

READY OR NOT HERE IT COMES

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Ready or Not Here It Comes: Incredibly Simple Tips to an  
Awesome Life for You and the Planet

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READY OR NOT  
HERE IT COMES

Incredibly Simple Tips to an Awesome  
Life for You and the Planet

CHRIS SAUSSER

LUMINESCENCE PUBLISHING



To my mom and dad –

I wish you were here.

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## A Grateful Heart

I want to thank my sister, Ellen, for her tremendous support always, and in general, putting up with my shenanigans! Thanks to my daughter, Alyssa, computer whiz kid, photographer, cover designer, title-thinker-upper and lover of my writing.

Much gratitude to my friend, Alexandra Bondarew, for her enthusiasm for each chapter, her wise advice and the time she dedicated to reading. A big hug goes to Laura Bonilla and all her positive thoughts and great ideas. Kudos goes to Pat Kerr, for her generous heart in editing the book. Thanks to my Kindle guru, Michael Sheridan and his skill and wise counsel. Much appreciation goes to Maggie PAGRATIS, for her care and professionalism in book design. And thanks to my feathered serpent, Jorge Alejandro Garcia, for his invaluable expertise with my web page and other delicate media matters.

I am utterly grateful to be a part of this incredible creation, planet and humanity. And final thanks goes to my guides and angels on the other side who have inspired and supported me from the beginning.

P  
REFACE

It is clear that the planet along with the human race is undergoing an unprecedented shift in energy, vibration and ultimately, consciousness.

I have been studying the spiritual side of life for 32 years. I have read hundreds of books, traveled to sacred spots around the planet, taken classes and gone to workshops. I work with energy healing, flower essences and crystals. I have had the great luxury of time. Unfortunately, time has run out. There is no more time for lengthy studies or soul searching.

There is only the need for clear intent to harness our soul energy and assist this shift in consciousness as foretold by soothsayers and the Mayan calendar. You can feel it in the air - it's not business as usual. Who could say that they can't feel the difference after the massive earthquakes in Haiti, Chile, New Zealand and Japan? A massive volcanic eruption in Iceland held European air traffic hostage for almost a month. Who can deny the impact of the Mideast countries' frantic battle for independence from cruel, despotic rulers? Who can close their eyes to the cyber web around the planet uniting us in split-second technology? We are not in Kansas anymore, Dorothy.

I have acquired much information in my years of study and I want to share it with you. I want to cut to the chase. I want to be Cliff's Notes for The Shift we are in the midst of right now. I want to point you to valuable resources you can access quickly, easily and in many cases, without cost. Some of the information suggests ways to optimize your health in order to maximize your ability to absorb the energy embracing the planet. Use the information that resonates with you, and anything else put aside.

It is the moment to choose sides. You are part of the problem or part of the solution. You want to evolve or you want to stay stuck in the same old stagnant patterns of existence that have stunted our growth as incredible light beings filled with love.

It is time. Read this book and do just one small thing you find in these pages and I guarantee that your life will change in amazing ways. The lives of the people around you will change as well. The ripple continues on.

## HOW TO USE THIS BOOK

Please do use this book as a tool! Don't just read it, do it. Do the meditations, go to the websites, download the freebies online. Mom always told you not to mark up your books, but I'm giving you permission to underline, mark it up, bend the corners, tear out pages and tape them to your mirror or carry them in your pocket or your purse. Make this book part of your life and shift your energy along with the planet. Don't go, nice idea, I'll do it someday. Do it today and embrace the energy!

The information in this book is not intended to be a substitute for medical advice, diagnosis or treatment. Please consult your physician.

1

Love is all you need.

The Beatles

When I was eleven years old, my mom gave me a small Lucite keychain. On one side a tiny flower was imbedded in the piece and on the other side it said 'God Is Love.' I adored that key chain, and on some level I knew the words were true. I was raised a Catholic and attended parochial school. I was invested in all the ritual and dogma that the Catholic religion had to offer. But I really believed the words on my keychain, even though I had not been taught that at school.

I was taught that even though my mother was a wonderful woman, she was not Catholic and so she would be denied heaven, maybe even go to hell. I was taught the disgrace of original sin and the multitude of sins both venial and mortal that would accrue grave punishment in the afterlife. But love entered little into the mix.

Fast forward to my adult years when I began my quest to really figure out life. What was going on? Why were we here? As I mentioned before, I spent years searching, reading and

experiencing. The funny thing is that no matter what I read or where I looked, it was always the same answer. Love. Just love. I would have expected to read all kinds of things in the many sources I researched, with many different answers. But it was love. Only love.

And I am not talking about sissy love, romantic, easy love. I am talking about unconditional love. I am talking about the love that unites us all in unity consciousness. I am talking about love without judgment for every human being on this planet. It is very simple – love. But it is also the most difficult thing to do. You must love the unlovable and turn your cheek when you have been wounded. It is not for the faint of heart.

You must love Adolf Hitler. Yes, that's correct, Adolf Hitler. You must not condone the heinous atrocities he committed, but you must love that glimmer of God in his soul, and forgive him. Right now you are saying, 'She's crazy, love Adolf Hitler! She's a nut job.' But a seed has been planted. On some level you know I am right. And when you least expect it, that crazy thought will come to you – love Adolf Hitler? And that includes loving the jerk that cut you off in traffic this morning, or the person in the next cubicle at work who drives you crazy, and yes, even that smelly homeless man that you passed on the street this morning. They all started out as lovely, sweet babies with charming smiles and chubby cheeks. How they progressed in life on their journey is not for us to

judge, only to recognize the God source within. Simple, yes.  
Easy, no.

When I hear about a pedophile or murderer in the news, I forgive that person and send him love and light, that his spirit may use the light or not, as appropriate. We are all in this third dimensional classroom together, learning to Be. Some are at university level, while others may be kindergarteners. We must accept where everyone is in their evolution.

I was so disappointed recently when people cheered in the streets with such hatred and gloating that Bin Laden was dead. I forgave him and sent him love and light on his transition. Yes, you must even love Bin Laden – and you know this is so. No, I am not a goody-two-shoes or a saint. But I get it. I know love is the answer. We are all One. If people don't get it soon, I am afraid the human race will have to learn that lesson the hard way.

So I smile to myself sometimes that I searched for the answer to life for over 32 years in so many far-flung places and in so many books, when I had it all along in my little Lucite keychain – God Is Love.

