

Kali's Journey



Carole Gold & Hilary Green

Artwork by Arlene Steinberg

Kali's Journey

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Dedication

For my beloved mother Ruth.

~ Hilary



For mothers everywhere...who occasionally need to be reminded they, too, are a work in progress.

~ Carole

Foreword

When you become quiet inside yourself you come upon a place of Stillness. In that place Cosmic Wisdom resides. We call that place The Soul. Its characteristics are Oneness and Love. Words often fail us in understanding all of this, so the simpler the words the better... and pictures often help.

Join Kali on her journey.

It's a timeless story about Wisdom, Oneness and Love.

Simply told.

Kali's Journey

“Kali,” says Grandfather, “I know how much you are going to miss your mother. I’m going to miss her too. But remember that your mother always tried to teach you by example. All you have to do is close your eyes, remember, and feel. She’ll always be near.”

“Oh, sure,” replies Kali, “like *that’s* going to work. Grandpop, I can’t wait for this funeral to be over. I just want to be by myself.”



After the funeral, Kali lingers by the grave.

“I have to get out of here. I’m going to Mom’s house by the water.”



As Kali arrives at the summer house, she begins to wonder whatever possessed her to come all the way up here alone.

“I never really liked coming here before,” Kali recalls. “It was so boring. I could never understand why Mom liked it so much anyway? Oh well, at least I feel closer to her here.”



“Great. It’s *still* boring here, only now it’s sad, too,” thinks Kali. “Maybe I’ll feel better if I take the boat out on the water.”



Kali sails out onto the water. Tired and sad she eventually falls asleep.

Kali, a little scared, wonders, “Uh-oh. How did it get so late? And how did I get so far out? This is just terrible. How will I get back? I don’t know what to do. None of this stuff in my backpack is going to help me now. Somebody help me, pleeeeeease. Tell me what I have to do to get back to shore.”

“Mom always told me to sing if I was scared and I’m definitely scared.”



When you’re down...and troubled...and you need a helping hand...and nothin’...nothin’ is goin’ right...



As Kali sings to chase away her fear, she hears a noise coming from the side of the boat.

“Did I just hear someone say ‘Sing, darling’” wonders Kali. “Mom, is that you? Oh, I must be losing it. I think I hear my Mother.”

“Who’s there? I can hear you! Please say something!” pleads Kali.

From the water comes a reply. Kali looks over the side and sees a small dolphin circling in the water.

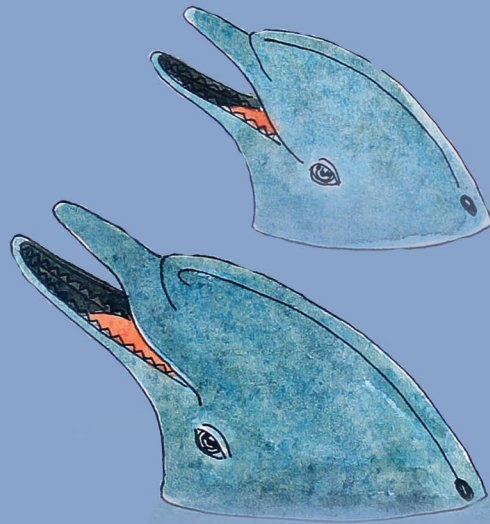
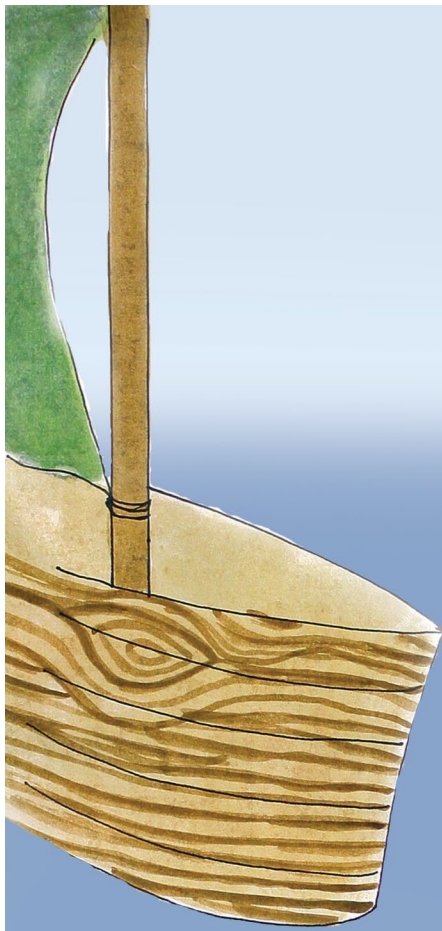
“My name is Joy. You’re safe. I’m here to guide you home. I’ll be right back. I’m going to get my mom.”



