

THE GIFT OF LISTENING

Cultivating Your Connection with Spirit



Kia Abilay

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CULTIVATING YOUR CONNECTION
WITH SPIRIT

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*May the gift of listening deepen the peace in your soul;
and may it radiate out to others, bringing peace to the world.*

The quieter you become, the more you can hear.

– Ram Dass

INTRODUCTION



This is not a literary book. It's just a story of my experiences. Throughout my life, I've experienced deep listening, and called on intuition to find my path. My hope is that through sharing what I've been through, with family, relationships, and my spiritual practice, you may hear your own inner wisdom better. My hope is that you may find ways to connect with your intuition and to hear God, your guides, the angels, or whatever masters or gurus speak to you.

It's funny how this book came to be. Because of COVID, in early 2020 I started offering my Akashic Records readings and training sessions online. Prior to COVID, I'd held them in various places, including Anahata, a yoga studio across the street from where I live. I had taken classes on Zoom but I was inexperienced in leading Zoom sessions. I needed someone to help provide tech support. I called my friend Theresa, the owner of the studio, to ask if she knew someone who could help me. She's well-connected and generally just a great helper. She knows people from countless local organizations that she's involved in--music festivals, radio stations, and so much more.

"Who can help?" I asked.

She said, "I think Ben can help." That's her husband. (I married them at their house in September 2019!) I had no idea what Ben did at the time. I knew he was a published author and a writer. I didn't know he did tech support.

Did an angel whisper?

It turned out, Ben's professional world was affected by COVID too, of course. Normally he taught writing classes in New York City, but now they were all remote, in Zoom. So he was Zoom-savvy, and in the area more often. He became my tech admin for about six weeks, getting me up and running on Zoom, helping me do breakout rooms, share my screen, mute noisy students, and deliver documents used in class.

One day after a session, I made Ben coffee, and we chatted in my apartment. It turned out that one of Ben's other roles, apart from classroom teacher, was book editor and consultant. He'd been working with writers developing books for years! Thrillers, sci-fi, fantasy, romance, westerns, crime novels, literary novels, short story collections--and even memoirs!

Memoirs?

A light went on for me. Since my teenage years, I had wanted to write children's books. In the 1990s, I started a children's series called *The Ark of Empowering Animals*. Two were written: *Chakra Bear and the Rainbow Cloud*; and *Tai Chi Tiger and Nature Dance*. They were produced as coloring books and stuffed animals. Other characters kept coming, but you know how life is--we get distracted.

In my own dialoguing with Spirit, I kept getting that I should write a book. In fact, I had a title in mind: "Spirit Talks." But when I started writing, that title was taken already. Early in 2020, my spiritual mentor and personal astrologer, Stephen Thomson said to me again, "When are you going to write your book? The timing in your chart is perfect."

Ben agreed to take me on as a client. We would work together to start writing and shaping a book about my spiritual journey, and my geographical journey from Hawaii to California, to where we both lived now: Kingston, New York. Spirit had played a strong part in bringing me to the Dream Weavers Building, at the corner of Wall Street & N. Front Street, in Kingston. That was part of the story I wanted to tell.

And it turned out Ben had been brought to Kingston by fate or chance as well. In 2013, he was living in Westchester, and thought he was buying tickets to a concert at the Beacon Theater in Manhattan.

But that show had in fact been sold out, a date had been added to the tour, and he ended up holding a ticket to see (and hear!) his favorite vocalist, Chris Cornell, in Kingston. It was his first visit to Kingston, and he was seated next to the woman who would become his wife. That's Theresa. A music lover too--who had just read a book called "Calling in the One" and told a friend she was ready to date, and wanted to date a writer.

Well, that's another story. But this synchronicity tipped us off that maybe we'd been brought to this corner to work together. We'd better give it a shot!

We started in June 2020. It was a bumpy road. There were lots of technical difficulties. But we persisted. Early on, Ben was with his family at a lake resort in northern Minnesota for a week, but I remember seeing him on my screen, with this wood paneling behind him, and the sounds of birds outside the cabin where he was at. I told my stories in written form, and he recorded the sessions, and later he would take what I had said and build it out, making it into a book.

Full disclosure: This is a novice writing with the help of a professional. That's okay. I have no pretensions of literary stardom or anything, and it felt important in a story about listening to use my authentic voice. The important thing is getting my message to you: that a life of Listening offers many rewards. That Spirit is with us wherever we go. That messages of strength, clarity, and hope are available to us. In fact, they are coming our way all the time. We just have to listen.

Let me tell you about two features of the book. One is Ponder Questions. These are sentences in larger text, woven into my tales, to get you thinking about what you've experienced. When you encounter a Ponder Question, I hope you'll take time to pause your reading and reflect. You can even just listen to what answers come up for you as you consider the Ponder Question. You may find that, yes, people *have* come into your life in odd ways, only to bring you peace; or you *have* found strength in nature--whatever it is. If you feel called, you can even journal on the Ponder Questions. Take it deeper. If my book puts you

in touch with your own experience and deepens your understanding of yourself and where your joy is, I'll be very gratified.

The other feature is Rainbow Heart Tips. We've put one at the end of every chapter. These are activities you can do to cultivate your connection with Spirit and to deepen your listening practice. They include coloring, journaling, walking labyrinths, and more. They aren't necessarily revolutionary. We haven't invented any new gimmicks. I simply share some details about how I engage in these activities and what they do for me. I share books and other resources like podcasts and websites to buy chimes that make lovely, meditative tones. You may have your own practices, routines, and pleasures. That's wonderful. But maybe in a Rainbow Heart Tip you'll discover something new that brings you peace and joy.

Some of my readers may be "in the closet" spiritually, by which I mean, people who have been hearing guidance from Spirit but who haven't shared this aspect of their lives with anyone, for fear of being laughed at, or not believed. Or perhaps it wouldn't fit in the paradigm of your social or cultural world to speak of it, to share it. Whatever it is—I understand. I was one of these people for a time. I kept it to myself. It's my hope that my book helps these closeted Listeners feel more integrated and know the joys of deep, reverent, grateful listening.

You will also find humor in this book, as Spirit also has a sense of humor. Laughter has always been good medicine for me, and I inherited this trait from my mother. I hope the book will let you engage in joy and laughter as well.

Mahalo!

Kia Abilay, October 2021