

CYNTHIA JAMES

WHAT WILL SET
YOU FREE

From Pain to Passion in 7 Weeks

The Road Map to Fulfilling Your Purpose

GRAFFITI KOAN

by Daniel Roth

Roaring down I-95
thirteen or fourteen summers ago
van full of boxes bags
and apprehension
new wife
my thirteen-year-old daughter
who would lose her way
due to my own neglect
start a new life
in San Francisco
speeding through the derelict streets
of Connecticut
old abandoned mills
life gone by
then I see it
across a footbridge
between the projects
shaky graffiti scrawl
not flowing tattoo-like swirls
this guy must have hung from a fence
cars flying by at seventy miles an hour
and I see his words:
What will set you free?

Reprinted with permission from the author from his book
ORDINARY LIFE: IN THREE ACTS



DEDICATION

*This book is
dedicated to my
mother, Susan, and
the generations of
family members who
have struggled to
express their divinity.*

ACKNOWLEDGEMENTS

“Brilliant! This is inspired writing. Given the sensitivity of the questions and issues people will bring to the book, it is completely respectful. People can identify with the case studies and see themselves in the stories. The exercises are profound. Anyone who seriously wants to intervene in patterns of thinking they have in their life will find this to be a remarkable way to come to high ground, find new understanding and different perspective.”

Barry Heerman

author of *Noble Purpose*

“Cynthia James has written a compassionate and practical book that speaks to us all with wisdom, clarity, and encouragement about healing emotional wounds of the past and living our life’s vision with confidence, creativity and triumph.”

Michael Bernard Beckwith

Founder and Spiritual Director of
Agape International Spiritual Center,
author of *Inspirations of the Heart*,
Forty Day Mind Fast
Soul Feast, & *A Manifesto of Peace*

“Cynthia James is a powerful, loving light for healing and wholeness in the world, and her work is reflective of the brilliance of her spirit and the kindness of her heart. I am honored and delighted to recommend her work to anyone seeking a healing of their past so that they might live a free and happy life.”

Katherine Woodward Thomas
author of *Calling in “The One”*

“After many years of work with victims of child abuse, I can assure you that your message is one that reaches into the hearts and minds of countless adults who have also experienced this pain.”

Deanne Tilton
Executive Director
Inter-Agency Council on Child Abuse & Neglect
Chairperson, U.S. Advisory Board on Child Abuse & Neglect

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FOREWORD

A human being is like a television set with millions of channels. If we turn the Buddha on, we are the Buddha. If we turn sorrow on, we are sorrow. If we turn a smile on, we really are the smile. We cannot let just one channel dominate us. We have the seed of everything in us, and we have to seize the situation in our hand, to recover our own sovereignty.

Vietnamese Buddhist author and luminary
Thich Nhat Hanh,
Being Peace

If your life has seemed like little more than a relentless soap opera, a painful drama, or an ill-conceived mini-series, take heart. You hold a channel changer in your hands: *What Will Set You Free...From Pain to Passion in 7 Weeks*. This book can help you tune into a new and larger story for your life. It can lead you to true freedom, to recovering your “own sovereignty.”

Woundings along the pathway of life are inevitable and nothing to scoff at. The stored up pain is real, searing, and sometimes horrific. These unwanted experiences can seem overpowering and inescapable, as though branded upon mind and heart. Their impact ripples into thoughts and behaviors of the moment and on out into future experiences, often undermining significant relationships and new ventures. Self trust

and personal worthiness fade into distant memories. We cry out for a way to heal, a way to restore ourselves to our lost paradise. Yet the overriding tendency is to stay stuck in the vestiges and limiting patterns of a painful past—as though transfixed before our own monotonous and frustrating reruns.

To find authentic healing and true freedom, it is essential to have reliable guidance upon this pathway. You will find this all-important assistance in this compelling book. Cynthia James begins by sharing her own path of healing and empowerment in open, honest and vulnerable ways, thus helping us realize that we are not as alone as once imagined. Then she shares a proven, seven-week program that generates profound insights, healing realizations and visions for an enhanced future. All along the way, Cynthia also provides energizing affirmations, meditations for inner opening, and practices for anchoring and embodying new directions and ways of being.

