

*Universal  
Waters*



# *Universal Waters*

The Long-Awaited  
Change

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**Clearly Unique Wellness**

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# DEDICATION

I dedicate this book to all of you  
who want to focus on creating a great life  
and who want to make the most of  
what this world has to give!

**“1999”**

**21 Years Later...**





# INTRODUCTION

Back in the 90s I could see that we needed many changes in this world; in our health care systems, in our schooling systems and in our political systems. I knew a time of great change was needed and I had been waiting for many years to see just how those changes would come about.

I did the best I could with my three young children in not being a participant and supporting these structures while still respecting them as much as possible when needing to deal with them.

I had my children at home, nursed them, went to homeopathic doctors, purchased organic and humanely treated foods, homeschooled and didn't vote. (I believe you shouldn't vote blindly for things you just don't align with.) I had to leave that up to the politically passionate one's and trust that we would be

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safe until the changes came.

I started this chapter book in 1999 and shortly afterwards, I put it aside and moved on with my life.

I came across it, recently, with all of my children's stories that I had written back in the late 90s, and had to laugh. It's now the year 2020 and this story was based on the year 2020.

We are going through the Coronavirus situation at this time and today is April 17<sup>th</sup>, 2020. We are still in the midst of it, in a form of lockdown and isolation; a good time for me to get my older writings together and put them into their right places.

This is a super short book and I am satisfied with its completion; just some food for thought. Only time will show the fruits of our efforts in this wonderful opportunity for change!



# CHAPTER ONE

## THE LONG-AWAITED CHANGE

It was a time the people had waited for; the time of great change, but they got more than they expected. Universal Waters!

Only 40 people survived in the town of Mystic Seaport, a small town in New England. The time had finally come, a year ago today. The world had undergone a great change. The pollution, the crime rate, the hatred between people and objects, the almost total selfishness of mankind and the obvious lack of love had ridden itself to the screaming of desperate change. It couldn't have been any worse.

## CHAPTER ONE

The year was 2020 and there were barely any trees left that were older than twenty years, and they were far spread; unlike the woods we used to visit back in 2000. This caused a devastation of most animals, and by 2020 most were too weak to survive the great change.

A lot of grains had been rotted by the tons from the Y2K (Millennium Bug) and after five years of many other devastations from the bug, food was becoming more synthetic and processed. World health was diminishing drastically and poverty areas were wiped out from starvation. The whole world was starving slowly from the quality of our foods.

Organics were a thing of the past, as no land wasn't affected by the acid rains and heavy pollutants. The air was so dense with the same that nothing could ever be thoroughly cleaned. Showers and baths weren't satisfying anymore, but the people had adapted to a certain degree and had gained quite a tolerance to this and the thin air quality like many tribes did in the past from living high in the mountains.

They knew a time of great change would come,

## THE LONG-AWAITED CHANGE

there was no turning back now; a miracle had to occur or they would surely perish, and soon!

The people who had survived so far, other than from pure stubbornness and perseverance, were those of great faith in the higher powers of the Universe. Their strong beliefs kept them hanging onto what?! What were they hanging on for?

On a hazy Sunday afternoon, at about 1:00 PM New England time, as people everywhere were going about working or eating, playing or trying to sleep off this reality, it finally happened. A rumble started to shake the Earth slightly, just enough to make everyone stop what they were doing.

Some knew this must be it. Others were quite scared and confused, which only got worse as the rumbling did. The sky started to turn many different colors through the heavy haze and most people ran for cover anywhere they could. The sweet little children didn't know what to think and most were frightened and crying.

## CHAPTER ONE

Then all the colors above the sky gathered together into a wide and spinning funnel and there were great winds everywhere, yet the funnel seemed, in some way, to be gentle enough not to suck up anything that was attached to the ground. The funnel continued for what seemed an eternity for most.

Some people didn't survive the shock for fear of what may happen. Others were greatly shaken but hanging on for the best; "Jesus is behind this", some thought, and so it could only be good. Perhaps they could witness his presence along with what they believed was the miracle they had been waiting for.

The sky started to finally appear as if it were clearing up. This continued for quite some time as it was gradually getting brighter and brighter; all those years of heavy pollutants being sucked away in a matter of hours. It began to get so bright, that it wasn't possible to whiteness this phenomenon any longer; for quite some time, as bright as it was, everyone would be kept in the dark.

The sun seemed to be everywhere, but

## THE LONG-AWAITED CHANGE

amazingly, it wasn't unbearably hot, in fact, the air was quite tempered.