Joy swims off and returns shortly with another dolphin.

Joy squeals, “This is my Mom. Her name is Grace. What’s yours?”

“Kali.”



Grace asks, “What are you doing out here all alone.”

“I’m lost,” says Kali. “I don’t know how to find my way back.”

Joy interrupts, “Oh, that used to happen to me, too, but my mom showed me what to do so I can always find my way home.”

“Can you show me how to do that?” pleads Kali.

“Didn’t your Mother show you?” Joy asks in disbelief.

“Well, she tried,” admits Kali. “And I heard her, but...I guess I never really *listened*.”

“It’s okay, Kali,” Grace says comfortingly. “First you breathe. Kali, take a deep breath. I want you to think of something beautiful. Or someplace special. Or someone that you love.”

Joy makes a point of adding, “Kali, pay attention to this. We call this ‘The Dream Time’ but you practice it while you’re awake. It really works! If you focus your thoughts and your heart clearly enough, you can bring anything to you. Do you think you’re ready to try it?”

With hesitation Kali replies, “I’m ready.”



“Wait a second, Mom,” Joy says with a puzzled look on her face as she turns toward Grace. “She doesn’t look *really* happy to me. You taught me I had to be *really* happy when I did this. Kali, you close your eyes and picture something that makes you really happy. Go ahead, do it. Close your eyes and think of the happiest time in your life. Are you there?”

Kali closes her eyes and pictures a memory she cherishes.

“I’m ready now,” Kali says with certainty.

“Okay, Great! Go ahead mom. She is ready,” exclaims Joy.

“Now tell us what you want, Kali,” directs Grace.

“I want to be closer to the lighthouse,” replies Kali.

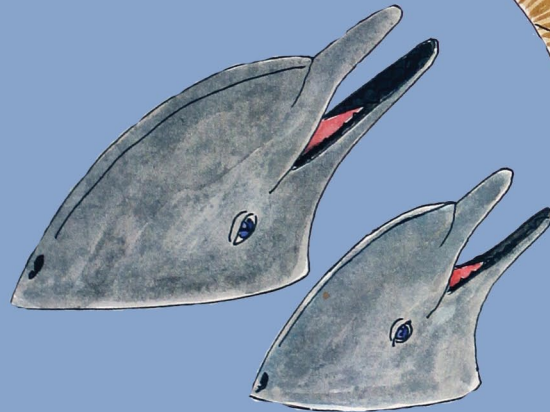
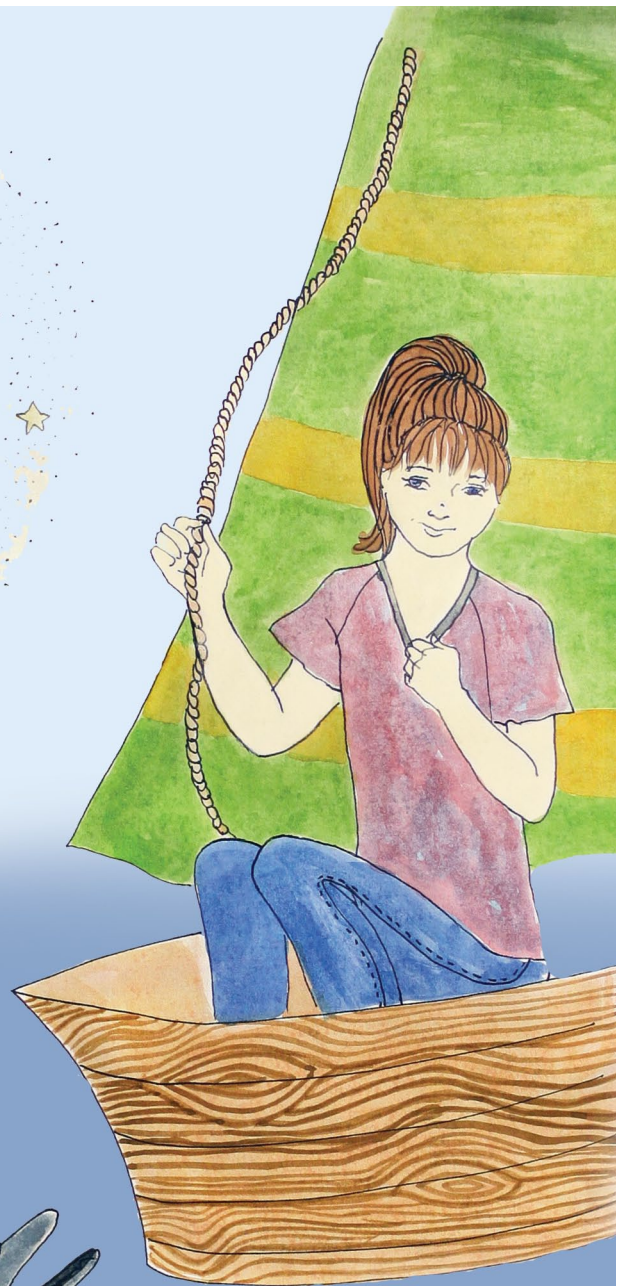
Kali turns and can’t believe her eyes.