When I finished my first reading of this book, I realized immediately that this material is so much more than the ordinary collection of self-help adages and feel-good techniques. *What Will Set You Free* is more of a journey-book, an ally for transformation. It takes the explorer into the deep and most confining issues of the past, not merely to grovel some more in the pain and limitation of it all, but to rediscover the potency and creativity of the essential spirit. Then that ember of indestructible spiritual light is fanned into a brilliant flame to illumine a path back to the original beauty and unbounded potential within us all.

I met Cynthia James in 1999 when she provided music and support for a group of us who were facilitating dialogues between His Holiness, The

Dalai Lama, and various researchers, activists, authors, and leaders who were also working for a more enlightened and compassionate future for humankind. From that shared experience, I knew I wanted to continue to work with Cynthia. I was delighted when, in 2004, she agreed to join the ministerial team at Mile Hi Church. She brings to us what she brings to this book: her total authenticity, a personal path of deep and courageous healing, abundant enthusiasm and joy, and an unwavering spiritual consciousness. Before becoming a fine minister, she was an actress and entertainer, moving eventually into various aspects of the business world. With her multitude of talents and perspectives, she is both a marvel and an angel.

This book is so powerful because Cynthia has walked the path herself... and come back to offer us all a route to renewal and freedom. When you have completed her seven-week program, I am confident that you will want to share the opportunity with family and friends-and maybe even an old enemy, or two! You will definitely want to guide yourself through the program numerous times. From my own experience, I know that the healing path is like peeling back the layers of an onion. It's an ever unfolding process. The good news is that, along the way, the tears decrease while the joy and freedom expand.

So delve into this channel changing guidebook. Give yourself the opportunity to surf through untold vistas and programs for your enrichment and liberation. Explore and embrace new and higher frequencies of awareness and livingness. Yes, let this book turn on the avatar or Buddha in you... the compassionate healer in you... the courageous adventurer in you... the

FOREWORD BY DR. ROGER W. TEEL

open-hearted lover in you... the creative visionary in you... the inspired difference-maker in you... and, moreover, the real and remarkable **YOU** in you!

~Dr. Roger W. Teel
Senior Minister and Spiritual Director
Mile Hi Church
Lakewood, Colorado

INTRODUCTION

Definition of Freedom: The condition of being free of restraints; Liberty of a person from oppression; Exception from unpleasant convictions

Welcome! This definition is why this book could be important to you. Freedom is a choice. It is an opportunity to stand in the full expression of who you are. It is an opportunity to absolutely fulfill the destiny that we have come here to achieve. It is a powerful way of expressing. It is a powerful way of being. It is a way in which we can speak, think, move, and act as amazing human beings. I am so glad that you decided to read this book because what that means to me is that you have decided to take a chance to move beyond the wounds and the feelings that no longer support you.

I feel this book can be important for you because I have always been a seeker. I have always been one who desires a fulfilled and expansive life. That “inner hunger” has led me to do a great deal of work on myself. I have spent a number of years in therapy, become a licensed spiritual consultant, graduated from two masters programs, one in spiritual psychology and one in consciousness studies and become a minister. I started noticing that the work that I had done personally absolutely mirrored the work that I was doing with my clients. In the last 12 years, I have counseled thousands of people, facilitated workshops and seminars and been a keynote speaker for National organizations. I decided to start documenting my process and the information that has come to and through me in support of helping others.

INTRODUCTION

When I began working with people I started seeing that they would come in feeling stuck, inhibited, unable to express and unable to live the life they could see in their minds. There was gap between their dreams and how to have a fulfilling life. I started to explore avenues to support people in bridging that gap. Together we worked to uncover how old wounds, old hurts and old familial experiences kept them locked in patterns that they could not surpass.

It is my intention to support people in being free of old conditions, beliefs, and feelings of oppression that have kept them hostage in situations. This book is a “workbook for life change.” You can use the information I present, and at the same time do the exercises to expand and facilitate healing.

This is what I know. When we are living from an intellectual understanding, it is not a point of healing. It is just an understanding of a concept. The actual healing takes place through the **experience** of health and well being, joy and clarity. Often times we attend workshops, read books and listen to lectures that leave us feeling high and inspired. Then, within a short time, we experience confusion because we do not understand how to use that information to stay focused and enjoy happy living. We are not clear on how to implement the tools in our lives beyond everyday challenges.

