

INTRODUCTION

LIVING IN THE LIGHT

My dear friend, I know you. We may not have met in these bodies, but you have chosen this book for some reason, so I know some aspects of your way of being. First, you are not a mainstream thinker. You may have felt you didn't fit in for a long time now. Second, you are probably a spiritual seeker. Maybe you are just beginning this journey, or maybe you have been searching for a long time for something that feels true to you. Perhaps you are quite seriously on the path of awakening. Third, you might even feel a longing to awaken or expand your latent healing capacity.

No matter where you are in your journey of awakening, you can use this book as a "how-to" manual to help you be whom you came to Earth to be, to live the life your soul has planned, and to help others do the same. Step by step, higher-dimension Teachers will lead you lovingly and gently through the Lightworkers Healing Method™ (LHM), a system of healing, learning, and growth.

Don't let terminology trip you up. Whether we call them Guardian Angels, Saints, Spirit Guides, higher-dimension Teachers or something else doesn't matter. Whether we call it God, Source, Spirit, Allah, Krishna, Buddha, Christ,

Tao, or Nature, there is only one Divine Universal Heart. One Source of Life and Love. Just as we English-speakers call Ellada “Greece” and Deutschland “Germany,” we use different names for Truth. Please, my friend, let’s move beyond our superficial differences to find the universal truths of Spirit.

Throughout the chapters to follow, you may notice words being capitalized in a way that grammatical rules would label “wrong.” If you notice this you have discovered a God Code embedded in this book: all those capitalized words are different names for God. Actually, my friend, we could capitalize the entire book. There is nothing that is *not* God, including your Virus-Ridden Computer.

If you are sensitive to Energy and struggling with that, this is a way to get your life back. Have you been diagnosed with environmental or food sensitivities or allergies? Do you have a chronic physical dis-ease such as fibromyalgia, migraines, or digestive disorders? What about depression, phobias, bipolar disorder, schizophrenia, autism, or another emotional/mental malaise? All of these are classic manifestations of unsupported Energy sensitivity. Read on, my friend. As you learn to manage your Energy body you too can return to a full, vibrant life.

If you are a spiritual seeker, this is a way to transform your own life. Your Angels and Guides know exactly what your soul needs to progress along its path. There is no need for you to follow “one size fits all” instructions. Your Guides have a personally tailored growth plan already laid out for you. Through LHM, you have access to that plan and the energetic support to implement it. This system acts as a powerful accelerator of your natural spiritual development. Be prepared for your life to transform itself for your soul’s highest and best good.

If you want to awaken your healing skills, this is the perfect entry into that arena. Your Angels and Guides will lead you precisely to the best expression of your inherent healing gifts. Perhaps they will suggest you seek other training, which can serve as a complement to LHM. Perhaps this Divine healing method itself will be exactly what your soul has been waiting to express. You won't have to guess. You will know what path is yours to take. More importantly, you will receive energetic support for the journey.

If you are already a healer, this is a way to enhance your existing practice. Psychotherapists, Chiropractors, Doctors of Traditional Chinese Medicine (DOM's), Hypnotherapists, Practitioners of Energy Medicine, Shamanic Practitioners, Pranic Healers, Reconnective Healers, Therapeutic Touch and Body Talk Practitioners, Reiki Masters, and practitioners of other healing modalities use LHM to move into a higher expression of their own healing art.

LHM has an exceptional goal for an Energy healing modality: To align with the soul's life purpose. Our soul plans include life challenges, but also the expectation that we will emerge from the difficulties as victors, not victims. LHM improves the present by working with both past and future lives as well as higher-dimension Guides, Angels, and Lightbeings in a unique and powerful process. This creates miraculous healing in all arenas of life: physical, mental, emotional, spiritual, financial, and interpersonal. The full power of the Universe is revealed and is available to us in this multi-dimensional healing method. Nothing is off limits.

This book arose from LHM's core curriculum workshops, which have been honed through years of repetition and consistently produce capable healers. My students regularly report how their lives have been transformed through learning LHM. They truly do learn to be whom they came to Earth to be, live the life their souls came here to live, and help others do the same.

I am now convinced this is something that *anyone* can learn to do; it is a skill, not a gift. This method is not for the gifted few, but for the world. As we bring a critical mass of individuals into alignment with their individual souls' life purposes, LHM will do its part to draw our entire world into alignment with the Divine Plan.

