

*One  
Page  
Wisdom*

INSPIRATIONAL  
ONE-PAGE WRITINGS  
FROM 111 PEOPLE  
WORLDWIDE

*Book One*

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Page  
Wisdom*

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ONE-PAGE WRITINGS  
FROM 111 PEOPLE  
WORLDWIDE**

*Book One*



Life Skills Australia  
Keep It Simple, Do It Well  
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## LIFE SKILLS AUSTRALIA

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# FOREWORD

**O**NE PAGE WISDOM is a collection of inspirational one-page writings from 111 members of the website New Age Directories ([www.newagedirectories.com](http://www.newagedirectories.com)) - a free social networking website for the new age, alternative, holistic and spiritual communities. Ninety-five per cent of our members are considered experts in the above fields or at least share a great passion for the concepts about which they write. In other words, our members have a great deal of wisdom between them! So we asked them to share that wisdom in a book ... and they did ... and here it is!

We asked each member to write one page of wisdom - 700 words or less - that could in some way change someone's life. We asked for original material that was in some way inspirational, uplifting, educational and life changing. We asked them to write their story; what they have learned about life; what do they believe; what do they cherish; what makes them laugh; what makes them cry; what's their unique view about family, love, relationships, success, failure, manifesting, abundance, joy, truth, power and of course ... the meaning of life.

Some of our members are writers, some are published authors, most share a love of writing or teaching, and some do not. However, we don't care! This book is more about people sharing their expertise, experience and unique point of view with energy, passion and honesty - rather than their ability to construct a Haiku poem or get "voted off the island" in the *Great Shakespeare's Sonnets Challenge!* That attitude has produced a book that is not only enlightening and entertaining but also raw, honest and believable.

Moreover, who's to say one person's wisdom is more valid than anybody else's? The world is full of judgment and criticism, so why add to it? Free speech is the right for a person to express their unique perspective about the infinite complexity of life - there will never be enough books on the subject! Therefore, apart from a gentle tidying of the mechanics of writing where necessary, the wisdom presented to you in this book is basically "as is". It is each author's version of what they believe to be wise, presented without judgment from a broad cross-section of the worldwide new age, alternative, holistic and spiritual community.

What is very intriguing about this project is the order in which the 111 submissions were published. There is none! In fact, we deliberately employed pure-chance to determine *what went where* - we published the submissions in the order we received them, sort of like a "first come first served" basis - and the results are quite fascinating, if not a little spooky.

Topics aligned themselves automatically; topics often mirror other topics; there is little or no conflict between actual topics; and there is a definite flow and deliberate energy to the books contents. It is as if greater forces than us have deliberately woven these submissions into a tapestry of deeper meaning.

Each author has a unique website link at the end of their submission such as the example below:

**Author link example:** <http://www.newagedirectories.com/profiles/103336>

If you click on this link in the EBook, it will lead you directly to the author's membership profile at the website New Age Directories ([www.newagedirectories.com](http://www.newagedirectories.com)). You can contact them, read more of their material, view their events, join their clubs, chat live, visit their websites, browse their products and services, listen to their music, watch their videos, etc. In other words - let their wisdom expand!

We hope you enjoy this book as much as we did creating it.

Matthew Corcoran  
Project Coordinator for *One Page Wisdom*  
[www.onepagewisdom.com](http://www.onepagewisdom.com)

# 1. THOUGHTS BECOME THINGS

**W**E'RE AMAZING CREATURES ... with the ability to stare truth square in its face and not see a dang thing. We've graced the Earth for at least one million years, yet just 500 years ago people thought it was flat. What timeless truths and principles might we still be blind to?

Well, I know what at least one of them is ... we've all poked fun at it without ever realizing the magnitude of our oversight.

Ever heard the expression, "Be careful of what you wish for, because you just might get it?" You probably believe it contains some element of truth. But have you ever spent any time trying to figure out just how it could be true?

Having a mother who always inspired me to be a big time dreamer, I've come to the conclusion that there's a principle at play in the universe that turns wishes into reality. It's the same principle that powers positive thinking and it explains why creative visualization is an exercise practiced around the world by sports heroes and California governors alike. In three simple words, that principle is this:

Thoughts become things.

Not figuratively, literally. Not sometimes, all the time. And not just our positive thoughts, but the other ones, too, because it's an immutable law as rigid, predictable and dependable as gravity.

Now, I've known about this principle my entire adult life, and I could share amazing stories of it working wonders, but perhaps my favorite is one that began just two years after college. I was working for Price Waterhouse and I was finally in a place where I could "think thoughts" about thriving in the real world instead of just surviving. One of the things I did was create a little scrapbook. I took plain sheets of copy machine paper, courtesy, no doubt, of Price Waterhouse, and I pasted pictures from magazines of "things" I wanted in my life - a nice watch, fancy car, condo, and custom home, as well as photos of destinations that I'd one day visit - London, Paris, Hong Kong and Tokyo.

Well, I did my little visualization exercise every single day and two weeks later ... nothing happened. Two months later, absolutely nothing. In fact, it was about ten months later, while attending a conference in Washington DC, when I learned that every single year Price Waterhouse sends a few people overseas on foreign assignments.

You guessed it. Six weeks later I was living in the sunny capital ... of Saudi Arabia! I have to admit I hadn't spent one moment of my time seeing myself living in the Middle East. But while I was there, not only did I receive some serious "hardship" pay, I accrued three months of paid time off as well as a rather hefty airfare allowance to either go home every six months or fly anywhere else my heart desired.

During those three months, between Africa, Greece, Australia and the Himalayas, I visited every country on the planet I had ever dreamed of visiting. And I'll never forget the morning, having breakfast in the Regent Hotel in Kowloon, Hong Kong, when I looked up from over my coffee through the two storey plate glass windows that surrounded me and saw the exact same view of Hong Kong Island that I had pasted into my little scrapbook two years earlier.

I could share many similar stories, as well as a few sad ones, all illustrating how my thoughts have become the things and events of my life, but you know who else could do that? You. It is a law that governs all of our lives, whether we know it or not.

To illustrate: What happens when someone throws a ball into the air? It comes back down. Now, in order for that ball to come back down to Earth, does it matter who threw it? No. Nothing matters once they throw that ball, because as it leaves their fingertips the Universe and its principles take over. That's exactly what happens once you choose your thoughts, so choose them wisely.

Thoughts become things! Whether you're thinking the good thoughts or worrying on your way to work, recognize this principle. Then you can begin deliberately turning your wishes into reality. Because whatever it is that you most want, truly, lies only a thought away.

Mike Dooley (From the movie *The Secret*)

Orlando, Florida, USA

<http://www.newagedirectories.com/profiles/103460>

## 2. TO THINE OWN SELF BE TRUE: HONORING YOUR INNER CHILD

THERE ARE SO MANY wonderful books, teachers, and helpful advisors available to us, that, when we come to a realization that there is more to life, when we yearn to learn everything there is to know, we can all too easily become totally confused and lose our way, our confidence, and our inherent inner knowing.

In such a state of confusion, I found myself hugging a tree, asking the Universe for guidance. The yearning within me was so great that I felt I must peel myself out of my skin, to break free of who I was, in order to find whom I might eventually become.

My skin remains intact, wrinkles alone bearing witness to the passage of time ... I never did manage to pull free of myself. What I did discover, though, was the heartening and empowering understanding that, in order to feel fulfilled, to be content with life, I simply had to surrender to who I was.

Deep within me (and that was the pivotal moment ... within me, not outside of myself, as I had always believed!) there resides an inherent wisdom, an inner knowing that, if only I acknowledge its whisperings, aligns me with who it is that I have so yearned to be.

I've come to recognize this inherent wisdom as my inner child, the part of myself not bound by rules or regulations or false conceptions; the part of myself most closely aligned with compassion and understanding and wisdom and the source of All That Is.

I've discovered, too, a simple way of reminding oneself of one's inner child. Simply think back to your childhood, and recall what it was all those years ago that you could literally lose yourself in for hours. Recall which activity it was from which you derived absolute, unadulterated (un-adult-erated) joy. That particular activity is the key, I believe, to remembering *your* self, and key to a growing awareness of what it is you came here to do.

For me, personally, I vividly recall being at my most cheerful when I was completely immersed in artistic pursuits, such as drawing or creative writing. So nowadays I write, at any opportunity, through poetry or random creative word-play or dream-journal type activities, or whatever takes my fancy, but most of all I simply draw. I draw to my heart's content ... sometimes with beautiful colors, often with simple white pencil on black background.

I think that, perhaps, that was the secret, after all, to my reigniting the connection between myself and my Self: the doing of things completely in reverse, or against the rules! My "intuitive" or "visionary" art first flowed out of me like an unstoppable torrent while I sat in meditation during a Mandala workshop, holding white pencil to black paper and drawing wherever I felt moved to draw ... within the confines of a circle or outside and around it, however I chose, and drawing as much or as little as I felt moved to ... no rules, just pure creative bliss!

All of this was so profoundly liberating; as a child, I was born free to create spontaneously but, with the passage of time, I found myself slowly "adult-erated" and bowing to the will of others, even in something as intensely personal as my creativity!

Creativity, in whatever form most appeals to you, in whatever form most inspires and delights your inner child ... do it! Pursue it through whatever means you may! Our inner child thrives on creativity, and that creativity has the potential to lead you home to yourself!

As William Shakespeare once said, "To thine own self be true".

Integrity - standing in one's truth - brings unimaginable potential.

Honor your inner child. Enjoy life. Travel happily.

Linnie Lambrechtsen  
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### 3. THE ABCS OF PERSONAL EMPOWERMENT

- ✓ Always be alert, awake and aware.
- ✓ Being thankful is the road to freedom.
- ✓ Creation begins with a thought; think consciously.
- ✓ Don't ever give up.
- ✓ Everything happens for a reason.
- ✓ Forgiveness is a gift you give yourself.
- ✓ Going within provides the answers.
- ✓ Honor yourself and others through your thoughts, words and deeds.
- ✓ I am perfect, whole and complete right now.
- ✓ Just looking at *what is* will bring you back to the present; all else is distraction.
- ✓ Kindness opens our hearts and doorways.
- ✓ Love is what it is all about.
- ✓ Mistakes are lessons which we need to repeat; once learned we do not need to take the lesson again.
- ✓ "No" is sometimes more empowering than "yes".
- ✓ Opposites attract - for every action there is an equal and opposite reaction.
- ✓ Perception determines our reality.
- ✓ Questions lead to solutions.
- ✓ Reason is what separates man from beast; use your mind to think things through. Reason, respond and then let yourself react.
- ✓ Speak your truth with kindness and clarity.
- ✓ Time is the only thing you have to give that you cannot get back. Use it wisely.
- ✓ Understanding will serve you better than feeling.
- ✓ Validation comes from within.
- ✓ Worry is a self-defeating emotion which does not serve you. Worry not.
- ✓ X marks the spot where balance resides.
- ✓ You are divinely created in the image and likeness of the Source Creator (God).
- ✓ Zest for life is realized by being the best you that you can be in each moment.

**T**HE FORMULA FOR MY SUCCESS IS SIMPLE: "I see it, say it and make it so." I succeeded with this method throughout more than twenty-five years as a top corporate executive. I did it over and over again even when, after a near-fatal car crash doctors told me "you will not walk again". They told me "you will be in a wheelchair". They said many disheartening things. They were wrong. I've not only survived - I thrive. Where they saw obstacles, I saw opportunities. Over the past two years, I have lost over 100 pounds naturally without surgery by changing my relationship with food. Be empowered. Use your free will and choose wisely. Peace, love and light to you.

Have you seen the face of God? No? Not lately? Are you living without mirrors?

If you look you will see the face of God in each and every smile, each and every tear, every wrinkle, each strand of hair, every blade of grass, every ray of light. After all, when God looks in the mirror it sees you.

Now take a deep breath, feel how wonderful it is to be God. To be so complete, so be everywhere and right here all at the same time.

It is important to take moments like this to reflect on the perfection of what is, right here, right now. It is important to recognize ourselves, to bless ourselves and to give and accept the blessings of others. It is just as important to see the place you are at on the road right now as it is to look at the road you've traveled to get here and the road yet traveled to get to your tomorrow. From this space we can all say "thank you God for all that I am, you are, and the knowing that all that you are, I am."

*Breathe!*

Julie Ann Cohn  
Culver City, California, USA  
<http://www.newagedirectories.com/profiles/102629>

## 4. WE HAVE LOST SIGHT OF OUR PRIORITIES

**O**UR LIFE IS MEANT FOR US to fulfill our dreams, our desires - the reason why we chose to put on the human mantle in the first place. For some this may be their first human experience; others may have been here many times before. But that doesn't really matter. What is important is for us to get our priorities right and work toward those, and thus bring into reality that life of our own choosing, the life that we truly deserve.

We are spiritual beings having a human experience and are here to express our Divine Self to the world for the benefit of all. Let's not waste this wonderful gift and opportunity by allowing external negative influences to distract us from our priorities. When we allow these negative forces to impact us, we may begin to identify with those energies, thinking that this is who we are and our lives can become ruled by unconscious thoughts and behaviors. We may find ourselves in a state of perpetual reaction controlled by fear, anxiety or an over-dependence on others for our own happiness. This results in no sense of self, nor any sense of real purpose, and even poor health. Our health is impacted by the relationship between the fact that our thoughts and emotions are energy and *we* are energy. Our willingness and motivation to listen to our inner wisdom can be impacted when we experience poor health.

We are programmed from an early age - even when still in the womb - and as a result influenced by the emotions and beliefs of others, which we then translate into our own thoughts. In whatever environment we are raised we become conditioned to that way of life, simply not knowing any other way, and it may not occur to us that there is a better way. Sometimes we want to stay with what we know rather than change, as it can feel safer even though we may be quite miserable. That is, until the day arrives when we choose to wake up! A major event may cause this awakening; the alarm clock of our soul starts to ring, reminding us of our priorities. We are all awakened eventually if we desire it and ask for help. We need to prioritize (listen to), our own inner wisdom in order to find our true self and our soul's path and start fulfilling our dreams and Divine aspirations.

We may be here to fulfill a very specific purpose, but our time here is also meant to be one of fun and finding pleasure in simply being. The world is our sandpit, our blank canvas upon which we can paint and create the life that we desire. Our way of life has resulted in cluttered minds, loss of direction and loss of our wonderful imagination. We have doubt instead of

unconditional belief and trust in our Divine Self. We have on the whole forgotten how to be truly happy, how to honor our true feelings and how to trust our wisdom. We have lost sight of our priority of self.

Re-opening the doorway to our imagination opens the gateway to our inner wisdom. We can dream of the life that we desire and bring about fundamental change in our outlook and our priorities. No longer content to allow the world to drift by, we take action instead of reacting, and find ourselves in the driving seat - creating our unique and wonderful experience in life.

The fact that we are created out of unconditional love means that we are unconditional love itself. By following our inner wisdom as our priority we manifest this Divine Self that is born out of unconditional love. The Divine Self teaches us to love others as we love ourselves and therefore selfish expression becomes impossible.

Following our inner wisdom starts with loving our self enough to prioritize our life enough to eventually fulfill our soul's dreams and purpose. By simply following our inner wisdom we instantly unite with our Creator to become *at one* with self and simultaneously with all others in compassion and unconditional love.

Remember our priority is loving our beautiful self!

Sandy Hounsell  
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## 5. BE, DO, HAVE EVERYTHING

**I**F YOU WANT SOMETHING then you need to know exactly what it is. Give yourself the permission to - and realize that you *must* - take personal time to define it. We often get caught up in our day-to-day life and forget to stop and think about where we want to go. Whether you believe it or not, we create our own life. We attract into our lives what we think about most through a Law of the Universe known as "the Law of Attraction" - so get the details of it really clear, find the emotion and passion, and use it to your advantage.

Spend time writing down a list of what you want; get a magazine and cut out pictures of things or experiences you long for. Pin or glue them onto a poster or book and *think big* - you can have anything without limitation! Make them part of your every day: think about them, daydream about them, find similar success stories. Spend fifteen minutes per day (preferably at the start) focusing on all the things that you want; feel the emotions of having them and how happy you will be ... take this into your day with the great feeling attached and keep thinking about it.

Make it your favorite subject. Replace conversations about the dreary news that you see on television with speaking of the things you want. Watch out for the "dream crushers" - there are people out there who will want to "poo-poo" your ideas. Lucky it is not up to them; just move on and keep feeding your creative dreams. Eliminate words such as "don't", "not" and "no"; start talking about what you *do* want, what you *can* have and how you can have it!

To allow each of these great things into your life you need to believe it, expect it and know that you deserve it ... this can be challenging at times, however it is the key to keeping focused with a great feeling of what it is you want.

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## 6. SPIRITUAL BALLAST

**B**ALLAST IS AN INTERESTING WORD. It was originally a nautical term for heavy material carried in the hold of a ship, especially if the ship had no cargo. Later, it spoke of the weight placed in hot-air balloons to give them increased stability. And now? It means anything that serves no particular purpose except to weigh something down or stabilize it.

2006 was for me a very long year. The Universe asked me to deal with breakdowns, implosions, collapses, and explosions involving everything from home to health to career to relationships. Numerologically, my year was a "1" - the start of many new beginnings in terms of friends, work, creativity and opportunity. But to feed those beginnings well, a lot of ballast had to be dumped off the good ship Corbie.

A number of psychic expos and holistic fairs I'd participated in for years closed up shop, curtailing my traveling schedule. My monthly engagement reading at a well-known local bed and breakfast was unexpectedly discontinued. Still, those were small things, and it gave me time for writing projects and creating workshops, which has bolstered my client base and career three years later.

Tougher to weather was leaving behind old parts of myself that I'd outgrown, from which I'd graduated and that no longer served me (or, by extension, my clients and students). That proved to be my main spiritual theme for the year - to the point where, through releasing outmoded beliefs and behaviors, my energies and responsibilities were raised to a different level. It's the kind of evolution that means name changes and maturity ceremonies in many cultures. I went through such a ceremony at the end of that tumultuous year, and while the "outer name" did not change, people who worked with me sensed energy that felt more settled, compassionate and centered.

The hardest requirement was leaving behind beloved crutches, whether or not I knew that's what they were. It was heart-wrenching to sever a mentor-student relationship of over twenty years, but it was a central part of the initiation. Did I know that at the time? Did anyone literally ask me to do it? Not at all. The details are not important; but the fact that a month later, I felt strong, self-confident, creative and empowered in ways I hadn't felt in a decade - that I no longer felt the need to look to her or anyone else to give me permission or relevance - told me that the relationship had gone from treasure to toxic, through neither my mentor's fault nor mine.

There's no guilt involved, no finger pointing. I bless a thousand times the experiences, the gifts, the learning, and the laughter I found with her during those two amazing decades. I bless also the difficulties, the misunderstandings and the final parting. They have deepened my soul's cache, giving me a more tender understanding of other people's wounds and weatherings.

Most importantly, lightening my own cache of spiritual cargo means I have more of my Self to offer for the world's healing. I can add ballast to the foundering ship of mankind: ballast vital to keep our ship afloat as we make our passage from this world to the next - until we can fill the cargo hold with enough wisdom, compassion and peace to bring us safely into the new harbor.

As you read my story you'll find resonances in your own life. You'll feel echoes of situations that have brought you to a personal cliff or asked you to walk a shadowed path. But take from our parallel tales one comfort: the fact that you've faced these trials means you've touched deeply your own humanity.

These partings happen to everyone. Between the best of friends, the closest of relatives, the dearest of spiritual companions. It's the way of this world, and we all must face such a leave-taking at least once in a lifetime. The key to pain or serenity, falling or flying, is all in how you choose to leave the nest. When such a thing happens to you - let go with grace.

Cross your bridges. Spread your wings. And fly without looking back.

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## 7. THE WAY TO SPIRITUAL ENLIGHTENMENT

**W**HEN YOU TOOK YOUR FIRST BREATH of air as an infant, you began to mix the original essence from your kidneys with the energy from the air and food you absorbed from your mother, to create life force energy (living water) and you were born. You used your lower abdominal muscles to deep-breathe (belly breathe) with and stored the life force energy in your lower Tan-Tien (dan-dee-en). Your Tan Tien is located 1.3 inches below the navel and 1/3 inside of your body and it's called the Living Water Well in Christianity, Hara in Japanese, Na'au in Hawaiian, Tewa in Tibetan and Hypogastrium in Western Medicine.

You were born the son/daughter of God our Father from Heaven - also known as El Elyon (Catholic), Atman (Buddhism), Vishnu (Hindu), Jah (Hebrew), Deus (Portuguese), Dios (Spanish) - a spiritual Being and from that moment on you began to constantly generate and store an abundance of life force in your lower Tan Tien by lower abdominal deep breathing twenty-four hours a day. The act of twenty-four hour lower abdominal (Spiritual Holy Breath) breathing also increased the OHM vibration in your DNA which turned matter into Spirit to purify you and this gave you a strong spiritual connection with God our Father.

You were a happy baby and as you got older, more and more life force energy (living water) was stored in your lower Tan Tien. You had an abundance of life force energy stored in your lower Tan Tien (living water well) in your youth. When you got older (2-14 years old) you reached a certain point when your twenty-four hour abdominal breathing (belly breathing) capabilities switched over to sixteen hour or so a day shallow chest breathing.

Let's take a breathing test: while standing up put one hand on your chest and the other on your lower abdomen just below your navel and inhale in through your nose. The hand on your chest moves. Lie down and put one hand on your chest and the other on your lower abdomen, just below your navel. Relax for a moment and inhale through your nose. The hand on your lower abdomen will move (this is lower abdominal deep breathing). Stand up and you will begin to shallow chest breathe again when you inhale.

When this happened you began to lose two thirds of your life force supply to your lower Tan Tien and the Spirit of God our Father within began to weaken due to lack of life force inside your body. As you got older you

moved further and further away from having a direct connection with God our Father and you became the son /daughter of Man.

The only way you can generate enough life force to have enough energy throughout your day as the son/daughter of Man is to lie down - when natural lower abdominal breathing takes place. The bad news is that lying down to sleep for eight hours a night will not generate enough life force energy to keep your lower Tan-Tien fully charged of life force energy so you can have an abundance of energy to last through out your day, stay healthy in this New Age of Aquarius or live in Father's Kingdom.