“How did I do that?” bursts Kali. “The lighthouse really *is* closer!”



Grace answers, “You did it with your focused wanting. We have that...and much more to share with you...if you’re ready.”

“Wow!” exclaims Kali, “Being with you feels just like it did when I was with Mom.”



As Kali stares in wonder at the lighthouse, Joy is leaping in and out of the water.

“Kali, I know exactly how you feel,” squeaks Joy. “But really, the best part didn’t even happen yet. It’s next. Go for it!”

Eagerly, Kali says, “All right, Grace. Show me.”

“First, Kali,” the young dolphin explains, “you have to be joyful. Think of one of the happiest memories you can.”

“That’s easy,” replies Kali. “When I was a little girl, Mom used to take me to the beach and we’d make figures of women in the sand. Then Mom would send me to find seaweed for their hair.”



“Okay, Kali. Now tell me something else that you really want,” directs Grace.

Cautiously, Kali asks, “Anything at all?”

“Yes. Anything,” replies Grace.

Kali almost whispers, “I want to talk to my Mom.”

“Do you believe you can?” Grace asks. “Kali, you must believe with your whole being that you can.”

“Will my believing make it work?” inquires Kali.

“It *only* works by believing,” exclaims Joy.

Kali holds back tears as she looks at Joy and says, “That’s exactly what Mom used to tell me. Oh yes. Yes! I believe it.”

Joy is so excited that she bursts out loud, “Oh...here comes my favorite part!”



Grace turns to Kali, looking her eye to eye, and says, “Now, Kali, take your *wanting*, your *believing*, and your *joy* and just allow it to happen.”

Kali begins to feel something stirring in her heart and at the same time looks up at the shimmering sky.

“Kali, you’re not lost. I’ll see you home,” whispers Kali’s mother.

Astonished, Kali cries, “Oh, Mommy. It’s *you*. It’s really *you*! It’s so incredible to hear your voice. I miss you so much. Can all of this be real? How can this be *happening* to me?”

Grace answers, “Just like we needed you to *believe*, we need you to be open to *receiving*. Receiving is feeling you deserve getting what you want. Then, when what you ask for happens...you just have to let it in. You must remember to trust your feelings, Kali. You can’t feel worthy and receive if you doubt your feelings.”

“But, what if I *do* have doubt? What can I do?” asks Kali.

Everyone has a little doubt, dear,” explains Grace. “But it’s easy to fix once you recognize the feeling. Doubt feels bad.”



“It works like this,” Joy adds. “It’s one part **joyfully thinking** about what you want, one part **believing with certainty** that it will come, and one part **knowing you are deserving** of it all.”

