

# Waking Up the Women...



..... We need the Safety of Sophia, Powerful Voice of Authority!

There are 2 free  
gifts and 2 TAG  
tools in this  
e-book.  
Look for them!

Move from powerless and unseen to  
unstoppable Change-Maker

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## Chapter Content

Our Children and the World Are Suffering, The Answers Begin Here!

These are the words that I given to share at the 2023 Gathering of Indigenous Elders at Nauvoo, IL over the Memorial Day Week-end.	3
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*"When sleeping women wake, mountains will move!"*

*~ Old Chinese proverb*

These are the words that I given to share at the 2023 Gathering of Indigenous Elders at Nauvoo, IL over the Memorial Day Week-end.

The core of the message is, "Our children and world need the Key of Sophia, Voice of Authority, to be reclaimed by souls in Female bodies."

The back stories speak moderately of what brought me, a white woman from the North of Turtle Island, birthing as Leo Fire, to this message.

And what one small circle of women chose to do 300,000 years ago to survive that is still impacting women today.

The Mountains created by domination agendas are crushing and killing our Star families walking the Earth in physical body suits. Our ancestors hoped there would be a time when souls in female bodies would recognize and end agendas to control. Now is the time!

## 1. Where I Began

By the time I was 17, 60+ years ago, I thought I had life all figured out. I tended and watered the house plants weekly and washed their leaves. I kept the house clean and orderly while my single mom worked. I had aced high school.

I had moved out of my "run, free in the field, climb trees, feast on fresh strawberries and peaches phase." I was mature, ready to build my own life.

That would be easy. The males in my community had told me what my God-given role was.

Find a man to be the 'King' of the home. A home I was fully prepared to care for. Marry, have children, iron his shirts, and follow his directives.

I was confident, excited, and naive.

Fast forward 15 years. I am now a widow, a single mom like my mother.

I still knew what my life was about. I'm confident. I have reconnected with my curiosity. Sure enough to be curious.

I am sitting in a church meeting hall, not my childhood church. Curiosity has moved me beyond those structures.

It is an early summer evening. Sun is shining through the windows. Pews are beginning to fill. People are all around me with faces I do not know. I have come to hear a new voice.

I hear the speaker introduced. A large, handsome man, perhaps in his 50s. He is a film producer, a maker of movies. Because of his indigenous roots, he decided to travel the world, gather the stories and prophecies of tribes all around the globe, and examine their similarities. He speaks of the eagle landing, the Spiritual winter, and the gathering into a rainbow tribe. He shares the responsibility given to the four peoples on Earth. The black, the yellow, the white, and the brown were each charged with safeguarding the Elements. of Earth, air, water, and fire from the four directions.

His presentation was fascinating. This new information stirred me.

And then his story shifted.

He began, "While I was sitting in a circle in South America listening to stories, one elder shared a new one directly with me."

I could not take my eyes off his face, a face lit with excitement. He had captivated my attention. I felt my interest peak.

"This is the story. There were many tribal villages in Borneo," he continued. "As was typical, disagreements broke out between the various tribes. Resentment escalated and grew into violence. One day, one tribe's warriors, filled with rage, entered another village and destroyed all the structures. After decimating the buildings, the invading tribe killed all but a few children. The invader carried the bodies of the dead and dropped them in nearby caves. A few children left alive were disseminated into various villages to be raised without their traditions.

That had happened 20 or more years before.

The storyteller said, "Some grown children had enrolled in a nearby college. Four young men began spending time together. In their conversations, these four realized that, although raised apart, they were from the destroyed village. The village eliminated when they were children.

And as young people do, they began to speak of possibilities.

Not memories, not anger, not hopelessness.

They began to speak of possibilities; what about.

An idea came to the young men. What if they were to dream awake the bones of their ancestors? Intending to dream awake the wisdom, visions, insight, and inspiration held in the bones of their ancestors, they thought to live in the caves around their tribal home.

I was spellbound.

And so these young men gathered their needs and trekked into the jungle. They searched until they found the area. With all they carried, these young men moved into the caves where bodies had been thrown decades before. They were determined to stay in those caves, in the jungle, until they had awakened the wisdom in their ancestors' bones through dreams.