All of the life force energy you had saved up in your lower Tan Tien as a child slowly becomes exhausted as you age to weaken the OHM vibration (Schumann Resonance) in your DNA. This means you will not be saved on Judgment Day because you didn't accomplish Jesus' task of becoming like a child to raise the OHM vibration in your DNA to reawaken your relationship with God our Father. The good news is that you can find your way back home to Father's Kingdom (become spiritually enlightened) in this lifetime by relearning how to twenty-four-hour abdominal breathe like a child (become like a child). Learning to do this will increase your life force energy to raise the OHM vibration in your DNA and so reawaken your relationship with God our Father (become enlightened).

A young child can learn about twenty-four-hour lower abdominal breathing so he/she can keep on breathing like a child to live a happy, long, healthy, spiritually enlightened life.

Francisco D Gomes

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## 8. A DEFINITION OF PERSISTENCE

**M**Y NAME IS GREG SHAND, and many within the New Age industry know me as "Greg the Crystal Man". I am extremely proud of my achievements in my job as Sales Manager and senior sales representative.

I had the benefit of growing up within a very supportive family environment and was encouraged by my parents to utilize my imagination and follow my dreams wherever they should take me. As well, I had Dad's "If it is to be, it is up to me" mantra to work with as I watched him and Mum achieve many things that the majority of their peers considered unreachable.

Unfortunately, it took me nearly forty years before I began to truly understand and appreciate just how all of this worked. Prior to this, "failure" was a word I had become all too familiar with but these days I can look upon those times as necessary learning experiences.

My journey to success began in 1994, aged 34. I was surviving on unemployment benefits until an administration bungle saw this payment cancelled. I was so enraged by the CES's (Commonwealth Employment Service) incompetence that I swore I would never ever rely on government handouts again. Later that day I secured a job that would ultimately lead me to where I am today.

I began work in a jewellery shop as a sales assistant. The wages were terrible but at least I was doing something I enjoyed. A couple of months later, my "big break" wandered through the door. The owner of a small crystal jewellery manufacturing company from Sydney was looking for a commission sales agent to work for him in Melbourne, and asked whether we knew of anyone who may be interested. My response was immediate. "Yes. Me!" and just like that, I found myself embarking in the unlikely career as a travelling crystal jewellery salesman.

Despite a sales and wholesale jewellery manufacturing background to rely on, I still had no experience, no customers to call on, no knowledge of crystals, and absolutely no idea where this journey was going to take me ... but I didn't realize just what a huge advantage this would be.

What I did know was that this was a life-changing opportunity. All I needed to do was to couple my father's philosophy on making the most of life's opportunities with an ever-growing determination to achieve what I wanted to do, and this would work ... and it did!

True to form, my family got right behind me, filling me with encouragement, and after surviving for the first few weeks I noticed a handful of my friends started doing this too. This was my first lesson in

experiencing how the forces of the Universe worked. It seemed that the longer I continued with this, the more encouragement I received - and from an ever-increasing array of people. I had momentum working for me.

This in turn provided me with a new, unexpected level of determination. Suddenly, courage and persistence had become my new middle names, and then, one of my new-found friends introduced me to the principles of goal setting. Two weeks later, I made the largest single sale I was destined to make in my first six years of my new career ... and this was in just my third month! Naturally, I was very excited by this. I had just made more money in two hours than I had for the previous month. I was on a roll!

By now, the secrets to my success were becoming clear. All I had to do was continue with the determination to seek opportunity and set goals that matter to me. It was incredible to see a lifetime's weight of self-imposed limits begin to disappear. For the past fifteen years, I have been living my life in this new freedom and I am loving it. The position I have now depicts the journey I have travelled but, much more importantly, tells the tale of what can be achieved when passion and belief are combined.

I am now very happily married, have financial security, have just bought a new house, and am still looking beyond my current horizons in search of what else I can achieve. I have no doubt that anyone who reads my story can do exactly what I did.

If you follow your dreams and follow your heart, the journey it will take you on will conquer all of your fears and provide you with a lifetime of happiness. Start today!

Greg Shand  
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## 9. BEING YOUR BIGNESS

Fly without Wings  
Run without Effort  
Think without Doubt

Speak with Sensitivity  
Sing with Joy  
Feel with Compassion

Know with Surety  
Create with Integrity  
Find Value in Gratitude

Be Still in your Core  
Be Humble in your Power  
Feel Grace in your Actions

**B**IGNESS IS LIVING to your greatest potential - not measured by others. Bigness: (n) A state of knowing and feeling the unity of the physical body conjoined with its surrounding bio-field as one expanded entity while living authentically to your greatest potential.

Bigness is a word that I invented. It isn't in the dictionary. There is nothing that truly describes this particular state of being - hence my creativity!

I discovered Bigness on my journey to wellness. So many things came to me in this period of my life. Not only was I challenged to learn how to recover from my physical condition but also, to find myself. My old lifestyle had created my illness. My new persona wanted a fresh start to the rest of my days.

This entailed many hours of self inspection and painful moments of finding out the truth of me; then began my whole meditative process of discovering the energetic bio field that surrounds the body.

This truly became the best part of the journey. I know now that our small frame of humanness is secondary and what really matters is our Spirit Body. This energy is formed into columns of radiant light and a magical spherical

shape of shimmering colors filled with intricate structures of crystalline mechanics.

The perspective of Bigness takes us away from the smallness of everyday living. How we know and understand ourselves of being a limited small body run by other people's rules is removed. It gives us a totally different view to the one our human anatomy can possibly imagine. It makes for an expansion - a largesse that can see things and know things from outside our experience. It allows us to find our true power.

Living your Bigness is an all-knowingness. It is total calm. It is *being one* with everything. You hear at a different level. You see at a different level. All the things that were talked about in the New Age - Clairvoyance, Clairaudience, and Clairsentience - absolutely become part of your reality, naturally.

You know without doubt that you are an amazing Being of light living a human experience. You can have a life that is designed with joy and beauty because it is created from this platform of living light.

Your life becomes a very special place. There is a glow about you. In all of this process of being such an enormous mass of magical colors and power is an ability to heal yourself - to heal every cell of your body and transform it into something that it wasn't before.

For me, I know deep in my heart that I have found my Bigness. It doesn't make me a show off. If anything, it makes me more humble. Because I realize and know what a huge orb of light I have become and that my physical body is secondary to my beautiful Spirit body that lives so largely around me.

It is my passion to encourage others to see this, to be this, to step into their Bigness and to live their potential with joy, with grace and honor, with integrity and truth. This is the package that is Bigness. Don't miss one more moment - choose to step into your Bigness now!

I would love to think that every person on this planet could find themselves by saying out loud - "I am a light" - and express it from their hearts!

Be your Bigness!

Be your light!

Suzannah Taylor  
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## 10. SELF

The elusive self spins tantalizingly like a wraith before my eyes and darts out of sight in no time at all. Enamored, I seek her everywhere.

I seek her in study but find qualifications are hollow. She is not there at all.

I look for her in relationships with others, hoping to find in them the parts of myself that are missing. She is not there.

I look for her in motherhood - feel I've found her at last - but it isn't enough. She is more.

I search for her in work, burying myself in long hours of productive activity, in projects that are meaningful, in worthy causes, in helping others. She still isn't there.

Then there's the crash. My world falls apart and I lose everything. There is nowhere left to look - except for the tiniest of spaces, the only one left to me. I look inside.

Beyond the ebb and flow of my emotions; above the eddy of my thought; past the bewitching call of the sirens; through the deep oceans of my soul, I see ...

I see her dancing in the sunlight to the music of the spheres - enchanting, buoyant, poetry in motion. The rhythm of her movements captures me; I feel it pulse through my veins, quiver through my soul. I see her singing to the stars - a primeval chord of pure joy. Her voice thrills my heart.

Enchanted, I watch and listen 'til her song becomes my song, her rhythm my own. She is before me; she is within me. She is self. We are one.

This is self beyond my experience, a new expression of me. She is everything I could want to be, my infinite potential. She is the self of the beginning and the self of the end. She is who I am becoming.

I have felt the joy of pure love. I have stepped through the portals of heaven. I have seen my true self whole and healed. I know in that moment who I am. I have touched God - and it is me.

I know, too, that she's available to me. I can draw on her when I want to, choose to experience her, to be her.

She is who I am but not who I have been. She is a new experience - a self I have never known.

She challenges me in every way, defies all that I have been taught about myself, all that I've lived, much that I've felt. She contradicts my family background, my habits.

And yet she is real.

As I travel along the twisted path of life, I am once again confronted by the demons that wish to touch me, hurt me, enslave and crush me. "Mediocre", "failed", "unloved", "lost", they whisper. And as I look around it seems that the world echoes their words and there is truth in what they say.

So easy to succumb to what they say and what I see. It's the story of my life so far. The truth, perhaps.

But as I reach within I sense the chord of my pure vibration, hear the whisper of my truth, feel the joy of my heart. And I know what is real.

In that moment I choose.

I choose to accept the truth of myself, the voice within. The demons disappear, the whispers fade. I am in my strength.

Victory is won. For today my world is changed.

Tomorrow I will choose again.

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## 11. APPRECIATION AND RELATIONSHIPS

**W**E OFTEN WONDER why relationships do not work out and why we seem to repeat the same pattern time and time again. There can be many reasons for this, but a prominent one is to do with the need for appreciation.

At the beginning of a relationship, we can sometimes see certain minor faults and idiosyncrasies in a prospective partner and occasionally a not so minor one. However, because we are needy for things that the relationship can provide, such as comfort, companionship, sex and security, we tend to ignore these potential problems. They pale into insignificance compared to our current needs.

We commit to the relationship with hope of a glorious and happy life ahead, without considering if the characteristics of the partner will still be acceptable in the long term.

Over months or occasionally years, after the personal needs have all been met, we no longer look through rose-colored glasses. Needs no longer overshadow all and we slowly begin to notice the flaws and traits that have always been there.

We then become dissatisfied with the partner, discord occurs and eventually the relationship breaks up. After the emotional upheaval settles, we feel glad to be free of an unsatisfactory circumstance.

However, our needs are no longer being met and it is only a matter of time before they creep back in and the urge to be in a relationship begins again. The cycle continues.

The answer to this lies in appreciation, something that every circumstance requires in order to be sustainable and healthy. In terms of a relationship, appreciation is needed from the very beginning, while needs are in the process of being met. It is at this point that we are tempted to be blindly happy and optimistic, but without true appreciation. We need to deliberately see the worth of the partner.

This can be begun by contemplating the positive aspects of the relationship, particularly the needs that are being met, and thoroughly appreciating the partner. If appreciation is activated, it is then a relatively easy process to communicate and reach agreement regarding adjustments that can be made on both sides to create a mutually happy experience. A sense of humor helps us not to take ourselves and our problems too seriously!

By appreciating a partner correctly, at every stage of a relationship, we are able to naturally maintain a lovely warm feeling towards him or her and this will easily outweigh any negative characteristics or behaviors. It is important to remember that we live in the physical world where no-one is perfect. There will always be some things that need to be accepted. The aim is not to focus on changing the partner, but to make changes in oneself, in terms of developing and maintaining appreciation.

In all types of long-term relationships, appreciation plays an important part. If a relationship is in need of revitalization, we need to try contemplating all the things that we appreciate in the partner and regularly remind ourselves of all the things that attracted us to them in the first place.

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## 12. THE INTENT OF LIFE AND LIVING

**I**NTENT: THE STATE OF MIND with which an act is done. It is a powerful word and its outcome is determined by your true inner belief; not the conscious thought.

Life: a principle or force that is considered to underlie the distinctive quality of animate beings.

Living: what we do within our life.

We all have our routines, vices and protocols - the lucky charm, our protocol of doing something such as a set order for making a cake. A lot of these actions have been passed down or learned from experience and then we just keep doing them. Sometimes it is great to try something new and explore. This is how great discoveries have been made. The key to the success of this is our intent. This lucky charm will give us a sense of hope and success, hence our inner thoughts become more positive, and so we explore with confidence and often succeed. Without our routine or lucky charm we tend to have a negative thought pattern going on even though we consciously wish to succeed. A lot of the time these then become habits, but as we grow our habits remain the same, hence we do not grow with the new lessons.

Over many years as a natural therapist I have noticed people coming back with similar problems and when you discuss this with them they logically get it, but can't create a new pattern to keep the problem away. What I often find useful in telling them is live life as if you are tipsy (not drunk). When you are tipsy you don't *think* you just *do* - with all the positive energy of life and without a charm or protocol to weigh you down. If something occurs along that journey that is not right your instinctual or logical mind will step in very quickly in a sober way to correct the issue and you can then move on. This process also allows you to learn to discover who you are, what you like and what you want. You begin to find you.

You may wish to get bogged down in analyzing and taking everything seriously; these are just protective measures to keep you stressed and not moving forward, keeping you the victim. The negative intent or belief will always come true. If you just do it, you are more open to change, experiences and those odd coincidences. What is your intent of living? What can you learn today, experience, enjoy and feel fulfilled with? Yes, we all have our usual mundane responsibilities and duties, but within these there is always

something which can be useful. Use your intent within your inner self to make it happen. If you get out of bed in a negative state, hey, go back to bed and try again - this time from the other side of the bed. It is a choice of how you wish to use your intent.

As you learn who you are you will eventually realize that you began life with a thought perception, probably at the soul level of what the world is like. For instance, at two months in utero, you may have had to fight for your life and so developed a perception of being over protective and analytical, which will then form a logical thought pattern for you in all you do. Your physical being will then manifest symptoms such as anxiety, adrenal exhaustion etc. You will then view the world around you according to this. Break the habit, change your intent and alter your sole purpose for living life, this life, your life, and all those who come in contact with you.

Remember that holding a negative belief, a grudge, hatred or even an analytical outlet will keep you the victim. Brush yourself off, move on - and look back in hindsight if you must - and see how it was all meant to be. I have worked with many people who have nearly lost their life and the majority of them state that life is to be lived, not to work through.

In Australia there is a saying: Shit happens. Get over it and move on.

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## 13. TWO LITTLE BOYS

**WE** ADULTS THINK we have life all worked out, with our views on what's important and necessary, but then a small child can wander into your life and turn all that upside down! Children are born perfect with a kind of "strange Divinity" that naturally presents itself through their words and actions. They exhibit a compassionate wisdom and loving power that sadly, many adults have lost. For example ...

This is a true story of two little boys - I'll call them Jack and Lochi. Jack is seven years of age and Lochi is five years of age and they live with their family on a few acres of land in country New South Wales, Australia. The boys often play together doing boy-things to sticks, toys, dirt, etc and although they argue and fight like small boys do, they are both soft natured with kind hearts. They love their mum, they love each other, they love their sister ("the girl baby") and they love doing burnouts on the gravel road with their bicycles.

A large paddock slopes down in front of Jack and Lochi's house towards the road. On this day, the boys were kicking a soccer ball around at the bottom of the paddock with their old dog, Zena, who was doing her best not to appear tired while trying to chase the ball. Jack suddenly realized he needed to go to the toilet, but being at that age where he was shy about his body, there was no way Jack was going to wee behind a tree or out in the paddock. He was often worried that someone might see his "willy", especially if a car drove past the farm.

Jack held on as long as he could before deciding to run up to the house and use the toilet inside. Meanwhile Jack's mum noticed his dilemma and called from the front veranda (porch) "Just wee behind a tree - you'll be all right". But Jack, being so shy, simply refused and continued racing in the direction of the bathroom, looking more and more distressed. Jack did his best to hang on, but didn't reach the house in time and wet his pants

Jack looked down at his wet pants, looked up at his mum and then just stood in front of the veranda; head down, not sure what to do, feeling all the things a "big boy" would feel if he wet his pants. He was so embarrassed and the look of shame and humiliation on his face was heart breaking. It was a very awkward moment for both Jack and mum.

Oblivious to the tragedy, Lochi came skipping up the paddock singing a boy-song he had made up about trucks and ducks and motorbike helmets. He stopped, smiled at mum, wiped some dirt off his arm, sniffed, looked over at his brother, and then shifted his gaze to the wet patch on Jack's pants. Lochi's expression quickly shifted from happy to sad, then to love, then to deep concentration ... as he deliberately wet his pants.

He then turned to his big brother, gently placed his hand on Jack's arm and said, "Don't feel bad. It's ok, I weed in my pants too. See ... everyone does it sometimes!"

In that moment, Lochi exhibited a compassionate wisdom that was selfless, rare and perfect - and all to simply make his older brother *feel* better. Now that's what's important in life!

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## 14. THE COLLECTIVE THOUGHTS AND RAMBLINGS OF ALL AT THE BAG LADY

A LARGE PROPORTION OF OUR CUSTOMERS are Pagan and Wicca practitioners. We ask that if you use magic, spells, potions, incantations and witchcraft you do so for the benefit of the community. Your powers are a precious gift; use them wisely to heal and protect, help the vulnerable, those less fortunate than yourselves, the young, the old, the frail and the sick.

We are great believers in Karma: "What goes around, comes around". If you use your knowledge for the good of all and not for personal gain you will be rewarded in this world and the next.

We have spent many years selling New Age and alternative lifestyle products, initially within a New Age shop (one of the first in England back in the late '80s) and then as a wholesaler and trade Cash and Carry serving shops and traders throughout the UK.

Our shop was run by our daughter and I assisted at the weekends. This was in the days when New Age was new, certainly in England, and we were either viewed with suspicion or pounced on as if we were long lost relatives.

At an early stage I discovered I hated retailing, having always worked within import and wholesale, and quickly realized that I did not have the patience to stand there listening to the rantings of reincarnations of "Cleopatra" or an "expert" on Tibetan curios or UFOs. This diverse crowd of followers used the shop as a club or drop-in centre and stood around for hours, telling us how knowledgeable they were on their chosen subject, bragging about how they picked up their latest treasure at great expense, and then left without buying anything or spending a few pence on a tumblestone or pack of incense. Why are so many people a reincarnation of Cleopatra, Joan of Arc or other famous people? Seems they're never a tramp from downtown Detroit or The East End of London. Most psychics have a famous Spirit Guide - it makes you wonder, doesn't it?

We eagerly await the "new generation" of psychics to see how many talk to - or through - Michael Jackson and the thought of hundreds of MJ reincarnations is frightening.

There were obviously some great customers who admitted they had a lot to learn and asked advice on all subjects. We were pretty new at it but we usually had a book that we could direct them to or tried to answer their questions. I finally decided to give up retail after I succumbed to my warped humor and when asked what a particular stone was for, I replied, "Contraception. Clear your mind, control your breathing, relax and put it

between your knees." Luckily she saw the funny side of my comment and I did apologize for being so insensitive.

Another example of the "wisdom" of trade customers who should have known better: when asked (quite frequently) if the bats' blood, doves' blood and dragons' blood inks we sold were real, we replied that the doves and bats were not, but the dragons' blood ink was. To which they usually nodded in silence while pondering our reply.

As a final thought, I heard this some time ago. The originator is unknown, but was a lot wiser than many of our leaders and rule makers.

Everything you need to know about life can be learned from the Biblical story of Noah.

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead - it was not raining when Noah built the Ark.
4. Stay fit. When you are 600 years old you may be asked to do something really big.
5. Don't listen to critics - just get on with the job.
6. Build your future on high ground.
7. For safety's sake travel in pairs.
8. Speed is not always an advantage. The snails were on board with the cheetahs.
9. When stressed, float awhile.
10. Finally - and possibly the most important lesson - remember the Ark was built by amateurs, the Titanic by professionals.

We hope this made you smile as it did us. Pass it to others and make them smile too.

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## 15. LETTING OUR VISIONS EMERGE

**H**AVE YOU EVER HEARD THE PHRASE - "Sometimes love isn't enough"? How is it possible that love, the force that binds the Universe, the glue that holds the fabric of life together, could somehow not be enough? The answer lies in how we feel about ourselves - how we love and care for *ourselves*. If we don't love ourselves then how can we truly be available to love anyone else? For women it takes the shape of the ever-available-always-doing-for-others-superwomen, for men it's the silent-strong-rock-with-no-feelings. Women end up being overly involved and concerned with every little thing around them and men end up withdrawing until they are nonexistent in any relationship. No boundaries or no openings - two extremes of the same experience.

### **The myth of selfishness**

Why do we so easily give parts of ourselves away or seal them off from human contact? Many are taught to live their lives these ways through their family experiences, what they observe in their culture and in social institutions and in the media. The fantasy of love that the media portrays leaves us feeling insecure, and inadequate - we can't live up to that fantasy because at the same time our culture and media portray taking care of ourselves as selfish. When you give a part of yourself away or withhold a part of yourself, you shut down a cycle, a flow of energy that maintains a balance in ourselves and in all life. It's only when we are out of balance and out of touch with our true self and our own life that our behavior appears selfish.

Yet, sometimes that selfishness is what's needed to bring our lives back into balance. When we are out of balance we attract experiences and people that will reflect back to us our own unconscious beliefs, fears, dysfunction and misperceptions about ourselves and our world. When we are in balance and loving ourselves we are expressing our authentic self, our true essence to the world and we can attract people, situations, relationships that are real and lasting. Balance is not an "equal" thing - it's not split down the middle. Balance is not about being perfect, it's about working with and doing the best you can with the resources you have available to you at that time. Balance is a flexible, mutable experience that feels peaceful inside.

## LOVE

What's loving ourselves really about? Love is about "Letting Our Visions Emerge" (L.O.V.E.). It's about sharing our vision of ourselves, of others, of the world and how we want to blend, meld and co-create with those forces. In order to love, we must grow and in order to grow, we must love.

What are some ways we can love and nurture ourselves and create and maintain our balance?

- ✓ Prioritize. Be honest about what you really want to be involved in and with whom.
- ✓ Be realistic about the amount of time and energy you have to give to things outside of yourself.
- ✓ Create a peaceful restful environment in your personal space.
- ✓ Limit or eliminate your contact with those people and situations that are negative or unsupportive of your personal growth.
- ✓ Take time to do things you really enjoy - if you've lost your sense of what you like and want to do, try the following exercise. Put a pad of paper and a pen or pencil beside you wherever you sleep. First thing when you wake up write down five things you would do that day if you could do anything you wanted to do. Do this for three weeks - at the end of that time you will have a good idea of what you need to nurture yourself and how you want to live your life.
- ✓ Take time to be quiet - if you have challenges sitting still or being alone that usually indicates something we are afraid to address within ourselves.
- ✓ Be aware and don't judge your "performance" - this is about you loving yourself, you know what is right for you.
- ✓ Be open to change.

