



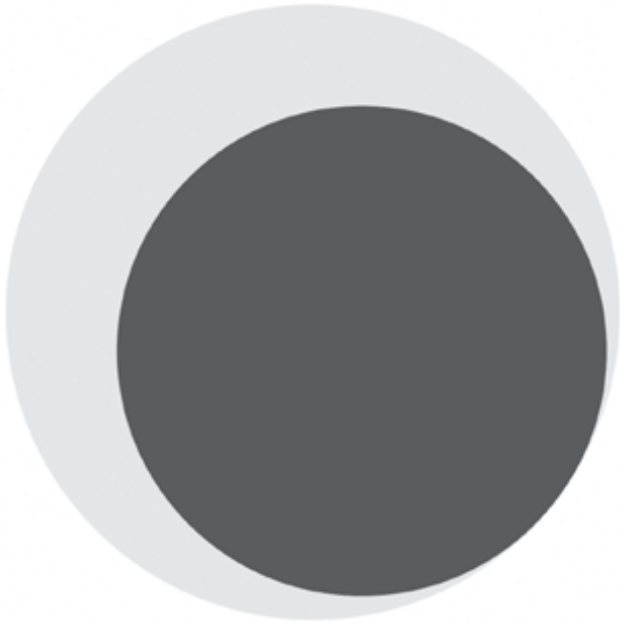
# The Alphabet Circle Journey

LIVING YOUR BEST LIFE

**Maxine Wright-Walters, Ph.D.**







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# Preface

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Sitting on the beach on a seemingly ordinary day observing the horizon and watching waves rolling into the shore, I had an awakening, allowing me to tap into what I have always been aware was inside of me. It was in the pause of this moment that I got inspired and led me to the writing of this book.

To my birthplace, the beautiful Island of Jamaica, I want to say thank you for the memories and adventure. To my friends who have stood by me during those times when I was so misunderstood, I want to say, “Thank you.” To my siblings, thanks for being there with me on this journey. To Danny Sr., and my two boys Richard and Erik, thank you for the

inspiration. To my parents, Eric and Ina, thanks for pouring so much of yourself into me. My papa, I thank you for all those beautiful moments on the farm with you. They have been the foundation of my experience as a Being who became aware. Thank you for teaching me that a little girl could dream big dreams. Thank you for sharing with me. My mama, I thank you for believing in me. Thanks for all the inspiring words.

# Introduction

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“**W**hat is the purpose of Life?” I asked. Growing up in my childhood, I was both puzzled and intrigued by life and death.

It made no sense to me that we were born to live, and then to die. I felt somewhere deep inside me that there was something more. I have been chasing this something more with the hope of finding it. Deep in my soul, I have been searching for the answers to this daunting question of life and life’s purpose. From my view as a child, life could not be a blank slate; it made no sense to me that we were just born to live and to die.



As a child, I would sit in class and daydream. I was looking through the window and staring into acres and acres of prairies. In my mind's eye, I watched myself frolic on carpeted grasslands below the trees. Their rushing leaves sway to the rhythm of the island breeze, as the ninety-eight-degree temperature soothed my spirit. The sun appeared far in the sky, pointing its laser-sharp rays towards earth, forecasting a perfect island day. Unfortunately, I have never been in a classroom with such a window. It was not until I started on the quest for my “best life” that it dawned on me that those mental images were day visions. I would literally get out of my physical body and watch myself go to the vast spans of grasslands to romp and frolic. Those were such happy moments for me as I danced among the trees; my dress hem curled in the wind.

Poised intently in that scene, I would listen to the wind as she gusts through the trees in the distant

hilltop. I looked and watched in awe, the first visible leaves dancing to her rhythm presenting a domino effect, transferring their motions from tree to tree. The wind sounded like laughter as it moved in my direction; the trees in her path caught the laugh too. Even in the ecstasy of this beautiful illusion, I could still see my classroom, the teacher, and the blackboard with the information written on it. I realized I could be in two places at the same time.

As a child, I loved the great outdoors and grew up on the island of Jamaica—what a combination! I had the best of both worlds. Island life provided many joyous intimate connections with nature, which formed the core of who I am.