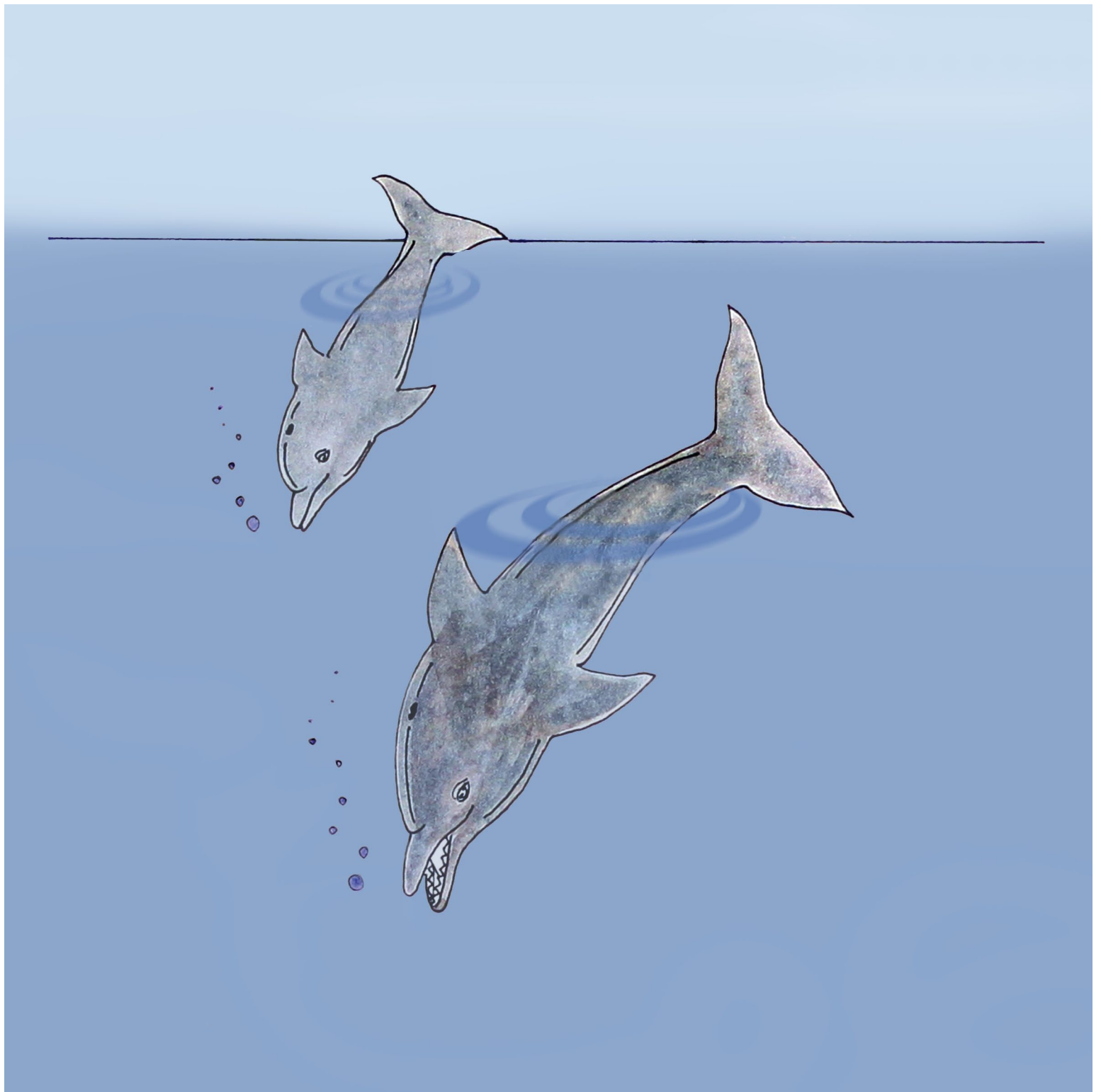
Suddenly, Grace looks off into the distance.

Grace interrupts, “Joy, come with me. We’re getting a signal. Kali, we have to leave you for a little bit. I’m getting a signal to go under the water. Think good thoughts. We’ll be right back.”

“Mom, where are we going?” Joy asks, a little confused.

“Sirius is calling, little one,” Grace explains. “Let’s go.”

“Ooooooh yippee...Sirius!” exclaims Joy.



Grace and Joy meet up with Sirius, who is The Source of All Knowledge.

