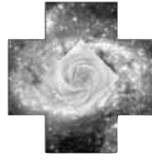




# Recreating *Eden*

The exquisitely simple, divinely ordained plan for  
transforming your life and your planet

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## CHAPTER ONE

# Leaving Paradise: Growing up on Earth

*I*N THE BEGINNING, YOU WERE PERFECT. As a newborn, you were fresh from the Garden, radiantly alive, perfectly aligned with Source, and fully equipped to mature into an unlimited being of great spiritual power, leading a fulfilled life of creativity, joy, and harmony. No matter the circumstances into which you made your debut on Planet Earth, or into whose charge you were delivered, you arose from Divinity and began your existence as a dynamic expression of your Creator's great love for Life. You were born to be a flawless reflection of your Creator and to act as your Creator's representative in the world, blessing it with your Love.

So from this state of perfection and great promise, how did you become the all-too-frequently stressed-out, weary, disheartened person that you are now? How did you forget who you really are and why you are here? How did you lose touch with your unique abilities and natural rhythms? Why are you so inconsistently able to channel the divine Love you came to Earth to impart? From

whence does your deep anger and sadness come? What caused you to leave Paradise? How did you wander so far from Eden?

As with most dramatic stories with happy endings, before we can get to the exciting, uplifting part, we first need to see how the protagonist gets in trouble before we discover how he or she will be saved. I feel sure you would like to know what happened to drive the main character in your own story—you—out of Eden. So before we see how you will make your triumphant return to the magnificent state of being you were designed to inhabit, we're going to start by looking at the forces that conspired to make you the wounded human you've become and that put you where you are today, living in a reality that is not reflective of your origins in the Garden.



EACH OF OUR PARTICULAR SITUATIONS IS DIFFERENT, and our stories are as varied as our circumstances, but the causes of our basic wounds are the same and as universal as our humanity. As you read through this chapter, it will be helpful to apply the general concepts presented within it to your own, very personal experience of growing up; to view your own story in light of the ideas presented herein. Some of us had more pleasant experiences than others, but regardless of our perceptions of this pivotal period in our lives, *all* of us underwent Earth indoctrination and became separated from our original state of wholeness. Even those whose upbringing would appear to be ideal could not help but be affected by the dysfunctional energy patterns pervading humanity and be altered by them.

Although you very likely experienced many happy times in childhood, and indeed, I truly hope you did, in this chapter my emphasis will *not* be on the more pleasant aspects of this part of your life or on the many constructive influences you encountered during your upbringing. It will not be on all the things your parents probably did right. Instead, my aim here is to help you understand that, because of the unhealthy patterns prevailing here on Earth, your basic wounding, disempowerment, and disconnection from the paradisiacal state was a given.