

TABLE OF CONTENTS

| Acknowledgements.

| The journey begins.

A Re-Awakening for the Chronically Suffering

Chapter I. #THEGREATAWAKENING ... 1

Chapter II. Illness in the mind is the root of illness in the body ... 7

Chapter III. We are kept unhealed for a reason ... 11

Chapter IV. The healing power of belief ... 17

Chapter V. Failing on purpose ... 20

Chapter VI. It's time ... 27

Chapter VII. Happiness is your birthright ... 31

Chapter VIII. I had no idea how to be happy ... 35

Chapter IX. What is law of attraction? ... 39

Chapter X. To err is to be human ... 44

Chapter XI. To heal is why we are here ... 48

Chapter XII. The answer ... 52

Chapter XIII. The healing power of forgiveness ... 57

Chapter XIV. Our nation runs on fear ... 62

Chapter XV. Siloed by silence ... 67

Chapter XVI. It all starts with trauma ... 72

Chapter XVII. What is alignment, really? ... 85

Chapter XVIII. Generational trauma ... 93

Chapter XIX. What do they want from us? ... 94

Chapter XX. Unsolicited advice ... 103

“And so it begins.” **King Theoden, *Lord of The Rings***

A close-up portrait of a middle-aged man with a grey beard and mustache, looking slightly to the left and speaking into a black microphone. The background is dark and out of focus.

THE AUTHOR

[CONNECTNEO.COM](https://connectneo.com)

[CONNECTNEO.COM/TRINITY](https://connectneo.com/trinity)

[YOUTUBE.COM/@CONNECT-NEO](https://youtube.com/@connect-neo)

[TWITTER.COM/CONNECTNEO](https://twitter.com/connectneo)

[INSTAGRAM.COM/CONNECT_NEO](https://instagram.com/connect_neo)

[TIKTOK.COM/@CONNECTNEO777](https://tiktok.com/@connectneo777)

Dedicated to my sister Tracy.

To the faithful ones.

There were times it was only you
standing on my behalf and I am
eternally grateful.



Thank you to my ancestors, without
whom none of this would be possible. :)

Special shout-out to Wingnut and Short

tail, all my birds, the lovely crepe
myrtle, and all her fabulous friends

from my enchanted back yard!

Thank you to my Shadow! Thank you

to God, Jesus, the Angels, the Earth,

the Water, Fire, the Wind and the

Aether.



THANK YOU!

To you the reader, I thank you for being here now. I'm proud of you. ❤️ Thank you everyone who has subscribed to my social media channels and to those sweet enough to like and comment on my content. **I am humbled by your warmth and strength of spirit, they are sunlight to my soul. Namaste, friends.**

SPECIAL THANKS TO ...

ON TWITTER / X

@rockisbe17
@Dee197111Q
@MAGATruther
@NineofCups2023
@awakenedlight10
@SeekerOne_
@CaptKylePatriot
@KSpeakEasy45
@Beckyh_222
@Mercifulmartin

ON TIKTOK

@rockthattruth17
@miaqhht

Take a deep breath.

THE JOURNEY BEGINS

*The journey of a thousand miles
begins with one step.*

Lao Tzu

If you're reading this passage, it's not by accident. This book found you either because it's time for you to begin a new chapter, or because you've already begun and you're seeking more wisdom to enlighten your path. **You're exactly where you're supposed to be.**

I wrote this book to bring awareness to what has become the true epidemic of our time; it is the root cause of root causes. It is the reason behind the reasons that no one seems to want to talk about. It is why our primary point of attraction as a species is from the disposition of fear. It's the reason for the nightmarish, dystopian curtain falling across our lands. It is the reason people have become chronically ill across all spectrums of life. The young and old alike are succumbing to chronic illness at rates never before seen.

I wrote this book to bring awareness to an insidious force that always seems to tip the scales of justice and fairness in the same direction. To shine light on the abject falseness of institutions like 'Healthcare', 'Public Service', 'Rehabilitation' and 'Pharmacology' as they exist in America today.

I wrote this book to sound the alarm that what seem like arbitrary or random acts of cruelty, unfairness and suffering are not random. And that these cruel twists of "fate" are not fated at all, but rather are scripted outcomes bent on affecting those who have had their minds poisoned by fear. Who have had their worldviews collapsed under the weight of unhealed scars, resulting from trauma and trauma-based mind control.

I wrote this book to be the first step in a thousand-mile journey back to your true self. My wish for you is that after reading this book you will be more healed, and more capable of walking tall in your "you-ness". You will be more filled with power and the light of truth as you walk your personal journey. A journey that has no doubt begun, as evidenced by the fact you're reading this book, right now.

SUFFERING ON PURPOSE

It's time to change the conversation on trauma.

“Those who would let illusions be
lifted from their minds are this
world's saviors, walking the
world with their redeemer, and
carrying His message of hope
and freedom and release from
suffering to everyone who needs
a miracle to save him.”

A Course in Miracles

Having had a spiritual awakening as a result of these steps we seek to carry this message to others who still suffer. **AA Promises**

SUFFERING ON PURPOSE

A RE-AWAKENING FOR THE CHRONICALLY SUFFERING

When we overlook illness in ourselves, yet condemn it in others, we do so out of contempt for the illness we deny within ourselves, not the others we condemn. Conversely, when we endeavor to help others heal, we forgive, and are therefore forgiven.

If you have been deeply affected by trauma, illness, or addiction, there is hope.

If you are feeling weak and vulnerable, I want to remind you that you have not been forgotten, because I have not forgotten you.

If you have been feeling trapped, stuck or abandoned by what our culture has prescribed to treat your circumstances, I want you to know there are better options that can heal you.