Loving ourselves begins with a vision. As our vision changes and expands it teaches everyone we encounter how to love themselves, and isn't that the best gift of all?

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## 16. THE PASSION DIVA'S GUIDE TO MORNING RITUALS

**H**OW DO YOU FIND TIME to create a little piece of calmness in your world? For me it is mornings. I purposefully wake up an hour before I need to be awake. This allows me to take time getting up - I am not rushed and I get my 15-20 minute shower. I mean, how often does that happen when you have teenagers in the house? I get to eat breakfast, which we all know is the most important meal of the day.

But most importantly, I am able to spend thirty minutes just being quiet. I am able to write in my journal, I am able to set my intention for the day. I can think about all the people and things that I am grateful for in my life. I use visioning, where I sit and think about what my life is going to be like when all my goals have been reached - you know when I am 101, sitting in my rocking chair ...

You may not be a morning person or you may have small children. The time of day doesn't really matter but what is most important is the feeling you have each and every day. I wish there was a way that I could give you that feeling, just for one day. You would see and feel the value of your quiet time and you would make the effort every day! Trust me - everyone else in your life will appreciate it as much as you do.

Taking the time to de-stress and recharge your own soul will allow you to be able to nurture other relationships and make them even stronger.

1. Create an environment that will recharge you! Everyone has their different happy place. Some are lucky enough to live where it is sunny all year and they can pick a hammock in the back yard. Some have busy houses where finding just one chair in a quiet corner is enough. My personal favorite is a reading chair in the corner of my office; I like the feeling of being in a big library surrounded by books, and everyone knows that you need to be quiet in the library!
2. Get comfy! Make sure your chair is comfortable, dim the lights or turn up the lights, put on music, light some candles. Choose the things that add to your feeling of calm.
3. Relax! Sit in your chair and take a deep breath. Allow all of your muscles to relax. Think about each muscle and just focus on relaxing it, starting with your neck and shoulders, working your

way down to your arms and legs. Start with five second breathing: count to five as you inhale, count to five as you exhale. Focus completely on your breathing. Allow thoughts to pass through your mind briefly, focus back to your breathing. After a couple minutes allow yourself to envision your most favorite spot - is it a warm, white, sandy beach or is it the top of your favorite mountain retreat? And just relax ...

For me the practice of a nourishing morning ritual has been a *great* enhancement to my personal life. Each day I set the intention so the day goes exactly as I intend it to. You can take fifteen minutes to do this morning ritual or you can take an hour; whatever fits into your lifestyle.

I am confident that once you allow yourself to truly relax on a daily basis you too will find a new depth to your peace and calm. This peaceful place is just the beginning of the journey to really know your authentic self - once you can hear your deepest thoughts you can finally live your most passionate life!

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## 17. THE ACTUAL PRACTICE OF LIFE

LIFE IS OFTEN LIKENED TO A ROAD, or path, upon which we travel. At each fork in the path we are confronted with the opportunity of choice. One little known or recognized secret is that at each fork there also exists a gate to wisdom. If we take time and have patience finding the key and opening the gate of wisdom at each opportunity, we accumulate knowledge and experience and thus obtain understanding throughout our journey.

One of those gates of wisdom contains a very important answer regarding the struggle of choice along the path of life. The wisdom beyond that gate is the simplicity of balance through combination. It is with balance through combination that we can answer most, if not all, of our questions and needs. Combining two worlds, two minds, two ingredients or a lifetime of experiences leads to knowledge and understanding. Actually practicing the best results of each experience leads to new and better opportunities.

Consider just a few of the most potent combinations in our world: intuition and intellect; power and force; give and take; letting go and control; good and bad; living and dying. Alone they are all or nothing and can each be intimidating and overwhelming, but together, combined, they are perfect. As with any recipe, when all the ingredients are put together in the right combination with practice, intention, faith, hope, and an open mind, not expectation, not someone else's directive; that is where the miracles can, will, and do occur. That is when enlightenment shines through and understanding pours forth and we begin to comprehend that magic is real.

But why is it so difficult to believe in magic?

Insatiable appetites, limited vision and lack of balance keep us mired in old ways and endless suffering. In actuality, no one way is better than any other. It is the combination of one way and another that will propel us into a new age of awareness.

Consider an honest desire to help others and a desire to only help one's self. One represents giving, the other taking. Both answer an inner desire for ease and comfort. The remedy we seek is not exclusion of one or the other, but the combining of the two: with readiness to experience discomfort and comfort; the ability to let go and yet receive; the acceptance of life's natural balance and the surrender of control.

Life is not one way versus another. Life is one way *and* another.

The methods of living in practice today are ingrained, reactive, expectant and often irresponsible. They are unconscious with reason. Life must get worse before it can get better. Adopting the actual practice of life requires consciousness. It requires looking for the gates as well as the keys.

Look at - and see - nature and humankind. Life works seamlessly all around us, but not within us. The keys, and the gates they unlock, are all around us. Finding a key is a matter of opening our perspectives, taking the ingredients we've been given, and using the actual practice of life to make the combination for the recipe one of astounding beauty, harmony and peace. But none of it can happen if we don't apply the key to the lock waiting in the appropriate gate. You cannot find a key and call it an answer without opening the gate and stepping into the actual practice of life that it embodies. You cannot stand there and look through the gate to gain experience, knowledge and understanding.

You must walk through the gate and then let go.

The actual practice of life holds the keys and combinations to the gates of wisdom along each and every winding life path. When trust in this is unbalanced, life is not comfortable.

Nature is simple yet intricate; a powerful force in and of itself. Humanity is conflicting yet consistent at the same time; a force of power in and of itself. Both have the ability to create and destroy, but only one consistently lives the actual practice of life. That one, nature, allows life to happen and then lets it go.

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## 18. EVOLUTION

**I**N THIS TIME, of time and space we stand, vertically we stand and yet horizontally we stand.

Linking that which is above to that which is below ...

"As in Heaven, so on Earth?" is the question I so dearly ask myself. I wonder, I do, while in a moment of pondering on *that which is above, so below?*

There was a moment within myself that touched upon the past, present and the unknown, all in one it did.

Within the reach of the mind's eye it cast a light on all that was within time and space of the past; the past of the collective unfolding of all the kingdoms on Earth.

The kingdoms of the minerals to that of the vegetable to that of the animal kingdom and right into the part of the intrinsic human kingdom of the vibrant physical; to the radiant emotional and right into the centre of the diamond-like mind, and yet one further on of which is unknown yet known to that of an unexplainable and unstated synthesis of the soul kingdom!

Where is this evolutionary cycle heading and why?

I have seen a glimpse of the past in its tapestry of breath beheld beauty; I see that which is all within the present, as all the kingdoms interweave - just like the great tapestries of the Universal kingdoms above within the planetary schemes, and yet even deeper for those who have the eyes to see the true ethereal beauty of the "life" within itself.

So I see a plan, I do, on this planet of human qualitative nature.

A plan so dear to all our hearts, whether we see it or not, not only a plan for us but all the kingdoms of time, right from the core to the highest high of the most high there stands a plan of the unknown.

Just as the kingdoms before us have evolved and given birth to a symbolic truth in purity such as the "diamond" to that of the perfumed red rose and

further on to the grand nature of the harmonious swan, we are yet to see the sum total of those effects come "whole" into a symbolic truth for man.

The truth of the plan is what seems to be impressing on one's mind in this moment of time as my pondering depends within the womb of one's Divine heritage.

Through all the conflict that has surpassed down the ages of experience there has been much hope in and within the nature of harmony, harmony of truth and all that are equal, and equal on all levels, so to speak.

So now cometh forth a great spark which lays an impression on one's mind and with that there is a sign or symbol of Wisdom that sounds forth a note of liberation, a liberation which is ageless, a liberation which is ageless Wisdom.

Wisdom is the keynote at this time, which seems to me to be the way forth for us all.

The way that will now start to pave the way to liberation within the hearts and minds of all.

For those that have gone before us have often left a keynote of wisdom, whether it be a loved one who has passed on or some great individual such as Martin Luther King or even the great ones as the Christ.

Wisdom is the sum total of all knowledge which has moved into the experience of understanding of that knowledge or knowingness and then cometh forth the great fruits of Wisdom.

So through the eyes of wisdom there seems to be a governing overriding force of *love* behind it all.

Where is this all heading? Well if only I knew, yet all I can say in this moment of time is.

That my hand is outstretched, holding onto one in front of me as yet my other hand is outstretched, holding onto one behind, and with that there seems to be a great family tree of life taking its course with it bearing the greatest fruits of all time ...

Evolving into that which is - the true Wisdom of our most inner truths - *love*.

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## 19. A PEACE OF ME

**W**E WISH TO SHARE this piece of automatic writing written by my amazing husband one evening (Editors note: submitted by Kathryn Milian; poem written by Bruce Milian). He was outside, listening to the first rain we'd had in months and he was inspired to pick up his pen and write.

Awaken, I am awake.

I am aware of all things.

My senses filled with the glory of life. The glory of love.

I smell the rain as it drops from the heavens.

I hear the trees as they whisper to the world.

I see the air around me, electrically charged.

How could I not?

I Am; alive; breathing;

I close my eyes to see more clearly;

I open my heart and embrace my locality;

My territory; my country; my world;

My solar system; my Universe;

I am the Universe.

The Universe is me, is my heart;

My consciousness. My very being.

My very biological being. My etheric being.

I cry.

The only way to express the vibration of love in this three-dimensional body is not through words, is not through action, but expression.

I cry.

I cannot contain, explain, maintain love without the expression of tears.

I cry. I rain.

I am the rain that falls during drought.

I am the sunlight that shines on a dreary day.

I am the wind that blows softly across the meadow of sunflowers.

I am the seeds that sprout to the sounds of insects crawling in my skin, on my skin.

I am me; I am you, as you are me.

I am awake.

I am the star that traverses the sky when you are not looking.

I am love. Symbiotic; synergistic; constant.

My pain is your separation. My pain is your war.  
My pain is your fear. My pain is your hate.  
I am separation. I am war. I am fear. I am hate.  
I do not embody this.  
I wish not to embody this.  
I transmute my separation, war, fear and hate.  
*I am love.*  
*You are love.*  
*You are life.*  
There is no life without love.  
Love is life, life is love.  
There is no separation.  
I am abundance.  
I am All That Is;  
I am as microcosmic as macrocosmic.  
I feel.  
I am a human.  
Being.  
I need peace from this dichotomy of human beings.  
Humans, being, inhumane.  
Time is yesterday for change.  
I am perfection. Perfection?  
Can you see perfection?  
I create.  
I manifest love.  
I am the manifestation of love. I am the manifestation of light.  
I am light.  
I see myself through your eyes.  
I see myself through the eye of the Omnipotent One.  
Prime Creator.  
I am compassion and understanding.  
Bear witness to this:  
I will transmute darkness by expanding my light.  
I will transmute anger to joy.  
I will explode; collapse your hate with my love.  
Time to shine brighter than ever before.  
Love all, serve all.

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## 20. FAITH TO BELIEVE IN MIRACLES

ONE SUMMER'S NIGHT some friends and I gathered together to enjoy each other's conversations while dining with fine food and sweet wine.

After many hours of conversation, we decided to get some exercise by taking a walk up to the top of the conservation park hill that backed onto my friends' house. When we reached the top of the hill we were welcomed by the stunning city lights of Adelaide (Australia).

While sitting under a big beautiful tree we reflected on how lucky we are. We appreciate the clean water we drink, the nourishing food we eat and the good health we have. While reflecting on life, our friends decided to wander off home so we said we would catch up later.

After approximately fifteen minutes we decided it was time to go. To our surprise, our friends had taken our torch. Despite the full moon's rays lighting the path, it was very hard to see. We followed the path for approximately twenty minutes. Soon realizing we were off track, we couldn't find the gate that led us back to our friends' house. After one and a half hours of walking, approximately 1:00 am, we tried to find the main road to get to our friends' house. We couldn't knock on doors to get directions because everyone was asleep. Finally, a breakthrough: a couple just arriving home after a big night out kindly gave us directions.

We arrived home after another ten minutes of walking down dark cold streets. As you could imagine, we were very tired and frustrated, blaming our friends for our inability to find their house. We were in no mood to socialize, so we went to bed. When we woke in the morning, we talked about what happened and cleared things up.

After arriving back to my house, my friend realized that her prescription reading glasses were missing! The last time she wore the glasses was along the path of our frustration while trying to find our way home; we knew they could be anywhere.

In search of the glasses, we decided to re-visit the paths of the conservation park; with a faith-stone in my friend's pocket, we knew we would find the glasses; so we traced every footstep, every movement, but after forty-five minutes of searching we were back to where we started and unsuccessful. My friend gave up. She threw the faith-stone on the ground and said "Faith, f\*\*k faith", started crying and accepted defeat.

I knew deep within my heart that the glasses were in close proximity. So I said, "Faith is the key to miracles and I accept it now." I repeated this over and over. I started walking, not knowing where I was going, when suddenly a voice said "Miracles do happen" so I listened to my intuition, stopping on the path and turning to find the big beautiful tree we sat under the night before, to reflect on how lucky we were. I bent down to wipe some of the long grass away and surprisingly, I found my friend's glasses, folded nicely and in perfect condition without a scratch. I grabbed them, ran to my friend and said "It's a miracle!" She couldn't believe it! We were both excited with joy!

In every experience, there is a lesson to be learned. I shouldn't have lost faith in my ability to be intuitively guided and protected by the Angels.

Faith allows us to grow and expand, it also allows us to make a positive difference to people who surround us because we give them the wisdom and courage to grow and expand as well.

Live by intuition so you can lead by example. The best thing in life is to teach others by the actions we take today.

As soon as you lose faith, you are no longer attuned to your Divine energy and light.

If you go through life with the faith to believe in miracles, you will experience miracles in your life; you just need to believe.

A miracle encourages growth and change, not only in yourself, but in others.

Believe in miracles and you will experience miracles!

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## 21. FINDING YOUR LIFE PURPOSE

**M**ANY PEOPLE WHO SEE ME for Soul Surgery want to know why they are here and what their life purpose is. The word "purpose" means to have intention, focus, and drive. I conduct a visualization process which actually begins with the end of their life here on Earth. In a relaxed state they visualize reaching the end of their life, imagining themselves just about to leave their physical body. They describe where they are and what they have done that has made them fulfilled and I make notes of their statements which are vital pieces of the jigsaw.

Our soul knows everything - it carries the blueprint of our mandate for this life, lying like a dormant seed waiting for us to water it. The method I described is "back-engineering" from which we develop a step-by-step plan with definable goals, and policy; in other words what action and information are needed to get them to their destination.

We often think our goal is an impossible dream yet it's the very core of who we are. What causes frustration and leads to giving up is not the thing we want to do, but the level of expectation on success that we attach to it. For example many of us are blessed with being channels for healing, and yet we are not all destined to throw in our day jobs and be Harry Edwards or John of God. Giving hands-on healing for a work colleague's headache in the office you're desperately trying to leave is just as in alignment with your soul as healing multitudes.

Sometimes our lives are so hectic, so filled with stress or responsibilities, that we feel there's no time to meditate or look to our inner needs. We might need to re-organize our life to regain balance and be in a position where we have more resources to devote to our life purpose.

Look at your weekly routine - perhaps you attend regular social or sporting events with the same people. Review how this makes you feel. Is it adding to your quality of life? Do those people enrich you? Does it cost money you could save or spend on something else?

Another important component to finding your life purpose is "passion": finding and doing something you really love. The word "passion" broken down = "Pass-ion": to pass on ions or charged particles. When we are passionate about something we inspire, charge, and ignite enthusiasm in others.

How to begin? Firstly, write down your interests, talents, and gifts. This will help clarify things in your mind, igniting a glimmer of excitement, of

feeling more "alive". Think about the type of people who uplift you when you are with them. Spend more time around those who are supportive of you and your ideas; limit time spent with those who are critical, negative, or drain your energy. Think about your values, beliefs and humanitarian views as these might lead you to a cause through which you can channel your skills and gifts.

This incarnation is about the evolution of your soul, immersing yourself fully in the journey rather than fixating on the destination. Follow your passion and for just five minutes each day close your eyes and listen to your heart. It is through the heart that the whisper of Divinity is heard, because our life purpose is aligned to the Divine. As you fall deeper and deeper into the recesses of your heart, like a pebble falling into a pool of water, focus on what is relevant and truly essential in your life. Ask yourself, "What do I want?"; "What is important to me now?" and "Where am I going?" ... like a ripple effect your higher self will echo the answers back to you. Each time you do this exercise you surrender further to your inner channel of wisdom.

As the answers come rolling in you will feel a change and, when you find your life purpose, accept all the challenges and changes that come with it - whether they're financial or involve study or travel - you will find a way, no matter how long it takes, because you know you have truly come home - to yourself.

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## 22. TO PONDER

**W**E HAVE ALL probably read lovely sayings over the years, heard old tales, favorite quotes, etc ... but isn't it an amazing realization, often later in life, when these things start to make sense and you finally "get it". Many of these ideas come from my mum. I wish she was around, now, so I could tell her "I get it."

I hope these words are inspirational to whoever should come in contact with them ...

- ✓ Make good choices - it's all you can ever really own, and your choices will go with you wherever you go.
- ✓ Sometimes it's better to have a bunch of good ideas rather than staunch beliefs. It is easier to change an idea than a belief, which leaves you free to grow.
- ✓ Get a handle on choosing reactions to situations - and we do have a choice - and we did create the situation in the first place. YES, no matter what that situation or event was, we did create it!
- ✓ Realize how powerful the words "I don't know" are.
- ✓ Try to get the full meaning of "Know thyself"... and that it really is your life's work.
- ✓ Why does "should've" start with "Shhhh ..."?
- ✓ Children won't always remember what you said to them, but they will always remember how you made them feel.
- ✓ In the grand scheme of things we really only have our children for such a short time. How beautiful it would be if we could all realize how special this time is when we are rushing to and from work, achieving what we think is the most important thing for them - their financial security. All they want and need is love and attention *right now*.
- ✓ Often children's acting out is really only them voicing a need ... I want attention *right now* - don't care if it's positive or negative, just want some *now!*
- ✓ When my children were small, I told them if they needed a day off school, they did not have to be "sick". They just had to tell me that they needed time out. We cut our actual sick days almost entirely

out. Our time out became a time to share and have fun, or cook together. They never abused this.

- ✓ Err on the side of "mind your own business."
- ✓ Always wind up the clothes-line as high as you can possibly reach ... it is a great stretch and incorporating healthy exercise into everyday tasks makes exercise easy to achieve with a busy lifestyle.
- ✓ Hanging out cloth nappies provides you with the stretching exercise you need to lose your "baby belly", as well as helping the environment.
- ✓ Give people the benefit of the doubt - it feels better than the other alternatives.
- ✓ Don't be afraid to make a mess with your kids and try and have just as much fun cleaning it up as you had making it. It is training to enjoy housework later on in life.
- ✓ If we can come from a place of enjoyment when we do our normal banal tasks in life, what a wonderful joy-filled life we can achieve. Let's face it: a lot of our time is taken up doing things that most people find boring or stressful. Change your perception and have some fun. Start on your kids early - they will take on your attitudes more than you know - be a good role model. It is lovely to look on and see adults coming through who actually find joy in mundane tasks.
- ✓ Always try and see the funny side of things; it will lighten your load.

My mother was a great teacher.

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## 23. THE ANSWERS LIE WITHIN

**W**E READ, WE LISTEN, WE ASK FOR ADVICE; we contemplate, we consider, we try this or that. We hope that others have the answers; those who have already trodden the path we are looking to experience, must know the secrets.

As you consider their journey keep in mind that their motivations and goals may be different from yours and that their experience is being filtered through a different set of circumstances and perspectives. While what is relayed by these sources can contribute to your understanding, it is worthwhile to include your own unique perspective.

It is important to gather information and to learn as much as possible about the subjects that can help us move forward or that we are interested in. There is much to gain from knowledge and the application of what has been learned. The reality is: the answers and validation we seek are available within us!

Readily accepting input from outside ourselves is habitual. Now is the time to include your inner voice as a regular source of valid information. Trust that this voice comes from the most powerful source of information - the Universe (Infinite Spirit). It is available to everyone. The key is to trust the messages that come through and to be able to tap into the knowledge on a continual basis.

The external voices that we are used to consulting drown out the more subtle voice of the Universe. At the same time, we shut down God's messages by our internal self-talk. Make time to quiet the noise coming at you from all sides, within and without you, and listen in silence for the messages that are meant for you. Trust that the information is accurate by feeling it deep within your body and soul. It will feel aligned with what you know is "right" for you as an individual.

Begin by sitting in a quiet place. "Ask" for a message about something that you are grappling with and listen for the answer. Have your journal nearby to record what you hear and test the validity of the messages you receive in your life. The more often you are able to confirm the accuracy of the information, the more likely you will be to trust the Universe and your ability to pull the messages that you need when you need them.

There are times when we are overwhelmed with thoughts that flood into mind during times dedicated to peaceful contemplation. It is challenging to shut down these automatic thoughts, especially with so much going on in day-to-day living.

For active minds, here is a technique that can help to focus your attention without replacing it with words like a mantra. Light a candle. Near the candle put an ash catcher with a stick or cone of your favorite incense positioned so that the smoke can be illuminated by the candle flame. Turn off the lights. Put some soothing instrumental-only music (no lyrics to limit distractions) on if you would like. Sit in a comfortable position in front of the candle and incense. Focus your attention on the smoke rising from the incense. Watch how the candle flame brightens one side of the smoke and leaves the other in shadow. Follow the curling smoke and notice the times when it flows in a straight line. Allow your mind to drift with the smoke and feel it release all non-essential thoughts in that moment.

Divine Guidance is the clearest form of advice you can get, as long as it can be objectively heard and not tarnished by doubt and negative self-talk. With persistence, over time you will be able to minimize these intrusions and celebrate the ability to clear the noise enough to hear the important messages waiting to come through. Getting clear is one aspect of this process; finding the right environment, mental state, and physical comfort that increase your chances of getting a message is equally as important. Differentiating a thought from an actual Divine message takes practice; it feels different and resonates more strongly and with less stress than a thought does.