I want you to know that you have the tools to change. My intention is to create a place where you can feel supported and can anchor powerful tools as a transforming experience. This book is for students and people who are on a journey of growth and expansion. This book is for seekers of truth that are looking for tools to make more powerful choices and experience exciting advances in their life—in fact, changing their life completely.

I am so delighted you are reading this book because it shows you’ve made a choice to embrace life. So I honor your choice. Your willingness to change the way you experience life allows the Universe to stand in perfect alignment, to support and nurture you. **You** have created an opportunity to step

WHAT WILL SET YOU FREE

beyond the circumstances blocking your freedom, making you feel stuck. This is a beginning, a time of renewal, and a chance to discover the truth of who you are. This is the dawning of an understanding: you are a **Co-Creator** with Spirit and today you choose to do things differently.

This book was created as a seven-week program to guide you on this new path. Please realize, you do not have to complete this program in seven weeks. If you get to a specific exercise where you want to explore more deeply or just be with your feelings, perfect. It is important for you to move toward your personal freedom in a way that supports your personal rhythm.

If you are working with a therapist or spiritual counselor, enlist their support as you process the program. They will be a wonderful resource for overcoming emotional blocks.

The human experience is filled with situations and circumstances that leave us feeling wounded. We have no power over misguided, disturbed, or mentally unbalanced individuals. We have little power, especially as children, in controlling or fighting off those who mentally, emotionally, or physically overpower us. It is often confusing and terrifying when parental figures, caretakers, lovers, or friends treat us in harmful or abusive ways. They are the very people who are supposed to be our protectors and comforters. Realizing this is not the truth, we are disheartened and disillusioned. Then we make decisions not to trust those nearest to us and these decisions can have far-reaching results. Such decisions anchor the belief that we are alone and not safe in this world. This can lead to anger and rage, controlling our relationships for years. These feelings are real and must be acknowledged.

I am not here to tell you to “get over it,” “move on,” “pretend nothing happened,” or “remember that you are a Spiritual being and turn it over.” All of these statements can act to bypass what we need: to acknowledge our fears, secrets, and painful experiences as stepping-stones to personal empowerment.

INTRODUCTION

“Healing is an evolutionary process not an end result.”

Few of us leap to peaceful states of consciousness and enlightenment, especially, when we feel hurt or traumatized. We can, however, begin to understand that nothing from the past has to define the future.

It is often said, we are spiritual beings having a human experience. In the human realm, feeling wounded, abused, or abandoned is one of life’s greatest challenges. Often we forget there is an unharmed space within us. Through the connection to an inner knowing, an all powerful Spirit and dynamic Universe we hear a call to us. The messages are, “Remember who you are.” “Remember you are loved.” “Remember, beyond all hurt, there is God.”

*Before you do one more thing,
remember...*

*You are a
masterpiece
of the Divine!*

WEEK ONE

THE STORY

“There is a pattern of perfection at the center of your being which has never been touched by disease or misfortune. Your intellect senses this through intuition, your imagination feels it by divine right, your inward consciousness knows it through faith. What you are trying to do is to awaken your whole being to spiritual awareness.”

*~Ernest Holmes, **This Thing Called You** (page 73)*

As I begin to write my life story it feels like I’m telling someone else’s story, because I have moved so far from where I once was. I’ve undergone a transformation and healing, yet I’m clear about how those beginning life experiences molded me into who I am today. They allowed me to experience living in a deeper and richer way.

I was born in Minneapolis, Minnesota. My mother came from a family of four in Alabama. My father was born in Tennessee. He left my mother early in their relationship, right around the time I was born. So, my mother and my grandmother raised me. Mary, my grandmother, was quite interesting. She raised four children by herself in the South and managed to hold on to her land and feed and clothe her children. Ultimately, she migrated to Minnesota and her four children eventually joined her.

My mother, a beautiful, charming, lighthearted woman, was born in a time when the unspoken rule was that you had to be in a relationship to be happy or considered respectable. You had to be taken care of, especially if you weren’t feeling

THE STORY

whole within yourself. The thing to do was to get married. So that's what she did.

The first few years of my life, Mom struggled to make ends meet. She lived with my grandmother, feeling stuck and stagnant. After the marriage to my father failed, she was desperate to move away from the family and start a new life for the two of us. So she married my stepfather. I was five years old when we moved from Minneapolis to his home in St. Paul. My mother thought that getting away from her mother would provide independence and a life of her own. Unfortunately, she married a man who was not conscious and who was violent and abrasive. He was close to his sister and her children. There really wasn't much space for us to fit and create family.

