

# Travel to a Happier Timeline and Leave Doom and Gloom Behind You

## Take a Trip with the Lipstick Mystic®

Are you allergic to doom and gloom prophecies?

Do predictions about the Rapture, Armageddon, and the “End of Everything” give you an itchy rash?

Do you fervently wish that those ET channelers who are preparing to leave this dimension and ascend in their light bodies would just get on with it and leave you in peace?

Have you figured out that people who promote fear on a professional basis are simply selling you more fear instead of giving you real world solutions, options, and strategies for living a happy life?

Congratulations! You’re refusing to be affected by religious mind control or mass New Age/sewage hypnosis, and you’re reclaiming your spiritual sovereignty.

I invite you to meet me in a far better reality. Join me for a tasty Cosmic Cosmopolitan (or a nice cup of herbal tea), some home-cooked rants (complete with spicy four letter words) and my detailed guidance about how you can avoid that contagious gloom stuff.

I’ll also show you my sneaky techniques for healing your time body, teach you how to live on shaman time (instead of artificial man-made time), and give you tips on how to choose a truly happy and prosperous timeline.

Come along! Let’s have some fun.

*The Lipstick Mystic's® Guide*  
*to*

**TIME TRAVELING,  
HEALING THE TIME  
BODY  
AND  
FINDING THE BEST  
POSSIBLE TIMELINE**

*(While Others Do the  
Apocalypso Dance)*

*Jennifer Shepherd*

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The Lipstick Mystic's® Guide to Time Traveling, Healing the Time Body and  
Finding the Best Possible Timeline (While Others Do the Apocalypso Dance)  
First Edition

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**Preface:**

**A Brief Series of  
Rambling Thoughts, Plus  
I Seduce You with  
Alcohol and Soften You  
Up with Cookies**



Here, I'm handing you your favorite cocktail (or a nice cup of tea, if you're in a health-conscious mood).

I'm so happy you stopped by! I have all these cool things I want to tell you about. I've been checking in with Mother Earth during some meditations and getting the scoop on all the Mayan Prophecy/New Age Earth changes/Biblical End Times rigmarole, and believe me, if you want to find out what the Earth has in store for us, it's very useful to go to the source and find out the real deal directly from her.

Put it this way. I don't know *what* some of those Apocalypse prophets and Mayan calendar promoters have been smoking, but their ideas don't correlate with anything Mother Earth has going on at the moment. Can you say, "A bunch of deluded little drama queens whose brains have been fried from doing too much ayahuasca?"

You see, if you take enough mind-bending psychedelics, it fractures your psyche, and you can end up entertaining all manner of End Times delusions as you experience the collapse of your own ego. The urgency of those visions can seem so real that you feel compelled to share your predictions with others, and

you might even form a cult and gather followers who become devoted to listening to your dire warnings about humanity's ill-fated future.

But none of it is *real*. It's just the residue from a bad drug trip clouding that person's psychic perception. And it has nothing to do with what Mother Earth is really doing. I know, because I talk to her on a regular basis! Actually, I spend most of the time just trying to listen and shut my busy little monkey mind up, so I can really comprehend what she's trying to tell me. Mother Earth's presence is very soft and her intelligence is flowing and calm, quite different than how we humans hold our energy. It's taken me some 27 years to develop my "Earth speak" talents since it's really like learning a different language. And sometimes, things still get lost in translation—but I'm making progress.

Anyway, rest assured that all of that doom and gloom prophecy that's out there in the culture is just a warning sign that humanity still has a hell of a lot of healing to do. We're all very damaged, and apocalyptic fantasies are a sign of severe psychic woundedness. When you've been kicked in the teeth, spiritually speaking, as all humans have been throughout their lives, it's easy to "give up" and start believing the worst about yourself and others. And it's very sad that so many people are choosing to embrace oblivion and sitting around waiting for "the end" to come instead of taking action to create better, healthier lives for themselves. These days chronic, paralyzing depression is a huge problem amongst spiritual seekers and the broader metaphysical community because folks have spent so many years investing belief in this nonsense and it just wears them down after a while.

In the first part of this book I debunk all of that doom and gloom crap and show you why it's a bunch of bullshit. I mean, it really is bullshit. You can trust me on this. I'm talking stinky, festering piles of poo.