We are all eternal beings on an eternal growth path. Since I learn something new every single day even after twenty-two years of working with LHM, I am absolutely sure that there is always more to be learned. LHM is presented here as clearly as I am able to convey at this particular juncture of space-time. I encourage you to continue on beyond where I am right now. Keep going. Build on this; take it farther, higher and clearer than I am able to present today. You can do it. There is no doubt.

My dear friend, LHM is both a healing system and a spiritual growth vehicle. Through this method it is possible to learn to live in the Light so that Joy is always present regardless of life circumstances. It can lead you into the space inside of yourself where no matter what happens, you are not only fine but actually thriving, living with Peace and Joy as your default setting. Beauty and wonder will manifest throughout your entire life, filling you with bliss as you realize you are truly One with the Universe. Relax into this process. Let it unfold within and around you. Let it lift you up, strengthen you, and bring you Peace. You are not alone.

CHAPTER ONE



SCARED BY A GHOST

The Essence of Desire

*I did not have to ask my heart what it wanted,
because of all the desires I have ever known just one did I cling to
for it was the essence of all desire:
to hold beauty in my soul's arms.*

St. John of the Cross

From Love Poems From God, shared with thanks to Daniel Ladinsky

“**Y**ou’re just missing it! You’re missing the whole thing,” exclaimed my exasperated brother as he turned sideways and disappeared. Dead people can do those things. With his departure the space behind him came into focus: an impossibly huge room with a ceiling and floor, but no walls. Small clumps of people scattered about, as far as I could see. In each group, only one or two people seemed alert and self-possessed, and the rest looked—how can I say this nicely? Dazed. Out of it. Confused. In other words, like me.

As I wandered around this strange place, mouth agape, I saw two tall people dressed in what looked like white gowns smiling benevolently and beckoning to me. Moving closer, I could see an enormous pile of books behind them. They gestured for me to sit on one of the cushions in front of them. Once we were all seated, one of them reached behind his back, drew out a smallish book, and opened it to the first page. I thought, “This might take a while.” I was shocked when he smiled and nodded, telling me, “We are ready for that.” I hadn’t *sent* him that thought, as I did with my brother. He had seen it inside my mind. Something was obviously different about this guy. Wait a minute, was he even a *guy*? When I looked at him—her—whatever—again, she-he seemed like a woman. Her smile got bigger, watching my confusion... and suddenly he was a man again. Giving up, I thought, “What *are* you?” at him-her. The answer: “A GUIDE.”

Ah.

Suddenly the logjam burst in my mind. Questions I had stored up for months (or was it decades?) came tumbling out, faster than I could even focus on them. I could simply *feel* the waterfall of questions flowing at him/her. S/he laughed, holding up her hands. “One at a time, one at a time. First things first: call me Jade-Su, and that is Zoron to my left. Second, you may call this place the Plane of the Guides. Third, we are here because it is as close as we come to Earth before the static overwhelms our voices.”

With that, my formal education in the healing arts began. Or perhaps it had begun 15 months earlier, in my laundry room. You see, my brother Allen had been sick for a long time before he died. He had even had a death/revival experience during which he realized that *he* wasn’t dead even though his body seemed to be. After that event, we both knew he might not survive his situation. He promised me then: If he died, if there was something after death, and if he could come back and tell me about it, he would.

Allen died on January 17, 1990, just three days after his 29th birthday. Three weeks later I was engaged in that (ahem) deeply spiritual activity of tossing out the junk mail. I walked into the laundry room, junk mail in

hand, and there he was standing right outside of the window, about six feet away. He had a big goofy grin on his face, clearly very pleased to have once again played a really good practical joke on me, as he had done all his life.

Dropping the junk mail all over the floor, I ran top speed down the hall to my baby's room with vague ideas of grabbing him and fleeing the scene. Sprinting down the short hall, I could feel Allen zipping around the outside of the house three times faster. As I was opening the door to my baby's room Allen was coming in through the window, heading right toward me.

AAAAAAHHHH!

This time I bolted across the house to my husband, who was in our bedroom. "What's wrong? You look like you've seen a ghost."