I was in awe of the speaker's description of his trek into the jungle to find these young men. The audience listened with rapt attention as he told of the powerful abilities and visions he saw in the act of restoration.

I also felt such respect for the commitment of those young men to this new possibility.

When the presentation was complete, several individuals moved to the front of the hall to speak to this indigenous filmmaker. Usually, I would observe from the sideline before quietly leaving. But this time, I was rooted to my seat. Then, I stood and moved into line.

My turn came, and I walked up. I expressed my thanks and appreciation for the lecture. I sincerely said how the stories of the young men in the jungles of Borneo touched me.

And then? And then I took a breath.

He was quiet for just a moment. Then his eyes caught mine in a deep lock.

He spoke directly. "When are you going to dream wake the bones of your ancestors?" he asked.

His words made no sense. My puzzlement, my confusion must have flashed over my face.

My ancestors? I thought.

And then he spoke.

"The bones of your ancestors. the women!"

That question rolled through my being.

My ancestors. The women!

The women I had known, my mother, of course, both grandmothers, two great-grandmothers. All were now gone. But as a woman, I'm okay, aren't I?

And a week later, his invitation, or was it a challenge, moved away from my daily attention.

## 2. The Bones of My Ancestors

Life often comes together like a puzzle. We are given one small piece at a time—one step and then the next, and next and next. Sometimes, the pain of the present piece diverts our attention. A step forward. A new idea. Often not knowing why or how. It is in looking back that we see the progression, and the puzzle is complete. Sometimes the piece to finish the puzzle gets credit for the entire journey.

In the days following the lecture, I went about my healing work. I had seen my friends and clients struggling in cycles of pain, fear, depression, and disease. What is causing constant, entrapping situations? I wanted answers. I took those questions to teachers and guides in worlds unseen by human eyes.

Why?

I had been told the information I sought had been hidden from humanity eons ago. Spiritual teachers in worlds beyond Earth held the stories of our 'birthing' as star families, and our journey in the Galactic worlds before Earth told me the answers I sought were not in books. They're not in videos or lectures. They had been hidden. If I wanted to know and remove the cause of the cycles of pain, I would have to learn from them. Although I did not know, this is the way of the Mystic. Only the path of the Mystic would bring it back.

Was I willing?

Absolutely, was my answer to them.

And my quest to stop the cycles of pain began. What I didn't realize until I looked back, I would have to "dream awake the bones of my ancestors, the women!"

I was radical. I refused to accept pain, despair, or disease as acceptable. I was Radical, refusing to give in to such situations.

Questions would pop up. And I went into the silence of my inner space, my cave, and asked for answers. And the answers came. Piece by piece by piece.

The history of our star families.

Our original agendas as Star beings within Laneakai.

How our naivety opened our boundaries to invasion.

Contracts we made in groups that cannot be released as an individual.

Knowledge of what happened before Earth

Our purpose in planning a life on this physical plane.

Our partnership with Gaia.

And more.

I looked back as I prepared for the 2023 Gathering of Indigenous Elders from many places worldwide.

I looked back at the stories and the prophecies held within their cultures.

The condor and the eagle.

The hope of the uniting of a rainbow tribe.

I looked into my birth culture. I looked at the prophecies I had heard as a child and smiled.

A time of danger and then a time of peace.

And then the words 30 years ago, "When are you going to dream Awake the bones of your ancestors, the women?"

And I knew I had.

The pain of my children, the pain of my clients. The growing dangers in our world have taken me deeper.

"Why?"

"What do we not know?"

"How has humanity been locked in the matrix of domination?"

And even more important,

"How can we remove the 'cause,' the component holding humanity captive?"

I knew that humanity was not the cancer on the planet. What is?

I thought I had all the pieces until I worked with Nancy. (Not her real name.)



### 3. Women Separate for Survival, With Hope

Nancy, a young client I had worked with, came with a wall she was hitting. Searching for answers for her brought about greater awareness. Awareness of what was held in the bones of her maternal ancestors.