After I wrote that part of the book, I was guided to create what I thought would be a brief section about the nature of time and probability. This is really exciting stuff that the time angels taught me. (I'll tell you more about them further up ahead.)

*For now, I'd just like you to entertain the idea that time and probability are one, and that you really can choose to be on a happier and more abundant timeline even when others around you are promoting "End Times" philosophies and conditioning people to remain passive, hopeless and miserable. It's all about focusing on a different probability and a better set of circumstances.*

So many spiritual teachers and "prophets" these days seem to be invested in sending humanity down the worst possible timeline, toward chaos and destruction. It's very toxic stuff operating almost like a contagious "mind virus." For your own health and for the well-being of our planet, it's critical to cast out these lies and reclaim your spiritual sovereignty. This is what the time angels have shown me.

So I began writing about time and probability and some of what I've learned on these subjects. To my surprise, that "short section" kept expanding as I remembered all the things that I wanted to share about time. It became a bigger, fatter and more intense exploration of time, and it expanded to more than 500 pages. So that's the book you'll be reading here. Originally this book was going to be one of my "case files" types of books with material about many

different subjects, but it morphed into a book about time.

You'll find information about my other books, including my courses, case files, and healing protocols at my website: <http://www.lipstickmystic.com>. And while you're there, please do check out my blog, which I update regularly with cool stuff. You never know when you'll find candid photos of my enormous cats daydreaming about mice sandwiches or images of some of the gorgeous local butterflies I've been bothering out in the garden. Plus I post articles about self-healing, psychic development, overcoming negative societal conditioning and more. There's always something cool happening in the Mystic Zone!

I should warn you that, unlike many members of the metaphysical/self-help/spirituality community, I'm an irreverent and snarky chick. I'm more of a mystic in the sense of someone who takes a hard look at the absurdity and contradictions inherent in the whole New Age/"sewage" world and pokes her finger at problems rather than a mystic who is sitting solemnly and silently on a mountaintop with her goats. I have *opinions* and I like to *rant*.

Don't get me wrong. Goats *do* have their place. I love me some goats! I'm just not going to abandon my material existence in the "real world" to withdraw to a Himalayan peak and meditate with them—no matter how cute and adorable they are. And I won't sit back and let people be misled and misguided by some of the more destructive and dangerous trends that are always arising in the whole alternative spirituality movement. That stuff bothers the *shit* out of me, probably because I've had to deprogram so many cult members, and I get furious at the spiritual violation and horrific



brainwashing these people have gone through. *Anything* that hypnotizes you into believing that you must sit “beneath” a “Lord,” guru, god (with a small “g”) or master, prostrating yourself and becoming a spiritual slave, is bad news, people! And beliefs that condition you into lying down and waiting for the “end” to come are equally as dangerous.

So, um, where was I again? Oh, yes. I was talking about this book. I got a little distracted by the goats.

*Some of the information you’ll find here includes teachings I’ve been given by the time angels, who are a very real group of angelic beings with unique knowledge.* Over the years they’ve been kind enough to teach me a few things. And then after they show me stuff, I attempt to apply these ideas to my life until I master the concepts they’ve given me. I make many mistakes along the way because I’m still a crash test dummy, evolutionally speaking. But they’re very patient with me as I mess things up, shake off the debris, and start over again.

The time angels are truly loving beings who mostly exist as subtle waveform energy, and they interact with our universe in benevolent, intelligent ways. They’re not some crappy “ascended masters” hanging out in the lower astral planes. Those manipulative characters are “channeled” by many psychics and followed by some people in the alternative spirituality community, and they’re a bunch of rat bastards—the entities, that is. Not the psychics. The psychics are usually sweet and well-intentioned.

You’ll find more juicy details about why those deceptive astral critters are rat bastards throughout this book and all of my other writings. Basically, they’ve infected and warped all religions and most

New Age/alternative practices and made it harder for people to come into their natural psychic abilities and to access their spiritual natures. It's a *big subject* that merits its own "*Fire Your Gods*" book. (And believe me, I'm working on it!)

*Anyway, in this book I'll also be sharing some details about how time is changing at a fundamental level.* Recently the time angels have been bringing me a lot of teachings about how time is collapsing or changing its operating system, and this backs up my recent personal observations about time behaving oddly (including the mysterious case of the reverse rooster—more details later).

