



# Joy in the Journey

## Dani's Personal Journey

My intention for writing out my personal journey is offer you a chance to know me and connect with me. I believe that each of us has an important story to share and it's time that we open our hearts and express our experiences with love and light. I pray that through my sharing you recognize your own worth and embrace your story so you might be set free from any limitations. You are not each experience and decision; you are the summation of how you've chosen to heal, integrate and love yourself through your decisions. Yes our choices lead us down a path but it does not define us. You needn't be embarrassed, ashamed or hold any regret. We all have a past, present and future. Be in your present moment! Now is the present moment. The choice in who you are and how you show up is YOURS!

Many Blessings upon you as you live your journey! (hopefully with joy and love!)

Dani

### A Summary + Highlights with Dates and Experiences and Achievements:

Date	Experience/Achievement
September 5, 1972	Born!
1975	Moved to Isanti
1975-1976	Sexually abused
1985	Studied and became a Cake Decorator
1988	Moved to New Mexico
1990	Moved to Oregon
June 1991	Graduated from High School
August 1991	Studied at Pacific University
1993-1994	Lived abroad – studied Japanese language/culture
May 1995	Graduated from Pacific University – Marketing/Japanese
August 1995	Hired at Intel Corporation
1999	Reiki 1 attunement
January 1999	Purchased my first house
2000	Reiki 2 attunement
2001-2002	Youth Leaders Project Mentor & Advisory Board – Westview High School
2000-2005	Excelled at work – became a Worldwide Marketing/Launch Mgr.
Feb/Mar 2004	Attended the Shadow Process by Debbie Ford
July 2004	Moved to Portland Oregon (the city) – Purchased a new home.
May 2005	Completed Life Coaching Master's Certification - Light/Shadow
June 2005	Reiki Master Attunement
June 2005	Unofficially started "Joy in the Journey" – Coaching, Reiki, and Energy Healing
2005/2006	Shamanic Breathwork Facilitator + Shamanic Studies
October 2005	Parted ways with Intel Corporation
March 2005 – Feb 2009	Woman of Trees, Goddess Circles, Classes, Workshops, Private Sessions
July 14, 2006	Officially Launched "Joy in the Journey"
July 2008	Spirit Guided Road Trip (Mt. Shasta, Oregon Coast, Indian Reservation)
November 2008	Meditation/Vision: Move to Peru
February 2009	Moved to Peru – Lima + Sacred Valley (Cusco, Pisac, Urubamba and Ollantaytambo)
April 2009	Munay-Ki – 9 Rites
April – Oct 2009	Ayahuasca: 3 Experiences - Sacred Valley, Amazon Jungle, Sacred Valley
May 31, 2010	Returned to the USA
June 2010 – Sept. 2011	Integrating, Healing, Allowing, Being
September 2011	Moved back to Portland Oregon
11-11-11	Mt. Shasta, California – Epic Energetic Opening
January 2012	Fully available in all ways to serve and to follow the guidance of Spirit. Joy in the Journey has been completely updated, new services and offerings available, and preparing to travel to connect heart to heart with as many people as possible.