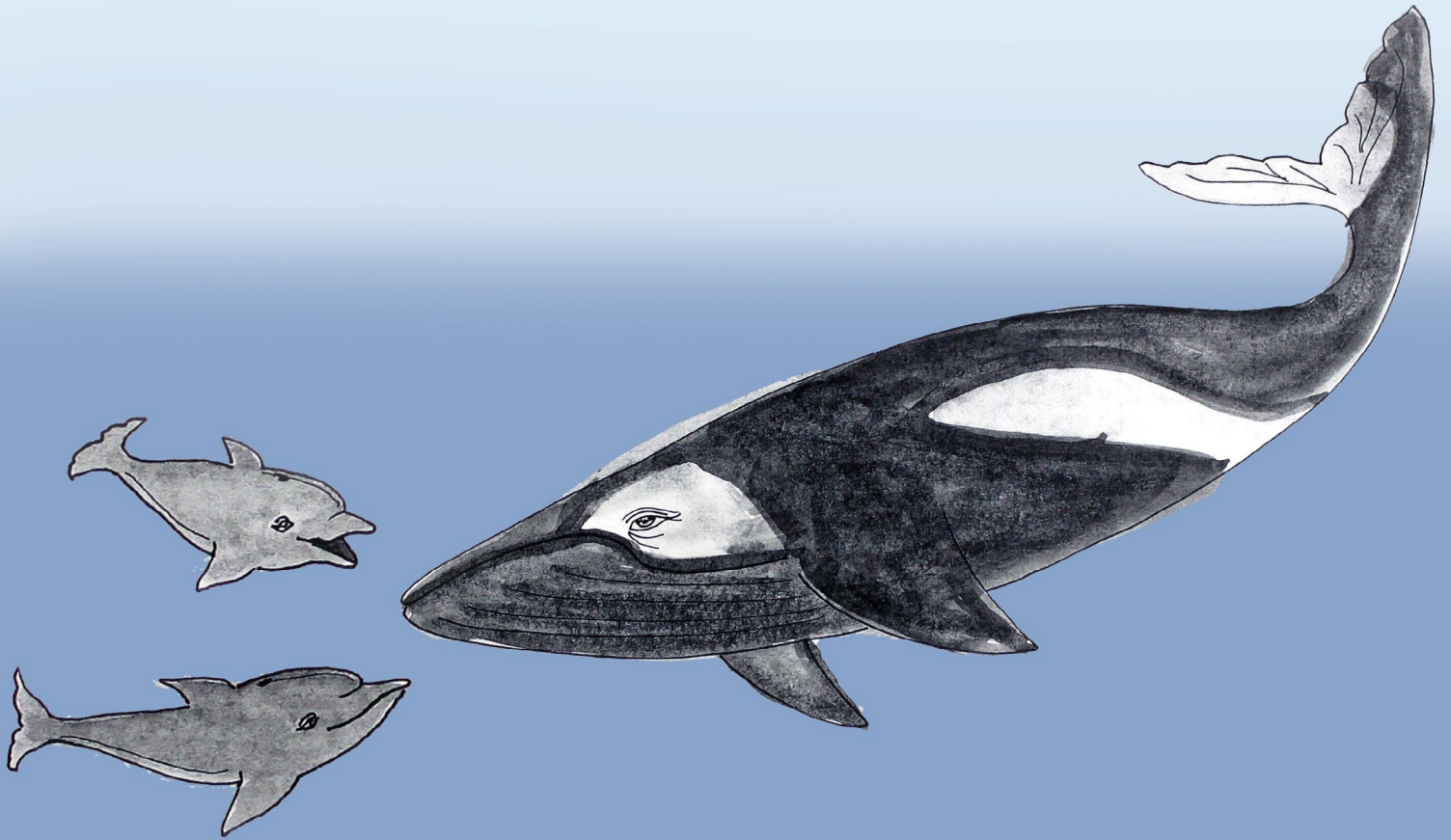
“Grace,” Sirius says with pride in his voice, “you’ve done well. Kali will soon be going back. While we know that joy is everything, and creating in joy is the fastest way to get what we want, I need you to show her how it works.”

Humbly, Grace responds, “Thank you, Sirius, for your eternal wisdom and guidance.”

As Grace and Joy return to the boat, they see Kali patiently awaiting their arrival.

“Were we gone long?” asks Grace.

“No,” replies Kali, “in fact, it felt like no time at all!”



“Kali,” Grace goes on, “we would like to give you an awareness of how to move yourself into a happy place. So, we’re going to ask you some questions. The first one is, what makes you feel happy?”

“Well,” Kali replies, “I like to listen to music and I like to read mysteries.”

“Do those make you really, really happy?” inquires Joy.

“I guess not,” admits Kali. “What I *really* love is to collect sea shells. And I love to ski. Why?”

“I’m good at this, Mom,” interrupts Joy. “Can I tell her?”

“Certainly, darling,” Grace replies.

“Kali,” explains Joy, “we have thoughts all the time. Some of our thoughts are not good for us. Mom taught me that to get what you want you have to pay attention to your feelings. Your feelings let you know whether you’re thinking happy or sad thoughts. And guess what? You can steer your thoughts any way you want them to go.”

“So,” Joy continues, “when you’re feeling badly, Kali, go collect seashells or ski or do anything else that makes you really happy. Once you’re in a happy place, it’s easy to change your sad thoughts to happy ones. Remember, joy is everything and creating in joy is the fastest way to get what you want.”

With pride in her voice, Grace says, “Why, Joy, you explained that beautifully, dear.”



“So, let me see if I get this right,” asks Kali. “The way to create what I want is to think thoughts that make me happy?”

“Yes! Yes! Yes! She’s got it, Mom,” exclaims Joy.

“Yes, she does Joy,” agrees Grace. “I think Kali is ready to go home now.”

“Grace,” asks Kali, “how did you and my Mother *know* all of this?”

Grace answers with certainty, “Kali, all living Beings are born knowing everything, but we quickly forget so much that we need Guides to help us remember. When we’re ready, our Guides show up. That’s why we’re here with you, Kali.”

“So, you’re my Guides?” asks Kali. “And Mom was one, too?”

“Yes, dear,” Grace says lovingly, “and there’s a Master Guide who helps all of us. Would you like to meet that Master Guide?”

