

What is Your Story?



And How You Can Make It Better

By Blake Cahoon

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And the Divine Guidance Team



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Introduction

Angels and ascended masters are present in our lives when we ask them to be a part of our lives. All sorts of wonderful things can then be allowed to enter, while negativity is filtered out. Sometimes however while on your spiritual journey (which is actually just your life journey with a slight spiritual bent to it), the angels get invited in through our requests for help and the ascended masters introduce themselves to us and ask if they join the party.

That is what happened to me as I began open myself up even more to the world divine spirit in early 2005. This is when I finally acknowledge that all the ‘beings’ I was speaking to for decades, even while in my early childhood years, were the angelic and celestial realm. Of course I was receiving answers all along, but was told simply that was me talking to me, in my head. ‘Cept I knew I wasn’t that profoundly intelligent when I was six or seven. I knew when information just flooded into my head from other people and if I had questions and the answers came, it wasn’t just ‘me.’ It was something more.



In my late teens and early adult years, I studied the art of mediumship through the Spiritualist Church. This study simply enhanced my abilities, for I had been talking to the spirit world since I was 12 and just ‘knew things’ since I was 4. My parents just thought I had a great imagination. My friends thought I was weird or cool, or a bit scary.

None the less, it wasn’t until high school that I came upon the books written by Jane Roberts that featured an entity or being called himself Seth, that I really began understanding this world of channeling. Although it wasn’t called that back then. The Seth books are known as heavy duty spiritual understanding material and can be hard to understand; especially if these concepts of creating your own reality are new to you. Which there were in the 1970’s when the New Age movement started and the Seth books were new material.

Today there are many books about channeling, which is a spin-off of mediumship, as well as books on angels, ascended masters and messages from these divine beings.

It wasn’t until many years of study, acceptance and understanding that I allowed myself to be a part of this world. I now feel blessed to be gifted and able to share my gifts with others.

This is an e-book that came about as a result of my channeling gifts. I have a regular team of archangels and ascended masters that I work with and deliver messages and teachings from them. This group of beings includes, but is not limited to, Angel Elijah, Archangel Michael, Archangel Gabriel, Archangel Raphael, Archangel Uriel, Archangel Sandalphon, Archangel Metatron, Archangel Haniel, Archangel Jophiel and several other archangels and angels and ascended masters Master Kuthumi, Master Yeshua, Master Saint Germaine, Lady Master Kwan

Yin, Lady Master Mother Mary, Lady Master Mary Magdalene, Master Merlin as well as several other ascended masters. Collectively we have come up with the name the Divine Guidance Team, since the list of name is too long to relay to each time I deliver their messages and teachings.

Over the last ten years the Divine Guidance Team has dictated to me or allowed me to present their insightful teachings and helpful messages to many fine audiences around the world through live workshops or through our videos, audios and books.

This eBook is part of this growing collection of inspired works from the Divine Guidance Team. In this book, entitled: “What is My Story?” the Team provides an outline of how to determine what your story is, how it came to be and how to improve your personal story for a more helpful, hopeful tomorrow.

We all strive to be better in our lives so we can provide the best for ourselves and our families. That journey starts with your own personal story, an examination of which can be tremendously helpful in bringing in your wishes and desires for a better life for those you love and care for.

In looking at ourselves through the eyes of angels and ascended masters, we can gain inspired and useful information that we can apply directly to our everyday lives. With their help, we can be given a unique perspective and be provided God-given information to help shape our lives in new and positive ways.

We hope you enjoy this eBook and we hope that it encourages and uplifts you in your spiritual journey.

Many Blessings,

Blake Cahoon and the Divine Guidance Team

Kentucky 2016

What do we mean when we ask: What is your story?

Your story is a reflection of what you are telling others about your life; how you react to life circumstances and the position from which you engage with others and life circumstances. It is an accumulation of your life events and your direct reaction to those events. How do you view your life and its history?

Positive? Negative? Do you rehash past events that no longer serve you, have purpose or meaning? Or do you rehash old life events because they serve you? How do they serve you? Are they promoting you with expansion? Teaching you lessons that allow forward movement? Or are they contracting you into feeling like a victim?

