

HEAVEN WITHIN

*Restoring Wholeness
For Better Leadership*

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This book is dedicated to my family, as well as all the women in leadership, business owners, and leaders out there who are currently struggling with finding their purpose in life.

PROLOGUE



We all have a story. Have you taken time to reflect on yours; on where you've been and where you're headed? We each enter this world naked, with just our souls, and we leave this world the same. What happens during our journey here is depicted on our tombstones by a mere dash. What will your dash represent?

As a parent, we not only think about our own dash (life), but the dashes of all the lives we've brought into this world—yet we cannot control those dashes (the life experiences and stories that fill the lives of our loved ones). Rather, each of us is solely responsible for our own choices, and it can be challenging to distinguish where our responsibility begins and ends.

So, how do we let go and allow our grown children to live their lives, and yet still be responsible for supporting and loving them? Simply, we must speak life and hope into them while realizing and

accepting that the ultimate choice of how they choose to live is theirs. We provide guidance while they are young and we always love them, and yet we don't indulge them and give too much comfort when they choose unhealthy lifestyles, especially those involving drugs or violence.

Suppose your grown children, as adults, refuse to embrace the help available to them: in this scenario, we must let them fully experience the consequences of their choices while still loving them. We are each responsible for our own decisions and our own lives. Like with a drowning victim, we must first stabilize ourselves, wait for the individual to reach exhaustion, and then grab and pull them to safety when they need us most, unable to fight and pull us down with them. This is similar to adults with an addiction (and sometimes those with mental health challenges) who refuse to get the support they need: an intervention may be staged, but it's usually only effective once the person realizes and accepts that they need help.

Some parents find it bittersweet to watch their children grow into adults: witnessing them struggling to find themselves and get established financially or dealing with a health challenge is a bitter experience, while watching them grow into that career that provides a strong foundation for themselves and their family is a sweet one. After having multiple children myself, I, too, am in the process of watching several different scenarios play out.

How do you feel when you see your grown children flounder? You may have had the financial ability to pay for your child's education and may have even influenced their career by providing key connections for that ideal career position, and in that case, you may tend to take full credit for your grown child's financial stability and success. Are you that parent who boasts, *My children are doing so well; I must have done something right?*

When your children struggle and everything is uphill, you may feel as I did on occasion: like others judge you as a bad person or incompetent parent based on the evidence of your grown child's struggle. But that's not necessarily true! Do not accept those labels: we are made in the image of God; we have intrinsic value. Grasp hold of how God sees you and hold onto God's Truth. As a woman of faith, I know that I am the daughter of the King of Kings. God lives in me: His seed is in me, and I was made in His image. I am of mighty worth, and so are my children and grandchildren—and so are you! Acknowledging the truth of who we are when we have a relationship with Jesus Christ as our Lord and Savior solidifies the fact that our behaviors do not define us, nor do they determine our worth as humans. We must realize that our behavior is not who we are: we—each of us and our children—are all far more than our behavior, and accordingly, we must learn to separate the person from the behavior. Behavior is a result of beliefs—oftentimes beliefs that are subconscious, of which we are not yet aware.

Later, we'll be diving deeper into these topics and will explore the Truth: that we all have choices. Though our options are vast, we may feel that there are very few options to choose from; our subconscious beliefs restrict what choices we see as being before us. Hence, I believe our work in this life is to uncover the lies in our subconscious beliefs that we hold onto and replace them with the Truth of our Creator. Only then will we see the abundant range of choices available to us.

There is power in our beliefs, so choose wisely: we can choose to ask God, our Master Designer, to guide all areas of our path, including those of our family and business. He will straighten your path when you practice His Presence in your daily life.

I make the daily decision to ask God to help me to awaken the hidden beliefs in my subconscious. Even as I wrote this book, I developed a broader and deeper perspective, gaining an even more

vital awareness of my ability to choose. In fact, I wrote the initial manuscript for this book in May 2020, during the COVID-19 pandemic, and six months into reviewing the manuscript, I experienced a twelve-week series of significant, deep breakthroughs in my unconscious beliefs. These breakthroughs brought profound insight into the truths and deeper understandings that I had already begun writing about in these pages.