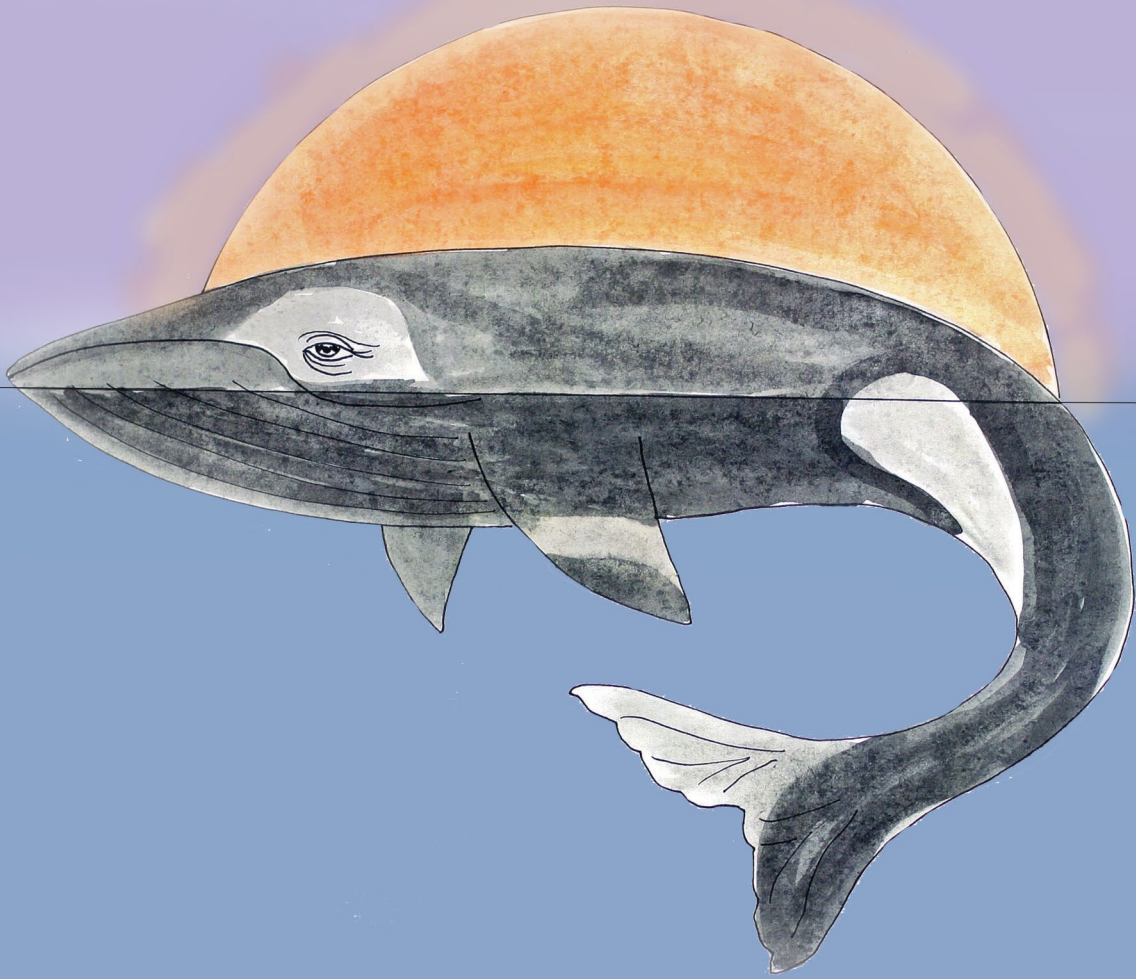
“Is that possible?” asks Kali in wonder.

Turning, Grace directs, “Look over at the horizon line, Kali.”

Excitedly, Joy asks, “Kali, can you see it? Can you see it?”

“I think I see a whale. Is that what you mean, Joy?”

“Yes,” confirms Grace, “that’s Sirius. The Master Guide.”



“Mom,” Joy inquires, “when are you going to tell her what Sirius wanted her to know?”

“We will tell her now,” replies Grace. “Go ahead, Joy. You may tell her.”

Happily, Joy explains, “Kali, Sirius wants you to always remember, ‘Your mind shapes your thoughts but only your heart can bring you joy. How you *feel* is the fuel that powers the engine of your thoughts.’”

Turning towards the lighthouse, Grace says, “Kali, now point the boat toward shore. It’s time to go home. We’ll guide you in part way. You’ll be fine the rest of the way on your own. Remember, use your heart to take you home.”

Sadly, Kali admits, “Grace. Joy. I don’t want to lose you both and I don’t like saying goodbye.”

“You never lose anyone,” assures Grace. “Everyone you love stays in your heart. Forever.”

“And now you can add us to the thoughts that make you really happy,” beams Joy.

