

**THE PEARLESCENT COMPASS:
A PRACTICAL GUIDE FOR INNER TRANSFORMATION
AND
SOUL PATH ALIGNMENT
by
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PREFACE

If everything is working in your life and if you are completely at peace with yourself, the world, and the people around you, you probably do not need this book. If, on the other hand, you experience occasional or frequent periods of dissatisfaction, confusion, fear, disconnectedness, and/or despair, I invite you to keep reading.

In my years of working with students and clients as a spiritual teacher and healer and in my four-and-a-half year apprenticeship with a master spiritual teacher and master healer, I came to observe common patterns of behavior that repeatedly keep people stuck in spite of their continued dedication to personal growth and spiritual expansion. Many of these patterns I have worked through myself—and some of them I am still working on as I continue to shift in vibration and awareness. From the vantage point of personal experience regarding my own healing process, I have witnessed first-hand how these patterns slow soul path progression, keeping me and others stuck where we are for prolonged periods of time or causing us to spin aimlessly in circles without getting anywhere.

Each of us has a divine purpose here on earth. We are here not only to learn the lessons of our soul, but also to contribute to the uplifting of humanity. In my line of work, I meet so many light workers (people dedicated to spreading the love and light of God/Goddess/Creator/Spirit/Source—I use the words interchangeably and invite you to plug in your word of choice) who have the best intentions and yet who are not

currently making the difference in the world that they would like to make. So many of us in this category have read countless spiritual/metaphysical/self-help books, attended numerous workshops and trainings, done positive affirmations until we are blue in the face, and engaged regularly in spiritual practices of one form or another. And yet we feel like we are not getting anywhere—or worse, we are in denial about our lack of progress, insisting that everything is perfect and in divine order when really we are caught in a stagnant pattern of non-movement or excessive but non-productive busy-ness.

Our blind spots are the culprit. We all have them: issues, behaviors, patterns, and beliefs that are calling out for healing but that we are unable to see. It is easy to objectively identify these energies that block the progress of our friends, family members, and clients; it is more difficult to recognize them in ourselves. Just as another car in our blind spot can come up unexpectedly and cause us to crash, so can the issues, behaviors, patterns, and beliefs we have not yet faced. Or perhaps we have dealt with them in the past and do not realize that they are coming back up for deeper healing. A car in our blind spot yesterday can drive back into our blind spot next week. If we do not remain constantly alert and aware, a crash similar to the one we recently avoided can still occur.

This book is about breaking through the walls of denial, shedding light on those blind spots, and calling in the energies of divine grace, love, and light to support us in transmuting the patterns that no longer serve. It is a gentle yet profound process coming from a place of light-hearted acceptance of where we are now rather than heavy judgment stemming from where we think we should be. Rooted in the fact that all humans are driven by the need for love and empowerment, we examine possible imbalances of energy that can occur when we do not receive the love and empowerment we all seek. We consider the ways in which each imbalance became habit for us and with this realization, we experience its dissipation. We then explore healthy, centered expressions of that same energy at the physical, emotional, mental, and spiritual levels of awareness. Our conscious choosing of healthier

expressions of these energies sets into motion the desired realignments. With these realignments, we are better able to accomplish our goals as we serve to uplift ourselves and those around us.

How this Book Came About

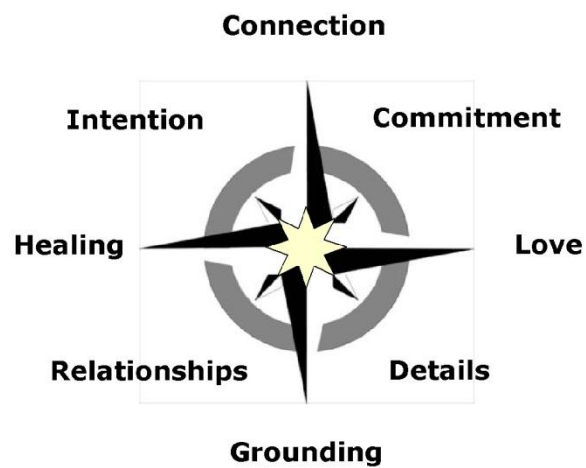
I have studied for many years with Starr Fuentes, an amazing healer and teacher who spent seventeen years traveling the world, living with indigenous shamans of varied traditions and cultures. I worked with her for four-and-a-half years, editing her books, running her office, and helping create materials for her classes while being trained to teach most of her material. We shared an office and from being in such close proximity with her on a daily basis, I learned a great deal about healing energy and psychic knowing.