The height of my day was my greatest joy when I could accompany my papa to the farm. I was always drawn to the farm. It was as if something was pulling on me to be in that setting. Those memories of walking with my papa to the farm have been indelibly printed

on my mind. I must have been six years old. Our first stop on our way was always at the Breeze hill. Here papa would pause atop the hill, his hands holding his machete across the back of his neck. He would look at the crystal clear blue sea beyond us, punctuated by the reeds swaying back and forth with the froth bobbing in rhythm with the wave.

“Praise God!” He exclaimed. Taking a deep breath, releasing it and again he exclaimed, “Praise God! What a great God!” He continues. This praise was his adoration for the Creator. When he uttered those words, I always felt chills going through my body. I had an experience that I could not describe as a young child. But it was an experience that has been embedded in my soul as I grew up.

Being at the farm felt serene and natural. Papa and I were a team. Religiously, upon arrival, papa picked a bunch of jelly coconuts, so I could consume as much as I wanted of the delicious drink and jelly-like

pulp. He was acutely aware of my great love for coconut water, and the ritual that went with the consummation of it. As I sat on the earth, he placed the chopped coconut in my hands so that I could drink its water. Afterward, he would cut the husk open exposing its beautiful jelly-like pulp so that I could consume it.

Sitting on the earth brought me peace and joy. Looking back at that time was a heavenly experience for me. We plowed the land and sowed seeds and sometimes made rows of dirt banks for our crops.

We then watched the position of the sun in the sky to tell time. When the sun was exactly overhead, it was noon. Our shadows were directly underneath our feet. It was time for lunch.

The cooking experience was a big part of our day on the farm. We gathered three big stones for the fireside, and wood from the residue of fallen trees. We were now ready to light a fire. Water was taken from a nearby drum that collected rainwater from the roof of

the hut on the farm. Papa cooked (what my mama calls bush food), and we ate it from banana leaves, with the chop-sticks papa made from tree branches with his machete. This was the sweetest food to my taste buds. Not because my papa cooked it, but because it was cooked and eaten fresh from the earth in its native environment. The water came from the earth. The produce came from the earth on papa's farm. We cooked it on the earth. Then, we sat on the earth and ate the food. This connection with mother earth was a compelling experience in the scenery of my life.

Papa and I drove the cows to the waterhole to drink and then graze in various sections of the pasture. I would jump in the waterhole and frolic, splashing myself from head to toe, as my papa looked on smiling, and nodding his head with the approval of my joy. I just had to—I could not resist the water because it was calling my name.

During the “dry season” when there was little rain to fill the water holes, papa would hamper the donkey and put me on its back to ride to the storage tank to fetch water for the animals. This ride was exhilarating. I bounced up and down as the wind blew in my face, my hat swung to the side of my head with the constant gallop of the donkey.

I felt oneness with the animals, and it was as if we understood each other. They knew I loved being there in their home, and they consented to my presence with their voices singing, their sounds bouncing and rallying throughout the quietness of the landscape. The wide-open span of nature was calling my name. I had to respond. I had to go to greet and meet it. It was in the pause of those moments that some of my life questions were answered. I have never left behind, the smell of the freshness of being outdoors in a pristine environment.

I have always known that I was different. Different for me meant, I was destined to do non-normal things. It said for me that I marched to the beat of my drum. I was always at my best when I lived with no boundaries—a free spirit. And this was my farm experience with my papa. Looking back, I now realize that these experiences as a young girl were “a pouring into my spirit.” Although at the time I had no clue, I was wide open to the experience and enjoyed every moment of it. Today, those experiences are like yesterday, and they are still so vivid in my mind.

I was always attracted to anything that has nature stamped over it, and I am still intrigued as I observe life “in all its elements.” My observations, interactions, and attraction for nature and connecting the dots have brought me to the place of this book.