All people have their own unique story to tell. Some life events have caused them to fear going forward. They are afraid of repeating the same mistakes over and over again.

But we know there are no real mistakes—simply experiences from which you either expand or contract from one degree to another. Your life is a series of events that allows you to grow in a positive, helpful and happy manner or turns you in the opposite direction. You learn to find out what you do want in life with these experiences versus what you don't want in life with your varying life situations.

You learn something from each experience—positive or negative to you individually. It allows you to make better choices (better meaning choices that will lead you where you wish to go versus where you don't wish to go) the next time similar life circumstances come along.



One hopes that by expanding your knowledge about the direction you wish to go in, you wouldn't repeat those life experiences that keep you from your destiny. But often times it takes several tries to provide you with enough knowledge to keep you on your path. In other words, if you are experiencing something over and over again that you do not like, there is more knowledge there to learn from within that experience. Once you've "learned your lesson" you'll be able to move on without constantly repeating the same "mistakes" over and over again. You may "tested" once or twice; just to make sure you "got the lesson", but after that you'll know that if this circumstance comes up again—you won't be tempted to repeat an undesired experience again. You'll be able to tell a different story. The story you want to tell not the one you don't.

We often hear humans complain that they keep making the same mistakes over and over again and how can they stop?

We say that you keep making the same “mistakes” over and over again because you are attempting to go down a different road or tell a different story but because you haven’t learned yet the lesson you set out to learn with your lesson, you continue to provide the same answers and get the results. You may find that your current story or life circumstances are serving you some fashion, thus keeping you where you are for you may be fearful of telling another story or going down another path.

Humans like their comfort zones – you don’t appreciate change as much you say you’d like to change. We have observed this about you. Of course some of you thrive on change – constant change and thus never stay in one place very long. Certainly not long enough to appreciate what the newest place is offering you. Instead, impatiently you move onwards to yet something new.

So you have the constant stagnation or a moving target in front of you, when what you should be seeking is balance.

There is a reason that the sayings about balance and moderation are so popular; because there is truth there.

You must seek out balance and provide moderation.

You must become self-aware enough to realize that your current story isn’t serving you (if indeed your current story isn’t to your liking). You must begin to realize and recognize elements of your own story, enough to figure out which path you should or should not have taken.



It is always your choice—your path. This is your journey. Now there may be consequences for taking one path over another, but ultimately it is your story and you ultimately can make the choice which way you wish to go. Often people make choices that they seek to make, but those around them are not in accordance with those choices. There is initial disharmony as a result.

It is always your choice—your path.

But further analysis of the situation may bring forth deeper truths and desires. It is the art of analysis of one’s own intentions and desires that must be sought when contrasting experience(s) bring about disharmony.

Some of that analysis may bring up emotions and feelings that are painful to the individual, but indeed it is necessary to face these true intentions in order to clear your path and move forward. If you do not, then the path will remain unclear and blocked, time and time again. Thus you feel you are making “mistakes” over and over again.

Many people do not accept that the choice is there. This is because of their belief systems. These beliefs are formed when adults are children and are exposed to their parent's beliefs, their society's beliefs, their culture's beliefs, their religion's beliefs and their school's beliefs. This myriad of beliefs form the basis from which a child operates and helps form the individual's story. The child grows into adulthood gathering more beliefs along the way. Some serve the person well, while others may not.

Because belief systems are so ingrained into one's personality and thus story, it may be hard to discern what a belief versus what is actual fact is. **Beliefs come from a variety of sources and are based on opinions, traditions and dialogue surrounding the belief.** Actual fact is based on what is perceived scientific reality. We say perceived, because perception can be tricky.

For example, the sky is blue can be construed as a fact. Although on cloudy days the sky may actually be many shades of gray and at night, a variety of black colors are intermingled with various light sources.

Water is wet is also a perceived fact—for if one is covered in a rubber suit, that prevent the touch of water being wet, and then water isn't felt at all. Water as steam is a different type of wet than flowing water.