Then everyone began to feel a decrease in the air as the funnel winds continued to suck up the shy. It became harder to get air, until the air level was so thin that all life on Earth ceased consciousness.

It only seemed a minute until they were awakened by the burning in their lungs. Pure oxygen had begun to fill the air, and it was hard to breathe in such purity after so many polluted years. Many of the elders and people with weak lungs couldn't take the tremendous change and seized their existence at that moment.

The healthier, stronger people were now able to breathe a little better, but they were quite light headed and a little incoherent as they were adapting to this change.

As time went by, the sky started to soften in brightness until at last the people were able to open their eyes and see what was happening at this time. What they saw now was quite

## CHAPTER ONE

amazing.

There was the color filled funnel in the sky starting to stretch out slowly and purposefully into the most brilliant rainbow. The winds had died down to a great calm and everyone started to brave their way out to this magnificent sight.

The weather was perfect, the sky was perfect, the air was perfect and only a few survived to witness this sight as the people of Earth. The survivors realized that they must have been forgiven and allowed another chance in this purity. But it wasn't all purity, they would have to start over again. Not all, or even much could be saved, and they knew it would be a long road ahead.

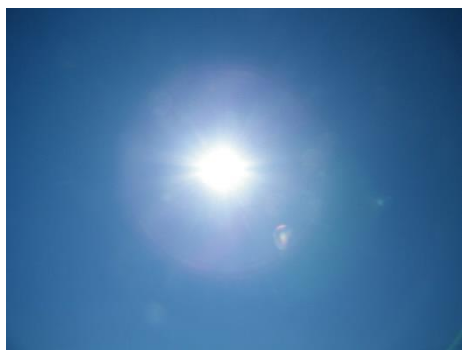


## THE LONG-AWAITED CHANGE

## CHAPTER ONE

# CHAPTER TWO

## THE SPIRITUAL MESSAGE



All at once, the people's consciousness was pulled to the sky. There was a beautiful being which began to communicate with them telepathically.

## CHAPTER TWO

“It will rain down hard, dark muddy rains for six of your Earth hours. You will need to go to your shelters when the skies grow dark. These rains will replenish your depleted top soil. Along with the rains will come grains, herbs, beans and wild flowers; much like the ones you used to know in more recent years, but their quality will be of a less dense nature; more like the time when the people of Atlantis had moved out onto the Earth towards becoming more dense bodies.

Before the great change, your bodies were as dense as they could possibly become without solidifying to death. The human body was not meant to become so hardened, since you are more spirit than body.

Your bodies have softened with the great change, and you now vibrate at a higher level. This allows you to communicate without language, for language does not have the ability to communicate real feelings and expressions.

Some of you will be able to use this new form of communication easily, while some of you

## THE SPIRITUAL MESSAGE

will find a need to develop this more; but know that you are all equal! You must never forget this.

There is always enough, and you will never disrespect this because you **know** this now.

All of you here today have chosen to take on this new and difficult, but amazing challenge. You have chosen to keep the Earth a home for more beings to come and cherish in the future. You are the founders of your New Earth; you lay ground for new experiences.

Those that you have loved and that have passed before you, have now taken on new challenges as we speak. Some have moved on to new worlds, some have decided to stay with you here in spirit until you choose to move on, and some are enjoying the pleasures of the freedom of the spirit; your true soul existence.

You know now that the material life is only one aspect of your existence. No one ever truly dies when they shed their bodies, they just experience their true freedom and knowing of who and what they truly are.

## CHAPTER TWO

Amongst the wild flower seeds that will fall, are specific varieties for your mental and physical health; you will recognize which ones these are and their balancing secrets will be known to you.

All the crops from the rains will grow in three days. Until then, you will, as you are now, be able to assimilate nutrition through the air that you are now breathing. Notice, there is no hunger amongst you. In the future, your crops will never grow at this super rate again. This is only necessary to your existence now.

Your Earth will be surrounded by light after the rains, for three solid days, as it will be for your protection as well as nutritional advances; then this miracle will be complete.

After that time, you will receive your nutrition and health maintenances in the same way as before and you will once again have changing seasons, which are important to your life cycles.

You will never eat the flesh of animals again, for it will not be anything you will naturally

## THE SPIRITUAL MESSAGE

think to do in your advanced stage of life. You would not bring harm to the living beings that share your planet, as nature will take care to maintain them in her own way.

After the three days of growth and light have passed, you will find some amazing new changes to your Earth that most of you have never dreamed. Along with that will come some new challenges and adaptations. At that time, I will appear to you again to help guide you.”

