

The Living Food Awakening System™

A 3-Day Natural Detox Protocol for Chronic Skin Issues

Your Skin Is Crying Out for Help (And Finally, Someone's Listening)

If you're reading this, I'm willing to bet you've spent more money on dermatologists, prescription creams, and topical treatments than you'd care to admit. Maybe you've tried elimination diets, expensive supplements, or even stronger medications that came with side effects worse than the original problem.

You know what? I've been there.

For years, I dealt with chronic fatigue, persistent acne, dishydrotic eczema, and skin issues that seemed to have a mind of their own. I became a certified health coach thinking I could figure it out, but I was still struggling with my own health. How could I help others if I couldn't even help myself?

Then I discovered something that changed everything: **your skin issues aren't actually skin problems at all.**

Your skin is your body's largest elimination organ. When you see breakouts, rashes, eczema, or persistent acne, your body is literally crying out for help. It's trying to eliminate toxins, waste, and built-up substances that your other elimination systems—your liver, kidneys, colon, and lungs—can't handle anymore.

Every cream you've applied, every steroid you've tried, every topical treatment has been focused on suppressing these symptoms. But what if instead of silencing your skin's cry for help, you actually listened to what it was telling you?

What if the solution wasn't to put something ON your skin, but to help your body clean itself from the inside out?

That's exactly what **The Living Food Awakening System™** does.

Why This Approach Is Different

I discovered the power of fruit fasting completely by accident. After years of trying everything else, I decided to do an all-day fruit fast. That very night, I started experiencing what I now know were detox symptoms—cold sweats, pain running up my arms, and yes, even more skin breakouts initially.

Most people would have panicked and stopped. But something told me this was different. This wasn't my body getting worse—this was my body finally getting the chance to clean itself.

Those little breakouts on my arms, those rashes that appeared seemingly out of nowhere? They weren't problems to suppress. They were proof that my skin was doing exactly what it was designed to do: eliminate toxins and waste that had been building up for years.

Within three days, I felt lighter, more energetic, and for the first time in years, I had hope that my body could actually heal itself. More importantly, I had proven to myself that natural detox wasn't just possible—it was inevitable when you give your body the right conditions.

What You're About to Discover

The Living Food Awakening System™ isn't about perfection. It's about proving to yourself, in just three days, that your body has been waiting for the chance to heal. You're going to learn:

- Why fruit isn't the enemy you've been told it is, but actually the most powerful medicine for your elimination systems
- The specific daily protocol that triggers your body's natural detox processes
- How to recognize the difference between "getting worse" and "getting better" during detox
- What those skin breakouts and rashes actually mean (hint: they're good news)
- How this three-day experience builds the solar plexus energy and willpower that proves you can do anything you set your mind to

By the end of these three days, you'll have experienced something most people never do: tangible proof that your body can clean itself naturally, without expensive treatments, harsh chemicals, or suppressing symptoms.

You'll feel lighter, more energetic, and most importantly, you'll know—not just believe, but KNOW—that there's another way.

The Living Food Truth: Everything You've Been Told About Fruit Is Wrong

Let me start with something that might shock you: **we are frugivores.**

I know, I know. You've been told that fruit is "too much sugar," that it spikes your blood sugar, that it's not substantial enough to sustain you. You've probably been warned about fructose and told to limit your fruit intake.

All of that is programming designed to keep you away from the most powerful healing food on the planet.

Think about it logically for a moment. Fruit is the only food source on Earth that doesn't require killing. The plant literally offers it freely, designed to be consumed so that the seeds can be spread and the species can proliferate. It's nature's way of creating abundance without destruction.

When you eat an animal product, something died. When you eat a vegetable, you're consuming the entire plant. But when you eat fruit, you're participating in the natural cycle of life that benefits both you and the plant.

This isn't just philosophy—it's physiology.

Your Body's Preferred Fuel Source

Your liver's favorite food is simple carbohydrates. Not complex carbs that require extensive digestion, but the simple sugars found in fruit that can be immediately converted to glucose and used for energy.

This is why people doing fruit fasts often report needing less sleep. The living enzymes, the "angströms" or units of energy, the prana or life force energy in fresh, raw fruit provides your body with more usable energy than the dense, complex foods you've been trying to survive on.