Facts can be perceived in a matter of ways and beliefs even more so. Beliefs come about because at some point in time, someone, usually an authority figure, said something was so. Enough people agreed with that person and may have even formed a construct around that belief turning it into a larger belief system. Non-believers may have been told that dire consequences would come about if they did not believe in said belief. Others may enforce a belief with dire consequences so there will be a limited number of non-believers.

History points to many circumstances about beliefs and how people react and act according to their beliefs.

Most world religions are formed on the belief that there is a higher power above humans. Many times this higher power has been depicted as an elderly yet strong, even fierce man who sitting on a cloud, is judging humans, ready to bring down His wrath on non-believers or those who don't conform to the rules and regulations of that religion.

How any particular religion treats its followers to maintain that belief forms the basis of their doctrine. The time period surrounding the Spanish Inquisition was cruel to people who didn't believe as the Christian or Catholic Church of the times believed. Many people were beheaded, burned at the stake and otherwise tortured to make people conform to the beliefs of the Church, because the King declared it to be the only truth that existed.

There many other examples of this from your Salem witch trials to Baptist churches condemning folks to Hell if they don't confess their sins and believe that Jesus Christ is their Lord and Savior.

Even today the use of fear is used to create chaos, havoc and hate to those who don't believe as others wish they to believe. Propaganda runs rampant in your media maintaining a Chicken Little scenario with every Wall Street report of falling stocks on any given day.



Your beliefs are many, formed in the antiquity of your present timeline and enforced by government, religion and society until the line is blurred between what is really a fact versus a belief. Actually the majority of facts are distorted too, so the powerful can remain powerful and the powerless will remain under control of those in power. There is much analysis needed to determine what is real and what is truly based on someone's original thinking in order to discern the wheat from the chafe. In other words, you might have to dig deep to dispel your fears, for they may be deeply rooted in profound and powerful belief systems that go back many generations.

But when a belief is holding you back from reality and your desired path, then you must make a choice: **is that belief is still serving you?** Your story is built on many beliefs. One of the most common ones we have seen is that you are not worthy or you do not deserve to be happy, or have the things you desire.

You feel you will be punished if you are too happy, when nothing is further from the truth. Your natural state is one of joy and happiness—you operate best when you are coming from that frequency level; but you often do not select to go to that level, least something “bad” happens to you.

Nothing “bad” will happen to you – unless you believe it will. This is why belief is such a powerful and potent drug of choice. For belief rules your story and you operate from those beliefs that you believe in most.

When you first start analysis of your present story, and figuring out what works and what doesn't, figure out on what basis does your story stand on. What are your beliefs and do they still serve you? What are their foundations? You may be surprised at what you may find.

Most people chose their political party based on their parent's choice. Most believe in what their school taught them and only what their school taught them. People stay married because their church tells them that they must stay together—even if the relationship is now toxic, to both people and to the children if any were produced.

People drive a certain type of car because their neighbor bought it, their parents bought it or the TV ads made it look good to drive and be seen in. Do you long to carry a designer purse or wear designer shoes? Why?

How do you dress? How do you dress your kids? What does their wish look like at Christmas? At Chanukah?

If you work eight hours a day for forty years, and be a good employee, will that get you a good pension and retirement? Many thought so. Many still do.

Times change and beliefs change. We no longer think the earth is flat as was the belief in early Biblical times. Or that the earth is the center of our galaxy as was once believed. The Renaissance astronomer and mathematician Nicholas Copernicus is credited for proposing that the earth revolved around the sun and not vice versa as the Church believed at the time. He was condemned by the Church for his beliefs.

Yet some beliefs still remain. The belief in the Devil and Hell remain strong, in some religions, for example. If you're not "good" you'll go to Hell. This keeps people in a fear mode and they keep trying to do whatever their society says is "good" vs. "wrong", just to be on safe side. Even if it is counter intuitive to their own joyful journey of life.