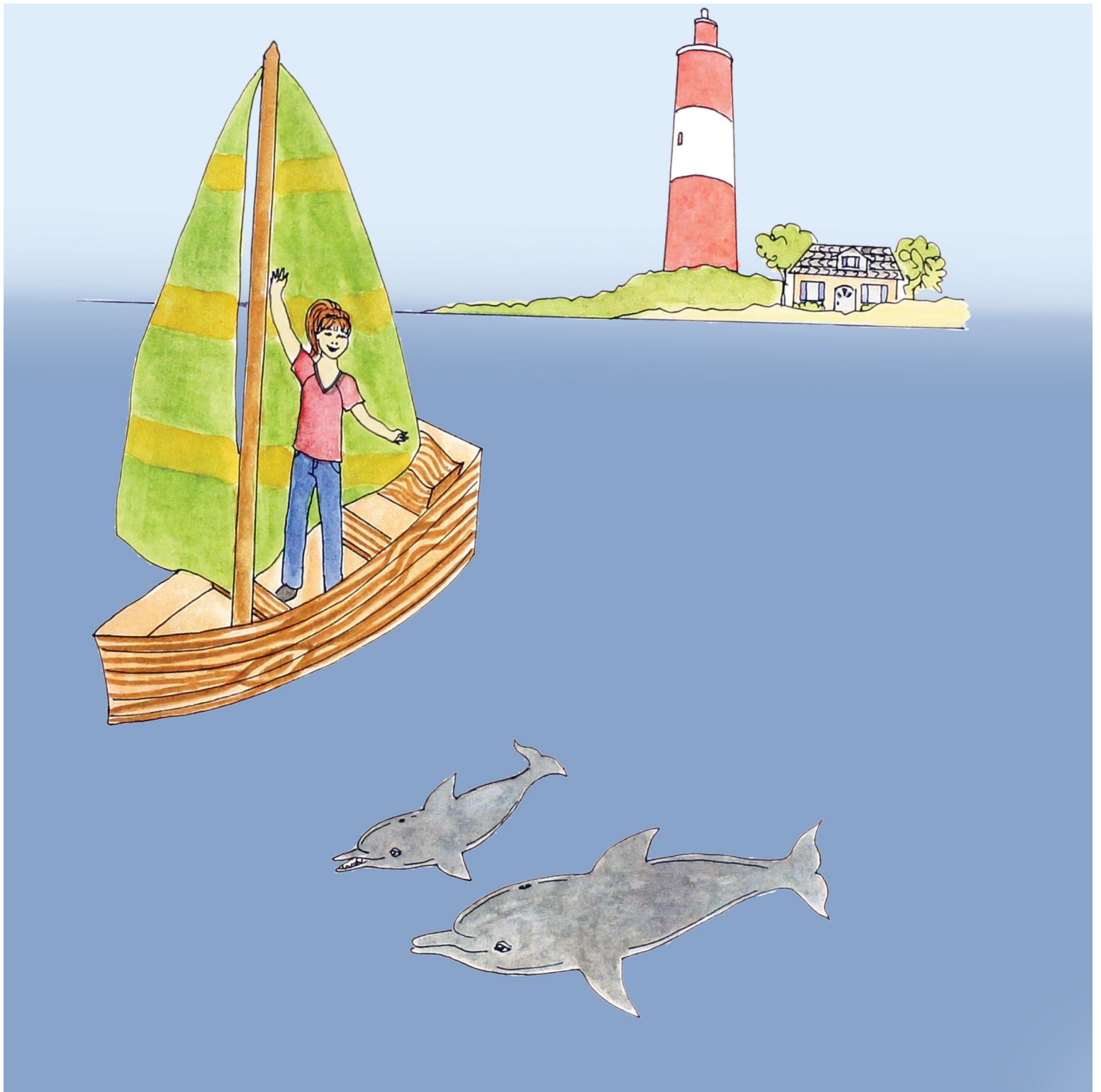


“I’ll never forget you both. Ever,” shouts Kali.

Grace quickly replies, “And we won’t ever forget you either, darling. Remember, when you need a guide, One will always be there.”

“Just keep an open heart, Kali,” squeals Joy. “And follow where it takes you.”

Follow your heart. Just follow your heart.



Instructions for Happiness
if
no dolphins or whales are available.



Afterword

We thought you might like to know how much of *Kali's Journey* is real.

I met Hilary's mother, Ruth, many years ago. Ruth became my spiritual mentor. She showed me the wonder hidden behind what we cannot see and encouraged me to listen to that still, small voice within. Ruth crossed over into Spirit in 2005. It was a loss for all who knew her but mostly for Hilary.

Sometime in late 2009, I received a strong intuitive message from Ruth that I was to write a children's book with Hilary. When I called Hilary to tell her what had happened, she said she had wanted to do just that. We met shortly thereafter and co-created *Kali's Journey*.