## A chronological story of my life and current reflections:

<p>September 5, 1972 @ 10:35am</p> <p>Age 0-3</p>	<p>I was born to an Irish mother (Sandra) and a Mexican father (Thomas) and entered a family where I had an older sister, Nicole (+5 yrs) and brother, Eric (+4 yrs). I was the youngest and final child. I entered a very large Mexican family – 32 cousins and several second cousins. My family would spend every Sunday with my Grandma and Grandpa (or at least it seemed that way). My Irish family was smaller. We saw them but it was different. We lived in St. Paul, Minnesota until I was three.</p>
<p>1975 – 1988</p> <p>Age 3-16</p>	<p>Isanti, Minnesota</p> <p>My family moved to Isanti, Minnesota (about 60-65 miles north) where I was blessed to grow up with amazing neighbors, great friends, and beautiful surroundings. We had a “hobby” farm where we grew a lot of our food. We farmed an acre of land full of fruits and vegetables. We raised chickens, goats, turkeys, ducks, rabbits and others. It was fun growing up with so many animals. My parents were active in the local Catholic Church, St. Elizabeth Ann Seton. My father was the prayer group leader. My mother was the coordinator for catholic educational classes. My brother was an altar boy.</p> <p>I grew up playing in fields of corn, hanging out at the lakes and swamps, and playing all sorts of imaginary games in the woods. I was quite the tomboy! I had frogs, snakes, and bugs to play with and I loved playing “Duke’s of Hazard” in the old car my Dad had with my neighbor friends. Little House on the Prairie and Wonder Woman were my favorite shows and it gave me the belief that I was both – a sweet little girl on the prairie and a super hero!</p> <p>I really did grow up with a lot of blessings. I was always a sensitive child. I saw faeries and talked to flowers, trees, and animals. I even saw spirits but didn’t understand what all that was...it was just scary. By the time I was 5 I had pushed all that away and it wouldn’t return until my early twenties.</p> <p>My childhood was also full of things I didn’t understand and experiences that took me years to heal. When I was about 3-4 years old, I was sexually abused by a family friend. It was a secret that I kept and forgot until my mid to late twenties. I’m happy to share that the trauma of that was released and I found my innocence and my power again.</p> <p>As far as, school, well that was fun for me. I enjoyed my teachers and always did well. I sang in the choir, played the oboe in the band and enjoyed softball. I was always in advanced math and science. When I was in 6<sup>th</sup> grade my parents put me in a private very religious school. Then in 7<sup>th</sup> grade I was home schooled. What a shock to my system. I was such an outgoing social being that staying at home with no one to interact with and the perceived loss of my childhood friends; sent me into a depression. I was saved by my amazing dog, Dudley. He was a beagle and I loved him beyond! I trained him to do tricks and to pee and poo in one area of the yard and we slept together every night. He was my faithful companion until he was killed on the road outside of our house. I never thought I’d get over that pain. I then went back to public school for 8<sup>th</sup> and 9<sup>th</sup> grade which I loved! I had my first kiss and my first boyfriend. I was super active in marching band and became an athletic trainer. It was all amazing. I even got my first job helping run a cake decorating store in the back of a bakery (Herman’s Bakery in Cambridge, MN).</p>
<p>1988-1990</p> <p>Age 16-18</p>	<p>Belen, New Mexico</p> <p>We didn’t stay in Minnesota forever like I thought, at 16 and starting 10<sup>th</sup> grade, my parents and I moved to New Mexico. It was a hard place to fit in and I felt alone. I was</p>