When you look at your own story, start looking at your own beliefs. They may be holding you back or no longer serve you. While there are those that still believe the earth is flat, our trips to the moon dispel that belief. Of course, some don't believe we ever went to the moon—that it was staged!

Conspiracy theories can be fun to speculate about, but if a belief isn't serving you any longer, then it's time to put that belief to bed and start a new way of thinking. This often means coming out of your comfort zone and exploring new territory.

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But as we've said before—that is what this earth was created for—it is a place where a wide variety of contrasting experiences allows humans to expand beyond their own barriers. Fences are good to keep cattle from roaming the plains, but it may not be good when borders and boundaries aren't serving you well in your life's journey. You may have too many or too little boundaries; and some of these may be based on your beliefs. Isn't it time to start looking at them to determine if what you believe or don't believe is serving you or harming you? Once you've determined this, then you can begin to tell a different story and stop making the same "mistakes" over and over again.

Much of our beliefs are vocalized daily. The power of the spoken word vibrates into reality when spoken enough. The universe is a wondrous place that sets up mirrors to help us reflect upon our thoughts, words and actions. There is an old Chinese saying, "Life is like an echo, what you send out, comes back."

The universe is set up on automatic pilot especially when it comes to using our spoken words. Whatever you say, it will agree with you. This is the natural, cosmic or universal laws of both resonance and attraction at work. Resonance is the intensity or force behind the words--the vibrational frequency that is set up by the emotion behind the words. The law of attraction basically says like attracts like....which can get tricky if you don't understand that this law doesn't differentiate between what you consider to be like something else.

For example, if you complain all the time that you don't have money, that you are constantly broke or that you don't get paid enough—the universe in turn will agree with you and set up the circumstances to make what you are saying to become a true statement. This is why we always tell you to watch what you are saying.

The universe doesn't understand jokes, sarcasm or cynicism. It just hears you and reflects back to you what you are saying with no judgment. It's on automatic pilot that way—just like a robot or a parrot.

This is what the premise of the saying “Ask and you shall receive” or “Ask and it is given” is all about. The caveat is be careful of how and what you ask for. You have to be somewhat specific and fairly clear on what your true objectives are and you have to stick to those objectives in order for the universe to deliver.

Often the universe will deliver you a method to obtain that which you ask for; although sometimes things “magically” seem to show up too. Given enough time, practice and effort, you can begin to manifest that which you desire in a fairly rapid time period.

But again, manifestation often depends on what you are thinking about, and speaking about and what actions you are taking. And often you do one or all three based on your beliefs, which either causes your desire to come to you slowly or to you rapidly.

Also, that Higher Power, we mentioned earlier? God, Goddess, Source, the Force, Divine Guidance, Infinite Intelligence, the Universe, the Creator—whatever you choose to call it—does exist and does operate on a conscious intelligence level.

Simply study a flower or inside of a seashell, a star map or the human body to see that there is something more here that meets the human eye. Many of us prefer the term Creator since It is the force that created worlds, universes and galaxies and all that are contain within those places. It was pure energy that awoke one day and said, “I want to matter.” And so It did. And thus all is energy that sometimes matters. (Think about it; and you'll get our little joke.)



The Creator is inclined to provide humans their desires according to their highest good. This is why we always teach you to say “all for your highest purpose or highest good,” when asking for

something. Now the hiccup here is that your conscious self may not always agree with your higher self who knows what is best for your overall situation and knows what you are truly and really are intending when you ask for something.

Yes, there is more than one aspect of you that works daily to move you along your life path and guide accordingly. There is your conscious self, your unconscious self which also contains your ego and your higher self. Think of your conscious self as the person you stare at in the mirror daily. Your unconscious self is your back story, all you've learned and believe and are often ruled by. While your higher self, hovers overhead and knows what truly motivates you and is the seat of truth of your soul. It knows what is really best for you. It can see the future, it knows the past and it watches over the present. Most of the time you ignore the inner voice of reason (the higher self) and will go with an unconscious decision.

Fear vs. Love

Now when you ask for something, first realizes that for 97% of the time, you ask for something out of fear, not out of love, which is the opposite of fear. Hate is a component of fear. One hates out of fear. So fear is the opposite of love, not hate.