The memories that Kali has of her mother while on the boat are real. Hilary has many priceless memories of her mother, such as the day at the beach making mermaids out of sand and hair out of seaweed. Such was Ruth's joy and passion for life. She was an ancient and wise Soul with a childlike Spirit to the very end of her life. She tried to teach Hilary about inner guidance and following her passion but Hilary couldn't quite hear her.

Sometimes it's only after someone's passing that we fully open our eyes and our hearts to what was the best of them. I know because it turned out to be true for me as well. In 2009 my mother passed away. By example, she tried to teach me to live in the moment and start each day anew. I didn't understand her message either.

After Ruth and my mother crossed over, Hilary and I each began to more deeply understand and *feel* our mothers' truths.

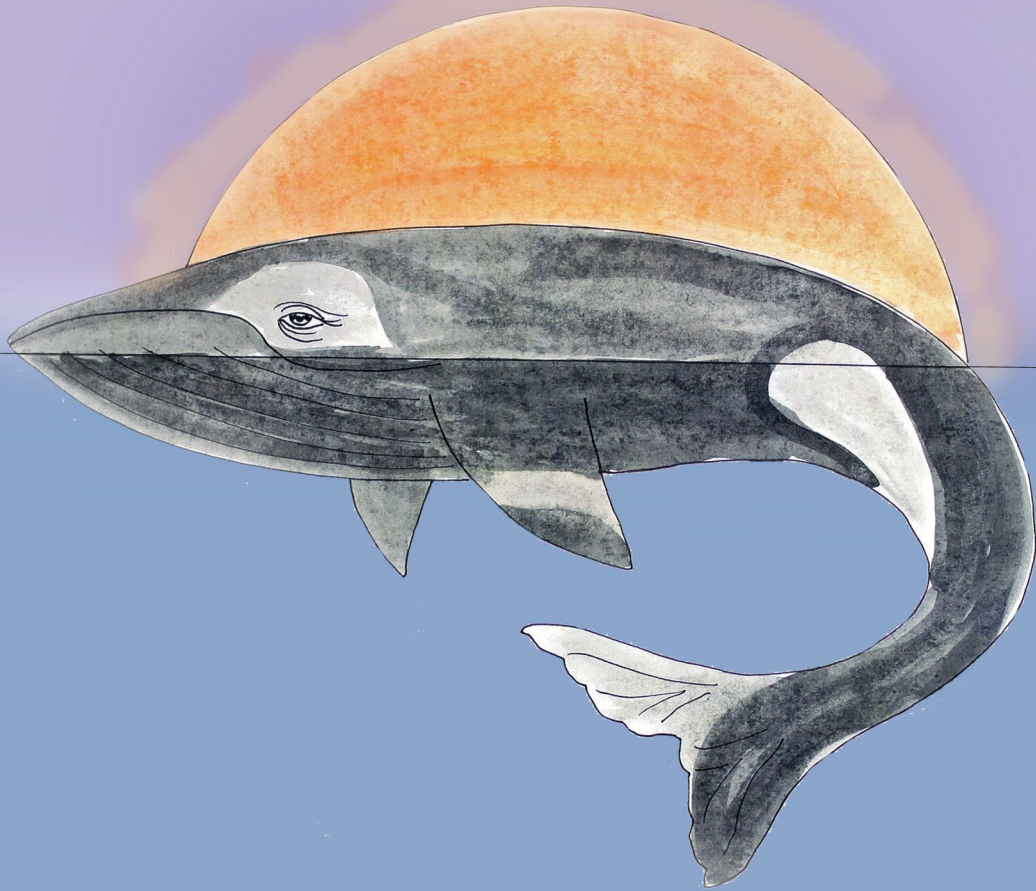
As for what's not true in Kali's story...well, neither Hilary nor I have ever spoken with a dolphin — although I swam with a few and helped tend to a recovering injured calf. However, both of us strive to live each day applying the lessons gifted to you through *Kali's Journey*.

Ultimately, *Kali's Journey* is a co-creative effort by two blessed daughters belatedly expressing awareness, gratitude and eternal love for their mothers.

In Love and Light,
Carole
March 2011

Kali's Journey

Kali's Journey is a spiritual children's book for children ages 8-14 that teaches such spiritual laws as how to follow your intuition, understanding the law of attraction and how it works, setting your intention and, most importantly, coming from joy to create your heart's desires. Kali, a 12-year-old girl, finds herself adrift in a sailboat. She meets Grace and Joy, a mother and daughter dolphin, who show Kali the ancient wisdom hidden within each of us and helps Kali find peace with the loss of her own mother. A wonderful and inspiring tale based in fact or fiction... you decide!



Co-created by Carole Gold & Hilary Green