The time angels are rather like guardians of time. They're basically assistants who help humans experience creation in a linear way, so we can fine-tune and optimize our creations. As it turns out, we need time to help us become more powerful creators, so it's wrong to think of time as "the enemy." Instead, time is necessary so that we can fully appreciate, perfect, and take note of our creations, "tweak" our miscreations (fixing things that didn't work out optimally for us) and then use what we've learned through that analytical stage to create in a better, more informed and expert way.

*I'm told that that's the game here in this universe—the game of creation.* It's why we're all here. Most of us just haven't gotten the "memo" yet about this Big Picture since we ascribe to the erroneous teachings of so many false "gods" and custodial beings who prefer that we remain helpless and ignorant of our true natures. We get caught up in being slaves instead of being powerful creators.

Operating within time is something that beings in

our universe like to do, but we don't all experience time the same way. And there are changes going on right now where we're moving from artificial, man-made time to experiencing a more organic or shamanic awareness of time. I talk about this a lot throughout this book and give you concrete examples of what it feels like when you're operating on shamanic time.

*Shamanic time is when "synchronicities" or spiritual coincidences happen and you begin to move through life in a more spontaneous way.* And this allows the Universe to bring helpful people and experiences to you—events that can seem "miraculous" because they're so perfectly aligned with what you desire to happen. This moves into the realm of "instant manifestation," where things occur at the exact moment when it's best for them to happen—and not a moment before or a moment later. I'll give you examples of moments when I was living on shamanic time and seemingly impossible, magical things happened, so you can identify when these events start to happen in your own life. These types of experiences will become more and more common for everybody over the next few decades.

*The time angels also shared details about how to heal the time body, and I'll be showing you what they taught me.* I first learned this information from them some years ago, but recently they fleshed out the details a bit more. The time body is one of our subtle energy bodies that connects to the world of time and probability. It's one of many energy bodies we have like our emotional, intellectual, and spiritual bodies. And it turns out that if you heal the "dents" in the time body, those little bumps and ridges caused by

past trauma, you'll start to hold your energy very differently. And then it's easier to change how you navigate through life, and you can start manifesting more happy probabilities and fewer problematic ones.

So healing the time body is very effective if you want to change your life circumstances from negative to positive. Doing regular "positive thinking" will only take you so far because if your time body is damaged from past trauma it will be difficult to change your overall resonance or vibration, and you'll still have some subconscious "booby traps" and self-sabotage going on. I'll outline how you can heal your own time body with some very simple self-healing techniques.

*Artificial, man-created perceptions of time seem to have been put in place by various negative beings who feed off our emotional "loosh" and want to keep us bound up in dense emotional states like fear, anger, dependency and anxiety.* When we're stuck in those emotions, we're more easily manipulated. We become a commodity controlled by others and we stop acting independently as spiritually sovereign beings. So that's why we're forced to live on a very unnatural type of schedule with the five day (or seven day) workweek, vacations and breaks are rare, and we're programmed to always be rushing around feeling time-starved and deprived of rest. It throws us off balance, and this is what the negative humans (and negative not-so-humans) who think they "own" this planet want, because then the populace can be better controlled and humanity's energies can be "harvested." It makes us tasty food for the psychic vampires who think that they're in charge.

*The trick is to stop being a food source for them by moving out of artificially created notions of time*

*and returning to a more organic, intuitive way of moving through life.* Then our energies will return to a more peaceful and natural state and we'll cease being a commodity to those who want to control our energy. We'll push past those limiting vibrations and expel those forces that have tried to enslave us on a spiritual and emotional level.

Artificial time is a relatively modern invention, and it's not the way people used to perceive time. But now we have a huge, global society built around the widely accepted construct that you always have to worry about keeping appointments or fretting about getting fired or losing status or money if you don't rush around and adhere to a strict, artificially imposed schedule. So things have really gotten off track for us as a species, damaging our health in many ways. This is because nobody is moving in an authentic, joyful way from one experience to the next anymore. Instead, fear becomes the main motivating factor—fear of what might happen to you if you don't do things at a certain specific time.

*Humanity was never meant to live this way.* And the conflict between our innate, organic way of experiencing time and the artificial way that we're all forcing ourselves to move through time has created a real spiritual crisis for all of us, making us more prone to physical and mental illness. Our bodies are literally screaming out to live along a more natural time framework, in organic, flowing time instead of artificial time.