Ultimately, seek to trust yourself, your guidance, and the Universe. In this way your path will be uniquely yours and the experience will meet with less resistance and a greater degree of empowerment.

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## 24. SNIPPETS OF INSIDER INSIGHTS

*If we could see the miracle of a single flower clearly, our whole life would change.*

Buddha

**W**HEN WE CONVERSE, we reveal parts of our inner landscape. Our communications always disclose more about ourselves than the person to whom our words are pointed, and it is our choice whether we unveil the majesty and wonder of our "alpine vistas" or the depths of our "muddy waters". Speak your inner beauty to the world!

We usually attribute anxiety to situations or looming difficult possibilities, but in actuality, it is not these circumstances that cause us stress. When we see a problem or the likelihood of challenge, our mind generates scenarios, either good or bad, and our body responds accordingly. Unless you are experiencing a "flight or fight" response to an immediate danger, it is your mind deliberating negatively on these happenings or prospects which cause your anxiety.

Next time you feel tense, stop and notice what you are thinking. Watch the way your mind focuses on thoughts that generate - or heighten - helplessness, vulnerability, or feelings of lack of control. When you recognize your deleterious thinking, you can choose to employ your wise inner voice to redirect your mind toward practical solutions. You can focus your mind on calming or joyous thoughts or simply on quiet.

People who try to please everyone will always fall foul of those looking to find fault. There are people who, if you did "this", in their opinion you should have done "that". And there are others who are always dissatisfied with the efforts of others simply as a result of their own sense of inner lack and disconnection to their true spirit of acceptance and consideration.

Accept yourself, treat others with compassion, always strive to become better, and those that deserve to be pleased by you will be.

*He who lives in harmony with himself, lives in harmony with the universe.*

Marcus Aurelius

## LET YOUR LIFE BE THAT OF A ROSE

Love and care for every soul,  
Assist everyone,  
Be cheerful,  
Be courteous,  
Be a dynamo of irrepressible happiness.

See God and good in every face,  
There is no saint without a past,  
There is no sinner without a future,  
Praise every soul,  
If you cannot praise someone,  
Let them pass out of your life.

Be original,  
Be inventive,  
Dare, dare, and then dare more,  
Do not imitate,  
Stand on your own ground,  
Do not lean on the borrowed staff of others,  
Think your own thoughts.  
Be yourself

Let your life be that of a rose,  
Through silence it speaks in the language of fragrance.

A poem by a Himalayan Saint, Sri Babaji

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## 25. LIFE'S PATH

EVERYONE HAS PERIODS - be it a year, a day, a week, an hour or a second - in which everything appears to fall apart. A job ends, someone dies, a spouse or child becomes ill or another event affects us in a profound way. We have all experienced that knot in our tummies that signals stress. We have all felt at one point or another that *this is just more than I can possibly handle*. We utter to ourselves or out loud, *I could die from this, I won't make it past this, and this is not fair*.

I remember falling to the rocky ground outside my home on a cold winter's day back in January 2003, begging the Almighty to help us. I had just arrived home from the post office to find an ambulance and fire truck in my driveway and my children and ex-husband trying desperately to give my mother CPR. This was the first in a series of events this year that would push me to the brink of tolerance and sanity. Shortly after Mum died, my youngest son became very ill, my ex-husband was diagnosed with cancer and in December of 2003 my dear father passed to the beyond. This was by far the worst year of my life.

I know from my own experiences that it is how we deal with the events in our lives - the tragedies and the victories - that meld us into the people we are at this very moment. The next event will shape us into the person we will be in the next second and so on. If you can take the tragic events and see the silver lining under that darkest cloud, you are living a life most blessed.

We are always on a new path to self-discovery and sometimes we need to dredge up the past to move forward: what new and exciting sights to see, what music to listen to, what road to follow. We all have so many choices each and every day. Each choice affects the next choice and so on. Each move is like a game of chess. You try to move forward and get through the maze of people, places and things to the ultimate reward at the end. I have switched from looking for the end to the path because as a spiritual Being, I now believe the path is life itself!

Life is about learning. Learning so we can be better people both psychically and spiritually and so we are armed with the knowledge to teach our children and others we encounter on our path about life and love. Remember you have to know your past, your history, your ancestry to be able to move forward in life and love. What if we make our history with each step, each word uttered, each breath, each love, each sadness, each joy, each moment and each wish and dream we dream?

Someday our descendants will look back to the past for the truth and path to enlightenment. I firmly believe that the beauty, sadness, joy, pain, leaving and loving are the true paths to enlightenment. We need to be able to take the positive and pass it on, but we also need to be able to look at the negative experiences in life and find the lesson. Only in finding and passing on what we know can we build a future for the generations to come.

Our experiences open a door through the looking glass from which we are destined to make our personal histories. I am on a path to discover my ancestry, my past and my present. The legacy I find today will echo in eternity as my children someday stand at the looking glass and ponder this world and the next and ask the question "where do I come from and where am I going"? Hopefully this legacy I leave to them will be a gentle guide as they discover themselves and true happiness from the joys and tribulations they encounter on their paths to the next realm of existence. Life is full of blessings; we just have to take the positive out of each experience and count them as blessings.

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## 26. EMBARKING ON A SPIRITUAL JOURNEY

**T**HROUGH MY YEARS OF TRAVEL and soul searching I've come to realize that the single most important thing we can do to reach enlightenment is to build a relationship with our Creator. From that relationship, all other doors to spiritual awakening will be opened.

I first developed a relationship with God (Our Heavenly Father and Creator) when I was a little girl. I remember talking to a friend's mom about prayer, which showed me a deeper way to communicate with God. She taught me that I didn't have to wait until bedtime or mealtime to pray; that I could talk to God all the time inside my head. No matter what I was doing or where I was going, I could talk to him and he welcomed my prayers.

This concept was very new to me. I grew up with the traditional "bow your head and kneel, cross your arms and close your eyes" kind of prayer. To be able to talk to God all the time, whenever I wanted, sounded awesome! So I tried it and quickly found out how awesome it was!

Building a relationship with God is that simple. Like all relationships you begin by talking and getting to know one another. This happens not from uniformly repeating the same prayers, but from sharing with God your most private self, by opening your heart and bringing to him your true thoughts and feelings. The more you share with God the more you will feel his loving presence within yourself and your life.

After a while I had developed a habit of talking to God all the time. He was like my best friend, always there with me to experience every joy and sorrow. When I spoke to him I didn't follow any rules or guidelines. Whatever I said came from the heart, speaking with honesty and sincerity. It wasn't long before I could feel this loving, Divine presence within me. That's when God went from being this mystical Being from childhood stories to an indescribably awesome, miraculously real, Father God.

From that moment on, I realized that having a close relationship with Father was the key to my development as a human and evolution as a Spirit. This is when I began to pray for a true teacher of Father's wisdom to help me on my spiritual journey.

Now, when you ask God for something, you've got to be open minded and be willing to go wherever he takes you to get the answers you seek. Listening to God is as equally as important as talking to him. By keeping Father in your thoughts at all times you will begin to recognize the signs of

his communications with you: through the people you meet, your intuition or even what may seem like a coincidence. You will soon be able to recognize the difference between your own thoughts and messages sent to you by God.

I kept seeing Hawaii on nearly every billboard I read and every stranger I met kept telling me I had to go there. I realized this is where Father wanted me to go. So I went to Maui.

Within a month I found my guru and knew my prayers were answered! I've been learning from my guru for seven years and every day he continues to open my eyes to deeper levels of spiritual awareness and understanding and continually helps me grow and evolve as a Spirit!

I share this story of my spiritual journey so you can see how simple it is to find God and build a rewarding relationship with him. Start by talking to him as if he were your best friend. Be not afraid of him judging you; God is made of love and he shares that love and welcomes your every concern, complaint, joke or ramblings. Whatever you have on your mind, find comfort that our Father from Heaven understands your personal situation and is there for you to lean on!

Pray to him for truth and guidance, pray for spiritual growth and wisdom and be ready to embark on your spiritual journey!

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## 27. PLEASE KEEP IN MIND

- ✓ Stupid people do not know that they are stupid; if they did they would be embarrassed.
- ✓ There is no such thing as common sense. What is common to you is not necessarily common to me.
- ✓ It is not what knocks you down, but how you get up that counts.
- ✓ Karmic justice does not need a judge or jury.
- ✓ If there is nothing you can do to change a situation, don't waste time worrying about it.
- ✓ Wishes do come true, so wish wisely.
- ✓ If you do not believe yourself, do not ask others to do so.
- ✓ Beauty is in the eye of the beholder. I find beauty in everyone, which makes me gorgeous.
- ✓ Reach for the stars. They are closer than you think.
- ✓ Life without passion is empty.
- ✓ Children are blessings, not belongings. Love and guide them well.
- ✓ If you do not have anything nice to say, look within and ask yourself why.
- ✓ We are all mirrors of one another. The things you dislike about others are the very traits you possess yourself.
- ✓ When in doubt, ask your Angels.
- ✓ Crystals hold more than just beauty.
- ✓ It is amazing what you hear when you listen.
- ✓ Remember to be grateful for the ones you love - the alternative is to be longing for them.
- ✓ Happiness - take some home today.

**M**Y STORY OF SELF HEALING: I was holding on to anger toward somebody who did something unspeakable, to someone I love very much. I asked myself, how can I heal others if I harbor this negativity of my own? I had no problem in guiding others to open up and let it go, but I found it very hard to let go myself.

I was meditating on the thought with the aim to clear my anger and send love to the one who did so much damage. I knew it was a *big ask* for me. I also knew that the anger I harbored did more damage to me than him.

I managed to really *feel into* all of my anger and sorrow. However, when it came to the time of actually letting go, healing myself and sending love, I was blocking myself; if I let go then I was somehow condoning his wrongdoings. I found it really hard to heal myself, as I felt like I was letting the one he hurt (my friend) down if I let it go.

I persevered with meditating and found myself *feeling into* a great dark shadow, filled with anger and sorrow, that then burst out of me, lingered in the air for a moment and then manifested into an old withered man, slumped, lying on a cold floor.

I immediately felt feelings of sadness, sympathy and sorrow for this man. I looked over him and began to perform a Crystal healing, working with him, cleansing and clearing, turning all of the sadness and pain into love. It was a long meditation and once I felt that he had let go, the withered man turned into a tranquil green and pink ball of light.

I sent all of that energy to the one who caused all the pain. I sent it lovingly. I knew that in healing him I had healed myself. The pain that I held onto with such vigor had been released and transposed into love. All things are intertwined and although I found it hard to work on myself, I could easily work on a manifestation of myself.

We are connected and all beings of the great Divine!

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## 28. STOP TEARING YOUR HAIR OUT OVER YOUR IN-LAWS AND LIVE YOUR OWN LIFE

**H**AVING TROUBLE GETTING ON with your in-laws? You are not alone! The impossibility of living in any kind of peace with your partner's family has been a source of woe forever. But knowing that everyone has trouble with their in-laws is not much help in dealing with your own.

If your in-laws were the understanding, considerate sort, you wouldn't be reading this. So they probably fall into another category - manipulative, interfering, critical, demanding. And they "get to you". All you want is a peaceful life with your partner on your own terms!

We all understand that family loyalties are bound to clash when two families come together through the union of two individuals, but we underestimate the impact that in-laws will have.

You may put a lot of effort into making things go well - perhaps agreeing to things you weren't that keen on, or not standing up for yourself when criticized - only to find that things get worse rather than better.

Is there no way out? Yes there is. It is possible to have more comfortable relations with in-laws, although there is no perfect answer. We can't like everybody, or be liked by everybody, and the love you feel for your partner doesn't automatically extend to their mother, their father, or their siblings. But it is certainly possible to shape the relationship so that you feel comfortable dealing with them and stressing about in-laws no longer wrecks your life.

Be yourself. If your in-laws don't like it that then becomes their problem and not yours. Your partner loves you just the way you are and not the way your in-laws would like you to be. You have assertive rights so initiate them in the right way.

You have the right to:

- ✓ Be independent of the goodwill of others before dealing with them.
- ✓ To say "I don't care." To say "no."
- ✓ To offer no reasons or excuses to justify your behavior.

Start today and your life will improve.

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## 29. RELEASING HIDDEN SHACKLES

**B**ORN INTO A PRIVILEGED WHITE FAMILY in Zimbabwe, I was the much-awaited daughter. With two sons entering teenage years, my mother doted on me enough to make a princess jealous. Even my brothers showed me off to their friends though they harbored resentment over my special bond with our mother. Their subsequent abusive outbursts were shocking to an innocent, indulged girl.

My defenses began to weave limiting shackles around me. My natural passion to embrace life became minimized as I tucked away each dark, confusing moment. To everyone else I was still the trophy child but my outward shine only hid inner stumbles. It would take me a long time to unravel those shackles or even to become aware of them.

We left Zimbabwe for a new life in Sydney, Australia. At a Catholic school I was the wild child whom the nuns constantly subdued. Having grown up with boys, I was blasé about "unladylike" behavior such as climbing onto the church roof to fetch the ball, or hanging off the other girls in puppy play. Fellow students were jealous of my carefree nature and rebuked me in cutting ways that seem to be an exclusive talent of school girls.

The shackles tightened.

My parents separated - an event that tore through the family, ripping loyalties with it. Realizing that expressing my true feelings brought more attacks, I developed a functional emotional layer where I could laugh things off.

At high school, my "light-hearted" nature drew boys' attention (and more jealousy from girls). I learned to limit myself with smaller and smaller steps in any direction in this complicated game of interpersonal hopscotch.

A new freedom came as a literal pot of gold when I won the casket (lottery) at the age of sixteen. The money was placed in a trust fund for me until I was eighteen but the thrill of it opened my mind to possibilities and (foolishly) I left school.

Life moved very fast. I worked in a bank, fell in love and became a bride at twenty and then a mother of two wonderful boys. I believed I had everything a woman could want - family, home, loving husband. To doubt such happiness seemed insane, yet something weighed me down.

A wise psychiatrist gave me comfort but no real peace until one day I described how those jealous attacks frightened me. "Ah," he said, that one syllable intoning all the answers. "What do you think your fear really is?" I couldn't think. "You have a success fear. All your life people attacked you, and you were just being yourself. You fear the attack, so you minimize yourself. And your true potential is buried."

I was rattled by this revelation. I wandered through memories, realizing that I'd put myself down before anyone else could. Time and time again, I had missed opportunities, squashed ambition, sat on abilities. I'd built my own internal prison, thinking I was keeping the hurt "out there, away from me", not realizing it was locked in with me.

That very same week, I was reading Nelson Mandela's inaugural speech, "Shine" (originally written by Marianne Williamson). It beautifully identifies that our deepest fear is not of our darkness, but of our own light. The words filled me with bliss. I began to set myself free.

Since then I have challenged myself in positive ways. At thirty-four I completed a business degree and launched a successful career. Interestingly, I observed that the adult professional world is no less spiteful (and potentially hurtful) than the world of jealous children or family. But while others might attack me, I know that only I can limit myself.

Through conscious liberating choices I've leapt from one success to the next. In retrospect, I am amazed that I carried that fear unknowingly for so long; prompted by some aspects of my life, it limited me in all areas.

Clear of the weighty past, I see the importance of maintaining a playful approach to myself and life in general. I've learned to step beyond fear, even though I am still occasionally on the receiving end of jealous attacks. I challenge myself to be fully responsible for my own success, professionally and personally.

There is no greater freedom than that.

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## 30. JOIN THE REVOLUTION

I AM NOT INTERESTED IN TELLING YOU who you are or what you should be doing! You are the only one who can know what is true for you and what your purpose is - the game you came to play. You are the only one who can work that out. There are Guides who may assist you in that journey; however no one can tell you who you are. If they are doing so then they are actually telling you who they see you to be!

So I am not telling you what to do. What I am sharing is a snapshot of some of the gentle revolutionary actions that are occurring in my community - a small country town in a beautiful valley on the east coast of Australia. Maybe some of these activities can be the catalyst that changes your community, the way it has been changing mine and others across the planet.

1. Turn your lawn into a permaculture or organic food garden. There are many gardens where I live that are now edible. Food gardens use less resources (water, petrol etc) for greater benefit, and what you and your family have left over you can share or sell at your local growers' market.
2. Participate in your local food growers' market - either as a stallholder or by buying your food there.
3. If you don't have a space for a garden get involved in your local community vegetable garden or rally some people to start one.
4. If you are into home schooling, set up a home schooling collective.
5. Start a free group and do your Yoga/Tai Chi/Chi Gong/Fulan Dafa/martial arts/drumming/dancing practice in the local park or hall.
6. Start a free market - take your old stuff to give away and find stuff you need.
7. Make your own laundry liquid and/or cleaning products and pass samples and recipes on to your friends to do the same.
8. Support your local economy - buy local. Reduce your usage of the multi-national supermarket chains.
9. Reduce your mainstream media intake. Turn the television off. Cover it with a cloth - after a few days you might forget it even exists! There are many alternative and independent media sites on the internet.
10. Investigate, start or join your local "transition to sustainability" group.

The revolution will not be televised.  
There will be no bloodshed on the streets.  
For the true revolution does not occur with the pointing and shooting of  
guns.  
Nor for that matter with the pointing of fingers,  
It happens in the hearts and minds of the people.  
It happens in the bedrooms and the kitchens,  
In the gardens and the schools,  
It happens in the arms of lovers,  
In gifts to loved ones and strangers.  
It happens when we each finally feel that enough is enough.  
It happens through quiet, peaceful and increasing non-participation in  
systems created for the benefit of a few, propped up by the work of the  
many,  
Through quiet, peaceful and increasing participation in new ways of being  
and systems that support the greatest good for the greatest number.  
In the gentle evolutionary change from unconsciousness to awareness  
Of *who you are* and what *life is*.

I don't care who you *think* you are  
I know who you *really* are -  
A perfect spiritual Being beyond space and time  
I don't care if you are living in separation or slavery;  
I know that separation is an illusion.  
We created it  
To play a Divine game.  
Do you remember?  
We created matter to dance and play  
And from matter in motion came time  
And the time is now, there is no other  
Come play with me, us,  
We are all life is, all part of the one, when all is said and done  
See through the illusion.  
Remember who you really are  
Play joyfully eternally always and all ways  
Love, dance and be free.

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## 31. FINDING THE MAGIC

**W**HEN I WAS YOUNG and was first introduced to magic, I was enchanted. The prospect that something could be manifested from nothing stirred my soul and sent a wave of excitement down to my core. There was not a doubt in my impressionable mind that rabbits could suddenly appear out of a hat or that coins could be produced from behind my ears. I had unwavering faith that anything was possible and that made me joyfully happy.

And then one day an older boy showed me that the magic was just tricks and illusions. I was disappointed and shocked that I could be so wrong about something. I truly had this innate feeling that we humans could indeed create things into existence out of thin air. I was so sure of it, but everyone told me I was wrong. I was as certain that magic existed as I was that the sky looked blue and the grass was green. The adults especially insisted that magic didn't really exist. It was explained to me that magic tricks were just fantasies created for fun, but the fun was gone for me. I was dumbfounded that it wasn't true and took a dim view of magic and magic shows after that. As I look back, I realize that I didn't have much curiosity about things I didn't understand from then on. The spark was gone and I didn't want to feel deluded again.

My attitude as a young person and through early adulthood was, what you see is what you get. Unless something could be proved, it didn't exist for me.

My mother insisted that I attend her strict church which I did not enjoy. You had to have faith that God even existed and I had no faith in anything that couldn't be proven. The messages from the pulpit were contradictory which only led to more skepticism on my part. I was told God loved me, but the majority of the messages were that God could be easily angered and what the consequences of that anger would be. I was taught that I was born with original sin. It made no sense to me. What did I ever do to him? I was urged to say things such as "Lord, I am not worthy to receive you". Not what a girl with low self esteem needed to hear. There was nothing said to make me feel good about myself, my existence, my journey through life. As soon as I was old enough, I stopped attending that church.

As I got older, I found that my spiritual side was hungering to be fed. In my dreams I would get glimpses of euphoria that felt similar to my exhilaration when I thought magic was real. I set out on a journey to bring that joyful feeling into my life. In my early adulthood I discovered the books

*As a Man Thinketh, Think and Grow Rich*, hundreds of self help books and more recently, *The Secret*. I investigated different religions and finally found a spiritual center where I was taught that I was unconditionally loved, valuable and worthy just as I am. I felt a resonance within me that I was on the right path to discovering the true magic of life. And then I hit the mother lode - the quote that was my Rosetta stone to truly understanding. The magic was there all along. It was created for us in the beginning. We all have access to it; we all can create situations, events and even material items utilizing it. When I found it, it sent shivers throughout my body and the circle was complete. I was right all along. I found the magic. It does exist.

*Whosoever shall not doubt in his heart but shall believe that what he saith cometh to pass, he shall have it.*

Mark 11:23

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## 32. OUR JOURNEY

Our journey of life is full of beauty and grace  
And deep inside we somehow find the space  
To let go of the fear we often feel  
Which translates to False Emotions Appearing Real (F.E.A.R.).

Our truth is our truth; it is all that we know  
It is our knowledge which helps the direction we grow  
And if someone else does not agree with you  
Then that is ok, as they have their truth too!

As people, we don't have to do the same as another  
We don't even have to like each other  
But when friendships are made and a bond is there  
Then that can be the beginnings of love to share.

Love can be great, love can be grand  
It can also be blind, or be as rough as the sand  
It is an emotion we feel, which makes us feel real  
And many believe that love can heal.

If not, then sometimes that is the journey of life  
Choices of loved ones, a family or wife  
We have to remember to slow down and stay tuned  
As the Universe hears our prayers and makes them come true!

This is the metaphysical law  
We've all felt the energy and played with it before  
If my wish is yours and your wish is mine  
Everything else is just a matter of time!

9.03.2006

**V**ISIONS OF KAY CHEREE: My family see me as this charmed, inspiring hippie chick ... always with camera in hand, or close by, and always doing my own thing. As a child living in a caravan with my parents I always

felt like a gypsy, on the move, and having attended nineteen different schools I always wondered why I'd get itchy feet. I have had many interesting journeys in my time but I keep coming back to visions ... Kay-Cheree's visions!