"I have! Allen's here!" All this time I could feel Allen laughing his non-existent head off. This was the best prank he'd pulled on me yet! Allen sat down on the floor of my baby's room and waited patiently for me to calm down, get a grip, and come talk to him. Unfortunately I was much too panicked for that. There was no way I was going back in there. Gradually his humor turned to hurt, and then—ping—he was gone. My immediate reaction: "Thank God."

A few hours later when my heart rate had returned to normal, I could have kicked myself: he had given me a chance to talk to him and I blew it! Luckily for me, it was the beginning but not the end of that stage of our relationship. He now had my attention, and a profound process started which I did not understand at the time. The sentence, "I did not understand this at the time" can be inserted into almost every stage of my story. This state of affairs is probably true for you too. It can take a while to process what goes on in our lives, and that's completely normal.

In hindsight, I can see that Allen was leading me up the spiral staircase to the higher dimensions. The first time he showed up, he had come all the way down to Earth and was visible to the naked eye. The next time he showed up, he only came down far enough for me to see him if I was

looking carefully. By “carefully,” I mean using the same level of still, quiet attention needed to spot a tiny bird in a treetop. Knowing that he might be there, I was now quietly and intently looking for him, and there he would be one step higher up. As time went on, he made a shorter and shorter descent to meet me, insisting that I figure out how to ascend the stairs and meet him on an ever-higher dimension. Through the bond of Love, I reached up farther and farther in my efforts to stay in contact to him.

During this process I remained oblivious to the grand scheme of things. Although I was learning to access the higher realms, in my mind I was simply maintaining my connection with my brother, whom I Loved dearly. I missed him so much, and we were having great conversations. It was clear he had a deeper perspective on what was going on in my life than I did, so I developed the habit of asking him for advice concerning its challenges. “What do I do with this? What do I do with that? How should I handle so and so?” It wasn’t as good as being able to hug him, but he was there for me whenever I needed him and was definitely more insightful than he had been during his life. 15 months went by and I was once again having one of those details-of-life conversations with him, when Allen’s mounting frustration pushed him to exclaim, “You’re just missing it! You’re missing the whole thing.” And just like that, he turned sideways and disappeared.

So there I was, somewhere above the astral planes with Jade-Su and Zoron, sitting on these plush cushions and beginning my training. We started with Chapter One, page one, of that first tiny book. At that time, I had no idea that they were teaching me the Lightworkers Healing Method.

THE LIGHTWORKERS HEALING METHOD™

What it boils down to is this: When we come into our bodies we have a plan. Our soul has a plan for the life we are currently living. This probably isn’t news to you. Our

plan includes challenges (again, not a surprise). As souls we know life is going to be full of challenges, but while we are in our non-physical state we're sure that we can meet those challenges head-on and win. Then we incarnate into physical form, and suddenly life seems a lot harder than we thought it would be. The challenges can start to wear us down.

This is never the plan when we embark on our lives. We mean to experience challenges, but we also intend to succeed; to be the victor over, not the victim of, life's circumstances. Through this method of Divine Energy Healing we learn to become conduits for Divine Energy; to help people come into alignment with their soul's life purpose; to meet those challenges and succeed. To have a story of triumph.

The Lightworkers Healing Method applies to all arenas of life—physical, mental, emotional, spiritual, financial, interpersonal. Nothing is off limits. Every aspect of life can be optimized through this healing art.

The key to this system is working with the higher dimension beings: the Guides, Angels, Lightbeings, Avatars, and of course pure Divine Source Energy itself. Each of us brings our personal gifts to the table, but there's so much more available to us than our minds can comprehend. The full power of the Universe is truly open to us when we learn to work as a conduit for the higher dimension beings.

With the Lightworkers Healing Method (LHM), we follow the Guides' instructions, step by step, to bring an individual's vibration into harmony with his or her life purpose. LHM can also be described by the various processes it can include: releasing baggage from an earlier

time in this life or from past lives, retrieving lost soul Energy and helping it to reintegrate, healing life paths and soul contracts, connecting with future lives to draw their healing and wisdom into the present moment, and more.

Don't let terminology trip you up. Whether we call them Guardian Angels, Spirit Guides, or something else doesn't matter. We are all connected to wise, loving beings who have been with to us for eons. They know everything about us, including our soul's plans and what we need in order to achieve those plans. These powerful beings are always here for us, always intent on helping us move forward in our plan. They continually advise and protect us. Whether or not we follow their lead is up to us. Moment by moment we chose to follow or to ignore the signals life hands us; that's the "free will" part of this dance of life.