I was a mouthy child, exuberant and independent by nature. My personality did not fit in that house. It was like oil and water trying to mix. I was constantly in trouble and received spankings. I remember on many occasions waking up to my mother and stepfather yelling and screaming. One night when mom was pregnant with my brother, I listened to him beating her. I entered their room and remember her saying in a terrified voice, "Get back to bed." Today I am clear she was protecting me. At the time, everything in me wanted to do something to stop the anger and protect my mother. Eventually, my mother woke up and left, but we both had deep and enduring emotional scars.

Most of the years after seven are foggy. My teen years are another story. They were challenging. I spent a lot of time trying to hide the insecurities. Trying to hide the fact that I did not think I was smart. Trying to hide the fact that there were secrets in my consciousness that I did not want anybody to know and so, I would be active in school affairs and worked very hard to be popular. We didn't have money so I knew I had to make myself visible. I became a model for a department store, joined the debate and chess teams and sang in school programs. I was always active but the truth is, I was

WHAT WILL SET YOU FREE

trying to find myself by getting validation from these groups or from these experiences because I wanted people to think I was intelligent. I wanted people to think that I was powerful. I thought that if I could do all of these things people would notice me and tell me the truth of how wonderful I was. I experienced success through my singing, writing and my class work. However, it was never enough. The validation, the support and the acknowledgement could never fill that hole because underneath I was really convinced that I was not worthy. I was really convinced that I was not enough. I kept waiting for the other shoe to drop. I kept waiting for people to find out I was a fake. I kept waiting for people to find out that I was a phony. I kept waiting for people to find out that I really did not have anything to say because I really did not believe in myself.

Most of my adult life is also hazy, as I was emotionally asleep or tuned out. In my twenties and thirties, I went through a series of relationships that didn't support me. There were far too many unavailable and abusive men. I lived a life where discomfort was handled with drinking, smoking grass, or sleeping with people I didn't care about. Such activities were in the name of fun or partying. The truth is I was numbing myself.

After one really challenging relationship, I decided it was time to enter therapy. I had been on a spiritual path for some time, reading books, going to church and attending numerous workshops. I was searching for answers.

Intuitively, I knew it was time to change the way I had been living.

I found a therapist and dived into the process, expecting to find out I needed to do some healing. What I didn't expect were the memories flooding in that made no sense to me. The realization and recognition of being physically abused as a

THE STORY

child, caused a space of vulnerability unlike any I had ever known. By choosing therapy, I decided to look at my issues instead of running from them. My therapist was amazing and supportive of my spiritual path. He created a really safe space for me to express. I also enlisted the prayers and guidance of wonderful spiritual counselors and practitioners in Religious Science.

This part of the journey was extraordinarily difficult. The good news was my mother was still alive. As I remembered things, I could talk to her, although it was not comfortable for her or me. She affirmed the reality of my memories. They happened. She was mortified I had any memory of the horrible events. She presumed I was too young to remember. Some of the information was new for her, but she could not deny the possibility because my recollections were too vivid. I remember feeling so enraged. Why hadn't she taken care of me? Why had she allowed us to be in a situation where this man could physically, mentally, and emotionally abuse us?

Today, I realize I was absolutely gifted. Through prayer and deepening my spiritual practice, I had an opportunity to heal. That is the message of this book.

This is my story. This is the way it used to be. This story no longer runs my life. Abusive relationships, numbing out, running, feeling afraid, inability to stand up and be authentic or speak from a voice of power—these are no longer in my day-to-day reality. I transformed. Today, I come before you as the divine being I have always been. I have taken charge of my life and allow my destiny to unfold in a powerful way.

I love having this opportunity to share my journey and the tools supporting me. I am excited you are open to embracing your health, well-being, and unique destiny.

MARY'S STORY – AGE 21

I have lived in Colorado my entire life. My childhood is somewhat vague. I don't remember very much at all. I know we had good times. For some reason I remember the bad times more. My first memory in life is sexual. My sister is 12 years older and she is touching me. She was getting raped by her step-dad at the time. I honestly don't think she knew any better.

My biological dad had always been prone to drinking. On occasion, he would act out. He would hit my brother more than me... and much harder than me. My brother always got in front of me. He tried to protect me. I don't know where my mom was on those nights. I simply don't remember. It felt like it went on forever... and then my aunt called Social Services.

