ON WORKING WITH THE BODY

The body is often the most underestimated part of this entire system, and yet it may be one of the most responsive. There is an experiment that has been widely shared, conducted by the Japanese researcher Masaru Emoto, in which words were directed toward water, whether written or spoken. When harsh, negative words were expressed, the crystalline structures that formed appeared disordered. When kind, intentional, and harmonious words were used, the structures appeared symmetrical, almost like sacred geometry.

Whether we take this experiment literally or symbolically, the message behind it is extremely powerful. The human body is made largely of water. So the question becomes: if water responds to intention, to words, to frequency—what about us?

Because thoughts and words, in essence, are not so different. They carry the same intention, the same direction of energy. The only difference is that, in this plane of existence, we hear words, but we do not hear thoughts in the same way. But the body does not make that distinction. The body listens to both. It listens to what we say, and it listens to what we repeatedly think.

Which means that the way we speak to ourselves is not neutral. It is formative. It is shaping. It is instructing. In that sense, working with the body is not only about what we eat, how we move, or how we rest. It is also about the internal environment we create.

There have even been studies showing that when individuals mentally rehearse physical actions—such as exercising—there can be measurable changes in muscle

activation and strength. The body responds, even when the action is imagined. Which tells us something profound: the body is not only reacting to physical reality, it is responding to perceived reality. And perceived reality is shaped by thought.

This does not mean we abandon physical action. It means we understand that thought and action work together, that intention and embodiment are not separate, and that the body is not something we carry—it is something we are in constant dialogue with.

And when that dialogue becomes conscious, kind, and aligned, the body begins to respond differently. It begins to soften, to heal, to reorganize itself in ways that often feel almost surprising.

“Thank you body for being in optimum health, allowing me to live life for my highest good.”

BY GRACE, NOT BY EFFORT

One of the most important things I have learned through my spiritual journey is something that may sound surprising at first: in reality, nothing happens purely by effort. Everything happens by grace.

This idea took me a long time to understand, because we grow up in societies that place enormous value on effort. We are taught that if we work hard enough, if we push enough, if we try hard enough, we will obtain the results we want. And yet, when we observe life carefully, we see that reality is not that simple. There are people who work extremely hard their entire lives and remain in very difficult circumstances. There are also people for whom certain doors seem to open almost effortlessly. If effort alone were the determining factor, the world would look very different.

This is why I gradually came to understand that effort is not what produces results. Results come from grace—the invisible support of life itself. Even the things we believe we achieve through effort are, in reality, sustained by grace at every step.

For example, imagine someone who wants to improve their health or build a stronger body through exercise. That person might say, “I achieved this through discipline and effort.” But if we look more closely, we realize that every part of that process depends on grace. The muscles must function properly. The lungs must breathe. The heart must beat. The body must recover. Even the time available to exercise is there by grace. The opportunity, the physical ability, the environment, the access to the place where the exercise happens—whether it is a gym, a park, or

the beach—all of that is grace. Without those elements, effort alone would not produce anything.

This realization changes the way we see our actions. It does not mean that doing things is useless. We came to this dimension precisely because it is a dimension of action. We came here to experience doing, creating, building, learning, and interacting with the material world. But the doing itself is not what creates the results. The doing is there to be experienced and enjoyed.

When we act with this understanding, something shifts. We stop acting from pressure and start acting from participation. We are no longer trying to force reality to give us something. Instead, we participate in the flow of life while recognizing that the outcome ultimately comes from divine grace.

WHEN FAITH MEETS LIMITING BELIEFS

There is another dynamic that I have observed repeatedly in life, and it explains why change sometimes happens quickly and sometimes seems to resist us for years. In my experience, real and lasting change appears when two elements meet: our limiting beliefs and our faith. Most of us carry limiting beliefs without even realizing it. These beliefs can come from many places: family history, childhood experiences, cultural messages, or things that were said to us repeatedly, collective knowledge, or even what we might call “other lives.”

Let’s take a simple example. Imagine someone who struggles with weight and would like to feel healthier in their body. There may be a limiting belief operating in the background. Perhaps many people in that person’s family struggle with obesity, and the person has heard all their life that “it runs in the family.” Or maybe, as a child, they were told repeatedly by a parent or a relative that losing weight would always be difficult for them.