In this book, I would like to be a bridge for you to Christ—or, should you already have a close relationship with Christ, to help you to further your authentic discipleship with Christ in and through your business. I'd like to help you to discover how to engage the Holy Spirit in your business and integrate it into your team and processes so you can keep your ultimate focus on the presence of Jesus Christ in all things—even our businesses. The workplace is the largest mission field, and as authentic disciples of Jesus Christ empowered by the Holy Spirit, we can be the vessels to touch the lives of others with the love of Christ, thereby changing the world with ripple effects. God wants our businesses to thrive; God wants us to put Him first; God wants to change lives through His love. Hence, we must learn to lead with love!

Having had such deep breakthroughs in my beliefs, I was able to revisit these pages and seep in even more wisdom—so join me on the journey of my soul's reflection as I share the lessons I have learned about how God majestically and holistically designed us as spiritual and emotional beings gifted with a physical body, and what we need to be aware of to have breakthroughs. We will cover systemic family issues that have been passed down through generations and carry over into business and society at large, personal growth lessons (a prerequisite to authentic and compassionate leadership development, since leadership growth begins with personal growth and inner victories), and breaking the stigma behind mental and emotional health. (Our complete health requires a holistic approach to physical,

mental, emotional, and spiritual health; we're spiritual beings having a physical experience, at the end of the day, and so our energetic and emotional state directly impacts our physical health and should not be shamed, suppressed, or denied.)

Join me as I share my story and the lessons learned along the way. May they help you to reflect on your life, remind you that you're not alone, and shed some wisdom on how to have your own breakthroughs so you can move forward in life and leadership.

Notably, should you be fully committed to this journey of internal transformation (which I hope you are!), please take this moment to go download this book's companion guide, which you can find at <https://workbook-hw.candacemae.com/>. This has an exercise for you to complete at the end of every chapter so you can fully absorb and begin to apply the content of each chapter. Then, once you do this, proceed to the next chapter and repeat!

Now, let's get started.

CHAPTER 1:

DISCOVER TRUTH



PEOPLE NEED TO KNOW THAT they are heard before they can hear others. After all, don't you feel that way? If you're upset, don't you need to feel heard before you can absorb what others are saying to you? People need to know they are valued; that they matter. I need to feel valued, and so do you.

People also need to know that they are safe before they can grow: no one who is in great pain can grow into something better until they are first loved just as they are, without needing to be better. If you trace the growth of a successful thought leader who came from a

background of pain, you'll find that at some point during their journey, they were loved by someone who believed in them; they found a mentor (even if it was an author or podcast or another source) who encouraged their soul and breathed life and hope into them.

You matter. People matter. All people matter: every race; every color.

You are also not your behavior; rather, your behavior is a reaction to the pain you are in. Further, your thoughts are not you; you are more than your thoughts. Instead, you are God's essence. You are enough just as you are: God created you; God conceived you. You are beautiful and embody great energy. You are immensely powerful and were created with the essence of love. (Notably, "essence" is defined as the core nature or most important qualities of a person or thing; the permanent, as contrasted with the accidental, element of being.)

You and I have been deceived about our identity. A great lie has been veiled over the world. This world is full of pain, on every continent and in every country, city, town, neighborhood, and home. You and I (along with all of mankind) have been deceived about our identities and the essence of who we are, and those lies have been passed down generationally ever since the great fall. The past cannot be changed. You *can*, however, be awakened to the Truth. You can choose to know the Truth and to live another way. And that is exactly what this book is here to awaken you to.