Nancy has a black father and a white mother. Her entire life Nancy had felt a deep struggle, a deep inner divide. She had learned and applied many processes. None had resolved the gulf. In desperation, she reached out to me.

I felt the battle as soon as I quietly entered her "jungle," her living space.

Her white grandmother and her black grandmother. Grandmothers speaking.

Her black grandmother saying, with all love and care, "Step up. Come on, don't take it easy. Be sassy."

And her white grandmother, fear in her eyes and love in her heart, "Shh," she said. "Shh, be quiet. They will hear you. Don't rock the boat. It is not safe."

And when did the struggle appear?

With new ideas. With visions of possibilities. When new people came in support.

Fear would appear, the voice of her white grandmother, to keep her quiet and safe.

If she were too quiet, the strength of her black grandmother stepped in and shouted, "Don't let 'them' stop you. Shout out!"

Now I knew.

But knowing is not enough. We needed to know why. Where is the beginning? Where is the cause?

Only when we know the cause can we create a resolution. Understanding is not enough.

And so the mystic journey opened, and I was taken back in time. 300,000 years ago. That is where Nancy's genetic stream took me.

The quiet mystic journey farther and farther back to a village circle of women gathered, worried.

The appearance of beings who brought violence had appeared.

Women in other villages had stood firm, held boundaries, and said. "No!" And their voices were ignored. These beings ignored boundaries, laughed at, raped, and

tortured the women. They destroyed villages or kept the communities as enslaved workers.

300,000 years ago.

Warnings were being sent. Sent through the air, calling, cautioning.

"Something has gone wrong!" "What we planned for the Earth mission isn't happening."

Souls in female bodysuits were not being respected as authorities. They were not able to safeguard communities as planned.

So here I was with the two grandmothers of my young client.

This circle, her past.

They had gotten the messages in the air that something had gone wrong. Invaders were here with no regard of the star families. Fighting only escalated the dominators. Greater violence was the response.

And so the sisters in this circle created another way.

They identified the gifts given to the women. Abilities designed for their assignment as policymakers, as designers of outcomes, as creators of = cultures expanding life, their insight for collaborative leadership, and their mighty task of authority voice to preserve all the Brings Benefits.

These gifts were spread into the center of the circle. That the skills be preserved was critical above life itself. The unanimous choice was that each sister would take and safeguard one gift.

Visionary to one, alchemist to another, dreamer, healer, creator, unifier. One by one by one, the gifts were taken and hidden under the cloak of a sister. It was critical they be kept from the invader beings and so would be made to appear innocuous. For example, the sister who chose alchemy secreted the magic as part of cooking. The women committed to safeguarding their choice and passing the process from mother to daughter and granddaughter as a family treasure.

When these invaders entered this village, there would be nothing of value. Nothing significant existed here. A village of no threat. Safety for the community.

And then I watched as two women stepped forward and said, "We will take no gifts. We will go naked. We know, we all know, something has gone wrong, terribly wrong.

"Someone must search for the problem in order to create a solution. We will take on that task. To search, we must appear invisible with no gifts. We will need to move in and out of the camps of these outsiders. We must find the problem. When we discover what made our plans ineffective, we can design a way to make corrections. The key."

The circle was silent.

Then one of the two women continued, "If we can complete this and our quest, then we can call together our circle. Until we find the breakdown, design, and share the key of correction, we must keep our abilities within our families."

"And with the key," the other continues, "we can end the division and need to live separated. We can all bring the ability and assignment out of hiding. We can unite our circles and villages using the key to remove those who enslave. Restoring the authority of our sisters to expel the invaders at a word will bring safety. We will gather, share, and teach each other the skills. Unity to return.

And generations later, my client's ancestors were still divided.

Her black grandmother said, "Shout and Sing, be loud, rock the boat."

Her white grandmother said, "Quiet, be still.

Close your eyes. Best go along, and stay silent."