Even if those statements were said casually, they can leave a strong imprint in the mind. So a belief is created: “For me, losing weight is difficult.” But at the same time, that same person may also have faith—faith that if they adopt healthier habits, their body can change; faith that through prayer, grace, or discipline, their situation can improve; faith that something different is possible. These two forces—the limiting belief and the faith—coexist at the same time. Change happens when these two forces meet at a point where faith becomes stronger than the limiting belief.

Sometimes this happens gradually. As a person takes new actions and experiences small successes, the old belief slowly weakens. Sometimes it happens suddenly,

almost like a breakthrough, when grace intervenes and the limiting belief dissolves. Both progressive and immediate change occur through grace, but depending on your needs and on what serves your highest good, one or the other will unfold. My personal experience is that those of us who are meant to teach often go through progressive improvement, because it allows us to understand and later explain how transformation happens step by step.

But in both cases, the mechanism is similar: the old program and the new faith meet, and at some point, faith begins to prevail. When that happens, change becomes not only possible but stable and durable. If the limiting belief remains stronger than the faith, the person may try many different methods without seeing lasting results. The old belief continues to influence their behavior, their expectations, and even the way they interpret reality. But when faith grows stronger, the internal landscape changes. The person begins to act differently, perceive differently, and respond differently to circumstances.

This is why inner transformation is often as important as external action.

Changing the visible aspects of life is not only about what we do. It is also about what we believe is possible. And ultimately, even that shift—the moment when faith rises above the limiting belief—is something that happens through grace. My ultimate point here is this: if everything happens by grace, why are we so often hurting ourselves in the process of achievement? The “work hard, play harder” mentality may be one of the less useful pieces of advice in today’s culture.

ON LIMITING BELIEFS

When we speak about faith and limiting beliefs, a very natural question arises: do we need to identify all of our limiting beliefs in order to grow? Because if that were the case, it would feel like an enormous task.

This is where an image has helped me understand this process very clearly. Limiting beliefs are like onions. When you remove one layer, you often discover that there is another layer underneath. And then another. And another. Until eventually, you reach the core. This is important to understand, because when we want to dissolve a limiting belief—when we want to quiet it or transform it—reaching the heart of the onion can be very powerful.

But—and this is essential—nothing in this process is linear. Spiritual growth is not a simple equation where one step always leads predictably to the next. It is not a system where one plus one equals two. In fact, you do not always need to know your limiting beliefs in order to be free from them. And this is something I really want to emphasize. A limiting belief can dissolve by grace, even if you have never clearly identified it. Sometimes something simply shifts within you. A perception changes. A pattern disappears. And you may not even be able to explain exactly why. And that is perfectly fine.

Because the way we grow, the way we evolve, and the way we move closer to God always depends on what serves our highest good. If something can be released instantly, without analysis, then it will be released that way. If something needs to be understood consciously, then understanding will come. And if something needs

to unfold as a process—so that you can learn, integrate, and eventually teach it—then it will take the form of a process. All of it is valid. All of it is guided.

Now, when the process does take time, as it has often been my case, one of the most helpful tools I have found is writing. Keeping a diary—not in a rigid or forced way, but as a space where you can gently explore what might be underneath a pattern you are noticing. You begin by writing what you think the limiting belief is, and then, little by little, you start asking yourself what is behind this, and then again, what is behind that. You peel the onion, layer by layer.

Let me give you a very personal example so that this becomes concrete. At one point in my life, I carried a limiting belief that sounded something like this: I do a lot for others, but I don't receive the same in return. It wasn't that I was consciously doing things in order to receive something back. It was more subtle than that. It was more like: I am good to others, but life is not necessarily good to me.

At the time, I was someone who was constantly doing. Doing, doing, doing. Helping, giving, showing up. When I started to explore this belief, I realized that part of it came from something I had inherited. In my mother's family, religion was very important, and there was a strong idea that you needed to earn heaven, that you needed to deserve it, that goodness was something that had to be proven through actions. This was one layer of the onion.

But as I continued to peel, I began to notice something deeper. I realized that my way of helping others was not always coming from a place of freedom. Sometimes, it was almost compulsive. I would give even when it was not aligned with my own well-being. I would give even when it took time away from myself or from my family.

And that is when I began to see something more clearly. This was not just generosity. This was a lack of self-love.

And as I kept going deeper, I reached the core. The real belief underneath everything was this: if I don't do for others, I am not lovable. Not lovable by others, and not even lovable by God. So in reality, I was not simply helping. I was trying to earn love—from others, from God, and even, in a way, from myself.