My mom left when I was 13 years old. She was unhappy with my dad. They never had a great relationship. We didn't hear anything from her for a while and then we saw her occasionally. She was slowly cracking up, doing drugs and drinking on a regular basis.

Our house was really out of control. My dad was never around. He was drinking more than ever. We had huge parties all the time. There was a lot of booze and a lot of small drugs. I wasn't into it. I wasn't doing any of it until I got raped. It was at our house by my brother's best friend. I didn't tell anyone. Not right away. When I finally did my dad and brother didn't believe me. We had known that kid forever. They took his word over mine. He was always around. I didn't know what to do so I ran away, started doing drugs and started cutting myself with a knife. I told my mom about everything but she wasn't doing very well. She had been raped

THE STORY

a lot growing up... and she just couldn't handle what I was telling her. After our conversation, she tried to drink herself to death and I found her. I moved in with my friend, her mom and her sister. They supported me a lot.

The bottom line is that things were crazy back then. Things continued to be really messed up for a long time....and in some ways they still are. I'm 21 years old now and feel as if I have grown up a lot. I more or less know what I want my life to consist of. I know how I want to live.

**I think the only way to make sense of
it all is to transform the pain
into something positive.**

I want to help people. I want to spend every single day of my life building a better world. To say I've completely healed would be a lie.

I honestly think things happen the way they're supposed to. I think it's about using them for something bigger than you. It is about seeing God's plan in your life and not using problems as an excuse to self-destruct. It has been slow going—especially for me. But I'm whole heartedly committed to using my past for something much bigger.

MORE ABOUT



CYNTHIA JAMES

To this point, you've only read a portion of the stories that make up this remarkable woman.

Cynthia is a lecturer, teacher and internationally renowned performing artist. She was the co-host of a talk show in Los Angeles. She has counseled thousands of people; in corporate environments, as one-on-one clients, couples and created youth programs. She's facilitated hundreds of workshops and seminars and has been a featured speaker in business and spiritual forums.

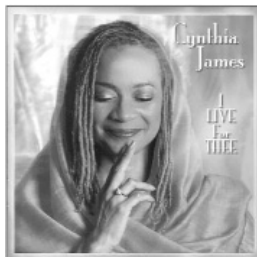
Her life has transformed as she transcended her childhood of violence and abuse. Through education and personal healing, Cynthia created the foundation for this program and many other classes that integrate traditional therapeutic techniques, music, creativity and spiritual processes.

Ms. James graduated from two Masters Degree programs, one in spiritual psychology and one in consciousness studies. She currently serves as an associate minister at Mile Hi Church, one of the largest new thought spiritual centers in the world, with a congregation of over 10,000 member and friends.

Cynthia lives and thrives in the mountains of Colorado with her husband Carl.

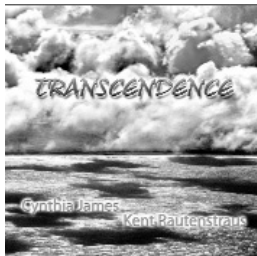
WHAT WILL SET YOU FREE

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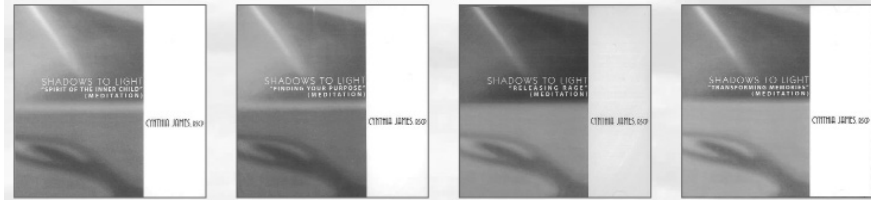
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CYNTHIA JAMES' WORKSHOPS

What Will Set You Free Weekend Intensive

Set yourself free and come into your power.

Through this integrative experience, each participant is given the opportunity to explore old patterns and expand into new ways of being. This is a transformational workshop that creates a safe space to:

- ❖ Face beliefs that no longer serve you
- ❖ Release old fears
- ❖ Address emotional wounds
- ❖ Claim the full experience that is your life

**For information and dates of Cynthia's
workshops, write to:
Cynthia@WhatWillSetYouFree.com**

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