The Alphabet Circle is our life’s journey from the letter A to Z. At birth, we get on this Alphabet Circle and start on our journey of experiencing life;

all kinds of relationships, and at some time after that, all of these relationships will exit the Circle. This exit will be at some letter between A and Z. Which one will it be? No one knows. How do we enjoy this journey on the Alphabet Circle and connect to every experience, even if at the moment we perceive it as “difficult?” How do we look at what we label as a negative experience, get the lesson and evolve from it? How do we embrace every interaction from a positive perspective, so that we can live our best lives? How do we live each day as the best life with ease and at peace? This book will answer these questions for us. Let’s get started.





# Chapter 1

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## Life is a Journey

It's now early in the morning. It is as early in life as your mind can recall. People who play an integral part on your life journey knowingly, or unknowingly surround you in your daily experiences. The questions are, what is the duration of these relationships, and which letters represent their end? As of now, no one knows. I suggest to you that they are all on the Alphabet Circle.

My friend Dave explained to me that he is a student of life, who is always open and willing to learn. But even a faithful student of life does not know

where on the Alphabet Circle which relationships will be snuffed out and which will persist. Life as we know it is an unknown. Therefore, life is unknowable. What we know is what we have experienced. We do not know about the experiences we will have later, tomorrow or next week. Where on your Circle will these experiences start? Where on your Circle will these experiences end?

What is this Alphabet Circle? And how does it relate to my life? Consider your life as your experience. The Alphabet Circle is a best life concept. It is our life journey, and it is our footprint in the universe. The journey on this Circle goes from the letters A to Z. The letter A represents our birth or starting point on Earth, and the letter Z represents our physical body's exit from planet Earth. And then, there is that space between the letters Z and A. We have always existed as spirit energy before we took our human bodies. We lived in this space between the letters Z and A. This I will refer to as the soul level. The prophet Jeremiah writes, "I knew you

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before I formed you in your mother's womb" (Jeremiah 1:5, New Living Translation) and this is the space between the letters Z and A to complete your Circle. We resided in this space before having flesh bodies—the area of only soul activity and no flesh manifestation. This is the space in which you got all your raw materials and tools for maximum efficiency on the planet. This is where you were wonderfully and mightily made. The Circle is one directional and each person is on his or her Alphabet Circle. The time spent on or at each letter depends on the individual's experience, response, and whether or not he or she got the lesson.

The Alphabet Circle concept offers that we exist on this Circle at two levels: as a human being, which is the physical level, and as spirit, which I will call the soul. Similarly, there are two levels of interaction on the Alphabet Circle to complement the two levels of our existence. One interaction takes place at the physical level, and the other at the soul level.

The Alphabet Circle consists of twenty-six letters like the English alphabet. But with the Alphabet Circle concept, each letter represents a phase of life that you can and will experience.

As we travel on this Alphabet Circle, we encounter new and different relationships. We also might end some relationships. Some stay for a long time and others for a short time. The lessons that we learn from these relationships or interactions are for our souls' growth, and may not necessarily be for the human experience. But if we focus only on the human experience, we usually have pain when these interactions end. Relationships are formed due to the *soul-to-soul* bonds, which we will discuss later. Soul energy is released that contains information you need for that particular interaction and hence the journey.

On the Alphabet Circle, we create. Everything we build on the journey is a relationship and is manifested at the physical level. A relationship is

## The Alphabet Circle Journey

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described as a way in which two or more people or things are connected with or involve with each other. So every association can be viewed as a relationship.

Our life's journey can be likened unto many things, but there is one experience that captures it well. Standing on the reefs in the Caribbean Sea. If you are standing on a portion of the reefs where the water is about neck high, it is easy for the ocean's current to throw you off balance and move you off that rock. You must stand on rocks of the right height. Along with this, you have to stand with arms outstretched to balance yourself on this reef so that, regardless of the strength of the ocean's current you can stand. That's our life's journey. We must find an area in which to operate so that we are in balance, and learn the lessons we are supposed to, as we traverse this Alphabet Circle.

So, we wake up each morning and carry out our daily routines without thinking. We go off to school or work. We return home in the evening, eat dinner,

maybe relax then get ready for bed. It's a process we will repeat tomorrow.