And when I saw that, something shifted. Because at the very core, what I was actually trying to do was to love myself. Everything I was doing externally was an attempt to compensate for something that was missing internally. And once that became clear—again, by grace—things began to change. Not because I forced myself to behave differently, but because the root had been touched.

Today, I still help others. Of course. We are here to be of service. But the energy behind it is completely different. Now, I give because I genuinely want to give, not because I need to. And that changes everything. It no longer feels like a sacrifice. It feels like a joy. It feels light. It feels aligned.

And something else becomes clear as well. Giving and receiving are not meant to happen in a direct exchange between the same people. Life does not function like a transaction. It functions like a circle. You give here, and you receive there—sometimes in ways you did not expect, sometimes through people you did not anticipate. From our perspective, it can look random. But from a higher perspective, it is deeply synchronized. And when giving no longer comes from a place of lack, but from a place of fullness, it becomes a blessing—for others, and for yourself.

ON RITUALS

Rituals have existed since the beginning of time. Every civilization, every culture, and every spiritual tradition has used them in one form or another. What changes from one place to another is not the existence of rituals, but the form they take. As such, they are always adapted to the culture and belief system of the people who practice them. Some traditions use candles; others use prayers, water, flowers, incense, sacred objects, or specific gestures. In some cultures, rituals are extremely elaborate, while in others, they are very simple. The way I personally understand rituals is that they are a way of giving tangible form to something that is happening on an energetic level.

When we set an intention, something already begins to shift energetically. Intention is powerful, and in many cases, intention alone would be enough. However, the human mind often needs something more concrete in order to truly register that something has taken place. Rituals help create that bridge. They take something that exists on an invisible level—such as an intention, a prayer, or a decision—and give it a visible expression in the physical world.

When working with spiritual guidance, I have often seen spirit guides suggest rituals to the people they guide. These rituals are usually very simple. They are not about complicated ceremonies or rigid rules. They are often suggested in moments when a person needs to mark an internal transformation. For example, rituals can be used to release an emotion that has been held for a long time. They can be used to express forgiveness, either toward another person or toward oneself. They can also be used to symbolically break a karmic bond that no longer serves a purpose. In those situations, the ritual acts almost like a language that the mind and the body

can understand. It might be lighting a candle, surrounding oneself with flowers, or writing something on a piece of paper and then letting it go.

In essence, the ritual is a way of embodying and materializing an intention. It creates a moment, a setting, and a gesture that communicates to the brain: something important has just happened. The intention was already there. The energetic shift was already possible. But by speaking it out loud, by creating a small ceremony around it, we help the mind integrate that change more easily. It becomes real in the language that the brain understands.

For this reason, I do not see rituals as something that is strictly necessary, since transformation can happen without them. But I do see them as useful tools. One important point, however, is that rituals should always feel aligned with our own belief system, attuned to what we consider safe, good, and even sacred.

As a parenthesis, I would like to add that I have a hard time accepting practices that present rituals as being “pleasing” or “needed” by a deity. Source does not need rituals; it simply invites us to be in alignment with it. Rituals are a tool for the human mind.

ON PROTECTION

The very idea that we could protect ourselves—or protect the people we love—carries within it a misunderstanding about our place in the world. To believe that we can truly protect ourselves would mean that we are able to control what cannot be controlled. In a way, it would mean that we are attempting to play the role of God.

Protection, as we usually imagine it, assumes that we have the power to prevent every possible danger, every possible event, every possible circumstance that could affect us or those we care about. But if we look honestly at life, we quickly realize that this is not something human beings can do. Can you prevent lightning from striking where you are? Can you ask your lungs to breathe, or your heart to beat? Can you control the countless invisible processes that sustain life from one moment to the next? The answer, of course, is no.

Life is full of forces that exist far beyond our personal control. For this reason, the idea that we are meant to protect ourselves in every possible way often comes from a place of fear. And fear, in many ways, is the opposite of love. The more we live in fear, the further we move away from love. And the more we live in love, the less space fear has to exist. As such, an ideal life is not a life where every risk has been eliminated. It is a life where fear no longer dictates our way of being in the world.

We are not called to spend our lives trying to control everything around us. Instead, we are called to develop a relationship with Source based on the deep understanding that it is eternally benevolent and always oriented toward our

highest good—whether we feel we deserve it or not. When we truly understand this, something shifts inside us, and we begin to realize that the more we surrender ourselves into the hands of the higher self, the more we naturally bathe in its protection, which is the only protection that truly exists.