Warning: This is *not* a surface-level Energy cleanse. This is *not* about maintaining your Energy body. This is about getting to the root issues of the dysfunctions in your life and shifting them at the core. This is deep cleaning. Expect your life to change, and be open to the changes. Know they are good.

As the years passed, Jade-Su and Zoron led me through every step of the learning process. Again, I didn't understand what was going on at the time. I simply knew that I became aware of issues in my life, in the lives of my family, in our home, and in my business. Accompanying or shortly following the issue recognition would come an awareness of what I could do energetically to help.

By 1994, my Guides had begun their refrain of "You're not doing the work that you're supposed to be doing on Earth. You are supposed to be doing something different." One could best describe my reaction

as “resistant.” I had poured my life into my career and had become the established professional my parents wanted me to be. I was successful; I earned a very comfortable living; people respected me. My self-image was directly connected to my career. It fed my confidence. How could I walk away? To do what, precisely? When I asked that question, I could *not* hear the response. Resistance can do that. We just don’t hear the guidance we are not open to. However, my Guides were insistent.

I would like the record to show that I never said, “No.” I simply stalled. “Yes, yes. I’ll sell my practice. As soon as we finish next tax season, I will. As soon as I find the right person to step into my shoes, I really will. As soon as I build it up so I can get what I need for my retirement fund, I’m definitely outta here. I promise.” By resisting my life plan for five years, I created a series of business challenges and a period of extreme stress in my life that culminated in a debilitating illness. I was literally disabled for two years with chronic fatigue and fibromyalgia. My doctors averted their eyes when I asked how long it would take to heal, and mumbled things about “incurable” and “learning to live with it.” At that point I knew I had to leave the security of western medicine and venture into the unknown to have a chance at healing. I got progressively less mainstream in my exploration: psychotherapy, chiropractic, acupuncture, massage, yoga, raw foods, juicing, fasting, therapeutic touch, body talk, reiki, rolfing, herbal supplements, homeopathy, flower essences, essential oils, and so forth.

And then one day I got it. As a part of my healing journey I had to seriously apply the lessons in the Lightworkers Healing Method that my Guides had shared with me. I had to stop dabbling. There was no other way for me to get from where I was (which was down and out) back to health other than through this doorway. It truly was the only door open to me. Now I understood. For the first time in my life, I started to follow Jade-Su’s directions with real focus.

Six months later, my life was moving forward again. Not racing, perhaps only limping, but still moving forward. It was an amazing improvement. Then the oddest thing happened (as if this story has been completely normal up to now). Bizarrely, insights started popping into my head about people I knew, ran into, or was standing behind in line at the grocery store. I knew what was wrong with them, and I knew I could help them resolve their issues. I just didn't have the courage to offer that assistance.

My friend Jane's ankle pain broke the logjam. As she talked about it, I kept seeing over and over again how it all started from a fatal snakebite in a prior life. Finally I just couldn't keep quiet any more, and I blurted out "I think I can help you with that." Bless her open-mindedness. She plopped down on my couch and let me have at it. Thirty minutes later, with ankle pain gone and eyes as wide as goose eggs, she gasped, "Wow! Where did you learn to do *that*?"

Yeah, like I'm going to tell, I thought. *They'd lock me up in the nuthouse for that.*

Undeterred, Jane told someone else, who told someone else, who told someone else. Without realizing what was happening, I was developing a healing practice. When the fifth complete stranger called, I wondered, *was this what Jade-Su had been talking about for six years?* Jade-Su's response: "Of course, silly!"

The next few years of working with strangers and their ills—physical, mental, emotional, spiritual, financial, and interpersonal—brought me a wealth of new understanding. My belief in the Lightworkers Healing Method process skyrocketed as the phone calls came flooding in: "My migraines are GONE!" "That back pain from an injury that supposedly needed surgery to be fixed? It's GONE!" "My business went from flat to booming right after our healing session." "After a year with no buyers, our house sold right away!" "I was so depressed that I didn't think I could ever be happy again, but I feel GREAT!" "Finally I feel like my life has purpose and meaning." "I was ready to walk out of my marriage, but now we are

making real progress.” “My lupus is gone. Now my doctor calls it a mis-diagnosis.” That’s my personal favorite: the mis-diagnosis. Since I began my practice it’s also been applied to several forms of cancer, arthritis, endometriosis, torn tendons, and more.