I love to read my stars because they always mention how I am dreamy, inspiring, creative ... you know, being a Piscean and all, living with my head in the clouds, but I wouldn't want it any other way. There are always two sides to everybody and my other persona is very regimented: set routines, things have to have their place ... and which way I go always depends on the mood around me.

So in my creative space I love to look at and take photos - images that "capture the essence" of *the moment*; to write poetry and songs, and if I have the time, just to chill out! But ... so I could share it with the world, I had to create my own web space which is my very own gallery for people to visit when looking for inspiration, to chill out, or just to browse when they're not quite sure what they are looking for!

My joy in this life is offering inspiration and healing through the visions I see - and collections of images, poetry and writings to be used with visualization, meditation and relaxation techniques. By invoking emotion and bringing it to the surface, it can then be used to reflect upon, to view and take you into another world or to move forward in a healing process.

I want to shake up the awareness that peace and positivity is all around us, for us all to share in! To be guided by what you see ... witness a moment, an image, and the feelings they invoke. Live. Love.

When you come across anything in life that strikes a chord within your being, it can assist you in your healing process. Anything to move your soul and get you thinking ... because even that on its own can be life changing!

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### 33. BEING HUMAN

**W**E ARE BORN. We die. Everything between is filler. This is where "free will" fits.

We attach meaning about ourselves, a great deal of meaning; meaning about what happens to us, our circumstances, who we are, what we do and what others do to us.

*So much meaning. That's just what people do.*

- ✓ Our personality becomes fixed, unalterable, owned. It is *the truth*.
- ✓ We make judgments about others; these also are *the truth*.
- ✓ We search for meaning to our life, search out directions, carve out a special role in the world. We call this our purpose in life.
- ✓ We invent stories about ourselves and become actors in our own stories. We forget they are stories. They become *the truth*.

*Yep, the human way. Endearingly human!*

- ✓ We seek ways for life to be better, to heal life, to fix it.
- ✓ We defend ourselves against what we don't like. We avoid what's painful: physically painful, emotionally painful, spiritually painful.
- ✓ We search for God. We create theologies. We preach these to others as *the truth*.

*So beautifully human!*

- ✓ We made up that we are not enough. Made it up from earliest infancy.
- ✓ We collude with each other in our "not-enough-ness". We judge each other, tell each other "I am not enough", "You are not enough". We sell and buy things to make us enough. We measure ourselves by society's standards to check that we are enough. Or we rebel, to be enough.

*Yeah, yeah. Just being human again!*

- ✓ We defend ourselves against our "not-enough-ness". We create our thoughts, goals, achievements, appearance; anything to be "enough" in a world of "I'm not enough".
- ✓ We work hard at our version of "good enough"; noble causes, right possessions, perfect looks, fitness regimes, well-chosen politics ... whatever makes us whole again, covers our deficiencies.

*Don't you just love humans?*

- ✓ But ... what if we were enough? Enough without trying, enough without effort, enough without needing to prove it?
- ✓ Enough, just as we are. Enough without the right possessions, enough on bad hair days, enough when throwing a tantrum, enough even when selling out our integrity.
- ✓ Enough, just because we are.
- ✓ Nothing to prove, no-one to be; sufficient, just because we are.

*Whoa! That's not the human way!*

- ✓ Being "enough" would open up a new world. No need to defend ourselves; just be, just as we are. No need for excuses, no hiding. No covering up our "not-enough-ness"... it's all an invention anyway.
- ✓ No trying, nowhere to get. Nothing to be.
- ✓ Ok-ness, freedom to choose, able to be who we want to be, to choose what we want to do.
- ✓ A future with nothing written on it. The past finished, the future waiting ... for us. "Mmm, now what will I choose?"

*This way could be fun!*

We are born. We die. Everything between is filler. We can make it up from "I'm not enough" or we can make it up from "Let's play." Either way is fine. One way just offers more freedom.

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## 34. THIS CAME TO BLESS ME

**M**Y OLDEST SON BRIAN passed away December 17, 2005. He struggled for many years with drug and alcohol use. In the last five years of his life he was diagnosed with psychosis, and then upgraded to schizophrenia in his last year. I tried every avenue I could find to help him, had him hospitalized three times, against his will, and even had him jailed in an effort for an "Intervention". He chose to numb himself with the use of drugs rather than accept the help being offered.

As I seemed to spiral into the pits of depression and frustration (translate that into *fear*) I finally had to realize this was his journey; he was going to live it out, and somehow "This too shall bless me". What a very difficult thing for a mother to do.

As a result, during a particularly episodic day in his life, he committed a severe enough crime that he was caught, arrested and sent for mandatory Mental Health intervention under "lock down". What a gift!! It helped him to get clean, receive the proper medication he required and gave him tools to help deal with the schizophrenia.

When finally he was allowed to come home he was one of the most loving and considerate sons a mother would want. A hug every day. He told me he loved me every day. He got a job working tobacco and fell in love with the physical labor and outdoors. Never mind he was still pretty arrogant about his looks and didn't miss an opportunity to show off his six pack abs and defined arms. He even found a young girl he cared for. But, for all of this, deep down he was deeply saddened with the changes in his life. His old friends, who were many, didn't come around anymore. He was changed and they didn't like to see it. After all, the drugs could have done this to them!! I started to notice some changes and thought, *he must be using again*.

Then one fateful Friday evening, having snuck too many beers but still taking his prescribed medication, he went to bed and passed out. In his sleep he was sick and was far too relaxed to know it. When I went into his room the next day, I found him in the most peaceful state, laying in the fetal position, no signs of a struggle, just the inability of taking the next breath. Official cause of death: "aspiration". Now here is a test: "This too shall bless me!!"

Exactly two weeks after I found him, December 31st, 2005, I awoke at 4:30 am with his voice saying "Ma, Ma - it's me. I know you wondered what time I decided not to come back - this was it. (4:30 am). I had a chance, but I had already been changed and didn't want to live any more differently than I

already had been. I just want you to know how much I love you and thank you for being the only one who truly stuck by me and always gave me a chance. I am so proud of what you are doing now and want you to know that I will do everything in my power from this side to help you get to where you want to be. I will be around a lot and you will know it is me because it will feel like this (my entire body filled with a sensation of warm water gently moving through every cell and an ultimate sense of unconditional love overcame me)." Just as I thought he was through and I was lying there with tears of joy running down my face, he finished by saying "Ma - you should see my new body - I *love* my new body!" That was when I knew it was not a dream and felt so blessed to have had him in my life.

I knew that he had a moment of decision where he could either come back to the physical or keep moving forward in the spiritual. He made that choice at 4:30 am, the exact same time I was awoken.

Spirit works in mysterious ways. I don't think I could have accepted the outcome of Brian's journey without the understanding and connection I have developed with the Spirit world. I am blessed and hope someday to encourage others to find their blessings after heartbreak too.

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## 35. LOVE JOY AND HAPPINESS

**W**HEN WE LOOK AROUND, we wonder why all the great knowledge in this world has not enabled us to create lasting love and happiness. It seems a futile exercise to get caught up in all sorts of endeavors only to find out that we are still unhappy.

These feelings of love, happiness, inner peace, harmony and joy seem so fleeting, almost slippery in nature. They are definitely hard to grasp and even harder to hold onto, let alone keep forever. We all know what love and happiness feel like: sweet, ecstatic, magical, deep and velvety. In fact no word can describe them accurately; when they bloom in their full intensity they feel mesmerizingly out of this world. Maybe that is what it is. If it's not of this world then can it be found in this world?

The everlasting cannot be found in this world, but it can be experienced in this world. Everything that can be found in this world is of a temporary nature; all creation has a beginning and an end. When we attempt to find the permanent in the impermanent we fail. When we rely on the mind to sort out this business of love and happiness we get confused. The mind consists of forever-changing thoughts, influenced by innumerable impressions coming from our inner and outer world.

How could it possibly be a reliable source of wisdom?

We definitely need to look somewhere else. Only when we detach ourselves from mind-created dramas can we experience the sublime state of inner bliss. So how do we get in touch with what we are, unaffected by what we are not?

First, become aware that you are able to observe what you experience. You can obviously watch what others do. Not only that, you are equally able to watch yourself in the same way. You can get angry and be aware at the same time that you are angry, but who is seeing all this?

It is consciousness itself, constant, never changing, solid and always present. Consciousness is our very nature, always clear and pure, without emotions, thoughts and perceptions. It is the witness, the one that cannot be modified or changed. Simply observing what is in this very moment is being beyond the mind. When we, even just for a brief moment become the witness or observer, truly conscious, we experience momentary freedom from thinking and feeling. For most of us, at least at first, it is only a taste of what can be. The mind of course doesn't want this. Well trained to be in charge, the

mind has an immediate reaction to this amazing experience. "Who am I without an opinion or judgment? What will happen if I just accept everything as it is? I will surely lose all control over my life." This pure observing will bring up all the suppressed fears, insecurity and doubt.

Let us look at the nature of the mind. For the mind to make any sense of anything it has to divide everything it perceives into, for example, good or bad, big or small, right or wrong. Therefore it is judgmental, critical and self-righteous. It has the tendency to react to most experiences negatively, as the mind is conditioned throughout our formative years by other critical minds (parents, teachers etc.).

A questioning of the usually negative thoughts is necessary to retrain the brain to think uplifting thoughts. Consulting the heart to make wise decisions and bring compassion into every action will dramatically enhance our quality of life and the lives we touch.

Love and happiness therefore are a matter of consciousness. A clear mind and an open heart work well together in creating a harmonious life. The noisy mind can be stopped by observation and that gives the humble and compassionate heart the opportunity to be noticed, to be heard.

We are all born with wisdom; we just need to be still enough for it to come forth, and then love and happiness is ours forever.

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## 36. GOD'S PERFECT LOVE

**W**ITHIN YOU IS A LIGHT, a brilliant, pure, spark of God's love.  
I know this to be true.

Growing up as a child who only knew pain, suffering and fear I learned to not trust God. How could there be a God, a kind God, who would allow such atrocities? Where was my God when I was raised in a very sophisticated satanic cult; being tortured, raped and sold and witnessing rituals, killings, and sacrifices?

Underneath all the pain, I knew that I needed it to end ... one way or another, all the pain must stop. Killing myself didn't work so I began my healing journey.

I began by allowing the pain to have its voice. I surrendered it all ... it was so much bigger than me. I could do nothing but allow the healing to lead. I let go and allowed the wounds to be lanced by the healing light of love.

After nine years of 24/7 healing, I found what I was looking for ...

I found *me*.

Not the me, the cult members said I was.

Not the me, my family's shame taught me I was.

Not the me, my pain told me I was.

But me.

That radiant spark of God that no man, no group, no one could ever touch. In peeling back the layers of woundedness, I found me. The love and joy and innocence that I had hidden safely away from others' harmful ways. The me, who carries the love and the spark of life's greatest joys. The me, who is free to love unconditionally, unabashedly, unendingly. This me, is who I truly am. It is who God had made me to be. Not who my experiences made, but who my Creator had made. Me. A pure and beloved child of God.

After healing and releasing the layers of illusion, what remained true, unwavering and untouched was the love of God that is within me. That joyous, pure, radiant beam of love that has never denied me, has never abandoned me, has never judged me nor deemed me unworthy.

To be happy and fulfilled, I have found that having a relationship with God is all I need. Why? God is our very breath, our very essence, our all in all. There is no-thing God is not. There is no-one that God is not. There is no animal, no plant, no heartbeat that God is not. You are, I am, we are ... God.

In reality, you are in the process of realizing that you are God. Most importantly, you are in the process of becoming God. It is in knowing God that you will know yourself. In loving God, you will love yourself. In being friends with God, you will have become a friend to yourself. In forgiving God, you will have forgiven yourself. In being in love and joy with God, you will be in love and joy with the world. If you are in the most honest, loving, honoring and intimate relationship with God, you will have truly come home.

This is a very tough world to negotiate and everyone faces challenges. Everyone struggles, questions, longs, and gets disillusioned with what this world has to offer. But God's love is the one constant in this ever-changing world. God knows all our strengths, all our weaknesses, all our goodness, all our challenges. And he loves us deeply.

God is a personal God ... one who understands you, will never judge you, will never ignore you, will never betray your confidence and who asks nothing in return but your love.

God sees your entire life plan and all your previous life journeys and all your future journeys. God knows all your needs before you even know you have a need and only asks that you open your heart even wider and accept all of his Grace.

The beauty of life is that God has already given you everything you need for a joyous, prosperous and fulfilled life ...

It is inside of you.

There is no need to "try" to be ...

For you are a pure and wondrous Child of God.

Kelly Lynn

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## 37. LET NATURE BE YOUR GUIDE

**I**N THIS WORLD of many paths, let nature be your guide. If you are not where you would like to be, how do you change? Let nature be your guide.

In everything from the shell you picked up on the beach to the plant growing in your window, to the forests which breathe life into our world, to the fruit you ate for breakfast, there exists a resonance that can define and order your life, a living example whose gentle motion will softly guide each step.

The natural world urges you to thrive, to love, to grow with vitality and harmony for everything that surrounds you. It moves without fear, unfolding in an endless spiral.

Re-discover your flow and the natural zest by remembering the connection you have with nature. From the smallest, simplest leaf to the whole planet, find beauty and pleasure in nature and feel your heart sing in harmony with her joyous song.

Let go of all the distractions, take a free breath and place your mind on the endless expression of form from the energy in nature. Re-discover your place amongst the whole; remember you always have been and always will be part of something great, a part of the endless creation, and smile as its love fills your total being.

Whenever you feel yourself off centre, out of sync, out of touch with your heart, let nature be your guide. Let your soul connect to the geometric perfection and fractal infinite of our natural world, restoring your exploration of this Divine blueprint.

For freedom and peace, let nature be your guide.

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## 38. SLOUCHING TOWARD INTIMACY

**A**N ORCHID CONFERENCE in Ecuador highlighted for me how many different kinds of lives there are. There are many ways to find happiness and meaning. It's an individual journey, a slouching towards intimacy. Maybe it's the only journey worth setting out on.

As a therapist I recognize that there are lots of ways to do things. There are ways to be married, to be a neighbor, to be a citizen. There isn't one way of doing anything that works for every person. Sometimes we want guidance, but we have to try on advice and see how it works for us.

I have a beautiful hotel room here in Quito but my bed did not have a top sheet, only a comforter, when I checked in. I found I had difficulty sleeping. I requested a sheet the next day.

Years ago, I wouldn't have asked for the sheet. I would have made do. Now I have decided to ask, to take responsibility for my different way of doing things. I have chosen to be myself and let the staff see me as I really am ... as a sheet lover.

I am not an orchid expert. I have chosen to accompany my naturalist husband here. He chooses to live his life differently from me. He gathers information that I don't seek. His journey and mine intersect at points, but they are different.

Part of the challenge of relationships is to accept that our loved ones will take a different journey than we will. They will attend different churches or not attend at all. They will eat different foods, wear different clothes. We will attend the same lecture and have different experiences.

The desire to control our lives and other people's choices is a very human struggle. There is almost nothing which causes more pain. Wanting a relationship that is ending, choosing a job which is out of our reach, needing the admiration of others who don't notice us ... what could be more painful? It's hard to stop pushing, to let go. We feel pain at this loss, but sometimes this pain is followed by relief. A part of us knows we were trying to make something happen that wasn't right for us.

In my twenties I didn't understand this. I didn't know that I couldn't always impose my own will. For me, letting go was not easy.

Spirituality helps us let go. I believe that surrender is attractive only with the faith that things will get better. That feeling of relief is not quite enough to encourage us. Faith helps lead us, as though we step off our true path for a moment and then catch ourselves and step back on.

Acceptance of others improves as we become truer to ourselves. Letting go of what doesn't work, of what isn't right for us is one way of learning about ourselves. My sheet request was a small one, but being authentic in little and big ways matters.

How often each day do we swallow our truths with our families, our employers, our world? What does it serve to pretend we like cream in our coffee when we don't? We need the courage to just be authentic.

When we live an authentic life, we are more willing to accept others the way they really are. We are also less likely to find ourselves in situations that are wrong for us. We feel it earlier and correct it quicker.

Authenticity and control are different. Being completely ourselves is reality. Pretending otherwise doesn't change anything. This is who we are. Control is trying to make things the way we want, not accepting them as they are.

It takes much less energy to be ourselves, to swim with the river. How many of us are fighting the current both by imposing our will and by concealing who we really are? What a relief it will be for us to really let go.

Our journeys continue, both separate and together.

We slouch on.

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## 39. INSTANT HEALING

**I**NSTANT HEALING is an idea whose time is now. It is a growing wave of understanding that suggests you and the source of all life are *one* and you co-create your life together.

Science and spirituality finally agree!

Nearly twenty-five years ago a teacher told me that as humans, each one of us is a directly linked representative of an ever-evolving, ever-expanding consciousness of the Creator. That one suggestion became a guiding force in my mind and heart for the rest of my life's spiritual journey.

Six years later I would find the beautiful healing art of Jin Shin Jyutsu®, from which I would learn that Creator-Creatrix-Source was ever flowing through us and that we could connect with this Source energy for physical healing. This "Infinite Truth" (IT) was true for everyone. Here was the same message from two very different persons saying the same thing: that we are a directly linked part of Creative Intelligence.

Does instant healing mean "instant curing"? No. On one level you are already whole, healthy and free from ailment. There are many names for this level: the Absolute, the Cosmic, God, the Divine Spirit, Eternal Spirit, Source of All Sources, Creator, Creatrix, Creative Intelligence or Pure Consciousness. This is the one constant and it is the Universal manifestation of this one constant that pervades all things.

Source is bigger and more powerful than any possible earthly disturbance - bigger than plutonium, bigger than global warming - yes, bigger and more powerful than any possible earthly disturbance. This is powerful knowledge.

Source is the one constant power we can count on and we can personally connect with through our bodies. Imagine that for a minute. To feel IT pulsing through you as a palpable and interactive force is an awesome thing. You are of the Divine. You have an innate wisdom for interacting with the one constant for healing body and soul. It may be as simple as saying "I choose wholeness now."

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## 40. THE MIRACULOUS REVEALING POWER OF ILLNESS

**F**ROM THE VERY FIRST TIME I started menstruating I was so ill that I thought I was dying. Not having a mother to tell me otherwise, I resigned myself to die gracefully. So it was only when I fainted at school the next month from the intense cramping and pain that I was taken to a doctor's clinic and then rushed to the hospital for an emergency appendectomy.

Only after an intern was doing his rounds and decided to grill me further was the operation cancelled. Later on, to my shock and disbelief I was told that I was not sick. Instead my diagnosis was that I had reached puberty and that all this debilitating pain was due to monthly periods. Such was my welcome to womanhood!

I had been taught at school that this was supposed to be a very beautiful and fulfilling experience, so for years I stayed home for two to three days every month, feeling tremendous shame about not being able to become a woman peacefully and joyfully. Eventually I was told that I had endometriosis.

Somewhere in my teens I gave up eating fish and became a fully fledged vegetarian. This did not seem to make a difference with the excruciating pain every month but I was eating a great deal of dairy (but never drank milk as I hated it) and started bleeding anally. A very wise doctor took me off dairy for 2-3 weeks and then put me back on dairy for 2-3 weeks. He did this several times and every time I resumed eating dairy the bleeding returned. He told me that I can never eat dairy again. So I became a vegan, which was not a very difficult thing to do in Israel as vegan food was in abundance.

Then I moved to France to study at university and ended up with severe bronchitis due to the constant dairy being "slipped" into vegetarian meals. All this time I continued to disappear from the world every month for two to three days, too ashamed to explain why. It was only years later when I began eating only live foods after almost dying from bleeding fibroids that I got the connection between my depleted state and my food intake.

Had I not been so debilitated by the constant, excruciating pain and illness every month, I would never have gained the following wisdom:

## So why have I found healing, with a vegan, live foods diet?

1. Because an animal-based diet has created an industry that contributes to the largest source of human illness, animal torture and Global Warming in the World (see the United Nations FAO Report on Livestock's Long Shadow for the scientific data to back this statement).
2. Because cooking depletes the minerals, vitamins and enzymes needed for nutrition.
3. Because our bodies need foods that are alive in order to keep us alive. Dead foods (as in most cooked foods) cannot be used to create new, live cells. Most cooked foods (unless slowly cooked at low temperatures), result in cell depletion, dehydration and eventually a feeling of lethargy, apathy and depression. Remember how you feel around 2:00-3:00 pm after having eaten a cooked, meat oriented meal!
4. Eating straight from nature leads to a continued connection with the essence of who we are: that is, a product of nature. To disconnect from this basic of all truths is the beginning of misery and the feeling of disconnection so prevalent in our youth and those in prisons.
5. The modern animal based industries routinely imprison and torture our fellow companions on Earth (animals) all in the name of a big, juicy steak or burger.
6. When we practice compassion we live our humanity from the highest part of our very essence.
7. Because our very existence depends on us making conscious choices on a minute-to-minute basis. Whatever action we take immediately invites and attracts another (in kind) action equivalent to and as a result of our action. This is the Law of Karma (also known as the Law of Attraction).
8. Because a raw, vegan diet is sustainable and renews, energizes and balances the human body.
9. Because we are stewards of the Earth and all our fellow travelers depend on us to make compassionate, health filled choices.

Dorit D

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## 41. ANGELS AND HEALING

**T**HERE IS A TIME in everyone's life when you need to stop. There may be issues, a weird feeling or just something that is not understandable. Stop. Ask for help; wait; do something different and then follow your heart.

Yesterday I had such a moment, when everything was a bit crazy, so I stopped. I asked for help. I invited Masters, Archangels and the Creator and Goddess to find a solution.

I went out of the house and I saw a huge cloud - like an Angel's wing. I also had a feeling I needed to sit in the sun and I needed a snack.

There was no sun in my garden so I drove to the mall. I found a shop bathed in sunlight, ordered a snack and sat in the sun while in the shop. I stopped. I could feel the healing from the sun and insights from my Angels coming through.

My snack order was ready and as I got in the car the sun was fading in the car park. I drove through shadows and found a road leading to a lookout.

I reached the top and the giant Angel wing was still there. Behind it was a brilliant setting sun with light radiating and an orange tinge around the base of the wing. I stopped again.

Breathe. Surrender. Be in love. Feel. Relax. Joy. Wonder.

There was peace. There was a reminder of things magnificent in nature. There was a different feeling - one of relaxation and trusting that everything would be ok.