It is not something we create through effort or control. It is something we enter through trust, faith, and the quiet certainty that life is not working against us. We begin to live with openness instead of vigilance, with trust instead of suspicion. And in that state of trust, something very important becomes clearer: the voice of our intuition, that leads us toward what is aligned with our highest good. We make decisions that feel right, even if we do not always fully understand why at that moment.

This brings us to an important question that many people have asked during Akashic Record readings. Sometimes people experience what they interpret as premonitions. They feel that something bad might happen, and they wonder whether that feeling is their intuition warning them so they can protect themselves. The answer has always been the same: the soul does not use fear as a language. The Higher Self does not communicate through anxiety, panic, or dread. Fear is produced by the mind. The soul guides through attraction, curiosity, inspiration, and subtle redirections.

To illustrate this, imagine the following situation. You are driving on a road. Further ahead, an accident is going to occur. That accident may be part of someone else's timeline, but it is not part of yours. If you continue driving at the same speed, you may arrive at the exact moment when the accident happens and become involved in it. But that is not the path that belongs to you. Your higher self will not suddenly

fill you with fear and tell you that something terrible is about to happen. Instead, it will gently redirect your attention. Perhaps you notice a beautiful little café by the road, full of flowers that immediately attract you. Maybe you feel an unexpected desire to stop for a coffee. Maybe you suddenly realize you would like to stretch your legs, go to the restroom, or simply take a small break. You stop, sit for a moment, and relax. By the time you return to your car and continue driving, the accident has already happened and passed. You may never even see it. In this way, what was never meant to happen to you simply does not become part of your experience.

Notice something important in this example: fear was never used as the mechanism of protection. Instead, guidance came through attraction and subtle redirection. This is how the language of the soul works. Fear belongs to the mind.

ON MANIFESTATION

Lately, a lot is being said about manifestation. The idea that we can manifest the life of our dreams has become very popular, and in many ways, that is a beautiful realization. It is empowering to understand that we are not passive observers of life, but active participants in it. We are, in fact, great manifesters.

However, I would like to approach this subject with a great deal of humility and nuance. Because in my experience, manifestation is actually the lower end of the spectrum. The real fulfillment in life does not come from manifesting what we think we want. Real happiness comes from allowing Source to manifest the path that is truly meant for us, while we simply follow the red thread that leads in that direction.

Why is this better?

Because when we manifest, we usually manifest through our desires, and desires come from the mind. The mind is a wonderful tool, it is intelligent, creative, and capable of imagining many possibilities. But it also has limitations. It can only desire what it already knows, what it has already seen, or what it is able to imagine. Whereas when we follow the path that Source unfolds for us, we enter something much larger than the mind's imagination. We begin to receive a life that is not only what we wanted, but often something we did not even know we wanted. There is a particular feeling that comes with this way of living. Life begins to feel cozy, aligned, and exciting at the same time. Things fall into place in ways that feel almost magical, and there is an added joy: the element of surprise.

When we manifest something consciously, we already know what we are creating. We have decided on it. We have imagined it. We have worked toward it. But when Source unfolds a path for us, we do not always know what is coming next. Beautiful surprises appear one after another, and life begins to feel like a continuous unfolding rather than a project we are trying to manage.

I say this from personal experience. Whilst still being very young, I learned how to manifest in certain areas of life, especially in those where I did not carry limiting beliefs. This is something that is very important to understand: manifestation tends to work easily in the areas where we do not have strong limiting beliefs. In areas where limiting beliefs exist, manifestation becomes much more complicated. In those cases, the limiting beliefs need to be dissolved, softened, or sometimes simply disappear (by grace) before the manifestation can occur. As the EFT practitioner Brad Yates often says, "the degree to which we don't have what we say we want is often the degree to which we are resisting it." In other words, when something does not manifest in our lives, it is often because some part of us is still holding a belief that does not allow it.

This is why manifestation can feel effortless in some areas of life and extremely difficult in others. Where there is no internal resistance, things tend to flow naturally. But where limiting beliefs exist, the mind itself can unknowingly block what we are trying to create.