This conflict is likely to feel *more* intense in the coming years as time begins to assert itself in a more flowing and natural way on our planet, prompting us to step into a different way of experiencing time. Some

old structures will need to collapse or transform as we move into demanding a more humane and gentle way of moving through time.

The 24/7 workweek, or the pressure to provide something like customer service 24 hours a day, 7 days a week, is artificial time at its worst. Nobody can live like that, and we shouldn't require our companies to operate like that, either. I mean, what's the worst that can happen when a business closes for two days on the weekend? People get to rest, and then they can create better products and provide better, happier, and more efficient service after they reopen the following week. And customers will better appreciate that business because they'll no longer take it for granted, and they have to make a conscious effort to visit that business during its open hours, which means they will value that business and its goods or services even more.

But we don't let ourselves rest anymore, either as individuals or within companies or other "worldly" structures. Instead we do things like demand that our news reporting occur on a 24-hour cycle, which means that media organizations can't afford to do real reporting anymore because they don't have enough staff to do in-depth writing and research on a 24-hour basis. So the news that we do end up getting is diluted, distilled, and frequently inaccurate.

In our demands for 24/7 service or 24/7 news we end up getting half-assed, slipshod, and incomplete results. If we built more rest and more processing time into all of society, which is what living on shamanic time allows us to do, there wouldn't be so much stress and strain across all of those structures.

*Everything in life needs to breathe. We need*

resting time as well as “doing” or action-based time. For too many years we’ve been moving toward less and less rest and less and less reflective time, and it’s made society more dysfunctional. And people have become more stressed and prone to illnesses of all kinds. A lot of “modern” illnesses like chronic fatigue, chronic inflammation, and depression are directly related to us forcing ourselves to constantly be doing, doing, doing, instead of doing some stuff, resting for a while, and then doing some more stuff.

This never-ending whirlwind of activity sets up a chronic release of stress hormones in the body, which prematurely ages us and makes even young people much sicker and prone to things like allergies and emotional problems. We’re going against the natural, cyclical nature of life, imposing a false overlay or unhealthy ideology about how we all should function, and it completely goes against what our bodies and spirits need.

But now there are some new time pathways opening up, and as we move into a more natural experience of time, things can start to flow in our lives in a much more joyful and abundant way. It’s all about having less fear and more fun! And it’s also about building more “give” into the system, where people can have more time off and businesses and worldly structures can move into providing stellar services and products because they can do so without being on the constant gerbil wheel of constantly cycling on a 24-hour, 7-day-a-week schedule. And they’re taking days for true rest, to “reset” their mental and physical and emotional energy.

Unfortunately, the anti-life, anti-love forces that think they’re in control of life here on Earth are

pushing back and making things temporarily worse while natural, organic time tries to gain traction. I'm told that this is one of the reasons why so many energies of control and fear and violence are getting stirred up on the planet right now. The negative critters and repressive structures that want to retain control over us are finding that their hold is growing weaker, so they're trying to make us feel more enslaved and victimized and demoralized, forcing us to rush around more—behaving like mindless chickens running around with our heads cut off.

The good news is that it's not working, people are "waking up," and wonderful energies are streaming onto the planet to help heal us and encourage us to evolve into happier, healthier, and more self-aware beings. And this is true for every kingdom on Earth—the animal kingdom, the plant and mineral kingdom, and the world of humans. Making the shift from artificial, fear-generated time to more organic, natural time is a big part of these wonderful changes that are setting in. And as these changes happen, life will begin to be more sane, more joyful, and a hell of a lot more fun! I'll be discussing this and more throughout this book.

Anyway, I wanted to give you a brief rundown about what this book is about so you know what you're getting into as you begin reading! Thanks very much for joining me in this exploration of time, probability, and navigating down the most optimal timeline for you. I really hope these ideas can help you and serve as a takeoff point for your own research and healing experiences, because my fondest dream is for all of my readers to be inspired to reclaim their creativity, spiritual sovereignty, and joy—and learning



how to operate in more natural, organic time can be an important and helpful first step.

So, are you ready for another cocktail or cup of tea? How about a cookie? I've got gingersnaps—you like those, right? I mean, who doesn't love gingersnaps!



**Giving you big, wet goaty kisses  
(whether you want them or not)  
-- Jennifer**