With that, the Spirit disappeared and the skies were already beginning to change. It was time for cover!



# CHAPTER THREE

## LIFE RENEWING RAINS

The skies continued to darken as we found cover. It was comforting to know in 6 hours it would pass and our grounds would be replenished and full of life. But it was also a dark and eerie time.

We took count. There were only fifteen of us left now in our town that used to support six thousand only a year ago. We all gathered for shelter in the town hall. There weren't any lights or T.V.s. Nothing that needed electricity would work anymore; and even if we had electricity, nothing would ever work again as



## LIFE RENEWING RAINS

before. No T.V., no radio, no washers or dryers...

Times were quiet and it was taking us some getting used to. We could hear the rains start to fall on the roof. We all went to a window to watch.

There were globs of mud starting to splatter onto the ground and it made a different kind of sound. The size of the mud pieces were beginning to get bigger and thicker until they were like sheets of brown falling outside; it was so bazar to see. Very hard to describe and extremely scary. It will be such a relief to see the light again!

We could all hear each other thinking and there were many thoughts about why we had chosen to stay behind. This telepathy stuff will take some getting used to and so will this life in general.

*How did we ever let it get this far?*

## CHAPTER THREE

# What Happens Next?

We are living in an opportune time for a new direction and we all have a part to play.

The answer is not only up to all of us, but you can make a huge difference by focusing on what is working and where your power is to create real change.

This is a time to thrive, not just to survive!



## LIFE RENEWING RAINS

# CONCLUSION

Now that we have actually been living through a time of great global change in today's world, how does this story end?

We are all watching and helping to produce the changes daily in our real-life phenomenon!

Unlike my story from many years ago, fortunately, we have been spared from such huge disasters, but the Earth still needs to heal and our choices for assisting her will make all the difference for a bright future.

We have been asking for change for quite some time and it's amazing that we are living through these changes right now.

Some of these shifts feel really good as we are watching the Earth heal and also our many relationships when we look upon them with loving eyes and patience.

## LIFE RENEWING RAINS

Some feel painful and even devastating as we look upon the changes through fearful eyes.

We will always see good and its opposite in the world as long as we are here. We each have a choice at how to look at the world and how to contribute in a loving and respectful way; not only for our benefit, but for everyone that is here now and will be here in the future.

We were meant to live in harmony with nature and ourselves; make a conscientious choice daily and reap the benefits of an abundant and fruitful life, the one you asked to be a part of.

*Thank you for reading this short story. I wish you the best possible life ever; one you may have never been able to dream of before, and with the right focus, will begin to happen for you soon.*

# ABOUT THE AUTHOR



Kathleen Pleasants has been looking for spiritual, mental, emotional & physical answers since she was 10. “Why do people do what they do? What drives someone to say NO and not care what others think? How can some be so bold

and others so shy? Why are some healthy and others not?” She never stopped asking these questions silently, but she did find her answers along the way and found peace in her own intentions. Kathleen learned, through trial and error, that we have always had a choice to look at things differently and choose another way if our way is not bringing us fulfillment. She formed Clearly Unique in 1991 where she practices Neuromuscular Therapy, Nutrition, Hypnotherapy, Grapho-therapy, Core Exercise and Coaching of

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Alternative Health Choices and Lifestyles with her clients. She became an Ordained Minister in 2001 through a two-year Interfaith Program in Pennsylvania.

Through the years she has traveled to many places to study with some of the top authorities in body, mind, emotional & physical modalities. She is the creator of the movie *Just My Type*, the Metabolic Typing Diet. She now travels nationally with her Unique Therapies & Workshops and currently has her offices in San Diego, California.

You can learn more about Kathleen by visiting:  
[ClearlyUniqueWellness.com](http://ClearlyUniqueWellness.com)



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We each create our own world through our belief systems. Fortunately, beliefs can be changed and/or altered if we find ourselves in discomfort. We no longer have to get stuck in thoughts that make us feel guilty and depressed because we just can't live up to them. Go ahead, find freedom in making a new choice.



## THE LONG-AWAITED CHANGE

Other books by Kathleen:

- The Blame Game
- EMOTIONS
- Our Daily Play
- Comfy Pants Chants
- JOY 20/20
- Star Light Stories (for children)
- Awareness Activity Book
- Morning Journal Notebook
- Evening Journal Notebook
- Clearly Unique Journal Notebook
- Daily PLAY-by-PLAY Notebooks

You can find these books on Amazon.

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