Life may be hard at times, but God is here with you, waiting for you to accept Him into your life. You were created to live in this world with power and dominion over all things. The earth was designed to be your comfort: sun, wind, and rain, with stars to entertain and guide you, water to drink, and oceans for food and resources. The natural earth was created with everything in abundance so you would have no worries. God has already fulfilled your physical, earthly needs via

your environment—and He is now waiting with open arms for you to allow Him to fulfill your spiritual needs.

Finding your way back to God is the key to peace and Truth, and God has placed a seed in your heart to seek the Truth.

This book was written for each of you; for the masses; for all people. It was written for my family and loved ones to help them to awaken to the Truth.

And this book was written to give you hope; for you to realize that you are not alone. I hope that you will be able to relate to my God-inspired stories, and as I share my stories, I pray you will tear away the veil that is covering your eyes and preventing you from seeing the Truth, leaving you able to see your self, situation, and family clearly.

It is possible to break free from the systemic biases and problems of this world; I have grown and broken free, for the most part! There is, however, constant growth and more awareness to achieve; I will continue to grow until I die. In mind of this, I want to show you how I healed and encourage you to embrace healing and continual growth.

My goal is to teach others how to find their own voice and path out of bondage; to help people to move from the pain of feeling broken, damaged, ugly, and shameful and come to know that *there is more*; that there is great love inside themselves. There is great Knowing inside each of us, and the essence of your soul is Great Love. You are a powerful, energetic being, as you were designed and created in God's image. God is the Alpha and Omega; the Beginning and the End.

Behold, I am coming soon, and My reward is with Me, to give to each one according to what he has done. I am the Alpha and the Omega, the First and the Last, the Beginning and the End. Blessed are those who wash their robes, so that they may have the right to the tree of life and may enter the city by its

gates.

—Revelations 22:13

We were created to see the beauty in nature; in plants; in flowers; in animals; to know that God made each of us even more beautiful and more powerful than the animals and nature. We were created to have power and dominion over this world.

However, we have been deceived and not taught the Truth about who we really are: our ancestors were lied to by Satan, which ultimately destroyed our innocence and awareness of the Truth of our identity—and when our ancestors listened to the lies of Satan and disobeyed God’s command, we lost our awareness of God’s Truth as the default setting of our mind, instead taking on Satan’s Innate Nature (sin). This limited our awareness of our power and tricked us into believing we were independent of God.

We became like a mighty elephant who was chained at birth to a stake which he couldn’t break free from: as the elephant grows, his strength grows, too, ultimately leaving him able to easily break that chain that has constrained him since birth—and yet because the elephant was taught from a young age that he had no choice and was destined to live chained, he doesn’t even try to break free. The grown elephant has been raised to believe he has no choice—that the chain cannot be broken—and so he doesn’t try to push the boundaries. If the grown elephant knew the potential of his power, however, he would easily break free from the chain that constricts him.

It’s time to awaken to the Truth; to remove the veil from your eyes that has been hiding it. It’s time to awaken to your potential and to break free; to become conscious of the power inside of you; to become awakened to who God created you to be!

I imagine that as God contemplated the creation of man, He asked Himself, “What if they could choose? Would they choose me, or would they choose to be independent? Would they choose to be their own

god?" God allowed our ancestors to experience innocence and purity in His presence, and He also planted a seed within man's soul that would allow him the ability to find God if his awareness of Him was lost. We are created in God's image *with the ability to choose*.

This was a great approach: according to Genesis 2:15-18, the first man was created and brought into the world and granted daily time with God so he could intimately know God. Then, God introduced the man to his ability to choose by instructing him to eat anything from the beautiful garden in which he lived, except the tree that grants the Knowledge of Good and Evil. As long as man chose to obey God's instruction, he would continue to experience pure joy, love, and companionship directly with God daily; but if he decided to eat the fruit from the forbidden tree, he would lose his innocence, direct connection, and awareness of God. The Bible describes the loss of connection to God as death.