Every cell in your body runs on glucose. Your brain alone uses about 20% of your daily glucose requirements. When you consume fruit, you're giving your body exactly what it needs in the most bioavailable form possible.

Why Fruit Triggers Detox

Here's what happens when you switch from your regular diet to fruit only:

Your digestion gets a break. Instead of spending massive amounts of energy breaking down complex proteins, fats, and starches, your digestive system can focus on elimination.

Your cells become hydrated. Fruit is structured water with minerals and electrolytes that actually hydrate you at the cellular level, not just fill your stomach with liquid.

Your elimination pathways activate. When your body isn't constantly dealing with incoming toxins from processed foods, chemicals, and hard-to-digest substances, your liver, kidneys, colon, and skin can finally catch up on elimination.

Your lymphatic system starts moving. The lymphatic system is your body's sewer system, but it doesn't have a pump like your cardiovascular system. It relies on movement, hydration, and space to do its job. Fruit provides both the hydration and the space.

The Garden of Eden Blueprint

I believe fruit is literally God's gift to humanity. It's designed to proliferate and turn this planet back into the Garden of Eden. When we return to our divine blueprint—when we stop fighting our body's natural design and start working with it—miraculous things happen.

This isn't about becoming a fruitarian overnight. This isn't about perfection or never eating anything else again. This is about remembering, for three days, what your body is actually designed to thrive on.

It's about proving to yourself that the simple, natural approach isn't just "woo-woo" spirituality—it's practical, immediate, and more effective than anything you've tried before.

What Makes This Different from "Juice Cleanses"

You've probably seen juice cleanses, smoothie diets, or other "detox" programs. Here's why The Living Food Awakening System™ is different:

We're working with whole fruit. The fiber in whole fruit helps your digestive system eliminate waste more effectively than juice alone.

We're timing specific fruits strategically. Different fruits have different properties—some are more astringent and cleansing, others are more grounding and satisfying. The sequence matters.

We're not restricting quantity. You can't eat too much fruit. Your body will naturally regulate how much it wants because fruit provides satiation signals that processed foods suppress.

We're building psychological strength. This isn't just about physical detox—it's about proving to yourself that you have the willpower and solar plexus energy to do anything you set your mind to.

The truth is, your body already knows how to heal. It's been trying to heal this entire time. You've just been taught to suppress the symptoms instead of supporting the process.

It's time to get out of your body's way and let it do what it's designed to do.

The 3-Day Living Food Protocol: Your Step-by-Step Implementation Guide

Here's the truth about fruit fasting: the first day is the hardest. Your body is switching from burning glucose from complex foods to burning glucose from fruit, and you might feel some resistance—physically, mentally, and emotionally.

But here's what I want you to remember: by the second day, something shifts. Your body starts to realize it's getting clean fuel, and the process becomes easier. By day three, many people don't want to stop because they feel so much better.

This protocol is designed to support you through each phase while triggering the maximum detox response in the shortest time.

Pre-Fast Preparation (The Night Before)

The night before you begin, prepare your morning lemon water. In a glass container, squeeze the juice of half a fresh lemon into 8-12 ounces of room temperature water. Add a pinch of high-quality sea salt (not table salt) and, if you have them, 2-3 drops of Concentrace mineral drops or a tiny amount of shilajit—just enough to add minerals without overpowering the taste.

This mixture primes your digestive system and helps stimulate your bowels first thing in the morning. Place it beside your bed so you can drink it within the first few minutes of waking up.

Important: Set your intention. This isn't just about eating fruit for three days. This is about proving to yourself that your body can heal naturally, and that you have the inner strength to see it through.

Day 1: The Foundation Day

Upon waking (first 10 minutes):

Drink your prepared lemon water mixture while still in bed or immediately upon getting up. Don't eat anything else for at least 30 minutes.

Morning (30 minutes after lemon water):

If it's melon season, start with melons. Watermelon, cantaloupe, honeydew—any melon that's available and ripe. Melons are the highest water content fruits and the most hydrating. They're also the easiest to digest and create space in your system for elimination.

If melons aren't in season, don't worry. Work with what's available. The goal is to start with the most hydrating, easy-to-digest fruits you can find.

Eat until you feel satisfied, not stuffed. With fruit, this usually happens naturally because fruit contains signals that tell your brain when you've had enough.