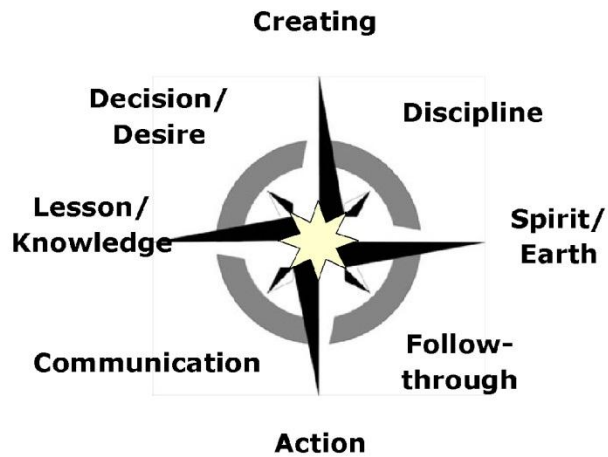
A master psychic, Starr frequently stopped me in the middle of what I was working on to give me channeled messages to be included in her weekly church services, books, or class materials. One day she stopped in the middle of what she was doing and said so loudly it made me jump, “Zabe! You’re going to write a book. It’s called *The Pearlescent Compass*.” That’s all she would tell me. Of course I pressed her for more, to which she replied with a twinkle in her eye, “Get back to work and don’t bother me.” And so she let me stew for a week or so with this new assignment.

I had learned in my time with Starr that the assignments she gives are in my best interest to complete—that they move me up to new levels of being and doing, opening me up to new energies in ways that support my specific physical, emotional, mental, and spiritual goals. But I really didn’t want to write a book. Writing comes easily to me and yet at that time, I did not enjoy the process of doing it. I found it tedious to spend so much time sitting at a computer. So I spent a week or so balking at the idea of writing a book. A master of timing, Starr let me simmer with this just long enough to accept the idea.

A week or so later, Starr once again stopped in the middle of what she was doing and said, “Zabe, get me two pieces of paper and a pen.” On each page she drew a circle, each with eight words or word pairs deliberately placed at the eight directional compass points: N, NE, E, SE, S, SW, W, and NW. She briefly explained

that people need to be centered in each of these energies at least 50% of the time for their lives to flow smoothly. “There’s your book,” she exclaimed, “Figure it out.” And that’s all she would say about it. Here are the diagrams she gave me:





My initial reaction was, “I don’t know anything about this.” She must have heard what I was thinking because she turned back around and said, “Channel it.” She then walked over to me, licked her thumb and rubbed it over my third eye. Lights and colors exploded in my head and my whole body began to vibrate. Waves of heat and iciness washed over me and I was dizzy for the rest of the day. I knew she had given me a huge energy transmission to support this new work. I recognized its value and knew its power as my whole brain felt like it was twisting and turning and being realigned for the task at hand.

“Caught Teachings”

In all of Starr’s teachings, the spoken information is secondary to the energy transmissions passed directly from teacher to student. Through these transmissions, light energy is implanted into the aura of the receiver, attuning the energy body to a new vibrational frequency to support practical application of the new teaching. Starr calls this “caught teaching” because the student catches the energies from the teacher’s aura at light speed. The words that are “taught” are of little consequence;

they serve to keep the mind occupied so this process of catching the energy downloads can occur without too much mental interference.

As I integrated the energies I had just received, I knew I had been given an amazing caught teaching. Determined to do it justice, I set to work that evening on my new book. I was relieved to discover that the information flowed easily—that all I had to do was show up at my computer or journal with questions and that the answers came through. As long as I kept my focus on what the people reading this need to know, the information came through clearly.

The Process of Working with this Book

I understood as I began writing that the most important thing I was channeling was the healing energy connected with this work—that even though the information coming through was of significant value to the conscious mind, what was even more important were the healing energies being filled in the spaces between the words. In my work for Starr, I had been trained to infuse all of the writing/editing I did for her with transformational healing energy so that readers receive light and healing just from flipping through the pages.

Of course there is something to be said for the investment of time and energy one puts into reading and working through the material—it is not enough just to scan the book. Working through the processes anchors in the healing that comes through the pages. To get the full benefit of this book, it is good to be an active participant while remaining open to receive the unspoken gifts of love, light, and grace embedded in the white spaces on the page. Through the process of working through the information and exercises, you will alternate between taking an active lead in choosing your way of being, and taking a receptive stance in order to take in new energies with grace and ease.

In going through the energies of your Pearlescent Compass, you will experience a degree of repetition as you are taken deeper and deeper into the healing process. Topics are introduced first to get your conscious mind focused on the issues. The same topics are later reinforced and augmented to bring you back to these issues at a more comprehensive level after you have had a chance to see them at play in your

life. We come at the patterns from different angles in order to experience a fuller range of healing so that we may clear our blocks to better expressing the love and light that we truly are.

Once complete with this process, I encourage readers to revisit their Pearlescent Compass from time to time. As we continue to grow, change, and evolve, our energies continue to shift. In the forward movement along our path that has been activated by this work, we will be exposed to new energies at new levels. Know that as we move through higher layers of consciousness, new and different types of imbalances may occur from time to time. These imbalances may hide in our blind spots, creating the risk of new types of “crashes” if we do not remain vigilant.

The Pearlescent Compass is a practical tool for identifying imbalances before they create a problem. You are therefore encouraged to go back at any time and apply the processes to a specific directional or color energy to create new levels of centeredness so that you continue to navigate through life with increasingly greater grace and ease.