Hence, when man chose to do something different from what God instructed, essentially disobeying God's guidance, that man and all his ancestors were blinded to God and His ways. Man's own ego took over by default, and we began to be led by our five physical senses, which are tied to this earth, while man's spiritual senses became limited. Life became a long journey—difficult at best—because man's ego (i.e., his self-esteem or self-importance) had become self-focused. (According to psychoanalysis, the ego is the part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity; meanwhile, philosophy—more specifically, metaphysics—views the ego as a conscious, thinking object.)

This world under the reign of man's ego experiences extreme pain and hurt. Man has become self-focused and absorbed in pain, the physical senses now ruling the human experience. It is difficult for the majority of people to grasp spiritual truths; that is, the things we

cannot see, smell, taste, touch, or hear. However, God anticipated this loss of connection and made a way for us to return to His companionship. God clearly states in Deuteronomy 4:29, Proverbs 8:17, Jeremiah 29:13, Matthew 7:7, Luke 11:9, and Acts 17:24-28, “When they seek me with their whole heart, they will find Me.” Here, God is patient and clearly states that He will wait for people to seek Him.

Do you recall who Satan is? Satan was the most beautiful angel God created, in charge of all music and worship—until he decided he wanted to be worshipped and so defied God. Satan led a group of fallen angels to follow him and came to this realm (Earth) to deceive man so that man would worship Satan. It was Satan who tricked Eve into eating the fruit from the Tree of the Knowledge of Good and Evil, who then persuaded Adam to do the same. This was in defiance of God’s command not to eat the fruit of that tree.

Satan tricked Eve by telling her if she ate the fruit of the Tree of the Knowledge of Good and Evil (which God forbid), she wouldn’t die (as God told Adam he would), but instead would become wiser, like God, essentially becoming a god. Eve ate the fruit and then convinced Adam to do the same.

It is because our ancestors decided to eat that fruit that our world entered the fallen state it is in, with our awareness focused on physical, egocentric matter. Our relationship and connection to God have both been broken, all because of a lie. By listening to the lies of Satan, Adam gave his God-given power and dominion in this world to Satan.

Satan became the prince of this realm and man’s conscious awareness of God was broken. It is a sad tragedy, but the Truth: we are born into this fallen world and are handed down these lies through generations—the lie that God is a myth; that Satan is a myth; that man can do all things independently; that it’s mind over matter. We curse

God's name, but not Satan's.

Satan takes what God made as good and twists it for evil, and so Christians must embrace the Truth, power, and birthright in Christ. Stop believing the lies of Satan, take complete ownership of the gifts God has given us, and use them to give God glory and reveal His Truth.

I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.

—John 14:12

God designed man to live on a spiritual plane as His companion, yet when man chose to eat from the Tree of Knowledge of Good and Evil, our spiritual Knowing was hidden (veiled) from us. Man wanted to be all-knowing—to be like God—and for that choice, we would have to start our evolution at the physical level. We chose to be our own god, so God granted us that scenario—yet he was kind enough to hide the Tree of Eternal Life, for God knew our ego's nature was self-centered and we would hurt others to preserve ourselves. It was because of this that God said that we must learn to live in the physical realm so we could understand our limits, remaining focused on our five senses (relative to the physical world). We would have to farm the land to eat, and eventually, we would learn humility: that we did not know all there was; that we were not God. When we become tired of forcing survival in the physical world, we start to seek something more.

God placed that yearning and hunger within us, calling us to find Him. This is like a game of hide-and-seek: while you are hiding, you know someone is looking for you. However, sometimes, you hide and wonder if they have given up seeking. In the same way, it is not a fun exercise for God to wait for you to find Him, though it is required. When you ate from the Tree of Knowledge of Good and Evil, your ego was created. Your ego believes you are all you need; that you are the

center of your world. Your ego is what drives the pain, selfishness, and narcissistic behavior you exhibit. You, therefore, must first come to terms (through humility) with the fact that you do not have all the answers; that *no* man has all the answers. Only when you have exhausted your own resources will you seek God.

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