Mid-morning (if needed):

If you're someone who usually drinks coffee, you can have a cup of black coffee mid-morning. Coffee is actually a natural appetite suppressant and can help with the transition. Just don't add anything to it—no cream, sugar, or artificial sweeteners.

Avoid green tea on an empty stomach. It can make you nauseous when you haven't eaten substantial food.

Afternoon:

Transition to more astringent, cleansing fruits. Apples, oranges, pears, grapefruit—these fruits have more cleansing properties and will help your body start eliminating waste more aggressively.

Eat these fruits at room temperature if possible. Cold fruit from the refrigerator causes your body temperature to drop and makes your cells contract, which reduces digestive efficiency. If your fruit is cold, let it sit out for 30-60 minutes before eating.

Evening (if hungry):

If you're genuinely hungry in the evening, transition to more grounding fruits. The combination I discovered that works beautifully is cut-up bananas, papaya, and dates. These fruits are more filling and satisfying without being too heavy.

Avoid: Mixing acidic fruits (oranges, grapefruit, pineapple) with sweet fruits (bananas, dates) in the same meal. They digest at different rates and can cause gas or digestive discomfort.

Daily Fruit Protocol Tracking

Time/Type	Category	Hunger Status	Energy (1-10)	Symptoms (Y/N)	Notes
Morning					
Lemon H2O					
Mid AM					
Afternoon					
Evening					

What to Expect Day 1:

- Mental resistance and thoughts about "real food"
- Possible headache as your body switches fuel sources
- Emotional ups and downs
- Frequent urination as your body starts eliminating
- Possible fatigue in the afternoon

Remember: This is normal. Your body is switching from burning stored glucose and dealing with complex digestion to burning clean fruit sugars. The resistance is temporary.

Day 2: The Breakthrough Day

This is when most people experience the shift. Your body has adjusted to the new fuel source, and the real elimination begins.

Morning routine: Same as Day 1—lemon water upon waking, wait 30 minutes, then start with hydrating fruits.

Key insight for Day 2: You might wake up feeling more energetic than usual, possibly having needed less sleep. This is the life force energy (prana) from living food. Don't fight it—embrace it.

What to Expect Day 2:

- Increased energy, possibly needing less sleep
- Clearer thinking and mental focus
- Beginning of visible elimination—more frequent bowel movements
- Possible skin reactions (breakouts on arms, small rashes)—this is GOOD
- Reduced cravings for heavy foods
- Feeling of lightness in your body

Critical mindset shift: If you notice breakouts or skin reactions, celebrate them. Your skin is doing exactly what it's supposed to do—eliminating toxins that have been stored in your body. This isn't getting worse; this is getting better.

Day 3: The Completion Day

By Day 3, many people don't want to stop. You've proven to yourself that you can do this, and you're feeling the benefits.

Morning routine: Same as previous days, but pay attention to how much more energy you have.

What to Expect Day 3:

- Significant mental clarity
- Feeling of accomplishment and willpower
- Continued elimination
- Possible emotional releases (crying, laughter, feeling lighter emotionally)
- Strong desire to continue beyond three days

Important decision point: You can safely extend this to 5-7 days if you're feeling good and want to continue. Your body will tell you when it's time to transition back.

The Solar Plexus Connection

What you're building through these three days isn't just physical detox—it's solar plexus energy. This is your personal power center, your willpower, your ability to follow through on what you commit to.

Every time you choose fruit over processed food, every time you push through mental resistance, every time you trust your body's wisdom over your mind's programming, you're strengthening this energy center.

By Day 3, you've proven to yourself that you can do anything you set your mind to. This isn't just about fruit fasting—this is about reclaiming your personal power and your trust in your body's innate intelligence.

Fruit Selection and Seasonal Adaptation

In season fruits are always best. Work with what nature provides in your area during your time of fasting. If it's winter and you only have access to apples, pears, and bananas with some frozen fruit, that's perfectly fine.

Optimal Fruit Combinations and Timing

Time Period	Best Fruit Types	Examples	Purpose
Morning	Hydrating/High water	Melons, grapes, oranges	Gentle awakening, hydration
Afternoon	Cleansing/Astringent	Apples, pears, grapefruit	Active detox, elimination
Evening	Grounding/Satisfying	Bananas, dates, papaya	Satisfaction without heaviness
Any time	Room temperature	All fruits at room temp	Optimal digestion

Organic prioritization: Do your best to get organic fruit, but don't let perfect be the enemy of good. Hard peel fruits like oranges, grapefruit, and lemons are acceptable if not organic, but still wash them thoroughly.

