

Name Alchemy

written by
Barbera Ammahlia Schaefer-Berdner

.....
*A chapter from the anthology *Supercharge Your Success; 14 Big Impact Thought Leaders Share Their Secrets to Health, Wealth, Happiness and Achieving Dreams**
.....

Name Alchemy

By Barbera Ammahlia Schaefer Berdner

WHAT IF YOUR name held the answer to all your woes and all your potential success? People rarely consider the importance of their name, but what if ... hidden in your birth name is the spiritual map of your life? That is the foundation of my life's work, and it took a big knock to the head for me to discover that. Literally.

One day, while driving a team of eight sled dogs, I got thrown from the sled and—boom—life was never the same. You've heard of the proverbial two-by-four from the Universe? Well, mine came in the form of the entire planet hitting me smack on the head. Thank goodness it finally knocked some sense into me! Because I was heading down the wrong path, and it just might have killed me.

Fast forward eighteen years, and now, as a Soul's Wisdom Muse and motivational speaker, I get to share all the gifts that the two-by-four gave me. I'm passionately doing my life's work. As an Advanced Divine Healing Practitioner and Lightbody Surgeon, my deep joy is to support people in rediscovering their wholeness.

But my life was not always so joyful and whole, and there were times along the way when I could easily have checked out. But I chose not to, no matter how fragmented and fractured I felt. Something kept me going, and that something

is what I want to share with you today. Because I don't want you to have to struggle and take eight years to discover your true purpose, like I did. And it was hidden in my name.

I was born into a military family. An absentee dad and a rage-prone mother ensured an uneasy start to this world. At school I felt like an outcast. I just didn't fit in, despite my good grades. That sense of separation was only exacerbated by a date rape at the age of sixteen. Shortly after that, while floating in my mother's pool, I read the book *Jaws* and immediately developed a shark phobia. I was easily startled and I regularly jumped "out of my skin."

Apparently I still wasn't getting the message the Universe was telling me about my disempowerment around men. I promptly decided to study engineering back in a time when very few women went into that field. Then, of course, I chose to work for a utility company in a male dominated construction department.

I do have super achiever tendencies, and back then as a young, cocky thirty-five-year-old, I decided the corporate world was to be my oyster and stepped into a high position at one of the largest utilities in the country, overseeing 300 engineers. I was on the fast track.

Yet here was the dilemma. Outside I was doing great. Progressing. Stepping up. All that good stuff. But inside I was wasting away. I felt like a fake. I could never show my true self. I always had to hide behind the strong, corporate façade. I had the car, I had the house, I had a good-looking husband, and my life was crap. My nerves were at an all-time high, our marriage was distant at best, and I was still jumping out of my skin all the time—in other words, on high alert. The distance in our marriage was so severe we separated and three times nearly divorced.

I was numb to my emotions and at the same time living in fear that one false step, one stray emotion, and I could lose my job.

I really didn't know who I was. There were so many rules at work and at home related to how I was meant to be that I lost myself. The only way I knew to receive love was through achievement. But it left me hollow.

The only time I was happy was when I was shopping, so I spent all kinds of money to try and fill the bottomless pit inside of me. I didn't feel safe and I didn't trust that people would be there for me, which of course led to total exhaustion.

I quit my job, but I didn't change the way I was doing things. And the Universe came along and said, "Barbera! How many times have I told you?" So it arranged for me to hit my head and I had a near death experience. I was out of my body for seven minutes. I remember it and that's a whole other story – an entire book – and when I came to, I couldn't do math anymore, so I couldn't be an engineer. I had impaired vision in my right eye, impaired hearing in my right ear, and horrific migraines. I couldn't even walk ten feet without passing out. Basically I could barely take care of myself. So things were more than crappy.

What I didn't know then was that this knock to the head was about to lead me on a healing journey that would change everything about my life.

But first I had to go through the pain. It was horrid being so brilliant and self-sufficient one moment and then the next needing so much help. I was not accustomed to asking for help and didn't know how to receive help, and all of a sudden I was forced to ask for it. I could barely walk, I couldn't focus, and I felt like crap all the time.