This gift from the Universe was a reminder to ask for help at any time; a reminder that I can shift from situations that I have created.

My trust, the Angels and the Universe had shifted me from where I was about one hour prior to this glorious moment. I am now full of gratitude, back to my true self, my oneness with the all, the Universe and beyond.

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## 42. DIVINE CREATION: INSPIRATIONS FROM MY HEART

### **Lighting Love's Candle**

Incandescent golden white light flows in waves, nourishing the temples of time and peoples of toil. Bring the peace and love of eternal prior remembrance. Soft voices in harmony echo note by note the melody that touches my soul and brings my heart to life.

Reverberating rhythms of shiver explore their path down my left side, my soul side that is the all knowing, and all-loving, all-vibrating energy of being. Twin flames shimmer brightly in love and silver light, blessed with remembering who they were and born of each other, so many eons ago, now come together again, reunited in peaceful knowingness.

Two hearts beating one rhythm. Two brains thinking, one thought flowing. Two souls touching, one unconditional love uniting. Expansion, deep seated trusting in recognition and acknowledgment of the Divine Gift bestowed.

Two pebbles thrown gently to greet the warm crystal clear waters, one ripple embracing both and tenderly caressing them to a journey of discovery, of pure joy, peace and light; of eternal love, of being in one another, yet pulsating, breathing a life of two. Like seeds scattered along a rainbow path where innocent fine green shoots push gently through warm Mother Earth and grow to meander along the same path, coming together yet not overcome by the other. Drinking from each other's cup, yet free within their own glowing cup.

Twin souls birthed from one body emerge as exquisite, pure Divine love, hand in hand, in reunion forever, caressing their sacred contract to their heart. Such is the discovery of absolute and utmost bliss in the knowingness of what is, and always has been, the cycle of forever Divine creativity.

In grace and gratitude for blessings gifted, received and cherished; our total beautiful love of the purest Divine nature of what simply "is".

### **In Nature's Bliss**

In the serenity of softly cascading leaves slowly touching down, the moist soft earth, two birds dart and dive playfully in blissful exchange of song and dance in peace untold.

Golden glowing rays of sun filter through the shadows of bush and trees, warming green fronds of ferns spread like Angel wings, alive and holding

the precious drops of crystal clear nourishment from soft, white velvet clouds above.

And so nature understands the balance and thrives within what "is", in total and unquestionable acceptance of Source's love and Divine touch, like whispers from a delicate golden lace butterfly. In observation and acceptance, how tranquil and effortless it is to open thine heart and simply "be" in all that "is" - the ebb and flow of tide, in and out, the magnitude of Divine nature's gift.

### **Seasons**

In each life, live the seasons of change: the warm summer sun kissing the temples of a loving soul, encouraging one more step closer to the autumn lesson. The burnt ochre and smudged orange colorings of skeletal leaves dance quietly, awaiting new awakenings. Mother Earth invites courageous adventurers to sink into her moist heart, to feel the softness of summer's fallen life, to smell the crisp, fresh scents of change, to connect with new awareness, to be at peace, to relish the joy of harmony and balance in all that "is". Hear the sounds of crackling twigs and birds feathering to warmth.

Every cell in our being comes alive with anticipation and wonderment. We have become *one within*, found the core and essence of our eternal love, and connected with all-encompassing Source, growing lighter and brighter in pure white light, moving closer to the perfect Creator and consciousness.

### **On Thunder**

On thunder, wild and crackling, messages from the heavens touching our hearts, imploring us to hear and listen, as Divine Source is flowing in beauty. The tears of rain weep happiness and joy, bursting smell of fresh renewal, touching every part of nature's being. Trees bend and sway offering no resistance, just ebb and flow, in gratitude for loving energy that surrounds and flows from within.

Birds flutter and dive to find shelter, covering feathers momentarily, then peeking out to lap up the drops of heavenly nectar, to be reborn, renewed, revived and held in awe of the gift of thunder.

Honor the whispers Spirit places in your heart.

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## 43. SIMON SAYS

BE

Simon Dow  
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## 44. ME MANIFEST?

A LOCAL NEWSPAPER promoted a performance which inspired me. The following week a second article prodded my desire to attend, detailing a competition to win tickets.

I immediately felt a sense of excitement and certainty about attending the concert. I could buy the tickets or I could manifest them - this was my chance to "test" the Law of Attraction.

With focused intention on my envelope being sighted as the winning entry; I inscribed the front, impressed my details on the back, affixed the stamp and folded a small flap on one corner, envisioning this very envelope would be plucked out of the other entries.

I posted the envelope with the purpose that I win. I rehearsed in my mind the events as they would unfold: a notification call on Friday afternoon announcing I had won the tickets. I experienced thrill and elation.

I further consciously created and visualized: there were two tickets. I would invite an acquaintance (a distant friend came to mind as the one to accompany me); we would thoroughly enjoy the show, savor a glass of wine at intermission and have lengthy stimulating conversation. I detailed and relived in my mind the night many times over.

Friday came and went and I observed my thoughts about not receiving the phone call, immediately creating a new visual that they would call on Monday. I then put it out of my mind, no attachment to the outcome.

I missed a call on my phone on Monday and when I retrieved it I had indeed won the tickets, the message apologizing for the late notice as the performance was the next night. I contacted my distant friend and she was utterly delighted that I'd thought of her. She had intended to go but circumstance had prevented her from getting tickets.

The performance outshone both our expectations. She suggested a drink of wine at interval and we connected as like-minded friends, recognizing our paths converging and celebrating the Law of Attraction.

Keys to manifesting what you desire:

- ✓ Be crystal clear about what you want; define it in absolute terms.
- ✓ Be certain of your outcome. Do not just wish or hope it will happen but expect it is happening already, everything is lining up to make this a reality for you.

- ✓ Vividly imagine in lucid detail the end result: inject as much emotion and as many sensory details as you possibly can. Feel it. Smell it. Touch it. Taste it. Hear it. See it. Act as if you are merely recalling the experience that has already happened to you. The more detail and emotion the better.
- ✓ Remind yourself often of those sensations and visualize it happening.
- ✓ The "how" is none of your business - focus only on the end result; take a snapshot of what would deem your goal to be a success. Visualize this. How it will come to happen is the Universe's role. Don't feel like you need to plan every step of the way.
- ✓ Have the attitude of no attachment. You desire it to happen and you expect it to happen. But if you need for it to happen, you find yourself in fear of it not happening, as need comes from a place of fear and then in comes doubt which eliminates certainty. The key is to desire but not need the outcome.
- ✓ Feel gratitude for everything in your life right now, that whatever happens is for your ultimate best. The art of allowing whatever "is" already present is a sure fire way to happiness, peace and manifesting what you desire.
- ✓ Feel that you deserve it. Know that you deserve it. There is abundance for all.
- ✓ Be the person who has had the end result. Live like it has already happened.
- ✓ Take inspired action - even if it's as simple as writing out an envelope, answering a phone and making a decision regarding who to bring with you. Take the steps that you are inspired to take towards your goal.
- ✓ Celebrate your wins and revel in your joy: like attracts like and more of your bliss will magnetically flow your way.
- ✓ Play the game and have fun!

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## 45. LIVE LIFE WITH A PASSION

**A**T HIS TRIAL FOR HERESY, the Greek philosopher Socrates said: "The unexamined life is not worth living."

I would wholeheartedly agree and then add my own assertion: the dispassionate life, also, is not worth living. For life as a spiritual Being on planet Earth is no inconsequential or trivial event. It is one of immense challenge and possibility, especially in this modern technological age. To not take advantage of the tremendous rainbow of opportunities before us is to waste precious time.

To quote another great philosopher, John Lennon stated in one of his songs: "You don't take nothing with you but your sooooul ... think!" Think about that! And what is the soul but a collection of the sum total of one's experiences and how we've processed and reacted to them? Not even our body will join us in the afterlife, but our experiences, including our myriad relationships, will be part of us forever. Make that the highest of priorities, even if it means risking difficult experiences and relationships.

If there is one thing that I have learned it is that the light at the end of the tunnel shines brightest within one's own mind and soul first, and then leads us to what we seek. If where you are right now is not where you wish to be, then it is the vision of what you desire, and that alone, which will ultimately guide you along through the darkness. And that experience of the contrasts of light and dark, pleasure and pain, hope and despair is the teacher that gives us strength and wisdom, and gratitude for the sweetness of the light, which otherwise the soul could never know.

The two most important things in life are to have fun and learn something. Sometimes learning something is not so fun. Sometimes life is easy and a lot of fun, but you don't learn or progress very much. And sometimes, you're lucky enough to experience both together. But if you're doing neither then you're definitely wasting valuable time! Stop wasting your time, find your passion and explore the vast, complex world before you, both without and within.

There are infinite possibilities of pursuits in life that will give the chance to interact with and learn from the world. For myself, I've chosen adventure travel as one of the primary ways to have fun, learn, be challenged and engage in endlessly interesting opportunities for relating with others and with myself.

I've been stuck hitchhiking in the middle of the Nevada desert in scorching summer heat; was penniless in Paris and ended up sleeping on a bridge over the River Seine; found myself with a hurt leg in the wilderness only to be rescued by a passing boater. I hitchhiked the length of the United Kingdom; went skinny-dipping in the Arctic Ocean; swam and snorkeled the islands of Thailand and spent three months living in the rainforest of Hawaii. I swam in the sacred Ganges River of India, was filmed in a Bollywood movie, went on camel safari through the desert of Rajasthan and trekked to Annapurna Base Camp, Nepal.

However, the most important aspect of all of these experiences wasn't the outer adventure, be it a positive or negative one. Instead it was the inner experience that resulted from it. Anything in life can be turned into a spiritual quest and anything can be a path of learning simply through the intention of doing so.

Spirituality, ultimately, is about evolving one's soul. This can be done in an ashram, church or mosque, or it can be done working in an office building or on a construction site. It can be done anywhere because it is simply a matter of fusing the visible world around us with the invisible *one within* and beyond us, and recognizing that really they are one and the same. The most important quality to bring to any spiritual path is the simple willingness and intention of changing, evolving, learning and progressing. The unseen, invisible powers - whatever you choose to call them - will do the rest, and bring experiences that will facilitate such evolution.

This is one of the profound, mysterious laws of the Universe summed up simply by a great teacher: "Ask and ye shall receive!"

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## 46. HARNESSING YOUR UNIQUE GIFTS

IT IS A COMMON EVENT to see people striving to be the best at the thing they hold in high esteem and measuring themselves and others against that, be that beauty, success or wealth or just to be the best. Nobody can ever be as good as you at being you. There is only one you and you have unique gifts and a unique purpose that you brought with you into this life. The purpose is not in what you do, but in being who you are. When you are measuring yourself by your own truth and integrity you will uncover those gifts and life will unfurl its splendor for you.

By listening to the messages from your own soul you bypass the learned values and desires to find a true treasure. The treasure is yourself. When you check in with yourself in every moment (E.g., by asking yourself "Do I really want to do that?" or "Does that feel like the right path?"), you will begin to get clearer messages from your soul and find that life flows for you.

Your feelings or senses become a barometer for your life as you learn to listen to yourself and know yourself better. You begin to trust your messages and find that you are always delivered where you need to be and where you are needed. You recognize when you are not on track or not following the guidance of your heart because it doesn't feel right.

When you have a strong emotional or physical reaction, or the feeling is not right, it becomes an alarm to regroup, centre and look at why this situation is occurring - there is reason why you have chosen it - and take the growth from it. By accepting and trusting the experience your response is altered and miraculous solutions appear. Having a clear intention facilitates this growth.

When you are able to listen to your true self in every moment you will bump into the person you needed to or be reminded of someone who is the key to your next step. Our mind may think that we want to go for coffee with our best friend and, after all, this is what we planned and it *is* a beautiful day, but when you check in ... you discover that you really want to sit in your garden and play with your dogs. In doing that, you were home to receive that important phone call. In situations where our beliefs or patterning are strong, we often forget to check in. For example, a food substance may be widely believed to be good for us, such as honey, but when you check in, your body doesn't want it.

With this new-found trust you have in yourself you begin to trust your environment, and your world, as not only do miracles occur regularly but you recognize that you are always where you are meant to be. That job you

dislike alters because you can see the gifts you bring. Where you have felt you needed to do the job exceedingly well you may realize that your presence, your specific vibration even, is enhancing the workplace or project even if you don't do anything except be yourself. It may not be about the work you are doing but instead be about the feeling of safety you create which increases staff happiness and productivity.

When we see ourselves for our gifts and accept our own beauty we are able to accept our flaws as part of the package. Through that process we are able to accept others unconditionally and allow them to unfold their unique gifts that brought them here, without needing to be like them or reject them for their flaws or compete with them.

After experiencing the joy of self-acceptance it is easy to see when we are out of alignment. When we are living in alignment with our soul and life purpose we naturally feel joy and all needs are met as each individual life purpose complements all others.

When all people are living joyously this way, there is true heaven on Earth as all flows perfectly.

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## 47. HOW I FOUND MY TRUE PATH AND YOU CAN TOO

**A**LARGE PERCENTAGE OF YOU would feel like life is just flying by, not enough hours in the day and thinking "Am I following my true path?"

When I hit my forties I thought my life was fulfilled. I hadn't found "my true love" but I had a life filled with the best friends anyone could ever ask for, a loving family, a full social life and my health.

So what came next surprised us both - David and I met and instantly fell in love. We discovered our lives had crossed paths for the past ten years and we knew that obviously now was "our time". What followed was a whirlwind romance; one year, one month and one day later we were married.

Shortly after my forty-first birthday my best friend Mandy, who had been there throughout my adult life, who was the one I chatted to nearly every day (sometimes several times a day) and shared everything with - we motivated and encouraged each other for over twenty years (sometimes this got us into mischief) - lost her battle with cancer.

Never did we think she wouldn't beat it. We used to say "it's a journey that she's on but she will come out a winner." We tried to meditate together - not very successfully - we laughed and we cried together, although rather than crying we tried to look at the bright side of life, at least when in each other's company. Unfortunately God had other plans. As the saying goes, "God always takes the best first". With Mandy's passing and my husband's encouragement I realized it's never too late change your life and live your best life.

Along with grieving for my best friend and with the support of my husband (I now knew why we didn't meet 'til now so David could be my rock through Mandy's passing) came the realization one day at my desk in the "corporate world" that my spiritual side had more to offer the world. So my journey began to find my true path.

I've always been a very spiritual person. I had read many books and knew all I had to do was put it out into the Universe, then *trust* in the Universe, let it go, and before you know it all you need will come to you. It truly is that simple.

As I mentioned earlier, my mind had always been too active to meditate. However, when I realized the power was within me to meditate (possibly with some guidance from my best friend up above) I sat down one day and

found that meditation and channeling came easily, as did communicating with Mandy and the gift of visions. During a meditation I realized my true path was to become a Reiki practitioner.

After establishing myself as a professional Reiki practitioner, and also for my own spiritual growth, I wanted to donate some of my time to community services such as offering free Reiki treatments at my local nursing home (in honor of Nan and Pop) and to the local cancer support group (in honor of Mandy). To be able to offer this I had to collate a comprehensive research pack showing scientific evidence of Reiki's benefits. I now am sharing my gift with others and feeling honored to be able to do so.

My love of crystals led me to not only using them in Reiki treatments, but I've also created a party plan business so I can pass on their powerful vibrational energy to others.

All of you reading this, whether you have someone who writes poetry for you, surprises you daily with their love *or* have your own love for yourself, it's all positive and gives you strength. Everyone can find "their own true path" this lifetime - don't wait for the next, make your changes now to be your true self.

If anyone would like any guidance I would feel honored to share the knowledge I have gained in finding "my true path".

I dedicate this page to my loving, supportive husband David and my best friend Mandy. They have both taught me to "love life" and "live in the present".

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## 48. MASTERY OF THE TOTALITY OF LOVE

LOVE IS CONSIDERED the most powerful force in the universe - more than a powerful force, it is the very fabric of the universe! Love is more than physical or romantic love. Love is the basic energy behind and within all things.

Love can be separated into two equal and opposite forces: Creation - white light, and destruction - dark light. There is always interplay between these two aspects of love; life and death, good and evil. Both dark and white light are love. In their highest form neither is negative or positive - all is love and both energies are required for evolution and expansion. Evolution and expansion require the process of destruction and creation. Uncontrolled growth leads to fragility. Without the ability to destroy what is no longer required there can be no evolution.

The process of destruction and creation can be conceptualized as a change of form rather than absolute death or creation from a new starting point. Destruction in particular is rarely understood, it is more a process of transformation. Often there needs to be a gap, an unseen interval between what is and what will be. Transformation occurs in the womb or void. Very few have the eyes of pure love and acceptance which allows them to see what occurs in the gap or hidden interval.

Because of the process of creation and destruction there is the possibility for love to know itself in its multiplicity of forms. It is true - immature aspects of dark light do not understand the concept of transformation and transmutation, only destruction. It is, however, unjust to call the dark light the personification of destruction; it is the polarity that it now plays on planet Earth. Immature aspects of white and dark light both demand servitude and domination.

One of the greatest lies spread upon this planet is that power and love come from outside of us. Hierarchy, religion, secret societies and racial and sexual conflict are all born from the concept that knowing the right people, being in the right place, being born of male gender or of white skin all bestow a position of power. Or, love comes from being the perfect disciple, mother, father, daughter or son!

Our children grow up with the fear of having love withheld. The belief that love and power is outside of us is truly a heinous lie, a lie that society, religions and much of new age philosophy continually supports. It is such a superb tool of manipulation - a tool for insidious control instilled when we

are so young. It serves all who would control us until we die. All in the name of love of course!

Freedom from the cycle of life will come when Earth souls incorporate both dark and light into themselves. Mastery of the totality of love! When we truly master love then polarity ceases to exist; all becomes one. There are many definitions of enlightenment - the simplest measure is "how much are you able to allow others to be and do as they truly are without your need to control?"

In the meantime, the further either white or dark light moves from its original form, it loses its basic nature and forgets itself. Here on Earth dark light is considered to be the root of all evil. However this level of darkness cannot exist unless the white light has also lowered its frequency. Low level frequency dark light always goes with low level white light frequency, no matter how many complicated mind tricks a soul does to distance and deny this fact. When the white light first came to the planet it was its contempt for dark light which first led to the birth of hatred and fear.

To master the totality of love we must embrace and become all that we are: dark and light. Destruction exists because creation exists. If destruction appears chaotic and meaningless then look to its counterpart in creation. If peace and harmony are what we seek then we must first find them within ourselves.

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## 49. GEOPATHIC STRESS

**G**EOPATHIC STRESS (GS) describes unhealthy Earth energies that are present in all living spaces. Geopathic stress is the imbalance of positive ion fields present in many different forms in a given space. Positive ion fields are depleted in oxygen levels. When life forms are subjected to positive ion fields, cell growth is negatively affected by deprivation of oxygen. This leads to unhealthy cell growth, compromising the body's immune system and causing ailments such as tumors, cancers and leukemia. More subtle effects include brain chemistry imbalances which deplete serotonin and melatonin levels, creating a feeling of mental instability, anxiety and depression.

We need to live in a negative ion balance which maintains healthy oxygen levels, creating healthy cell growth and a healthy state of wellbeing.

**We can categorize the different aspects of GS as follows:**

- ✓ Earth Magnetic Grid Lines.
- ✓ Sources of electromagnetic energy (EMR).
- ✓ Underground flowing water.
- ✓ Sewer and grey water pipes and systems.
- ✓ Fault lines.
- ✓ Wi-Fi fields and beams.
- ✓ Personal and Paranormal imprints and geomagnetic lines.

### **Earth Magnetic Grid Lines**

Earth Magnetic Grid Lines are standing waves of electromagnetic energy emanating upwards from the ground, often referred to as Hartman, Curry, Benker, Cathie and 400 m grids. These vary from around 300 mm (as with the Hartman grid) to as wide as 6 m wide with the 400 m grid.

### **Electromagnetic energy (EMR)**

Electromagnetic energy is a source of dangerous positive ions produced by our electrical systems and appliances. Washing machines, fridges and multi-point power-boards create very strong electromagnetic fields.

EMR is measured in milligauss. Some countries have guidelines to ensure that people are not exposed to readings of a maximum of 4 milligauss, as it is understood that EMR readings above 4 milligauss have been known to cause childhood leukemia and, in adults, various cancers.

### **Underground flowing water, sewer and grey water**

Underground flowing water (water veins) and water flowing through pipes under our living spaces produce dangerous positive ion fields. Water veins resonate at around 13 hertz and create a noxious energy field to around 1500 mm above the ground. Cats love to sit above water veins because the veins are around 2 degrees warmer than the surrounding ground.

Sewer and grey water create a noxious energy field due to the resonant cavity effect of the water and waste travelling within the pipes.

### **Seismic fault lines**

Fault lines create positive ion fields above ground level. Some contain the memories and energies of trauma associated with massacres, as experienced by the Australian Aboriginals in the 19th and early 20th century. Geomancers and Spirit workers are able to clear the noxious energies from fault lines.

### **Wi-Fi fields and beams**

Wireless communications such as mobile phones, wireless internet, local wireless modems, routers and baby monitors create positive ion beams which link from device to device and/or to transmission towers. When these beams penetrate a person they can create a feeling of nausea, mental instability and a greatly compromised immune system.

### **Paranormal interferences**

Imprints from the event of the death of a person and subsequent Spirit Lines create positive ion fields. A death imprint is left on the place of transition after the body has been removed, with a subsequent Spirit line in either the north-south or east-west directions. Should the person who has passed become stuck on the Earth plane as an ethereal Being then that Spirit of the person is bound to the imprint and Spirit line.

When someone spends time over such energy fields the Spirit has an opportunity to "infect" the person's various chakras as an attachment. The "infected" person may show personality traits and ailments of the other Spirit. A trained geomancer or Spirit worker is able to clear the noxious energy imprints and help the ethereal Being's Spirit to a higher plane.

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## 50. SEE THE BEAUTY OF SOMETHING UNNOTICED

### **Find wisdom in silence**

Have you ever stopped to notice how people run around like a stirred up ant's nest? No pattern, just people walking in all directions, talking on phones, talking to one another, rushing from one place to the next, just concentrating on getting to where they need to be in the shortest amount of time. Yet if they stop, their mind still continues - thinking of the next thing they have to do, having conversations with themselves about situations already gone or about to happen.