I have had some wonderful experiences manifesting things I truly desired. They were beautiful experiences, and I do not dismiss them at all. But interestingly, they never brought the deep sense of fulfillment I expected. Once I obtained what I had manifested, I often found myself wanting something more. Or what I had received

was very close to what I wanted, but not exactly. It felt as if there was always something slightly incomplete. Now that, by grace, I feel I am finally following God's will in my life, the experience is completely different. I am living a life filled with moments that feel like the best moments of my life. Sometimes I even need to pause and ask myself: is this real?

The next question, naturally, is this: how do we follow the red thread?

We can learn to listen to the higher self (see previous chapter), or we can learn to observe and understand synchronicities. In other words, life begins to offer very concrete signs that help us understand which direction is aligned for us.

Many people ask during Akashic Records readings about what are often called "angel numbers," such as 11:11, 4:44, and similar patterns. They wonder what these numbers mean. Their guides sometimes explain that these numbers can carry symbolic meaning for the person seeing them. But very often, they explain that the meaning is specifically linked to the question, the problem, or the choice at hand, acting as a form of answer or moment of reflection. They function as clues.

The important question is: what were you thinking about at the exact moment you saw them? What decision were you contemplating? What situation were you reflecting on? Often, the number simply acts as a form of confirmation in relation to what is already present in your mind at that moment.

Let me give you an example from my own life. At one point, my family and I were moving to another country. One of the most difficult decisions I had to make was choosing a school for my children. There were many options available, and I did

what I usually do: I asked my higher self and Source to guide me toward the best possible school for them. At the same time, I am someone who enjoys doing things. Even though I increasingly understand that life is more about being than doing, I still enjoy participating in the process—or sometimes, it is more a matter of not fully “letting go and letting God.”

So I made a list of all the schools available, gathered information about them, and tried to understand their differences. But the most important thing for me was something that is rarely written in brochures: how the children were treated. That is something you cannot always know from a website. Shortly after that, I happened to speak with an acquaintance, and during our conversation we ended up talking about the place we were moving to. The person told me that someone I had worked with before was now living there and that I could contact her to ask about the schools. As it happened, she was not only a parent, but also a teacher, and was able to give me very precise and honest information about the educational environment. She recommended one particular school, and interestingly, it was already the school I had intuitively felt drawn to.

Often, when I ask the universe for guidance, I ask for two confirmations. If the decision is extremely sensitive, sometimes I ask for three. But generally, two confirmations are enough for me. The school she recommended had a very unique name. Around the same time, I received the news that a very dear friend of mine, a woman in her late nineties whom I loved deeply, had passed away. We had shared a beautiful period of life together when I lived with her for a few months, and we had always joked that when she died, she would find a way to send me a message. When I received the invitation to her funeral, something struck me immediately: her

last name was exactly the same as the name of the school. For me, that was the second confirmation. And that settled the decision.

This is simply one example, but in reality, most of the important decisions in my life now follow this same principle. I ask for guidance, I pay attention to synchronicities, and I move in the direction that feels aligned. The result is a life that constantly surprises me in the best possible ways. Of course, in my case, life often surprises me because I enjoy surprises, and even that is something Source knows. Source knows us better than we know ourselves. So if you prefer certainty rather than surprises, life will guide you in a way that feels comfortable for you.

ONLY WHAT COMES TO THE LIGHT CAN BE HEALED

I was scrolling on Instagram the other day, which I admit is not the best habit, but I do it from time to time. At the very least, I try to follow content that is healthy, or that attempts to be as informative and constructive as possible (guilt trip). During one of those moments, I came across a post from a woman I follow. She is a Christian mother and wife who often shares very interesting content about Asian remedies, teas, herbal infusions, and natural things she prepares when her children are sick. I find that kind of content very helpful for my own children, which is why I follow her.

That day, however, she had posted something different. The post was about her relationship with her husband. She had written a list of statements that described the principles they apply in their marriage. One of those statements said: "We do not call or text people of the opposite sex." I was already a little surprised by other parts of the post, but that particular statement really shocked me. Now, if that were simply a practice that they apply within their own marriage, then honestly, to each their own. Every couple creates the rules that feel right for them. But I became curious and wondered if anyone else felt the same surprise that I did, so I started reading the comments.

What surprised me even more was that many people were reacting very positively. Some were even saying things like, "I'm not Christian, but this is also a rule in my marriage because there is too much temptation out there." Normally, I tend to keep my opinions to myself on social media. But in this case, I couldn't. Something about this really spoke to me, because I recognized something very familiar in it: the

human tendency that when we fear something, we often make it someone else's problem. We place the cause outside of ourselves.