In our daily lives, we often overthink some things. Other times we do not think at all. But what if we think of every person and every encounter as being on our Alphabet Circle? What if we thought of every encounter as the meeting of souls who, upon gathering make a decision about; how they should coexist, for what reason, and that this is based on each soul's wants and needs?

Then, here comes "Monday morning quarterbacking." We put the "ole" brain tape recorder on and replay our past and argue what would have happened if we played the game of life another way. The result? We go through life hurt, wondering the reason for our losses, when in fact we should look for the lesson. Every one of those relationships was meant to end when it did. Can we embrace this? Ending an interaction does not mean that a particular relationship

will never resurface. It can, and it may, as long as the souls find the need to come together again.

If we viewed each relationship or each interaction as finite, we would be more tolerant when its end arrives. We have been conditioned to see our relationships as being infinite. That is, they will last forever. So when a relationship ends, that is, it has arrived at its point on the Alphabet Circle where it ceases to exist. We are saddened and question its death or ending.

We live in a culture where we boast about how long we've been friends with others. We tend to gloat about long-term friendships, and sometimes we talk about them in such a way to suggest that we are stable and reliable. But does longevity in an association mean you're stable? No. It says that the interactions on the soul level are still within their agreed-upon delivery of experience of spiritual growth.



# Chapter 2

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## The Theory of the Alphabet Circle

With the Alphabet Circle concept, there is a dual existence. As a human being, you are having experience as a soul and also experience in a physical body.

On the Alphabet Circle, we have soul chemistry. That is, souls bond to form relationships, or to put it in layman terms, to deliver an experience. When souls bond—the bond formed is called the *soul-to-soul* bond and the process is called soul bonding. The strength of the *soul-to-soul* bond has nothing to do with how

long the interaction or experience lasts but merely what tasks it will be required to carry out. Simply put, you need more energy to meet the lessons of the interaction consciously. It is through the challenges of the experience that souls grow more vibrant, stronger, and more beautiful. This means that, with each challenge we overcome, the energy of the soul becomes less dense, more refined, and closer to the Creator.

Energy is released when the *soul-to-soul* bonds are formed and also when they are broken. This is called soul energy. The soul energy field is packed with information useful at the human level, but we are not always conscious of it. The decoding of this energy field is critical for an enjoyable, exciting, and fulfilling journey on the Alphabet Circle.

So how does all this work? You have a desire or a need at either the conscious or unconscious level. When this happens, the souls are summoned. At their

initial meeting, souls know why they were summoned and decide to address the desire or need they came together to fulfill. The souls know how long it should take to get the mission accomplished, but the physical being may not know because it is controlled by the ego. You see, the ego is that part of your consciousness in the physical reality that controls and dominates your physical experience. However, if your response to the interaction is not fulfilled from the souls' perspectives, then they may choose to stay longer.

How do these souls interact? How does it happen? Souls communicate through a process called bonding. In chemistry, we describe molecules as being made up of atoms. Atoms are the basic building blocks of the universe. It is everything we can see around us, and even the things we cannot see, such as the air we breathe. Atoms are minuscule. There are millions, billions or trillions in the tiniest speck you can see.

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Atoms form bonds to create molecules through a process called bonding. Water is an example of a molecule. Bonding is the same concept as two persons developing a friendship. Remember, friendship is also an intentional interaction. The atoms form these bonds to become stable. Similarly, friendships are formed on the Alphabet Circle to help you on your journey and present the feeling of understanding, well-being, and balance. As with life, everything moves toward a state of equilibrium as the universe, which is energy, always shifts towards balance. The types of bonds that are formed in creating molecules depend on the kind of atoms. In the same way, you are attracted to certain folks with whom you interact or form friendships. The type of association depends on the needs and wants of the individuals creating a relationship. There are two ways in which molecules are formed; either by sharing electrons, which is similar to you sharing with your special person or by giving and receiving electrons, a

process that happens simultaneously. This is similar to you meeting a friend for an activity.

Atoms are smart. In forming molecules, which is the sharing process, they have figured out that based on their makeup; it is better for them to share their electrons to become stable. In the giving and receiving of electrons, the atoms have figured out that it is better for them to either give away or accept electrons to become stable.