Take a moment to break free from the routine and begin to "see the beauty of something unnoticed". A new life can unfold before you; a life that can allow you to find yourself in the process (even though you are not really lost).

### **Awakening from the dream**

While walking to work one morning, oblivious to all around me, I was about to walk around an area of footpath under construction. In that instant I saw a small Australian Boab tree and felt an intense emotion run through me. I noticed how incredibly beautiful this little tree was. I wondered how many people had walked passed it, time and time again like I had, and never noticed it. That's when I thought, "See the beauty of something unnoticed". Seeing the beauty of something only requires you to be still for a brief moment ... a pause in your thinking ... taking off your blinkers and looking around you ... just for that one split second.

### **Be still**

I found it hard to be still at first, to bring myself into the present. But the more you do it, the more your body enjoys the freedom to relax. The more your mind welcomes the stillness. The easier it becomes to notice the unnoticed.

### **Spirit**

Spirit is the term I give to the "All That Is". Everything is energy; either moving fast or slow, dense or sparse; we and everything around us is made of energy; nothing else. I call this "Spirit", as some may call it God. Being still allows you to sense Spirit, which some would call "connecting". You are Spirit, nature is Spirit, trees are Spirit. When you "connect" or "sense" Spirit

by being still, you not only connect with everything around you, you connect with yourself. There is nothing else to do, as much as we think there is. All you need is to allow yourself the stillness in which to "be". We are not human beings learning to be spiritual beings; we are spiritual Beings learning to be human beings. The key word here is "being". Human - "being".

**Your external environment is a reflection of your internal environment**

Noticing the beauty of the tree is an outward reflection of my internal environment. The lesson was not only for me to see the beauty of something unnoticed - it was to show me that I am also as beautiful as the tree, because we are one and the same. We are both Spirit, just in different forms. What we believe emanates from us to create our external environment. This allows us to view our internal environment and learn. If we believe the world is a bad place our reality will reflect this. If we believe the world is happy that is what will be reflected back to us.

There is no destination ... there is only the journey. You can only be present in the present moment, so make the most of *the moment* as often as you can. Do what makes your heart sing. Do what really brings you peace. Enjoy the sunlight on your face and breathe in life. Do what brings you into the present moment ... to be still ... and allow yourself to be *one* with Spirit.

How beautiful the world can become when it shines from within.

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## 51. GOOSEBUMPS, SHIVERS AND DREAMS

AS I REFLECT on the decades of my life and the many experiences that have woven that tapestry, I feel so very blessed. Among life's ups and downs there are far more memories filled with joy and excitement.

Of the numerous experiences that have impacted and influenced me, perhaps the most powerful is an awareness of my body's energetic reactions that have become my "self-knowing". Listening to the core of my being has led to a career that gratifies my soul, filling me with passion each day.

As an eight-year-old child, sitting between my parents on my way to boarding in a prestigious convent in London, I somehow knew the education and "perks" were a privilege; however, that didn't lessen the fact that we were parting. I decided that until I saw them again this whole experience would be an adventure. This period was to be the catalyst of coming events in my life.

Boarding school was an unknown, totally foreign, lonely, scary place, a far cry from everything I'd known as secure and safe. It required me to mix and live with strangers, girls from all over the world, learning the rules and regulations while overcoming my inner turmoil and uncertainty. Although most of life was structured, I rapidly realized I controlled my mind and thoughts - my attitude was everything to my survival. Taking responsibility for and accepting the consequences of my actions meant growing up fast. I was no longer a child but not yet an adult.

Within a few months I learned how to adapt to new and unfamiliar circumstances, how to fit in, also when to and when not to speak. It was both exciting and edgy traveling to various parts of England, Scotland, Ireland and overseas to my parents in the Middle East. In some respects it was like a fairytale.

Although I adapted well, always polite yet mischievous, I remained what one might describe as a "passive rebel". I didn't like kneeling on the hard wooden pews in church so manifested bumps on my knees, thereby being let off. Now there's the Law of Creation in action!

I constantly talked, questioned, particularly asking awkward questions in religious studies. My mind was seeking, trying to make sense of things but I was confused and conflicted; questions were never answered to my satisfaction. In recognition for my trouble many lines were written and consequently I become adept at writing with two pens - double the lines in half the time!

Despite this I loved the energy of the chapel, especially the vibration of the singing that really touched my emotional/spiritual heart. Going on retreats gave me the time to explore my inner self, indulging my wild imagination that birthed goose-bumps and shivers, identified now as my energy guide, over time learning their language. I'm sure you've experienced shivers and goose-bumps when the vibration of a statement aligns with your very core, when music moves you to tears or the hairs on your arm stand up. Well, the shivers and goose-bumps became my yardstick to relate the outcome of events, to attain and succeed at interviews, to recognize forewarnings, and when to keep my own council - a valuable sensitive ally allowing many discerning insights and perceptions.

I cannot remember a time when I did not dream. Every night I would go to sleep knowing that I would enter my inner world. I dreamed in verse and volume, often interpreting their meaning in the moments before waking. This was a great comfort, a connection to the Universe - like a child's connection to magical possibilities. Goose-bumps, shivers and dreams became a wonderful insight.

Of the countless self-discovery lessons these stand out as important:

- ✓ Know and love yourself - your attitude will determine the quality of your experiences. Your imagination and thoughts form the foundation - your control - change them any time.
- ✓ Discover your values. Know your boundaries and honor them.
- ✓ Let those you love know, feel and experience their importance in your life.

These impressionable years were a journey rich in self-knowledge that would become a core of unwavering strength, determination and commitment as years unfolded.

Life is an adventure - may your journey be filled with wonder, weaving your tapestry in your universe.

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## 52. CRYSTALS AS FRIENDS, NOT TOOLS

I HAVE MORE OF A FRIENDSHIP with my mineral collection than most people I know. I am frequently inspired to pat, pet, nuzzle and even kiss them. Rubbing a treasured crystal against my cheek when we first meet has become like an embrace of a long lost friend.

To me, all crystals have a personality (even if that is no personality)! They are truly like people ... sentient beings ... and not because I like to imagine them to be. You know how you may have pretended that your favorite doll was a person; you moved her as if she were walking, spoke for her as if she were talking, but you really didn't believe she was actually "alive". You were the puppet master and she as an inanimate object was only "given life" when you held her and directed her motions and imaginary thoughts.

In contrast, I believe crystals truly do have life - emotions/vibrations of emotion, personalities and even stories. Perhaps not life as we traditionally define it, with breath and movement, but life none-the-less. People may have a certain affection for their crystals and value them as precious objects, but they are not merely inanimate healing tools or the holder of messages from the past.

I feel we are drawn to certain crystals and we learn from them as we would learn from our human teachers or friends. Just like people, they may have calming qualities or protective and supportive qualities. Some may have smart "library" type personalities without a lot of emotion ("Just the facts, Jack!") and some may be light-hearted companions there to interject humor, joy and calm into our lives. Others might bring us extraordinary healing on a level we cannot find in other ways.

I have had many crystal friends which have seen me through treatment for cancer; some as healers to relieve nausea, others just as companions to be with me through difficult and painful procedures. After the treatments were over, resulting nerve damage caused extreme unbearable pain in my feet and body, which even morphine could not relieve. The pain was so intense, I was absolutely without hope and suicidal.

Turning inward, I stopped all my pain meds and began wading in the lake by the house my mom and I were renting at the time. The locals told us that there was quartz all through the lake and that it had amazing healing properties. I began to find a quiet peace there and my pain lessened to the point that I even began drawing and painting again.

Since then, Spirit and circumstance has led us back to Arkansas where my re-learning about and reuniting with crystals has blossomed. I am finding this experience with the crystal to be both magical and miraculous.

Here is something of which I try to be mindful: all of my crystal friends - which I enjoy, spend time with and cherish for their beauty and their many different abilities - have been on this Earth for millennia and will remain on this Earth long after I am gone. Many times, I think we make the mistake of putting our crystals and other friends from the mineral kingdom to use, without considering the fact that they are Beings with a history infinitely longer than ours, with experience and knowledge to match ... and share.

In summary, the wisdom I wish to impart is simple.

Consider your crystal as a sentient Being; a wise and trusted friend; someone to get to know, respect and honor as you would a loved-one or precious teacher. Take a moment to thank it, for its life-long service to you and indeed, all of humankind. Value your crystal as a friend, not just as a tool.

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## 53. TRADE SECRETS AND HANDY HINTS

When asked to write a page of wisdom, I never thought it'd be so hard to narrow it down so everybody could benefit from something in some way positive. So I have chosen to pass on the following information which I believe can benefit the wellbeing of you and yours, by giving you an advantage point in this fast-paced life we live today.

Sometimes it's the little things in life, such as a few kind words from friends or even a stranger that actually help you, more than you realize at the time.

I am very much a down to earth type of person and a big believer in going back to basics. As a friend, mother and parent I encourage you to follow your heart, dreams and goals, to ignite the fire within your true self as to what you feel you want in life. Love and happiness go hand in hand when you're doing something you're passionate about.

You need to be aware of your gut feelings - they are trying to tell you something, so listen. Awareness is the major key to survival and a prosperous, abundant life. Your inner feelings, inner knowing and intuition are your own personal best tool/weapon and major asset you can truly possess in life. It is one of the most single important things as a parent that I constantly drum into my kids' heads. (e.g.: If it doesn't feel right, it's because it's not, so don't do it.)

Reflexology is a wonderful tool. I have taught my children the basics for a headache. Too often we as a society are quick to grab a paracetamol tablet (Aspirin) or two to fix a headache (unlike my mum, who couldn't take oral medication at all). I have taught this one to my children as they may be put in a position where they are on a school camp, having a sleepover or don't have access to pain relief. I call it their own personal built-in secret weapon, which is also known as "knowledge". It is a good kick start to life, especially at such an early age; knowledge of this sort can only better your life.

I have a great passion for crystals. Crystals are truly amazing treasures from Mother Earth herself. My voice box gets quite a work out during the course of a month with my children who manage to spread themselves around the countryside. "Fair dinkum!" (Australian slang to express surprise), I'm sure your voice goes up a few decibels when you live in the bush. So I like to indulge in a Blue-Lace Agate elixir and then wash it down with a whole lotta loving - Rose Quartz. It's good stuff! Crystals possess an amazing quantity of healing properties and are quite powerful. You need to

know how to use them properly, though, as some can be quite toxic, so check first.

Ok and lucky last ... this has absolutely nothing to do with anything, but seriously, how many times have you had the hiccups? Yeah, me too! So, I'm going to tell you the best kept secret of how to get rid of these horrid, noisy, painful, annoying and ruin-a-good-night-out little buggers. And *no*, you don't have to skull red cordial, drink upside down or hold your breath till you nearly pass out. You ready for it? Ok, you need a glass of water and a straw. Put your fingers in your ears as tight and as comfortable as you can, then drink all the water from the straw without taking a breath. Voilà! All gone! (If they're not gone it's because you took a breath!) This really works.

So, I hope that something resonated within you and I have helped in some small way. All of our learning experiences form part of the journey. I think it's a great concept to share our experiences, knowledge and wisdom with others. In this way we just may have helped someone's life change for the better or at the very least given them food for thought.

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## 54. LIVING THE LIGHT, DISCOVERING TRUTH AND LIVING IN SPIRIT

I'VE WRITTEN ELSEWHERE THAT "What we need to understand is that there will be unity on this planet when we realize that we are *all one*, all part of the whole, just as white light - the one pure light - is made up of many different colors. When we are prepared to truly reveal ourselves to another, to risk being known to ourselves and to others, all barriers will fall, and unity will be possible."

My deepest desire is that all people everywhere learn to live in love for one another and let their light shine.

Up until recently my deepest fear was to "let my light shine". It was my light, not my darkness that most frightened me. By revealing who I really was I risked being misunderstood, rejected, socially isolated. Fear presided, not in a scary, obvious way, but in a subtle, holding-myself-back-from-really-being-myself kind of way. Hiding our light under a bushel is a de-energizing, and a suppressive and draining way to live ... while making the decision to reveal ourselves releases passion, enthusiasm and healing energy, giving others permission to shine too.

So, what helped me to discover my inner light and clear the blocks to its expression? I walked on the path of self-discovery a little way each day and gradually peeled away the layers of scar tissue that I had allowed to conceal that light.

It began with a spirit of willingness - willingness to let go of my past and to embrace the future. Ultimately it was all about my willingness to surrender to God/Source and to trust my higher self, allowing the energy of grace to move and work through me. When I get stuck I remind myself to utter these words: "Not my will but Yours". What is true for me is that there is an amazing source of energy available to us when we are aligned with the Highest Good.

In simple terms, it is about allowing the light of pure potential to shine through us - removing the blocks to the expression of that light. Often those blocks are related to fear issues such as security, or what others will think, and we allow those rational, ego-based issues to prevent our light from shining. I encourage you to step into the light and express that which has been glowing like an ember in the heart. We need to *get clear* and become a channel for the light to work through us.

One of the most significant tools that has helped me to do that is the Rebirthing process. I believe that what Rebirthing achieves for the "rebirthee" is more profound, complete, and spiritually transforming than any other technique I have been exposed to. Rebirthing has helped me physically, emotionally, mentally and spiritually to:

- ✓ Experience an increased sense of wellbeing and wholeness, energizing my physical system with a sense of wellbeing which permeates my every cell.
- ✓ Clear the past, letting go of belief systems which no longer served me in my daily life and relationships.
- ✓ Identify my fears and face them by moving beyond them towards my potential.
- ✓ Gain clarity about my spiritual purpose and direction - where I was heading with this life and receiving guidance about my "next step" - which has led to feelings of peace and tranquility.

Re-discover the courage to let your light shine - whatever that means for you ... to experience the freedom, joy and energy that living life with clarity, purpose and "light-ness" brings!

### **How?**

1. Find out what's blocking your expression of the light and heal it ... do the work.
2. Breathe ... and connect with your Spirit.
3. Trust your self ... follow your "in-tuition"... your "teacher within".
4. Surrender your personal will to Divine will ... listen for the Divine nudges about what you're here to do ... your purpose.
5. Be inspired into action ... allow Spirit to provide the energy.
6. Express gratitude ... for your life ... offer it to the Universe in every thought, word and action today and every day ... "how can I be of service today?"

This is what it means to shine as a light in the world ... living the light brings joy and peace!

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## 55. THE LAW OF CREATIVE SOLUTIONS

**C**REATIVE SOLUTIONS ABOUND! Have you ever had the impression that there was an absolute solution to every problem - maybe even more than one, but you just could not see it in that moment? Have you ever imagined that if you were only enlightened enough, or had a greater perspective on a situation, the solution would be obvious?

There is always a creative solution to every problem. It is an immutable law, as is gravity or the Law of Attraction. Believing this truth is an important first step because it allows a softening into your mind to unravel the grip of confusion on the thinking process. You can step back from trying to figure something out and begin to allow the energy of the Universe to flow through you, helping you to lighten up. This is very important because, when you allow this flow of energy, channels begin to open in your mind, bringing immeasurable relief as you lighten your mental grip on concern or worry. You are offering the problem to an Infinite Presence to solve and a creative solution always prevails in this Divine Mind.

If it helps to personalize, you can call on the Angel of Creative Solutions. Every relationship, every project, every business, has an Angelic energy that works through it, helping to bring fruition to what is intended. As is the way with Angels, this Angel loves to be asked for help and assists the intended outcome to be manifested. When a situation is released to this loving presence with the highest good intended for all concerned, a powerful Universal energy goes into operation. All sorts of creative solutions begin to be revealed. People and activities come to the forefront and assist the work to be accomplished in ways you had not imagined. Your intuition becomes stronger and suddenly you know who to talk to and what to say. It may feel like magic when you allow the Divine Presence to assist your life to unfold in beautiful ways, yet it is the natural way of being.

If you enjoy visualization processes, here is a fun practice to help you use the Law of Creative Solutions more easily. It has long been an established meditation tool to create in your mind a lovely temple space to go to when you want to feel more peaceful. This beautiful space can be decorated any way you choose. It can even be in the heart of a natural setting, like a forest or a waterfall if that brings you a sense of harmony.

As you visualize this beautiful temple call on the Angel of Creative Solutions and allow this light Being to take a seat in your temple. Offer your special situation to this Angel and ask that a creative solution be found that is in your highest good, one that would provide a happy ending for you. Now

release it from your mind to this creative source and allow the answer to be provided. Do your best not to doubt the outcome. When you second-guess yourself it pulls the energy from the temple. Instead, whenever fear raises its ugly head, call on the power of Divine light to fill your mind and heart and ask the Angel for the grace to trust in the benevolent outcomes that result from creative solutions. This is a gift that will ease your mind and add some magic to your daily world.

The joy of the Law of Creative Solutions is that it is applicable in all situations. Creation of a new way to handle an old problem in life, a miraculous outpouring of Divine love into an overwhelming event, and a new idea that leads you to a better life - all these are examples of creative solutions. Joining with others to pray for creative solutions to environmental problems, conflicts around the world and our economic situation bolsters everyone's faith and sends a flow of energy that blesses the planet. No matter what the question, a creative solution is the answer. Allow the assistance of the Angels to come and ease the way, and above all, know at the deepest sources of your being that creative solutions abound.

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## 56. CHILDREN ARE OUR FUTURE

**T**HE EFFECTS OF AUTO SUGGESTION stay with our children for life! Understanding the formation, acceptance and implementation of beliefs is one of the most important things for parents to become aware of to appreciate the role of the subconscious mind and how children develop their belief structures.

The subconscious is similar to a computer. It records all incidents which the mind, at the conscious level, becomes involved in. If we understand the mechanism of the human mind we can take charge of our lives because the real controller or director of it is consciousness. The subconscious doesn't know, of itself, what reality is and what is believed as reality. Fantasy and imagination, once totally absorbed into consciousness, can enter the subconscious as an actual event taking place externally. The subconscious does not induce information for itself so we need new, positive and correct ideas to replace the accepted old, negative ideas. Similarly the subconscious does not distinguish between what is real or imagined.

From the moment your newborn baby's brain begins to operate, suggestion occurs. It has an impeccable memory, remembering whatever it has been led to believe and never forgetting! In adults, the information presented to the brain goes through a process of conscious and subconscious acceptance; however children don't have a developed conscious, critical, analytical logic.

The relationship between the conscious and subconscious is not fully understood. We are the owners of this instrument and are entitled to know how it works. We must learn how this mind energy is distributed between the subconscious and the conscious if we are to assist our children.

The central issue that we need to concentrate on is the acceptance of positive suggestions without conscious critical analysis and rejection. Children are subjected to auto suggestions both positive and, unfortunately more often than not, negative suggestions from the moment of, if not before, birth.

Children are our future and as parents we need to recognize this with a sense of urgency. If we are to take care of our children's future we need to take care of the "now". Remember it's not what we leave to our children that matters, it's what we leave within their minds. All parents have the responsibility to ensure and to help children to develop emotional resilience - the mind's firewall - which protects against negative suggestion similar to a

computer firewall which protects it from outside interferences, viruses and damage.

This ethical safe process endorsed by professionals helps children develop a positive and confident self image. The following process may assist to appreciate the importance of suggestions. It's called the "Top Hat" process which allows parents to assist their children while they sleep but at the same time not interfering with the normal sleeping cycle.

While asleep, the conscious mind rests, but the subconscious always has a level of awareness, e.g. the RAS or antenna.

The conscious mind is told "Stay Asleep" by communicating with the child's subconscious via the antenna. For this process to be effective, it is imperative to engage the correct brainwave frequency of your sleeping child. In other words, take off the "Top Hat" - the conscious mind. The "Top Hat" process enables parents to talk directly to the subconscious without interference from the conscious mind.

Suggested phrases have been researched and proven over thirty-five years to be effective in reinforcing unconditional love and self-esteem and, when presented to the subconscious in this manner, will be accepted, without conscious critical analysis and rejection. They sit next to the previously accepted but negative beliefs in the subconscious. On the completion of this process, the child is returned to normal sleep, i.e. "Put the Top Hat back on."

Over time repeated positive phrases dominate and defuse previously accepted negative beliefs, leaving your child with positive suggestions, creating a confident self image. Not only have you defused or replaced the negative emotions or issues, but you have presented in place a solid foundation of self belief and confidence with the belief of unconditional love. Another major advantage is a sense of empowerment for parents and the development of positive communications between parent and child.

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## 57. INSPIRED WITHIN, LET YOUR JOURNEY BEGIN

I USED TO PLAY TENNIS three times a week and I was feeling happy and everything was running smoothly. My life was very content.

Then I literally stumbled into my authentic life while playing tennis. I was trying to make a play and felt myself going down. I didn't feel too much pain. "Get up" I said to myself, "you need to finish the tennis match." I watched my ankle turn into a balloon and I knew the game was over. Eight months later I was still limping and had added a severe back injury to the equation (ouch). I was at a very low period in my life and I kept asking myself how I had gotten into this mess.

Do you believe in destiny?

Little did I know that I had stumbled into mine. While trying to figure a way out of my pain I met a wonderful woman named Lea who opened a door that helped me realize my pain was not who I was. I have a spirit that is alive and well that will enable and help me through the challenges in my life.

I began to feel my energy shifting; I found a place within to rejuvenate my spirit and inner strength to deal with my situation.

I started practicing mindful meditation. One of my mindful meditations was simply walking through a peaceful forest. My mind would fill with wondrous visual images. I couldn't get home fast enough to write them down. I felt as if there was a purpose and a sense to all that had happened to me. It became perfectly clear that my pain had been necessary and it would be a means toward helping others.

I believe that we all have gifts. Our challenges in life are really opportunities to grow. Be the best you can be; discover your inner strengths!

Meditation is a great way to enhance your life.

## **Benefits of Meditation**

By finding inner peace within, you can overcome stress, anxiety and depression and find a sense of purpose in your life.