The other 3% of the time you (or the majority of you) ask for something altruistic—or for the betterment of someone else—not you. And parent's before you protest—you ask for goodness about your children so ultimately you can say you were a good parent and did that you did the best you could; or you want your child to be happy so ultimately you are happy. You can lie to yourself, your family, your friends or your boss, but you can't lie to the Universe and/or to your Higher Self. They/It always knows the truth.

Again, go back to your belief systems and see where your beliefs truly stem from and you will begin to understand your own story and why you are telling it the way you do. And why your life is the way it is.

Now you may disagree with us on the percentages and that is to be expected, but ultimately our purpose here is to point out that there may be a disconnect between your higher self—that which knows all of your conscious self. Throw in your subconscious and you're really stirring up a pot of potential trouble! All three aspects may or may not and often aren't in harmony with each other. And the irony of course is all aspects are really made up of you!

The Desire for Love

But your conscious self may be lying, your subconscious may have another motive altogether but your highest self knows what is best for all of you.

For example, you desire a lover. Now you may view a lover as a means of security versus that of being loved. You may ask for a lover or soul mate out of loneliness. A lover would provide you companionship. You may ask for a lover for intimate relationship of a carnal nature. Or your intention may be something in-between all of these desires. A part of you is really asking for something stronger than the individual parts of your desire. You are also asking for a lover and attracting them to you based on your past experiences, good or bad.

A part of you is really asking for something stronger than the individual parts of your desire.

Many ask for a lover and get a bad lover over and over again, for that is all they know. They don't know what a good lover is and so they gravitate towards the bad thinking that is all there is, when in reality lovers come in all flavors, shapes, sizes and personalities.

For sake of example, let us say you truly are seeking companionship on a subconscious level. You think you want a lover, but you've had bad experiences and are afraid of repeating the same story. Of course, the universe doesn't recognize your all of your back story—although it does pick up on your troubled emotions and it knows you want a lover. So it may continue to send bad lovers to you—because this is what you are concentrating on—not getting a bad lover!

But the universe doesn't hear the NOT in anything you ask for. It doesn't know bad or good. It just hears whatever you are telling it and concentrating on. It just hears 'bad lover'—and so it sends you a bad lover over and over again. Because you only know one type of lover—a bad one and you are fearful of getting a bad lover and so that is the dominant thought in your mind. The universe hears and responds to the dominant thought you are thinking.

It may take time for you to overcome your fears. It will take time to become aware of what you are thinking—what your dominant thoughts are. It will take time and practice to allow yourself to move past your comfort zone into a new direction.

Once you've achieved this, then you begin to turn in the direction of what your true desire is. The world is a patient and gentle place if you believe to be so. Your highest good sees that what you truly want is a faithful companion that will give you unconditional love. A human may not be the answer for you—instead the universe in conjunction with your higher self may deliver a canine companion to you—a loveable dog—who can show you what real love is, so you can ready yourself for a human love.

The universe may take you through many steps to prepare you for what you truly desire.

This is how the universe works. Providing what you really intend, and teaching you to expand your horizons with various life setups to grow you into where you really meant to be.

Life is a journey, a process and one to be enjoyed and savored, not rushed through. You will have not only this lifetime to discover all that you desire, but other lifetimes as well.

Although you may or may not believe something today, does not mean you have to believe in it tomorrow. You have the ability to change, to refocus and to change your belief systems. Change may come easily if you allow it to flow into your life or be a struggle if you are fearful of the change.

Ultimately the decision is always yours. If you have a high threshold of tolerance to your life's current circumstances and these circumstances are not pleasant, then you will endure the pain that these circumstances bring. Many find themselves in this situation. How much pain can you tolerate? For many, the answer is quite a bit. But you generally don't like being around these people for very long.

Miserable people endure pain and are fearful to change. These people may be toxic to you and your life.

If on the other hand, your endurance levels are low, you have a strong sense of self-survival and the intuitive to want to change your life.