Now, being forced to receive was part of the huge, huge lesson. I had always loved taking care of other people, but I never let anyone help me. And I was denying them that gift. It took me a hit on the head and about four years to figure that one out.

Traditional medicine wasn't offering me very many solutions and it wasn't getting to the deep core part of my problem. Five element acupuncture was somewhat helpful in shifting the energy. But what really stopped me falling into the abyss was the deep drive I had to take care of my dogs. I didn't know why, I just knew I had to.

When I think back to that time, it appears gray in my mind's eye. I was barely there. Just getting through the day was work enough. I had lost touch with my hopes and dreams. I just wanted the fog to go away.

Then, one day back in 2004, I met a healer who offered me the first glimmer of hope I'd felt in seven years.

He put his hands on my head and the fog and the pain simply lifted. And it was gone, magically, for three whole days. For the first time in seven years I could feel that healing was actually possible. I felt as if I had accessed the core of healing my wound—the piece about worthiness and being whole. I got a taste of it and it was exquisite. I finally had hope that in this lifetime I could really feel like me again—a “me” that was so much more brilliant than I had ever remembered. Some people get miraculously healed; you hear about that. That wasn't my path. (It's in my name and soul contract – and I'll talk about that later.) My path was to try out and learn many different approaches so that I could teach people like you who have also tried all kinds of things to heal yourself, with only limited results.

Name Alchemy

Here's how stubborn I was. Even though I had just been given the gift of a lifetime, a true glimpse of heaven, I still had to go through the learning curve of pushing myself way too hard with my leadership training company (using sled dogs) that I drove myself to the point of exhaustion.

Thank goodness for serendipity. Quite a few years after the healing experience, I met a gal on Facebook, and she became my spiritual mentor and a very good friend. She showed me a brochure for "soul contract" training. I had no idea what it was but felt a deep resonance and a strong desire to take the class. In the class a light went on for me. I remembered something else that had happened when I hit my head. I'd seen the place where soul contracts are held, and it touched me deep to the core. I know and remember that place.

Suddenly, everything started to make sense, and I began to explore this soul contract work very deeply.

Here's what it's all about: You have a name, you are born with it, and you think you're stuck with it (or you change it). You use it day in, day out for decades, never really knowing what it means or that it holds the Signature Frequency of what your soul wanted to experience in this lifetime.

Your name is like a GPS, or guidance system. But it doesn't work if you plug in the wrong coordinates. Then you find yourself going in circles or feeling that there's something missing in your life. Zeroing in on your correct name can profoundly affect your happiness, as well as your success in life.

As I studied deeper levels of soul contract work, I also received powerful initiations and training in a very precise form of vibrational alignment called Divine Healing. I was

thrilled to notice my health and clarity improving by leaps and bounds.

I call this work Name Alchemy. It's based on the sounds of Ancient Hebrew, one of the seven sacred languages of God. It empowers you by revealing your soul wisdom and describing your challenges, talents, goals, dreams and soul destiny.

Knowing my soul contract gave me the comfort that there was nothing wrong with me and that my life really was meant to play out like this. It was both a comfort and a confirmation. I could now look at my life in a more objective way. Instead of worrying about "woulda, coulda, shoulda," I was able to see that my life was playing out just as planned and that before, I just hadn't been plugging in the right coordinates.

Connecting with the map of my soul wisdom has helped me be gentler with myself and really pull back the layers of armoring and bravado, revealing how things in my soul contract play out with other people. I was able to see my mother's issues around trust and my father's tendency to abandon as all part of a greater plan. I felt instantly more compassionate and loving towards both of them.

I began working with friends and then eventually taking on clients. After years of wondering if I'd ever work again, here I was with a newly blossoming business.

I reflected on a major turning point in my life—getting married to the love of my life, John Berdner. But why had I chosen not to share his name?

I never quite understood it at the time, but when I finally found the Name Alchemy work and looked into it in more detail, I realized more clearly that I had experienced disempowerment by men throughout my life and had feared

that by sharing John's name I would be giving away more of my power.

But now, steeped in Name Alchemy as I was, I began to consider sharing John's name. When I mentioned it to him, his eyes got big and his face lit up, and he surprised me by saying, "Well, then, the next time we go to Hawaii we will have to get remarried."