Washing protocol: If you can afford it, I personally swear by Renovera fruit and veggie wash. It's expensive, but it actually works to remove pesticides and herbicides. You can see the oil slick and nasty residue left behind in your sink after soaking fruits and vegetables in it. If you don't have access to a specialized wash, apple cider vinegar and baking soda will help remove surface chemicals.

Managing Hunger and Cravings

Remember: You can't eat too much fruit. If you're hungry, eat more fruit. Your body will naturally regulate how much it wants.

Coffee as appetite suppressant: A cup of black coffee mid-morning or early afternoon can help with appetite suppression if you're struggling with hunger.

Green tea warning: Avoid green tea on an empty stomach—it can cause nausea when you haven't eaten substantial food.

Hydration: You're getting most of your hydration from fruit, but additional filtered water is fine. Avoid anything with artificial sweeteners, flavoring, or additives.

Navigating Detox Symptoms: How to Recognize Healing vs. Problems

This is where most people get scared and quit. They start experiencing symptoms they've never felt before, or their skin temporarily gets worse, and they panic thinking they're harming themselves.

Let me be crystal clear: **detox symptoms are proof that the protocol is working.**

Your body has been accumulating toxins, waste products, chemicals, heavy metals, and other substances for decades. When you finally give it the space and energy to eliminate these substances, they have to go somewhere. And often, they go out through your skin.

Understanding Your Body's Elimination Pathways

Your body has four primary elimination pathways:

1. **Your kidneys** (through urine)
2. **Your colon** (through bowel movements)
3. **Your lungs** (through breathing and coughing)
4. **Your skin** (through sweating and breakouts)

When your first three pathways are overwhelmed or not functioning optimally, your skin becomes the backup elimination system. This is why skin issues are often the first sign of internal toxicity.

During your fruit fast, you're freeing up energy that was being used for complex digestion and redirecting it toward elimination. Your kidneys start filtering more efficiently, your colon starts moving waste that may have been stuck for months, and your skin starts pushing out toxins that have been stored in your tissues.

Common Detox Symptoms (And Why They're Good Signs)

Skin reactions: Small breakouts, particularly on your arms, rashes, temporary increase in acne. This is your skin eliminating toxins that have been stored in your fat cells and tissues. When I did my first fruit fast, I got little pimples all over my arms and some rashes. Instead of being concerned, I was thrilled—my skin was finally doing its job as an elimination organ.

Night sweats and temperature changes: Your body may run hot or cold as it adjusts to the new fuel source and elimination process. Sweating is one of your body's most efficient detox mechanisms.

Body aches and pains: Particularly in your arms, legs, or joints. This can be lymphatic movement—your body's sewer system finally getting the chance to drain properly.

Bowel changes: More frequent bowel movements, different consistency, possible elimination of old waste material. This is exactly what you want—your colon is finally catching up on elimination.

Frequent urination: Your kidneys are filtering more efficiently. The increased water content from fruit, combined with reduced toxic load, allows your kidneys to eliminate more waste.

Energy fluctuations: You might feel tired during certain parts of the day as your body directs energy toward elimination, followed by bursts of high energy.

Emotional releases: Crying, irritability, or feeling emotionally sensitive. Toxins aren't just physical—emotional and mental toxins get stored in your body too. As they release, you might experience emotional clearing.

Mental fog followed by clarity: Initially, you might feel mentally unclear as toxins circulate before being eliminated. This is followed by increased mental clarity and focus.

Detox Symptom Recognition Tracker - Part 1: Symptoms

Date: _____

Positive Elimination Signs (Check all that apply):

- Increased urination
- More frequent bowel movements
- Skin breakouts (especially arms)
- Night sweats or temperature changes
- Body aches in arms/legs
- Emotional releases or mood swings
- Initial fatigue followed by energy
- Mental fog followed by clarity

Concerning Symptoms (requiring medical attention):

- Severe abdominal pain
- Blood in stool or urine
- Extreme dizziness or fainting
- Difficulty breathing
- Severe allergic reactions

Detox Symptom Recognition Tracker - Part 2: Assessment

Date: _____

Overall Energy Level (1-10): ___

Mental Clarity (1-10): ___

Physical Comfort (1-10): ___

Notes about how you're feeling:

When to Be Concerned vs. When to Celebrate

Celebrate these signs:

- Skin breakouts, especially on arms and upper body
- Increased elimination through all pathways
- Night sweats or temperature fluctuations
- Emotional releases
- Fatigue followed by increased energy
- Mental clarity after initial fog
- Reduced cravings for processed foods
- Feeling of lightness in your body

Be mindful of these (though still usually normal):

- Severe headaches that don't improve with hydration

- Extreme fatigue that doesn't lift
- Digestive upset beyond normal bowel changes
- Dizziness or lightheadedness

Seek medical attention for:

- Blood in stool or urine
- Severe abdominal pain
- Difficulty breathing
- Extreme allergic reactions
- Any symptom that feels genuinely dangerous rather than temporarily uncomfortable

Supporting Your Body Through the Process

Rest when you need it: If your body is directing energy toward elimination, honor that. Take naps, go to bed earlier, or simply rest more than usual.

Gentle movement: Light walking, stretching, or gentle yoga can help your lymphatic system move more effectively. Avoid intense exercise during the fast.

Dry brushing: If you have a dry brush, gently brushing your skin before bathing can help support lymphatic drainage and elimination through your skin.

Hydration support: While fruit provides most of your hydration needs, additional filtered water can help support elimination, especially if you're experiencing significant detox symptoms.

Mental support: Remind yourself that temporary discomfort is your body healing. Every symptom is proof that your body knows how to clean itself when given the opportunity.

The Emotional Component

What many people don't expect is the emotional component of detox. We store emotional toxins just like we store physical toxins. Unexpressed emotions, old traumas, stress, and negative thought patterns all get stored in your body.

As your body eliminates physical toxins, it often releases emotional ones too. You might find yourself crying for no apparent reason, feeling irritable, or experiencing emotions more intensely than usual.

This isn't a problem to fix—it's a gift to receive. Your body is finally getting the chance to release not just physical waste, but emotional waste too.

Let yourself feel whatever comes up. Cry if you need to. Journal if thoughts and emotions are intense. Trust that your body knows what it's doing on all levels—physical, emotional, and spiritual.

Why Most People Quit (And How You Won't)

Most people quit fruit fasting because they misinterpret healing symptoms as harmful symptoms. They see breakouts and think their skin is getting worse. They feel fatigue and think they're not getting enough nutrition. They experience emotional releases and think something is wrong.

But you're different. You understand that these symptoms are proof that the process is working. Your skin isn't getting worse—it's getting the toxins out. You're not lacking nutrition—you're giving your body the most bioavailable nutrition possible while freeing up energy for elimination.

Every uncomfortable moment is your body saying "thank you for finally giving me the chance to clean house."

Stick with it. Trust the process. Trust your body's innate wisdom.

By Day 3, you'll have tangible proof that your body can heal itself naturally. And that proof will change everything.

Beyond Day 3: Extending Safely and Claiming Your New Power

If you're feeling good at the end of Day 3—and many people do—you might find yourself wanting to continue. This is completely natural. Your body has tasted freedom from the constant burden of processing complex foods, and it likes what it's experiencing.

The decision to extend beyond three days should be based on how you feel, not on external rules or pressure.

Signs You Can Safely Continue

Energy is stable or increasing: You're not feeling depleted or exhausted. In fact, you might be feeling more energetic than when you started.

Mental clarity is improving: Your thinking is clearer, not foggy or confused.

Elimination is happening: Your kidneys, colon, and skin are actively eliminating waste.

Emotional state is stable: You're not experiencing extreme mood swings or emotional instability.

Body feels lighter: There's a physical sensation of lightness and ease in your body.

You want to continue: This isn't about forcing yourself to go longer, but about your body naturally wanting to maintain this state.

Extending to 5-7 Days

If you decide to continue, maintain the same daily protocol:

Morning: Lemon water upon waking, followed by hydrating fruits

Afternoon: Cleansing, astringent fruits

Evening: Grounding, satisfying fruits if needed

Listen to your body more closely: As you extend beyond three days, pay even closer attention to how you feel. Your body will guide you about when it's time to transition back to other foods.

Expect deeper elimination: Days 4-7 often bring deeper detox symptoms as your body accesses toxins stored in deeper tissues.