When the bond forms by sharing electrons, it is called covalent—a powerful bond. When the bond forms by giving and receiving electrons, it is called an ionic bond—a weaker bond.

This scientific explanation helps you to understand the concept of soul bonding. Some of the bonds or interactions formed by the souls are very strong or covalent, and some are not as strong or ionic. The bonds can be likened unto friendships you develop with various folks. Some of the associations

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are close that you may refer to the other person as your best friend. Others are seen as just friends. For example, your best friend bond would be your covalent or shared, and your “just friend” bond, would be your ionic, or charged bond.

So how does this concept work on the Alphabet Circle you may ask? When you have a desire and put it in the universe, whether through thought, or spoken word, you summon the experience you ask for, and souls show up to make it happen. This action takes place at the soul level. Be mindful of your thoughts about your desires because it is the thoughts you think that will manifest in your experience. Sometimes, you are not fully aware of your wishes, but know that the soul still responds on an impersonal level. On the Alphabet Circle, a desire is a desire whether or not, you are fully aware of your intention and motivation of that thought. Once the willingness gets into the universe, the souls always respond to give you the experience

you ask. The souls then make a decision based on the want, need, and intended purpose to either coexist in a shared or charged fashion just as atoms in nature.

When *soul-to-soul* bonds are broken, coded data are released in their bond energies. This information is for you. These are the things you think and feel in your daily life. Why? When your *soul-to-soul* bond is broken, and the coded information is released, it is what skews your world in a relationship with other souls, especially if the data received has left you in a negative place. It can also be reflected in your personality and how you relate to others. That is why when you go back to resolve unfinished business in people's lives, it creates healing.

You must connect at the soul level to read and understand the encrypted messages. These messages are the lessons to be learned from the intention of your interaction. If you miss the lesson, the experience can and may repeat itself. If, and when the experience

happens again, you get what is known as the déjà vu experience. In responding to these messages all along your Circle, you create your Impact map (I will discuss this further later), which will become more visible to you. This Impact map is a diagrammatic representation of your emotional responses to all your interactions on your Alphabet Circle, and hence on your life journey. When you review your Impact map, you can see more clearly your life's journey, and the lessons learned. When you examine your life experiences, you are looking at your Impact map.

On this journey, there are two levels of interaction—one at the physical level, and the other at the soul level. The physical level interaction happens in the head, which is where your ego operates. It is logical. On the other hand, the soul level connection is what you need to understand. You have moved to a level of consciousness where you let go of ego to bond at the soul level. Then, and only then, you can live your



best life. The physical level interaction is not always in tune with the soul level and at times will react to what it thinks, hears, or feels without verification at the soul level. The soul level interaction comes with clarity and understanding and therefore peaceful relationships with one another rather than “rush to judgment,” which is what the ego level gives you.

How then do we stand and be in balance, so we are not moved or washed away by life’s daily currents? How do we decode all bond energy available to us and interpret them so that we can have the most fulfilling journey, and with the right interactions, and experiences? How do we bring awareness to our soul level interactions so we can benefit from them? How do we bring awareness to the physical level interactions? How do we provide a space where the two interactions coexist to maximize our life experiences so we can live our best lives? Let’s delve into the phases of the Alphabet Circle and find out more.

# Chapter 3

## A is for Alright

In every phase of your life, the letter A is the beginning. This is the Alright phase on the Alphabet Circle. In this phase, everything seems fresh and new with some amount of excitement. When you are in this phase in your Alphabet Circle journey, you have a definite sense of hopefulness. You are now in the marathon of your life journey. Now, each of us is running this marathon, but at a different speed. And as with a marathon in the physical world, there are people along the race-path that are there to give you support in different ways. Some are there to cheer you on, while others are there to provide

you with water and replenish your nutrients, and this is Alright. Your journey will be filled with highs and lows. The people you meet in this phase seem genuine, and your thoughts may be that they will be on this journey with you to the letter Z or the physical end. Little do you know that individuals in some relationships may only get to that phase where the souls understand that the lesson from the experience is learned. This may be to a letter other than Z. The feeling of genuineness comes from souls being in sync, deciphering your message maps, and this is Alright.