I took that as a sign from the Universe that sharing his last name was going to be a nice big piece towards deeper connection in our marriage. So now I needed to find the right name combinations that would hold the signature frequency of my life goal and my desired life. This new name would need to help me work through all the abandonment, mistrust, and disempowerment I had experienced.

After a bit of noodling, I finally landed on the perfect name: Barbera Ammahlia Schaefer Berdner, a name that would bring balance and help dissolve the disempowerment and abandonment issues. It was a name that would support me in being my authentic self in the world, ready to be seen. It was also a name that would bring unity where I had experienced fragmentation and trust where I had experienced disappointment.

Soon after claiming that name, I noticed my relationship with John improving. Also, many positive things unfolded in my business. I know the new name is a mouthful. But don't worry. When you decide to optimize your name, it's likely that it will be less of a mouthful.

Imagine for a moment that your soul really did plan out your life before you came here, and that you still have free will and choices. And imagine that there really is a map which is hidden in your name. The journey of life or the path of enlightenment doesn't have to be all wiggly. There really

is a roadmap, and the idea is that if you stay on the right path, your life will be fulfilling (even if it's not always easy). And if you're off the path life feels like a struggle.

I had been way off when I was pushing through as a corporate ladder climber, distancing myself from John and my own emotions. I was way off when I ignored the signals screaming for me to stop. That knock to my head turned my life around and reminded me of who I really was. And who I am. I remembered that as a child I could speak to Jesus, but my spiritual connection had been drummed out of me by nuns at the Catholic church I went to and by my family. Actively working with my name helped me get back on track with my life.

So if life is tough, can we simply change our name and all will be fine?

Well, it's not quite as simple as that. If it's to happen at all, it needs to be done consciously. Many people that do change their names can unwittingly bring even more challenges into their lives. A name can support or hinder your life journey, so you need to choose it with care.

I met a woman who had recently changed her name on her own, and within days her life started falling apart. Her renter caused a ruckus in her small community. She then felt unsafe and needed to ask the renter to leave. This left her temporarily with no rental income. When I looked at the Name Alchemy of her new name, I could see that it was not complimentary to who she was or who she would always be, *and* it added an element of having to "do things the hard way" in the world. Not ideal!

Another woman came to me because she was getting divorced and wanted to communicate better with her soon-

to-be ex-husband during the process. I looked at her Name Alchemy and could see that the energies of the relationship had been quite good before she got married, but once she changed her name to her husband's, conflicts and roadblocks ensued. Before getting married, her relationship had in fact been "amazing," but almost immediately after the wedding (the day she took on the new name) things started going downhill. Fast! Thankfully, I was able to help her connect the dots, and we have since found a name that is settling things beautifully in her life.

I love to help people decode the patterns that happen in their lives. It's so empowering. For me, it's had a huge impact on the way I relate to people in life and in business. A great example is my new business partnership.

I knew a lovely, kind-hearted man who was a whiz at all things related to marketing as well as an expert transformer. But we just didn't click. I felt irritated around him in a "nails on chalkboard" sort of way, and I did not understand why.

When he approached me with the joint venture opportunity of a lifetime, I felt conflicted. For all his big lists and expertise, and the amazing gift that he was offering, I just couldn't bring myself to say yes. I didn't completely trust him. More to the point – I didn't trust myself to hold my own power in the partnership.

And then I did what any self-respecting Master Soul Contract Reader would do – I looked at the soul contracts held in our names. Of course, it was staring me in the face. It showed enormous clashes in the realms of disempowerment and distrust.

Within an hour of seeing that, all the charge I had around him dispersed. The next day I called him and we

had an extraordinary conversation that opened the doors to what has turned out to be a beautifully symbiotic and prosperous relationship.

If, however, I had entered into that relationship with that initial “off” feeling, it would have poisoned our relationship, and who knows where we would both be now?

Here’s something else: As I write this, a massive forest fire is raging less than half a mile from our house. My husband, John, has a deep fear of forest fires and has huge issues around death. Oh, and by the way, his father died yesterday.