Honor your social and work commitments: Make sure extending doesn't interfere with important responsibilities or social situations where not eating regular food would be problematic.

The Mental and Spiritual Breakthrough

By completing three days of fruit fasting, you've accomplished something that most people believe is impossible. You've proven to yourself that:

Your willpower is stronger than your cravings: Every time you chose fruit over processed food, you strengthened your solar plexus energy—your personal power center.

Your body knows how to heal: You've experienced firsthand that your body has innate intelligence and healing capacity that doesn't require external intervention.

Natural approaches actually work: You have tangible proof that simple, natural methods can create real, measurable changes in how you feel.

You can trust yourself: You set a goal, followed through despite resistance, and achieved the result you were seeking.

This breakthrough extends far beyond fruit fasting. You've just proven to yourself that you can do anything you set your mind to. That's solar plexus energy—personal power, willpower, and self-trust.

Transitioning Back to Regular Foods

When you do decide to transition back to eating other foods, do it gradually. Your digestive system has been resting and needs time to readjust.

Day 1 post-fast: Add raw vegetables to your fruit. Leafy greens, cucumber, celery, tomatoes—simple, raw, easy-to-digest vegetables.

Day 2 post-fast: Add some cooked vegetables if desired. Steamed or lightly sautéed vegetables that are still easy to digest.

Day 3 post-fast and beyond: Gradually reintroduce other foods, paying attention to how each affects your energy, digestion, and skin.

Important: You'll likely notice that many foods you used to eat regularly now feel heavy, create digestive upset, or affect your energy negatively. This isn't a problem—it's valuable information about what serves your body and what doesn't.

Maintaining the Benefits

Regular fruit meals: Consider replacing one meal per day with fruit only, or having fruit-only mornings several days per week.

Seasonal fruit fasts: Repeat this protocol quarterly or seasonally as a way to support your body's natural detox processes.

Improved food choices: Use the clarity you've gained to make better daily food choices that support rather than burden your elimination systems.

Increased body awareness: You've developed a much clearer sense of how different foods affect your body. Honor this awareness.

The Bigger Picture: Your Awakening Journey

Completing The Living Food Awakening System™ is about more than skin healing or physical detox. It's about remembering who you really are.

You've just experienced your body's innate capacity for self-healing. You've tasted the energy and clarity that come from living foods. You've proven that natural approaches can create real changes.

This is the beginning of your awakening journey, not the end.

Your skin issues were never really about your skin—they were about your body's wisdom trying to get your attention. Now that you're listening, now that you've established trust with your body, what else is possible?

How else has your body been trying to communicate with you? What other symptoms or challenges might be invitations to dig deeper into natural healing?

You've just proven that you have the willpower to follow through on your commitments to yourself. You've experienced the power of living foods. You've felt the lightness and energy that come from working with your body instead of against it.

This is just the beginning.

Food Combining Guidelines for Optimal Digestion

As you continue your natural healing journey, whether extending your fast or transitioning back to mixed foods, understanding proper food combining will help you maintain the digestive ease you've experienced.

Food Combining Guide for Optimal Digestion

Food Category	Combines Well With	Avoid Combining With	Notes
Sweet fruits (bananas, dates)	Other sweet fruits, some sub-acid fruits	Acidic fruits, melons	Digest slowly, eat in moderation
Acidic fruits (oranges, grapefruit)	Other acidic fruits, some sub-acid fruits	Sweet fruits, melons	Most cleansing, best afternoon
Sub-acid fruits (apples, pears)	Most other fruits	Melons (eat alone)	Most versatile category
Melons (watermelon, cantaloupe)	Other melons only	All other foods	Digest fastest, always eat alone

Key principle: Eat melons alone or leave them alone. They digest much faster than other fruits and can cause gas and digestive upset when combined with other foods.

Timing matters: Start with fastest-digesting fruits (melons) and progress to slower-digesting fruits (sweet fruits) throughout the day.

Your journey into natural healing has just begun. You've taken the first step, proven it works, and built the foundation for deeper transformation.

Trust what you've experienced. Trust your body's wisdom. Trust your newfound willpower.

The path to healing—real healing—is simpler than you've been told. It's as simple as listening to your body and giving it what it needs to do what it already knows how to do.

Welcome to your awakening. Welcome to remembering who you really are.