Sharing the Gift

Jump ahead to 2007, 17 years after Allen scared me in the laundry room. I had been learning and practicing this healing method for 16 years; for eight years it had been my “day job.” I was happy; I loved my work and my life, which was transformed beyond recognition into a healthier, more abundant, more loving and peaceful reality. I felt I was dealing with the true matters of life on a daily basis: helping people to be healthy and happy by healing their core issues. What more could I possibly ask for?

But once again that familiar prodding at my back began. “*What? Are you joking? I thought you said this was my life’s work!*” was my fairly resistant reaction. Jade-Su and Zoron were undeterred; there was more to it than I understood. “We didn’t spend all this time and effort just for you,” they smilingly responded. God bless them. Guides can be brutally honest, but their messages are delivered with so much Love that the hard news can become acceptable and eventually even uplifting. I finally realized that they wanted me to teach others how to facilitate these healing sessions. That was not a conversation that went well. I argued with Zoron, “Is this really a transferrable skill set?” His response: “Hellooo, we taught it to you!”

Touché. He had an excellent point. It convinced me to gather up the courage to begin teaching. It was a very scary step and I wasn’t sure how to transfer the information. I wasn’t a Guide. I didn’t even consider myself to be someone with credibility. My certifications weren’t in this arena; I didn’t have a PhD in psychology or anything else that was backing me up. It was just me standing there on the freaky fringe. Who would listen to me? I begged to be given time to go back to school and

put some more initials after my name—but no. “No more delays. The time is *now*,” Zoron insisted.

Gulp. Okay. I’d already learned what happens with resistance. It was time to pull up my big girl pants and get to work.

To my utter astonishment, my initial handpicked crop of apprentices “got it.” After two years of teaching one-on-one I risked a formal class, and those students also “got it.” As it turns out, the Lightworkers Healing Method *is* a teachable, transmittable skill set. After three years of leading full classes through the basic curriculum, I am completely convinced. We can *all* do this. It’s a skill, not a gift. We have to put in the effort, but we can all do it. *All of us*. We begin wherever we are in the process, and the curriculum draws us forward into mastery. Kudos to the Avatars and true Teachers of the Lightworkers Healing Method. It is brilliant!

LIGHTWORKERS HEALING METHOD™ AND THE BEAUTIFUL PARADOX OF INTENTION

You might be reading this for your own spiritual growth and your own life healing, with no intention of practicing this art on others. If that’s the case, consider this: as humans, we are often blind to our own “problem” areas, where growth is most needed. It’s much easier to observe dysfunctions in others (i.e. in our subjects) than in ourselves. This is as true in the energetic arenas as it is in the physical dimensions of life. By turning the focus outward and working to heal others through LHM, we ourselves are healed of the same issues. We don’t need to be aware that we have a matching dysfunction. Simply by facilitating an LHM healing process for another, we too can be healed in that arena of life.

In LHM, we merge our Energy with the Energy of our healing subject. We bring our shared vibration to the desired frequency. In so doing, we ourselves are also lifted up and healed. This does not reduce the benefit

to our subject in any way. There is no limitation of Divine Flow; it is eternal and abundant. Simultaneous improvement is not only possible, but is actually in the interests of the greater good.

Students who have learned other healing modalities often have a hesitation or even a fear about merging Energy with their subject. They have been taught to protect themselves, that their subject's issues can "contaminate" them. In LHM the first step is aligning fully with the River of Divine Love; it protects us. As it pours through and around us, we can experience anything and everything in perfect safety. Spirit is with us; nothing will go wrong. Trust. Merge. Heal both your subject and yourself. When the session is complete, you will fully separate again. The only lasting effects will be positive ones; the process will improve your health and your life.

The phenomenon of simultaneous healing applies to all issues: physical, mental, emotional, financial, interpersonal, and spiritual. Let's take the example of a deep desire for spiritual growth. If you work as an LHM healer to help others who share this desire for spiritual development, over time you will discover that your own spiritual growth accelerates tremendously.

The Universe supports this fascinating paradox of healing by bringing the perfect healing subjects to you. As you merge your Energy with theirs (not holding yourself separate), you too are healed of whatever matching vibrations your Energy body holds. This process brings the understanding, at the deepest levels, that we truly are all One.