In this phase, I want you to know and focus on the fact that:

**All**

**Life**

**Relationships *can***

**Initiate**

**Good**

**Human**

**Thoughts**

## The Alphabet Circle Journey

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And this is so whether you are aware at the physical level or not. However, the soul will respond to these thoughts and give you the feeling of the thought and the experience, and this is Alright.

The Alright phase is a birth phase wherein everything seems to be and feels Alright. Remember birth brings newness and that's what is happening in this phase. Some of the raw materials that you were given to come to the planet are manifested in this phase, and it is Alright. You can think of it as a halo effect, as the innocence of the interactions is not dissected, just absorbed. In other words, they are not questioned, only accepted. In this phase of the journey, encounters feel new and fresh. There is a lot of hope, which is stimulated by the excitement generated by the newness of the interactions. The newness creates for you, lots of stories in the mind as imagination is at its peak. There is a lot of creativity of the mind of how things will be as the brain activity heightens, all

concerning your expectation. You have the hope that longevity is in play for your journey, your ideas, your career, and or your relationships. Be aware that this is your default, so that you are open to other results.

Think of the Alright phase as similar to your first meeting the love of your life and how exhilarating it feels. You get so excited that you start to see a long-term relationship and possibly, you going to the altar. Yes, you create ideas in your mind of how you think the relationship will go, and this is because of its newness, your hopefulness, and the anticipated unknown path. This too is Alright.

This is also the blossoming phase. You may have sown seeds in all kinds of grounds that you consider to be Alright. These grounds can be friendships, jobs, a particular project, or family. You plant these seeds because within you, there are feelings that something will blossom and bear fruits. These feelings can be both at the conscious and sub-conscious levels. It

really does not matter where they are, as your actions will do the work.

You feel an authentic power as it radiates from inside. You have a particular paradigm, which seems to be in sync and will always work for you. You are convinced at this stage that everything is Alright, and for you—it is.

This is also the foundation and entrance phase on the Alphabet Circle life journey. Some interactions will enter your Circle at other points, which will be the foundation phase for those persons, relationships, or events. This means that the Alright phase can take place anywhere on this Alphabet Circle, and its duration will be person specific. This is a beautiful phase and similar to our foundation phase in life when we first learn to read. Similarly, we start on the Alphabet Circle with sounds, then letters, and then, we can sound out words. Next, the most beautiful thing happens. We can read and form sentences. Yes, we

can now communicate with words. Yes, we now have a language. Yes, we can express what we are feeling, what we are seeing, and what we are hearing. We are enlightened and aware of all that is around us. Some of us may become absorbed in it, while others may not. It depends on our perspective. This awareness brings excitement to this stage, and it is Alright.

Dreams begin and it's Alright!

New plans begin and it's Alright!

New perspective begins and it's Alright!

Eagerness begins and it's Alright!

Hopefulness begins and it's Alright!

With these new beginnings, you think that this is perfection in this phase. Your experiences all seem to be in alignment. All is in order with the natural order of things—the natural order of the universe.

So what's happening here? The *soul-to-soul* bonds are formed and energy is released within you. At the human level, you are tapped into this soul bond

energy, and this is what brings about this feeling of being Alright. You are connected with the soul level in such a way that you decipher the codes released in the soul bond energy. You are now in tune, which gives you the presence of Alright.

None of the relationships formed in the Alphabet Circle is guaranteed. We have all met that one guy, or girl with whom we believed we were going to have a lasting relationship because of the connection we felt in this Alright phase. For me, this was my ex-husband. We met in college and were able to finish each other's sentences. We ebbed and flowed. It was as though we were soul mates. We had so many great experiences together; that no one we knew thought that we'd end up being apart. But it happened. Relationships are not guaranteed! Being a soul mate does not mean you have to be in an intimate relationship with someone for the duration of a lifetime. And, if you do have this close soul mate relationship, it may not last forever.



(Bullard, 2012), a licensed Marriage and Family Therapist describes it in this way “Soul mates are brought into your life so that you can grow and expand into the best version of yourself” (para. 3). Be aware that from these interactions you will grow into the best version of you.