	<p>super home sick for Minnesota and my friends there. I eventually made friends which made the transition a bit easier. I got my driver's license and a car so I felt free! I was confirmed in the Catholic Church, which was a big celebration. I again excelled in school and enjoyed the natural beauty around me. Later that year, I fell in love and had a super typical High School romance. It was fun, super intense and yes, full of drama yet it was my first love which ultimately was wonderful. Unfortunately, my parents decided to move again....</p>
<p>1990-1991 Age 18</p>	<p>Independence, Oregon It was my senior year and I was almost 18 and when we moved to Oregon. I truly didn't think I would survive. I wanted to be with my boyfriend. I didn't want to be in Oregon. I had gotten a job in a bakery, making way too much money and had a pretty wild summer of drinking, going out and being wild. The emotions got the best of me and I ended up in a very depressed state of being. I just wanted to die. Life felt so overwhelming and my heart hurt so bad. I nearly took my life one night, but I decided to call my sister who lived in Washington DC. She saved me. She got me a ticket and I went and stayed with her and her husband until my parents found a house and got settled. I returned and started my senior year in High School. I graduated with honors and was happy to leave that small town. I did walk away with a few treasures and one ongoing friendship that lasts to this day.</p>
<p>1991 – 1995 Age 18-22</p>	<p>Pacific University, Forest Grove , Oregon. I started college. I lived in the dorms and pledged a sorority. I got involved in multi-cultural activities, explored my religious beliefs and got a job working at Coffee Cantata. It was awesome. I loved my entire college life experience. I officially left the catholic church and started to study the religions of the world. I found them all very interesting. I opened my doorway to universal beliefs and spiritual truths. In my 2<sup>nd</sup> year I fell in love with college roommate which caused huge conflicts within me. All of my "good girl" programming and catholic upbringing said I was evil and wrong to love a woman. That next year I went off to Japan to live for a year as a study aboard student. I found great comfort in the Japanese culture. I felt at home and loved being in Japan, but my heart also hurt because I realized I really was in love and I wanted a real relationship. So my final and 4<sup>th</sup> year of college, I returned from Japan and my girlfriend and I moved in together.</p>
<p>1995 – 1999 Age 22-27</p>	<p>Beginning Adult Years We were together for 7 years. We created a life...built a house, got a truck, lived a simple life, both working and we did it together. The coming out experience as intense but we made it. We had a lot of fun and I enjoyed "married" life. I think back now and it was all so innocent.</p> <p>At the age of 27, I was successful in my career at Intel and I was "divorced" and had a house I couldn't afford and felt so lonely. I had to start my life over again. Now what? I studied Reiki, continue to explore my spiritual self, started studying herbs, Goddesses, and became more intimate with nature and opened up to lots of energies. I dated women, explored other relationships and fell in love again.</p> <p>I learned that love can heal if you allow it to. The on again and off again relationship I had over a 5 year period was wild and intense. She and I shared many past lives and we were brought back together to love again, heal the old wounds, and ultimately set each other free. It took a while for me to figure that one out but eventually I got it.</p>
<p>2000 – 2005 Age 28-33</p>	<p>Forest Grove, Oregon – Successful Years I continued to explore spiritual avenues, healed a lot of internal wounds on many levels. I had excellent counselors who helped me integrate my unhealed self. I was reading and</p>

	<p>listening to a lot of self-help books. I then found Debbie Ford’s “The Dark Side of the Light Chasers.” It changed my life. I took her workshop and the studied with Debbie for 2 years. I received my master’s certificate of Life Coaching and assisted at several “Shadow Process workshops”. I continued to offer Reiki and opened up to crystals and other healing modalities. And then took the leap and started my own business.</p> <p>I was diagnosed with Diabetes, Type II. It was about a year after my brother, Eric died from a 4-wheeler accident. I wasn’t all that shocked and also never accepted that it was my new identity. I never allowed it to be whom or what I was. It was simply a condition my body had and that it could also release. I was passionate about the research, why does the body reject the insulin? What magic key would open up the cells to receive the glucose it needed for healthy cell regeneration? Through much research, spiritual and emotional exploration I was guided to create a product line. “The Return to Sweetness” included a flower essence, essential oil, and a deck of 33 empowerment cards. It was so full of all the wisdom, energy, and insight around how to reclaim your joy and support yourself on the path of healing. It was a wonderful adventure and I enjoyed offering it to the world.</p>
<p>2005 – 2009 Age 33-36</p>	<p>Portland, Oregon – Joy in the Journey as a Life</p> <p>It was clear to me that I needed to leave Forest Grove and move into the city. I wanted a place that I could have community, get to know neighbors and expand my energy. I do love cities! I sold my house, purchased a sweet little Portland home and loved it! My practice slowly grew; I was out of Intel, and in high creation mode.</p> <p>I was part of a Shamanic women support group with some of the most inspiring women. I had started to study with a shaman to learn the native ways and ceremonies. I became a Breathwork Facilitator and assisted in workshops. I also studied Shamanic Astrology and expanded my understanding of the cosmos and its influences on us in this 3D plan of existence.</p> <p>I started, Women of Trees, an alternative business women’s support network that incorporated the savvy business woman and the wise goddess all in one. I led Goddess Circles where the qualities of the Goddess were honored and embodied through ceremony/experience. I continued my personal development and before I knew it, the voice of God was telling me to go to Peru!</p>
<p>2009 – 2010 Age 36-37</p>	<p>Peru</p> <p>I left February 2009 and was back and forth until I returned to the USA in June 2010. The year and half of living in Peru was intense, extremely satisfying and incredibly life altering. I met incredible people, experienced what it felt like to dream a life and then go live it, and to open my heart to the Earth and be healed in ways that are still being revealed. I was blessed to learn the traditional Andean ways, to experience life in the sacred mountains and in the city. I was offered opportunities to dive deep into the mysteries of ancient wisdom and am blessed to have that energy flow through me. I traveled to the amazon jungle, to the high Andes Mountains, in the sacred valley, Colca Canyon, and Puno and Lake Titicaca as well as in the largest city, Lima.</p> <p>I had three Ayahuasca ceremonies and experiences while I was in Peru. The first was the a huge part of the reason I went to Peru. I experienced so much and remembered so much. The cleansing was strong and the relationship with the sacred life force of Ayahuasca truly came in and took root. I received a very strong message that took me several months to integrate. I was directly told that I would marry a man and that</p>