#### 4. Hope to Discover a Key to Remove Dominators

And I, of naked white heritage, had been shown the promise my ancestors made. To discover the problem, the plan, and the breakdown. From that discovery, I designed the key for my clients. I had been guided, piece by piece, to "dream awake the bones of my ancestors, the women. The bones contained the codes of our original assignment, the gifts of discernment, and the voice of authority. Wisdom in the bones of our maternal ancestors was that souls could vibrationally taste the whispers of danger. Sensitivity to identify energies that would destroy life and bring destruction. Souls in female body suits were intended to identify and remove the powers of domination. Unfortunately, something went wrong. Authority was shifted to outsiders through capturing the male body suit. Outsiders whose agendas were to control have created mountains to entrap and, if necessary, to crush humanity. Restoring the original assignment required traveling to ancient bones still held power. Then to journey forward to find the moment the authority to remove was lost. If there were no way to declare the removal of the dominators from all regions of Earth, galactic worlds, Laniakea, and beyond, humanity would be doomed. We are the hosts to parasitic's intentions. Hosts will always lose. And any who indicated the vision and ability to bring freedom were targeted and crushed. The reason for repeating violence and control against females is their power to unite, lift, and create all Good for All.

Because of the search for answers, I could ask to enter the space held in that ancient village. The women nodded their heads. I was invited to move into the circle of my client's Maternal lineage.

And I spoke, "I am here."

"I am here with a key to restore what was disconnected from your evolutionary wiring. The key that will restore the power-center of wisdom held by Sophia. And your voice of authority."

And one by one, each sister's evolutionary gifted system was restored at a touch of the one from the high spiritual collective of Sophia. Sophia holds the wisdom, discernment, and authority for the female mission.

I watched as the souls in that long-ago circle embraced. They stood in their rightful place with Sophia, with a voice that "must be answered." The voice heard in worlds beyond that which we see. And all the hosts in the unseen are required to answer, to identify and lift domination energies into the extinction of Light.

The circle was no longer divided. The gifts kept sacred during all these centuries were placed in the center. The keepers of each skill began to teach their use to the others.

My client walked away, unified.

So as I sat quietly preparing for the 2023 Gathering of Indigenous Elders from around the world, an event where the desire to unite the Eagle and the Condor is so strong, I was grateful for the challenge given so many years ago.

"When are YOU going to dream awake the bones of YOUR ancestors, the Women?"

My free gift to you is an audio of the Sophia Initiation. Use it for yourself or in groups.

<https://www.wakingwomentomovemountains.com/2.html>



[wakingwomentomovemountains.com/2.html](https://www.wakingwomentomovemountains.com/2.html)

## 5. Our Children Needs Awake Women

And as I look back to my naive 17-year-old self, I remember another valuable 'vision.' This is from our Chinese families.

Their Proverb says, "When sleeping women, and I was a woman asleep, wake, and I most certainly had been made fully awakened, mountains will move."

"When sleeping women wake, mountains will move."

When you look out over our world, there is no doubt that our families, our country, and the world need the mountains created by domination to be moved and dissolved.

The key to gathering and uniting our magnificent tribes of multiple colors in safety is the voice of discernment and authority. The Sophia Authority.

Domination, violence, and deceit cannot exist when women are in their original guardianship position of discernment and authority.

For the eagle and the condor to fly united and dance for our world, to be in a world at peace, and for diverse tribes to come together in the beauty of their colors, agendas, and policies of domination must be made extinct.

That was always the role of star souls in female body suits. The assignment, gifts, wisdom, and authority held in the bones of our maternal ancestors!

Once we know better, we can DO Better!

Consider joining me at a [Moving Mountain Initiative](#). I will share information moving you from anger, powerless, and "hide my head" to excitement and actions that will change your world.

Our Children need us!


Now is the time. Without the Sophia key, humanity is on the edge of possible extinction.

We will not allow the death of those we love.

Women are learning and gathering and say, "NO!"

My 2nd gift to you is free admittance to the Moving Mountains Initiative.

<http://www.wakingwomentomovemountains.com/2.html>



Look  
for the 2 free gifts  
in this  
e-book at .

[wakingwomentomovemountains.com/3.html](http://www.wakingwomentomovemountains.com/3.html)

## Tools

### Reality Statement

A Reality Statement is like an Affirmation. You write a statement that is positive and present. It states the outcome that you are choosing.