It’s essential that we nurture and grow the interactions formed in this Alright phase. The care needed to do this is no different than when we plant seeds into the ground. Within the seed, there are all kinds of prospective plants and fruits. Know that there is power in the seed as it brings forth plants and fruits of all sizes, shapes, textures, and colors. Similarly, within your interactions on the Alphabet Circle, there are friendships of all kinds, sorts, and duration.

How do we make sure our seeds grow? In life, we first prepare the soil and make sure that nourishment is there. If for some reason we determine that enough nutrient is not present, then we add fertilizer to the

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earth. This is part of the process to ensure that our seeds will grow. On the Alphabet Circle, this is the same as learning someone else's love language, so you can be a caring friend to that person. Next, we create a hole in the ground so it can receive the seeds, which must be then cared for and watered. In all but a few days, Mother Earth has worked her magic, and transformed the seeds into sprouts and then plants. This is the birth phase, and it's Alright.

As the plants bursts out of the ground, the warmth of the sunlight pours down on them. Similarly, on the Alphabet Circle, you speak active words that come to life as great events or relationships. This is Alright! To keep these plants growing to maturity, we must water them because anything that is not watered or nurtured will die. This goes for every relationship on your Alphabet Circle. They must be cared for in order to thrive. This means that you must invest in

your relationships on your Circle. Your investment includes your time.

As these plants grow, we must remove the weeds from around them, so they are not stifled. Weeds grow fast and are always attracted to what we have willfully planted. In my own garden, I clear weeds at least once per week, so they do not overrun my vegetables. You too will need to be aware, and pay attention to the weeds that show up in your relationships. Also, figure out how often you will need to clear the weeds on your Alphabet Circle to keep your relationships growing. It could be once per week, or once per month; make a note of this schedule, so you will not forget.

Weeds on the Alphabet Circle journey are specific. That is, what may be a weed on your journey may be a needed plant on someone else's journey. So it is in this phase for you, and it's Alright.

Here are some things we need to know about this weed prevention stage.

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We are the farmers of this journey, and it's Alright!

We must create a space within which our relationships can survive just like the garden.

We must keep weeding around our interactions so that they can thrive.

We must tend to our relationships so they can come bursting out of the Alphabet Circle with excitement as we pour our energy into every one of them.

Every relationship is Alright!

Every relationship is supposed to be there.

Every relationship is there for a specific reason, and if we stay aware, we will connect the dots because the universe speaks.

Let's revisit the weeds for a moment. Why? Left unnoticed they may overrun your space and hence your life. They can be the "takeover mama" or the "tenant from hell" who is so hard to evict. Notice that the weeds

are distractions to your intended interactions. These weeds represent stuff that's on your Circle that you must take notice of and eradicate immediately. Sometimes, the weeds seem to blend in from afar, but as you take a closer look, you will see that they are masking as intended interactions. This is the same for many things on your Alphabet Circle that invade your space without an invitation—some of them blend in well. Weeds can even be persons you believe to be friends, but they are not!

There are all kinds of weeds. Some are deathly dangerous, in that they will seriously harm your physical and mental health. Case in point—the poison ivy. It will take over the host on which it thrives. It looks quite attractive and blends in well with other plants. However, for some, once you encounter this weed, there is a severe reaction, and you may need medical treatment. Know when you have weeds like the poison ivy. To the unaware, it seems like a willful plant. Getting rid of the poison ivy requires care.

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You must know how to do so without contaminating or harming yourself. On the Alphabet Circle weeds can be places, persons or things. Be on the alert to their presence. To enjoy this phase of the journey, you must identify your weeds, and remove them without contaminating yourself. What are the weeds on your Alphabet Circle? What are the intended interactions they are trying to overrun?

During this Alright phase, there is peace, and there is a presence. You are connected to your interactions because they are new, and the air of curiosity is healthy. The newness of it all allows you to show up, and be present because you're in the Alright phase. As you read this book, ask yourself, "Where am I on my Alphabet Circle?"