Again, begin with your analysis of your beliefs and see if they serve you still or need to be re-examined and modified or changed completely. Again this is a process and may not happen overnight. Some beliefs take a lifetime to change; others a matter of days, weeks or months. Let your own inner dialogue guide you as you journey forward.

Here are some guidelines that may help you reshape your story:

- Begin to journal your daily experiences and how they relate to your current beliefs. Writing provides a forum for the higher self to connect with the lower ego-filled self, which may hold you back with its protective agenda.
- Talk with others about their beliefs and attempt to sit in their shoes for a while. What beliefs serve them in a manner that is positive? What beliefs serve them in a manner that is negative? By examining and studying others in this manner, you can begin to see how your own belief systems suit or does not suit you and your life.
- Form a study group with others. Together study various beliefs, positive thought movements and who may act as a mentor to you. Reading and studying famous people who have had a positive influence in the world will allow you to broaden your own foundation of knowledge and show how just because one is famous their struggles are real too, and may reveal insights into your own life and desires.
- Read biographies of people whose life story you admire. How did they overcome their struggles? How did they cope with diversity and division in their lives? How do they learn to give back and increase their wealth and success?

- Volunteer at a soup kitchen, a nursing home or other charity groups that provide the opportunity to truly give back and still provide you with insights on people's lives and behaviors. The everyday person's story is their own and may parallel your own in many ways. You can learn from observing and studying other people's stories.

All of these suggestions are methods to become better self-aware of your own story as the world around you provides many inspired lessons to learn from. In this way, you can grow and discover the world as you desire it to be and not accept the way it is.

For the world is here to help you grow on a spiritual and personal level. Each and every day you have the opportunity to make the world a pleasurable place to live in or one of misery. By beginning to examine your own story, you actually begin to make your world a better place for not only you, but the rest of the population to live.



Each of you holds an inner light and when you allow your own light to shine, by stepping into the person you were meant to be and allowing the joy that is inheritably yours to have, you lift the darkness not only from yourself but for your family, your friends, your co-workers and all the people that you come in contact daily.

This is why we teach as we do – to help you shine your light; to live your life with freedom, joy and laughter and to spread that joy where ever you go. For then, all will benefit and all will learn to shine.

Many Blessings Always, with Love and Light,

The Divine Guidance Team

About Blake Cahoon

Blake Cahoon has been communicating with dimensional beings since she was twelve years old. She founded The Angelic Path with the help of her angels in 1997 when the company was called Amethyst Moon.

On her road to being an angel communicator, writer and teacher, she has been TV producer, a graphic designer and a computer analyst. She is a gifted channeler and psychic medium who has studied metaphysics and spirituality since she was a teenager. She attended various classes at the Spiritual Camp in Casadaga, Florida. For her more conventional education, she holds a B.A. in Communications-Film/TV from University of Central Florida.

She is a Reiki Master, holds credentials of ministry and is a recognized Doctor of Metaphysics by ULC. She holds a Certificate for Crystal Healing from the Reiki Blessings Academy.

Blake has written a number of books including “Connecting to the Angels”, “Connecting to Nature Angels” and “Celestial Wisdom.” These books can be found in various bookstores online.

Blake contributes her success to God and her angels and master spirit guides, for with belief in Spirit all things are possible. She wishes everyone could find the power of the Higher Love that is available to all and hopes that they can find the path of happiness and success by opening their heart, mind and spirit.

After living in the Chicago area for many years, she relocated to central Kentucky in 2016.

About The Angelic Path

Founded in 1997 as Amethyst Moon, The Angelic Path has evolved over the years. Its mission to help open hearts, minds and spirit remain the same as does its purpose of delivering divine messages so that we can live our best life possible, with help from our celestial friends.

The Angelic Path provides a forum and platform to deliver these messages through its many offering including books, video and audio products and social media offerings. Blake Cahoon offers a variety of classes, workshops and live events to help deliver the angelic and ascended realms' messages.

Find out more at: www.TheAngelicPath.com or find us on Facebook/TheAngelicPath.



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