Unlike an Affirmation, a Reality Statement must not be focused and specific. Instead of writing, "I have a new red Ford Escort that was under \$13,000", you could write, "I have the perfect, safe vehicle that fits within my financial budget."

Reality Statements can also state overall emotional or mental outcomes. For example, "My career supports my life needs and wants within a community that values and respects one another."

Reality Statements are often created by knowing what is not okay in your life, having a sense of self-doubt, and writing the opposite. The Statement would describe the outcome you want. "I see the value of my presence in life and have clear, intuitive guidance that speaks to me of expansive, creative solutions and brings experiences of generosity."

### Reality Shift

There are six steps and a simplified version\*\*:

**Step 1.** Creating the Reality Statement: Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific. Write a sentence using the personal and present tense, i.e., "I now am...." You are choosing your next experience, and in the process, old patterns can be transformed.

**Step 2.** Say to your Causal Spiritual team, "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected to this chosen reality and experience." pause and breath

**Step 3.** Next, ask your Causal Spiritual team to "DEEP SIX every energy imprint that would sabotage or prevent this reality and experience, whether the beginning was Galactic, Group, Genetic, Personal, Inherited, Contractual, Outsider or Other created." pause and breath



**Step 4.** I call to the Causal Spiritual teams of all in this field. "All the Galactic Council Collective and I declare all contracts made to manifest Outsider's energy for its identification and removal are complete. The Shift to Outsider extinction is made."

**Step 5.** Ask your Causal Spiritual team, "Create the codes for the Highest Expression of this Reality and download the program into the 1st Dimension of my Earth fields and Activate **its resonance into the entire 64-dimensional energy fields of our Galactic Families.**"

Then you can know That It Is So!

A Reality Shift can be repeated three to four times daily for the first three days.

## Deep Six

These words call in spiritual teams of transformation and healing and give them permission and direction. Deep Six can be spoken concerning some energy of discomfort or pain. Those spiritual healing teams identify and secure your indicated space and evaluate the vibrations there. Any coming from domination will be contained, unplugged, and removed to their point of origin beyond Earth.

Vibrations from patterns/karma of injury will be moved into processes to calm and heal.

## Are You Of the Light?

When you sense an energy that is 'off' at any level of discomfort, you can quiet your mind and ask the energy field creating the sensation, "Are you of the Light?" You ask three times and wait each time for an answer. Any form of 'No,' or silence, is a 'No.'

If you hear "No, " call the TAG healers, PTO teams, and Sophia Collective. Say to this group, "There is an energy I am feeling as ..... It is not of the Light. Deep Six it into the extinction of Light."

You may want to read the book by Napoleon Hill. He tells of his experience with one being of domination in the 1930s. His method of avoiding the entrapping was to avoid. We do more because we have the Sophia key.

The book is: Outwitting the Devil.

## Definitions

### TAG, Galactic System for Healing, Transformation, and Education

The TAG system is based on the information given to me by the Ancient Ones, keepers of our Galactic History and Earth Mission. The tools/processes have Universal Laws as their foundation.

TAG stands for

#### **Triangular**

#### **Angelic**

#### **Grids**

We work with beings connected to you in the spiritual worlds, represented by Angelic. They have the ability to scan your energy vibrations for anything that is causing imbalance/disease. Using the laws of this planet, the voice of one in a physical body is authority.

Bringing your energy 'girds' into health, allows triangle forms which in turn can become unlimited geometric shapes for wellness, insight, health, Good.

The purpose for the TAG work is to Restore Your Energy to Your Soul's Frequency NOW.

#### Outsiders

There are groups of intelligences who chose agendas of control, domination, violence, voyeurism, and etc. in the worlds beyond Earth.

They have invaded and attached themselves throughout the energy bio-field of the Divine Star Families. They are 'cancers' hidden within humanity. The loss of our Galactic History, remembrance of Earth's original purpose, the crippling of our evolutionary wiring, and the lies humanity has been fed has left Star Families crushed.

I call them by various terms: Dominators, Outsiders, Parasitics

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