	<p>partnership would be a full soul and body embodiment. I was shown such beauty and such love that I knew and could feel it in my heart as truth.</p> <p>During my travels to Colca Canyon, I had many visions and insights around love, my beloved, and relationship. It seemed that at every turn, I was being shown the confirmation of the promise I was given in the ceremony.</p> <p>The second was a soul competition experience in the Amazon Jungle. I was taken back to a life in the jungle and was sacrificed for my tribe. I was the chief's daughter. I was blessed to have full memory and was able to heal and integrate all the lessons of that life.</p> <p>My third and final ceremony was experienced in a beautiful temple and was with several other women from around the world. Collectively we all allowed ourselves to heal the Divine Feminine's pain and suffering from the masculine/patriarchal systems. Each one of us received the pieces we held and we then shed them like the powerful snake. It returned us to a wholeness and a place of power. Within that ceremony, I was married to my souls beloved and I was returned home to the place I originally came from – way out in the cosmos.</p> <p>There's so much more to share but for now this is complete...the experiences of Peru and the many many ceremonies have all deeply awakened my true essence.</p>
<p>2010 – Now</p> <p>Age 38 - Now</p>	<p>Portland – Forest Grove – Salem – Portland, Oregon</p> <p>I thought I was returning to Portland to sell my house and then return to Peru but Spirit had a plan for my life that I was not aware of. Spirit does that sometimes – surprises us. To be honest, I don't think I would have chosen to return so I get it. I am however, extremely grateful that I did return as my life and who I am right now is better than I could have ever imagined.</p> <p>Upon my return I stayed in the house I own and tried very hard to sell it. By November of 2010, I was no longer able to afford my house and I thought I would lose it. Instead I found incredible renters and was offered an opportunity to move in with some friends out in Forest Grove (never thought I'd return there either – LESSON: Never say Never!). I was grateful and humbled to be offered a place to recover, integrate and start this journey of discovering myself anew! I was out in Forest Grove until March of 2011. During my time there, I explored living in a few places and even considered moving back to my home state of Minnesota. Instead, I moved into with my sister, her two kids, and my Dad in Salem Oregon. What a wonderful experience. To have the opportunity to return to my birth family as an adult. I learned more about myself and more about each one of them. It was a huge blessing. I loved every minute of it.</p> <p>In September of 2011, I moved back to Portland. On my own and feeling excited by the future. I had an intense Fall of 2011 with a whirlwind of awakenings, remembrances, and experiences. It was beautiful, deep, and all consuming. I am so grateful for each and every person and experience in that time frame. More of me, the authentic soul self was embodied. I am living in a light and power that continues to show me more of who I am and how the Divine has cleared a path of Love for me.</p> <p>As I entered 2012, it was clear to me that things were going to shift and I needed to open myself up for the movement of fluidity to grace my life. I cleared my work responsibilities and offered myself to the world at large. I set an intention to Nourish the Heart. I am</p>

	<p>ready and willing to be on the road and available to serve the Divine in any way that I am asked. I have set new boundaries and am clear that I am to stay grounded to the sacred Earth. I am to expand my light and share it with all who I encounter! It is the time to be FULLY me in ALL ways! I am an empowered woman who is full of purpose and passion. I look forward to experiencing where this magical mystically journey will have in it!</p>
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