These other options exist outside the reach of a system of disempowerment that you believe is here to help you. It is the purpose of this book to wake you from a dream that has you convinced these systems are here to help you. To assuage what you may be experiencing as bewilderment in a reality that makes less sense every day.

"Only the self-accused condemn." **A Course in Miracles**

SUFFERING ON PURPOSE

A RE-AWAKENING FOR THE CHRONICALLY SUFFERING

Better options are not magic. They are in fact the true healing methods that have been withheld from you on purpose, to keep you ill and suffering. To keep you disempowered. So that a few people may profit from your illness and your feelings of hopelessness and get away with murder in the process.

You are very much not alone. Our society as a whole is being collectively impacted by trauma, addiction and resulting illness on a daily basis (one need only watch the news to be deeply traumatized). The same unresolved trauma within you is the same trauma driving illness and suffering on a massive scale in our nation.

WELCOME TO YOUR NEW BEGINNING

You may have always felt it, and now you are being told so. You are the one inspiring a radical shift in our collective understanding. For when we set aside trivialities and focus on healing, we step forward into the best version of ourselves as individuals, as a nation, and a species.

Through your shift, we will all become tied together in cooperation, whereby the resolution of suffering becomes the healing remedy we undergo collectively. For when you endeavor to heal, we are healed collectively. Thank you for healing yourself!
You have healed us all!

"A nation's greatness is measured by how it treats its weakest members." **Gandhi**

SUFFERING ON PURPOSE

A RE-AWAKENING FOR THE CHRONICALLY SUFFERING

To heal is an act of unconditional love. To heal is why we are here. And when we love unconditionally, we embody unconditional love. And to be unconditional love is to be aligned with the mind of God. "Acquaint now thyself with Him, and be at peace ..." (Job 22:21).

"Suffering is a gift
in its hidden
mercy." **Rumi**

"To heal is the only kind of thinking in this world that resembles the thought of God." **A Course In Miracles**

CHAPTER I.

#THEGREATAWAKENING

It's time to place new emphasis on Spirit, Soul, Mind and Body as they relate to the healing process. It is the duty of our people to consider every aspect of health and healing when treating our ill, not just the aspects that have been earmarked for profit by the medical system, big pharma and the global system of disempowerment.

It's time to repudiate the current medical industrial narrative, categorically. And presume, not speculate, that the Mind has the power to heal the Body, that the Soul has the power to heal the Mind, and that the Spirit has the power to heal the Soul. This is not a theory that needs proving. This is the truth that has been whitewashed from our collective awareness on purpose.

This restored truth will not back down from the radicalism that healing a dis-eased nation represents to the corporate and political orthodoxy of health services in our country, and similarly will not back down from the root causes of dis-ease resulting from unresolved trauma, adverse childhood experiences, stress, and the universality of addiction resulting in the vast majority of illness in our nation.

"The love that you withhold
is the pain that you carry
lifetime after lifetime."

Alex Collier

CHAPTER I.

#THEGREATAWAKENING

It's time to address root causes and symptoms in a way that heals, not perpetuates, illness. To embrace the notion that it is the duty of the strong to lift up those who are suffering. That it is the duty of a nation to show compassion, not contempt, for its most vulnerable.

It's time to buoy the spirits of our most vulnerable with acceptance, vulnerability, humor, joy, and empathy so that they may be empowered to live meaningful, happy lives and partake in the great awakening unfolding in our lifetime.

In doing so, we will see the transformation of our national narrative from a celebration of egoic narcissism to a celebration of compassion and oneness.

Who else remembers our Pledge of Allegiance? What happened to "one nation, under God, indivisible, with liberty and justice for all?"

Whitewashing God from the narrative starts early! What would happen to existing power structures if we became the living embodiment of the principles set forth in The Pledge of Allegiance? What has happened to our nation since its elimination? Why would they do that?

"You will learn what you are by what you have projected onto others, and therefore believe they are." **A Course in Miracles**

CHAPTER I.

#THEGREATAWAKENING

For under God, what greater purpose can there be of a nation than to provide care for those who need care the most?

"What we're talking about now is honest-to-God unconditional love, something I'm sure not one in fifty million of us has ever understood. I didn't. I always thought unconditional love meant you loved somebody in spite of what a degenerate they were, which of course meant I was still focusing on their degenerateness, holding it in my own vibration. What unconditional love really means is: "I will keep my valve open to well-being no matter what crazy thing you've done." (Remember, you don't have to change it or even like it; you just have to stop focusing on it!) It means "I don't need conditions to be just right to be happy. I'm not going to pay any more attention to your silly habits, because I don't need everything to be perfect for my love to flow to you." **Lynn Grabhorn**

"I'm not what you think I am. You are what you think I am." **Anonymous**

CHAPTER I.

#THEGREATAWAKENING

“We shame and marginalize drug users to camouflage our discomfort with the broad reach of addiction in our culture.” **Dr. Gabor Mate**

For when we uplift ourselves, we are free to uplift others. We have new eyes that for the first time perhaps, are able to witness the impact of our individuated acquiescence to “what is” and the effect it has had on our growing illness as a nation.

Once this trauma-inspired acquiescence has been reversed within each of us, our newly developed compassionate awareness will comprehend injustice from a new perspective of the absolute, that without exception, all people deserve to be healed.

And, once healed, those who suffered will be able to focus on “the other” who still suffers from illness — manifesting the next empowered healer to continue the cycle from the fresh perspective of the newly healed, like a flame being shared from one candle to the next.

“I am cognizant of the interrelatedness of all communities and states.”
Dr. Martin Luther King, Jr.