In the comments, people were essentially saying that it is other people who might disrespect the marriage, other people who might create temptation. But if you are tempted by someone of the opposite sex, that belongs to you. Temptation does not come from the outside. It reveals something that already exists within us. And when we try to eliminate the possibility of temptation by controlling the external world, we are often avoiding looking honestly at what is happening inside ourselves. That realization brought me to something that I believe is very important in any kind of spiritual work.

Only what comes to the light can be healed.

Because it is only when we recognize that the way we are behaving or thinking is simply not for our highest good that real change can begin. And for me, this is what it means to bring something to the light: to bring it to God, to Source, to the higher self—whatever language resonates most with you. We can simply become aware of it, or we can say it out loud, very simply and sincerely: this way of being, this way of thinking, this way of reacting is not for my highest good. It does not honor me. And I thank Source for helping me change it.

When something is brought to the light in that way, we put our free will into action and hand the situation over to Source. In that sense, I like to say that Source “is a gentleman” (please do not take this as having anything to do with gender), because it only intervenes when we open the door of our hearts to its infinite grace. Sometimes that grace can act immediately. It can be almost miraculous, like

something shifting in a split second. A perception changes, a pattern dissolves, and suddenly we see things differently. And sometimes change happens progressively. In that case, Source begins to organize life around that intention. The right people appear. A therapist may come into our life. A book, a conversation, a piece of knowledge, or an experience arrives exactly when we need it. Little by little, the world brings everything necessary for that part of ourselves to evolve in a way that is truly for our highest good.

ON GIFTS

Often, we think that we must work on our gifts in order to perfect them. And according to what my spirit guides have shown me, gifts are already perfect. A gift is a complete package of assets—energetic, physical, and mental—that is given to you by Source before you are born. You come into this world with all of your gifts, and you choose whether to activate them or not. You choose to activate some, and not others. And when you activate a gift, what you are really doing is learning how to use it in a way that aligns with your highest and best good.

Here, I want to point out something very important. I often mention in these chapters that we should aim at fulfilling our highest and best good, always. Please note that when something is truly for your highest and best good, it will always, automatically, also be for the highest and best good of those around you. One person's highest good can never be in conflict with, harmful to, or negative for anything around them. It can only ripple outward in harmony into everything surrounding them.

In a reading for a client, her spirit guides used a very clear metaphor to describe how we become comfortable with our gifts. They said: imagine you were born speaking Russian perfectly, even if no one in your family or your environment spoke Russian. Speaking Russian would be the gift. The way you learn to express that gift is similar to learning how to move your mouth, how to articulate, so that the Russian that comes out of you is as clear, precise, and aligned as possible. Therefore, gifts are not something we work on, what we refine is our capacity to express them.

In addition, I must add that we are born with a wide range of gifts—what some might call abilities, or even superpowers. Yet we are not equally drawn to all of them, and so our nature, together with the context in which we evolve, helps shape which ones we choose to express. Whether we are called to healing (through plants, sound, energy, crystals, therapy, movement, or any other modality), to teaching, or to more intuitive forms of perception—channeling other frequencies or communicating with plants and animals—each expression is simply a different way in which life moves through us. No gift is more important than another.

As with everything we have explored in the previous chapters, when you bring into the light a clear intention to develop your gift—with the sincere desire to be of service to others and to yourself, one of the most beautiful purposes we can hold—Source begins to unfold a life that meets you there, offering the teachings, the knowledge, the people, the books, and the experiences needed for that gift to emerge with as much ease and grace as possible. And if that is truly your wish, it can also become a path that sustains you and your family, so that in the very act of giving, you are always receiving.

*This book will continue to unfold, with new chapters shared on a bi-monthly basis at **dalbincharlotte.com**, as the work itself continues to evolve (on pain, on healing, on time,...).*

ABOUT THE AUTHOR

Charlotte Dalbin works at the intersection of the external world and the inner one. With a degree in communication and a Master's in Geopolitics from King's College London, she has spent over a decade working across Latin America and the Caribbean, collaborating with governments and international organizations on security, governance, and gender equality.

At the same time, she works directly with individuals through coaching and Akashic Records, helping them gain clarity and direction in their lives.

Fluent in English, French, Spanish, and Italian, Charlotte's work is focused on one thing: helping people live in alignment with their highest good.

Eudaimonia reflects that perspective. To learn more, visit dalbincharlotte.com.