How the hell is it that I’ve been able to remain calm in the middle of the storm? It’s because I understand our soul contracts. I understand what I need and what he needs right now. What he needs is safety and what he needs is consistency, and he needs someone to be calm no matter how up and down he is. And I know this deeply because of knowing deeply what our souls came here to experience. Could I have handled that eight years ago? No, I would have been caught up in trying to manage and work around each one of his emotions.

Here’s the moral of the story: if you are getting married, or considering changing your name, know what you are getting into at the deepest level. Be open to the best way forward, whether it means changing your name or not. The only reason I could handle John’s pain so well is that I’m conscious of what’s going on at the core. At the end of the day, it’s not about changing things, it’s about consciousness within whatever is happening.

Life can be intense, and you don’t have to experience it as so hard. I did it the hard way, going through more than eight years of miserable health problems, marriage troubles, burn out and disconnection. You don’t have to do that. I had to die

and experience all these health issues to learn this. So now I'm here to help you learn an easier way.

Thank goodness I learned these tools and I've used them for myself, and now I use them with other people so I can speed up their healing process. It's worked for me, it's worked for my clients. I love this work! I love seeing people living their full potential with ease and grace instead of scrambling around in the dark.

What are the recurring patterns in your life? If you've had name changes, what changed for you? Notice that, be curious about it. There are clues and bread crumbs to follow. As I look back at my life, I was dealing with lack of trust, disempowerment, not being able to be authentic. When I could see those clearly in my name, it made complete sense, and part of my healing process was to consciously work with those energies on a daily basis.

If you have recurring patterns, you may want to have a look at what's going on in your name. It's not as simple as choosing a new name on your own, because unless this is one of your gifts, you could choose a really bad one!

In the Name Alchemy process I begin with your birth name, interpreting the Map of Your Soul Wisdom to put your life experiences into perspective. I show you where you are going and provide you with recommendations to help you achieve your maximum potential in this lifetime.

We next take a look at any name changes and significant relationships. We can take it to the next level and optimize your name for the most successful experiences in this lifetime.

If you in any way feel fractured or scattered and yearn to come to a place of clarity and wholeness, then I encourage you to uncover the secrets hidden in your name. If you are

successful in many ways and yet feel a lack of connection or confidence, if you doubt yourself in any way and wonder what you're doing here on the planet, if you've had a head trauma or a health crisis and can't seem to get it together, if you wonder why you married your spouse or why you haven't yet attracted your soul mate, or if you're at a crossroads in life and are about to make a major decision, take a look at your name.

It is my joy and passion to serve you, to support you in living the fullest life possible. And to that end, I have free educational materials, resources and special bonuses to get you started on your Name Alchemy journey.

I don't want you to have to have the entire planet hit you on the head to wake you up. There's a far quicker way, and the map is hidden in your name!



Barbera Ammahlia Schaefer Berdner is a Soul's Wisdom Muse and champion sled dog musher. She is the co-author of the number one Women's Leadership Book: *Be the Lead Dog, 7- Life Changing Lessons Taught by Sled Dogs*. She teaches women

leaders how to live a life of ease and grace by using the skills of serendipity through reconnection and clarity. And she got here in a most...well...serendipitous way.

Barbera was on the fast track in corporate management. She loved her job, but her marriage and health were suffering greatly. She tried changing jobs, but she was getting the message that it wasn't the job that needed changing. *She* needed to change. She took up sled-dog racing and suffered a traumatic brain injury that took her out of her body for seven minutes. It was a classic and life-changing near-death experience that set her on a brand new path.

During Barbera's journey to her own source consciousness, she received information that she offers to others as Soul Wisdom Sessions. In these sessions, Barbera connects women to their soul wisdom codes—hidden inner knowledge deep in the heart of each woman that unlocks her own empowered confidence. As a woman understands her own wisdom codes, she can eliminate self-doubt, rebuild self-trust, and have a lot more fun and adventure in life.

If you are ready to reveal your own gifts, integrating and grounding your Light, so that you can reconnect with your authenticity without hardship, contact her.

Visit: **NameAlchemy.net/ContactBarbera** or
Call: **415-797-7749**

By Barbera Ammahlia Schaefer Berdner