Pema Chodron is a wonderful American-born teacher in the Shambhala school of Tibetan Buddhism. Her lineage views courage as an essential element in the quest for spiritual growth. Pema teaches of three types of courage. There is the courage of the King or Queen, in which we must help ourselves first in order to help others. Then there is the courage of the Shepherd or Shepherdess, in which we must help others first in order to help ourselves. Lastly, there is the courage of the Boatman or

Boatwoman, in which we help others and ourselves simultaneously, since we are all in the same boat.

In the Lightworkers Healing Method, we immerse ourselves in the courage of the Boatman or Boatwoman. We merge our Energy into the Energy of our healing subject, not holding ourselves separate. In this way, we are both healed simultaneously. This is the meaning of the full name of the system: the Lightworkers Healing Method for Self and Others. By healing others, we heal ourselves. It is the beautiful paradox of intention. We are all truly in the same boat anyway; we truly are all One. Giving in to that reality rather than fighting against it allows for the fastest healing for everyone involved, ourselves included.

At this point in the classes, often the question arises, “Don’t you then feel your subject’s pain if you merge with him?” Yes, I do feel it. I feel what’s going on for him, but it’s a beautiful gift to me as a human being because I get to detach from pain over and over again. In the healing sessions it becomes easy to recognize that pain is just pain. I don’t have any attachment or aversion to it, because it’s not “my pain.” It comes, and I know it will go. After practicing LHM for some years, I noticed I no longer had attachment and aversion to pain in my own life either. Pain comes and goes in all our lives. Have you noticed? It comes and goes. So, yes, I do feel it. Absolutely, I do. And it goes.

This book exists so you can learn how to apply this system of healing in your own life, in the lives of the people around you, and therefore in the world. Even if your intention is solely for self-healing and personal growth, I highly recommend you practice this with and for others, so that you can heal yourself of the issues you are blind to. Therefore, this book is written as if you will be learning to facilitate healing for other people. We are all surrounded by people who are desperate for help in at least one arena of life. Take advantage of that opportunity. By working with a variety of subjects who have a variety of challenges, your own life can come into perfect harmony in each of those areas.

Give it Time

Learning this method is a process, not an event. If you truly work with this book in the way I hope you will, you will come to master the basics of the Lightworkers Healing Method. There is much more to this. There is an entire series of higher-level classes covering a variety of more advanced topics. Don't worry about those yet. All that can come later. For now, learning the basics is the most important project.

The first step in learning this system is absorbing the energetic transmissions. Fundamentally, these transmissions are powerful calls for Divine Help. In certain circles they would be called prayers on steroids. These powerful prayers open the connections to the Divine, to Guides and Angels, and to your innate healing gifts. They make you a vessel for Spirit to use to heal yourself and the world around you. Recipients of these transmissions feel the effects physically, mentally, emotionally, and spiritually.

Our website (www.lightworkersmethod.com) includes recordings of the energetic transmissions that you would receive, were you to participate in the actual classes. Because the vibration of the transmission comes through better in audio recordings, they are not written out in the book. You have to go to the website to hear them. As you listen to those transmissions, the activations will occur within you. Before you read each of the next chapters, experience the related transmission recording. This is a substitute for what occurs in the classes. It's possible listening to the transmissions in this fashion is not as powerful as being present for them in person. However, you can listen to them over and over, and therefore receive cumulative benefit. If you use the recordings properly, you should be able to recreate the full benefit of the transmissions for yourself.

I'm going to talk you through this, but keep one thing in mind. I am not the true Teacher of the Lightworkers Healing Method. I am simply the Teaching Channel, the conduit through which the true Teachers work. *They* are with you, right there where you are reading this exact word. The true Teachers and your Guides know how this new information fits into

your life path. They know what you are already capable of, and what you still need to learn or gain access to. They are there with you, supporting you through this process. They are always with you.

I don't know whether or not you're ready to walk this walk. That is up to you; it is your choice to make. If you are, this will change your life and the lives of others at the deepest levels. If the idea of trying to learn this healing art both inspires and terrifies you, that's your soul's way of letting you know it's exactly what you need to do. Congratulations on your open-mindedness and courage, my friend—and welcome.