- ✓ We are so externalized that many of us base our self-esteem on materialistic things only. Unfortunately, each and every one of us has a wonderful creative purpose in life; it's just that we haven't stopped to listen to what this is.
- ✓ To find awareness and spiritual guidance you need to quiet your mind and listen to your inner voice.
- ✓ When you start to meditate, you will first begin to notice subtle differences. Most people have no idea that they are so stressed out and unattached from the world around them. You may notice a tree that has been in your backyard for years and you have never appreciated its beauty. Your surroundings seem to come alive when you have a higher sense of appreciation.
- ✓ You will slowly start to connect with your soul's purpose and find that you have unbelievable creative thoughts, ideas and passions you never thought existed.
- ✓ It's natural to become more spiritual and feel a sense of peace and purpose in your life. You will feel joy when you are involved in acts of kindness and you will find that things in your life will start running more smoothly as your energies start shifting into a more positive state.
- ✓ Being positive and passionate is how we were meant to live our lives. If you're feeling empty, inadequate or restless, then this is your soul purpose trying to reach out to you.

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## 58. TAKE TIME TO LOOK INSIDE

**A**T TIMES OF GREAT DISTRESS, sorrow, stress, but also at times of great elation, happiness and comfort, we often forget to check our inner feelings and are therefore prone to make great mistakes in our lives. It is always important to look inside and to act on what you find.

When we are unhappy with our job, our partner, our children, or when we are experiencing loss, grief or sadness, we can sometimes wallow in the purely physical feeling of that and not pay attention to what may be learned about how our soul feels.

It is important to take time out and really explore what these experiences are doing to our soul. While it may be difficult in times of great distress to discipline ourselves to stop and meditate on our inner feelings, to not do so is to perhaps forego some of the really important lessons we can learn through these experiences.

Equally, it is important to examine our feelings when we are happy and elated. This can seem a strange thing to do because as the old adage goes, "If it ain't broke, don't fix it" ... but sometimes our happiness can mask inner knowing that we are better off bringing to a conscious level.

We may be at the start of a great, exciting new love affair (what love affair is not exciting or great when it's new?) or have just started a new job which finally feeds our self-esteem, or perhaps have found a new home or location where we feel at peace.

In this state we are perhaps happy, excited, aroused and stimulated, but just as easily as negative states these happy and optimistic states can also mask our inner knowledge, and, being so immersed in the physical feeling of being in love or at peace and its impact on our physical being, we never question whether it is right for us.

An example would be a new love affair. When we fall in love, chemical processes ... very *physical* things ... happen within our bodies that are designed to disarm our logic and our inner connectivity. We feel endorsed, validated and alive. These feelings can blind us to the wisdom of the new relationship. Our partner's actions all become forgivable, even if they perpetrate great wrongs against us during this time. When the initial romantic blush of the new romance wears off, we may be surprised to find ourselves with a partner who doesn't match our needs at all, or vice versa.

What we must do every day is meditate on our daily lives and test our happiness or unhappiness by connecting with our inner lives on both a kinesthetic and practical level. This will allow us to see great mysteries such

as whether our happiness is well-founded or whether we are the cause of our unhappiness by our daily actions.

Carve out some quiet time every day to confront yourself. Music, candles, incense, crystals and a focusing device such as a drawing, painting or crystal ball may help you do this, but in truth, all you need is a comfortable space and an uninterrupted 30-60 minutes to focus on your daily life and delve deeply into your soul to find the answers.

If you are able to do this every few days, once you are in a peaceful, reflective state, start by reviewing each day's events, just on a practical, physical plane. Has anything happened that has, even momentarily, occurred to you as being significant? Has anything not quite gelled? Trust your inner knowing to direct you to incidents that need further reflection.

Examine your true, inner feelings towards such incidents and try to glean any learning that will undoubtedly be hidden within. In this way you will not be deceived by your physical sensations nor by your social expectations and will discover your true feelings on every aspect of your life.

Having discovered your own true feelings, you will then need to act which can be even harder. If you find something that seems to be one way, but your meditations have shown it to be another, you must act to fix it immediately - trust your meditation sessions; they will contact the "unknowable" and bring issues to light.

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## 59. WE CAN CHANGE THE WORLD

**I**F I WERE GIVEN THE POWER to cure one illness that haunts mankind, I would pass up cancer, breeze by AIDS, and overlook heart disease because curing the malady I have in mind might help cure the others as a side effect. The cure I would seek would be the cure for criticism.

No disease shrivels up the souls of innocent children, destroys the family unit, damages the business place, incapacitates government or produces stress like criticism. The terrible three (criticism, judgment and complaint) do more to dishearten the spirit and create misery, pain, and sorrow than anything else I have ever encountered. Their use is so commonplace that, in many cases, we don't even take note when words of criticism are being voiced. Sitcoms find their success in "put downs" while millions watch and laugh. We need to create an awareness of the damage done by blame, censure, ridicule, judgment, complaint, condemnation and criticism.

The main objection to this is that criticism is needed to make corrections. If your comments do not ridicule, blame, shame, attack or demean someone, you are not criticizing. I am certain most of us know the difference between being helped and being invalidated.

When we criticize, faces drop and spirits sink. The criticizer announces his own loveless soul when browbeating someone. Criticism teaches children that they are inadequate or unlovable. Blame stops progress in the business environment and undermines every goal. Condemnation and censure perpetuate racism and warlike thinking. What happens to your creativity when you are under fire?

**Here is how to change the world starting today:**

- ✓ Lavish appreciation and encouragement on everyone.
- ✓ Teach gratitude and healthy values by being grateful and joyful.
- ✓ Assist those who are making mistakes.
- ✓ Give encouragement.
- ✓ Be kind.

Can you imagine a world where we all behave as if we really want harmony? As always, the choice is yours. You can now clearly see:

There really is something we can do to change the world!

And what about ourselves? What interests most people if they are beyond survival mode is "How do I secure wealth?" Many have seen or read *The Secret* and tried out the tools but most gave up when they didn't get what they wanted right away. I ask you, why is it that most lottery winners are broke or bankrupt in a relatively short time? The answer is: people who haven't created a consciousness of wealth cannot hold onto it. What we don't earn through consciousness, we lose. This is what needs to be cleared up for many: a consciousness of fear or greed is not a consciousness that builds wealth ... or anything else worthwhile.

Money alone is not the answer. May I remind us all of Elvis Presley, Marilyn Monroe and Judy Garland, three of the richest, most adored and powerful beings ever to grace screen and stage? They all died sad and lonely. Please take the time to consider the implications. If they couldn't find happiness with all they had, what are we to do?

The lesson that *must* be brought to the people is this: there is a price for everything you want. You can have wealth, but you must first create a mental equivalent, frequency or consciousness if you want to manifest it. Dedication is the key to building a rich consciousness; not just monetary riches but the riches of joyful relationships, health, loving and sharing. That is what wealth and abundance are all about. They require beneficial interaction.

Some viewers got the impression that having money is the cure for everything. Tell that to millions of lonely and/or disillusioned millionaires.

The real secret is consciousness.

It has been said: "You can't be grateful and unhappy" at the same time. Being wealthy, like being enlightened, simply means you realize what is valuable and what is worthless; it means you choose freely, without regret, letting go of what would enslave you and accepting reality in the *here and now*, peacefully, joyfully and gratefully. No one finds life or wealth to be satisfying unless they first master the principle of gratitude.

Without gratitude we are poor. End of story!

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## 60. SOUL TRANSFORMATION

THE SOUL, SPIRIT, OR HIGHER SELF all point in the same direction. They all hold the truth of who you really are. To transform is to change into another awareness. By tapping into and releasing blockages within one's soul journey you are constantly transforming yourself into a higher being, a higher state of awareness than what you once were. We need to understand that we are meant to change, shift, grow and evolve. We are not a stagnant race of beings. We are not designed that way. At some time throughout our life we need help from other light-workers to show us how to release and shift fears and blockages that have built up within our energy field. Don't get stuck within your own reality.

What is reality? What is real? The Chinese philosopher Master Zhuang once stated, "I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly, dreaming I am a man", and it started my own quest to find the truth behind these words. Am I a butterfly dreaming that I am a man or am I a man dreaming that I am a butterfly? Everyone upon this planet Earth is searching for a truth, whether it is their own or someone else's. Truth becomes their reality. I have found through my searching that truth shows itself when I have surrendered and let go of all controlling outcomes and forced information. By surrendering all aspirations to the Source then you are living reality. To be real is to be true, whether you are the butterfly or the man.

I have been a spiritual teacher for over fifteen years and at times have strived to control a particular outcome. We may still get to where we are going but we carry the chains along the way. By letting go of all the attachments we can enjoy the ride without all the restrictions. Your reality is going to change as you change. What is real to you today may not be real to you tomorrow. You have grown and evolved and continue to do so every moment, so why try to control anything? Once you have gained control you have moved past the moment and lost the truth. Just for today, transform your soul and live your truth.

Truth. What is it? For eons we have searched for truth, knowing that there is something more that we need to add to our own existing truth. Truth is

expandable; it never stays the same, only moves from perception to perception. Truth is an individual experience. We embrace our own truth and expand when we are ready to expand.

To expand means to broaden our horizons. There are many philosophers, teachers, leaders and gurus who walk our planet today. They all hold a truth and all know and understand that they need to expand their truth when the timing is right. We are so lucky to live in a world that has no limitations, no boundaries - these are obstacles that we as a human race place upon ourselves. Be the warrior, be the Goddess and shake those shackles free and allow your light to shine. Big, bright and shining for we lead by example and not by force.

In order for us to get our message out there, we first need to find the stillness within. Our planet is suffering because of our mistakes; let us learn from them and allow our planet to flourish. Some people will say "How can I make a difference?" Well, you don't need to yell loudly or protest or go on hunger strikes to prove a point. All you need to do is find the love within, find the empathy, compassion, truth and understanding within your own self. If you continuously send out love, then love will reside. If your thoughts are always on the negative that is happening around you then the negative will reside.

Send out prayers, loving thoughts and happiness - eventually the world will catch on. Remember the 100<sup>th</sup> monkey syndrome? It is our thoughts that are carried through on vibrational frequencies that move around this planet, not our actions. Thoughts emit a frequency that travels through on vibrational wavelengths. This is a powerful way in which we can use this to our best advantage. Every time we have a negative thought, then we know that is being sent out there into a dimensional field that will manifest back to us in some form.

In order to have love, we must be love. In order to have peace, we must be peace. In order to have light, we must be light.

We can make a difference.

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## 61. LIVE LIFE IN THE NOW

ONE DAY AT WORK a colleague approached me and told me about a wonderful lady who was doing healing in our building. I was very fascinated by healing, Angels and all that is spiritual.

I made an appointment to see her and it was one of the best days of my life as I started on a wonderful path. Every week I would see the healer for just fifteen minutes; I would feel amazing, like nothing could ever bother me, a feeling of love surrounded me.

So I started thinking about my own journey and what I wanted to do, and what impact I wanted to have in this life. I wanted to be the best person I could be as I love to help people.

My journey started - I was reading lots of books and undergoing a number of courses; I am now on the path that I want to be on: the search for spiritual freedom.

I have learned a lot and I am so grateful to know that life is all about love and not about living in the past or living in the future, but living *in the now*, because that's all we can be sure of.

I now accept when life has not gone the way that I expect and I say to myself, "So what have I learned from this experience?" There is always a lesson with every experience, even though at times learning the lesson can be a challenge.

If life is not what you expected then live *in the now* and give gratitude for what you do have; too often we worry about what we believe we should have and do not take the time to see what is right in front of us - most importantly, stay positive. Live every day like it was your last without regrets.

We are not responsible for what others do or say, however we can be responsible for ourselves.

The passing of my mother-in-law has taught me a lot - she is my inspiration in a lot of ways. After her passing, I saw a brown dove for many weeks outside my kitchen window. I would look out while doing the dishes and see the dove; my eyes would fill with tears of joy.

My sons are aged twenty-one and eighteen and on their birthdays I saw the dove sitting in the front yard. I could just imagine the message the proud grandmother wanted to relay.

I often see my mother-in-law in my dreams and I get lots of hugs and kisses. One evening I was taking photos in the lounge room as I was trying out my new camera on my mobile phone. The lamp was on so there was little

lighting, and when I looked at the image I was amazed but not surprised to see an image of a small figure over me - the skeleton arm around my body and the face cheek to cheek with mine. I just knew this was my mother-in-law and I felt so happy. I asked my healer if she could look at the image and she also said that it was my mother-in-law. This photo is still on my mobile phone.

My mother-in-law and I got on well, but I feel it could have been great. I ensure that I let people I care for know exactly how I feel and show them how I feel; just a simple "I love you" or a hug can light up another person's face.

Live life with love and without regrets. Life is a journey and we are all passengers here to learn the real meaning of life; believe me it is not something that can be bought with money or possessions.

I feel that I am lucky to have learned so much about life and love. I am still learning and will keep on learning.

Make time for yourself and do what you really love and have a passion for - believe me I have never looked back as I love the new me.

If you love yourself then you can love everyone else.

*Author's note:* You can view the photo of my mother-in-law at my New Age Directories profile: <http://www.newagedirectories.com/profiles/103373>

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## 62. ENLIGHTENMENT: A MODERN UNDERSTANDING OF GOD'S THOUGHTS

**E**NLIGHTENMENT IS THE ULTIMATE state of grace - a state whereby you come to understand what "it" is all about. You know your purpose and why the Universe is the way it is. Albert Einstein probably said it best: "I want to know God's thoughts. All the rest are details."

Many religions discuss enlightenment. Some try to teach you how to reach it, usually through great deprivation and rejection of normal pleasures. Many travel strange paths. Most never come near it. Most remain locked in their memories, filled with anxiety, anger, self doubt and delusion. Yet it is interesting to find that many who reach such a state, return to normal life after it, albeit with a different view of priorities, a different perception of their environment and the people around them. Now a new understanding of the mind, its associations with its environment, and its connection to other minds at all levels, has opened the door to a new way of experiencing this state of grace. There is a way forward without the mystery and pain that has surrounded the concept of enlightenment since before the time of Buddha.

The story of Buddha's struggle and deprivation to reach enlightenment became the basis of many paths. As we meditate and search for the answers to the Universe the dogma surrounding the religion or practice frequently gets in the road of true understanding.

Yet the simplicity of the state of enlightenment defies the dogma that has surrounded it with mystery. Enlightenment can only exist in this moment in time. It can only be experienced when your mind is totally absorbed in this moment - now.

There is a reason that the state of grace is so evasive. Most of us live in the past. This is normal because our unconscious mind provides knowledge and emotions from past memories in a continuous stream, modifying our thoughts, feelings and behaviors now in order to protect us. It uses automated strategies to control our reactions to what is happening now, based on its understanding of what is correct behavior under the circumstances. And it does so under the belief that the information stored in this automated recording system we call the unconscious mind is correct in content and program. However, we now know that much of its recorded content is inaccurate, created by or consisting of the beliefs of others that we were never able to edit before accepting. This recorded information of facts, circumstances, relationships, thoughts and feelings is delivered to our

conscious mind in a never-ending stream of information that we just accept as being true and relevant to our current circumstance.

Think of the unconscious mind as our soul memory. It is the content of your unconscious memory that creates how you feel about yourself, how you behave and how the world sees you. Your unconscious mind is your personality - your soul.

Enlightenment comes when we stop, or at least greatly limit, this stream of unconscious flow. In the past the disciplines of the great religions were supposed to give us that, but failed more often than not because the parts of the mind producing the unconscious flow interfered with the process.

But what do you think happens when all those thoughts, feelings and reactions of your unconscious mind are slowed or stopped? All your anxieties, fears, uncertainties and ties to the recording of your past no longer impinge on your conscious self. The past stops controlling your present and at last you can experience a genuine view of this moment in time. You experience *now* without the discoloration of the past or longing for the future. Now is experienced without ego being involved.

In our investigations into clinical change of extreme anxiety states, stopping them in their tracks, we have come to understand this emotional unconscious memory. We understand how it controls our lives and our personality. We understand how it stands in the way of that elusive state of enlightenment.

We know how to negotiate with an ever-vigilant unconscious mind to allow new understanding and remain in *now* most of the time. Within that state are God's thoughts.

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## 63. TO BE SUCCESSFUL IN LIFE

*All of life is but an illusion.*

What is really meant by the above expression which appears in various forms in many metaphysical writings? Some people use this as an excuse to opt out of life's mundane struggles. They argue that if this physical experience is just an illusion, then why bother to take it seriously?

While understandable, this attitude cuts us off from the very experiences we need to make us ready and able to move into that level of existence beyond the physical.

It is good to have some of our focus on that next level but if we have all of our focus there, we are not living now. Now is the only place and time in which we can make those changes for the good that will lead us to the point where we have the experience of knowing that life actually is an illusion. We'll believe it not because we have read it in some book on spiritual development but because we've come to a point where it hits us in the mind and heart.

Not knowing what to believe and who to trust can be disconcerting. The way forward here is to go back to spiritual basics and focus on that unbreakable flow of life between all aspects of oneself and the "highest good in the Universe" - the Creator, God, whatever you conceive that to be.

After a time the fog clears a bit and we gain some understanding of the experiences within the illusion. A new sense of purpose emerges and inspires one to continue into what is now the unknown. An understanding that the illusion is an important set up, allows us to experience all that we need to before we can graduate to that next level of existence.

Whether life is an illusion or not doesn't alter the fact that we are living it. Therefore embrace the experiences of your life, learn from them, grow from them and be successful.

We all have a general flow to our lives that we have loosely mapped out before birth. During life this flow is influenced by our free will decisions and actions, giving us opportunities for growth and success if we recognize them and do something with them.

You may find the following points helpful in creating a successful life.

- ✓ Be clear about what you want to achieve.
- ✓ Agree to become attuned or "at-one" with the flow of your life.
- ✓ Listen to the guidance from within.

- ✓ Do not continue to work towards something that has become obviously not attainable in this life. This wastes time and energy that can be used to attain what is achievable.
- ✓ Be patient. Trying to make something happen before its appropriate time often leads to wasted effort and disappointment.
- ✓ Make the necessary sacrifices. If you think the sacrifice is too much then it is your free will decision not to make it. You will need to re-evaluate this whole process and then decide whether you can actually achieve your aims.
- ✓ Hard work is often required. The whole process may be like hard work and it could be physical, emotional, mental and spiritual or a combination of these.

These steps can be used to achieve purely material aims or spiritual ones.

Take this process and apply it as you will.

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## 64. BREATHE

I'M A FAMILY LAW ATTORNEY and mediator in Texas. No one calls a divorce attorney when life is easy! I deal with people going through major life changes. In many ways it's a death of their former life. It's an opportunity to be reborn.

Often I have to remind people to "*breathe*". If you aren't getting enough oxygen to your brain you cannot think clearly. Some people are so overcome with emotion and fear that they are literally out of breath when they call me.

I encourage the person to take a few deep breaths, calm down and relax their body for a few moments. Suddenly their voice, face, breathing and body posture changes for the better.

When going through a stressful period, remember to:

- ✓ Do something special for yourself each day - even if it's just drinking a cup of coffee, make it special.
- ✓ Go outside each day - appreciate nature, take a few deep breaths and try to take a daily walk ... especially when stressed.
- ✓ Laugh - we all need to laugh every day! If I'm down, watching kittens playing brightens my day.
- ✓ Do something for someone else - even if it's just saying hello to a stranger - practice random acts of kindness and you'll feel better.
- ✓ Pick your battles. Is this going to be important in five years? If the answer is no, then let it go.
- ✓ Think of one good thing about yourself each day and one thing to be thankful for each day.
- ✓ Do your best each day and don't fret over the projects you didn't get done. If you did the best you could, don't beat yourself up. Congratulate yourself for the things you did get done. If you are really having a bad day, just getting out of bed is an accomplishment.
- ✓ Remember that we all have a spark of God within each of us and we are all unique and special.
- ✓ Change your challenges into "opportunities".
- ✓ Let go of your ego.
- ✓ And remember ... breathe!

Remember that every journey begins with just one small step. The first step is the hardest - it does get easier. I promise.

Any time you are going through a difficult time, recognize that God loves you. Instead of asking God for things, be thankful for the positive things in your life. Sometimes when our prayers are not answered there is something much better coming. Be patient - expect and accept a miracle. There are miracles occurring all the time. Be aware and be thankful.

When you say something negative, immediately say "cancel, cancel, cancel" and then think of the same statement in a positive way. For example, imagine that you're changing a radio station to a better channel. And eliminate the word "always" and "never" from your vocabulary.

Live in *the moment*. Stay grounded. Don't live in your head. Each moment of life is a gift. Rejoice in this wonderful gift. Always take the high road. Don't live your life like a soap opera. Learn to control your temper. Learn to forgive and to love yourself. You're powerful. You are precious.

Remember to (1) believe (2) release (3) express gratitude (4) receive blessings and (5) manifest.

In 2003 I was diagnosed with breast cancer. It was a journey that I never anticipated having to travel. I am definitely not the person I was then. Hopefully, today I'm a better person. I don't sweat the small stuff. I am more patient. I listen more and am calmer. I celebrate every day of my life. I thank God every day for the privilege of living another day.

I decided to use this opportunity to review and re-assess my life. I decided to change my legal practice. I decided to laugh each day and to openly share my philosophy with clients.

If you had only a month to live ... what would you do?

Do it now!

Always ... breathe!

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## 65. I PUT SUNSHINE IN MY SHOES

Every day I steer my own destiny. Every day I see myself in harmony.  
Every day I speak retrospectively. Find time to build new roads to love.

There is a rainbow in my pocket. I put sunshine in my shoes.  
I am happy I am laughing; in everything I choose.

Every day I sow new seeds of hope. Every day I say that I can do it.  
Every day I clear out despair. I grow by letting the bad things go.

I am dancing, I am prancing; I am smelling flowers too.  
I am naked under moonlight, right beside the mushroom stool.

Every day I breathe easily. Every day I bring new energy.  
I connect to Source creatively. I sip from the cup of fantasy.

### **The purpose**

This song came about through the inspiration to serve humanity by reminding us that the collective consciousness begins with the individual. Everybody can make a positive impact on his or her own life through will, self-love and self-empowerment.

### **The name**

I use "rainbow" as a metaphor to express the notion that everybody is born with predisposed gifts and talents that make them unique; it also illustrates a flip side, hence, where there is a rainbow there is rain. As part of the Universal Law of Balance we will be predisposed to polar experiences, and rain will come in the form of challenges and difficulties which are most essential to our spiritual growth. "Sunshine in my shoes" symbolizes the style of how I have freely chosen to live my life: full of love, inspiration, passion and laughter.

### **What is behind the lyrics?**

Everybody has a right to steer their own destiny but how many of us do this with awareness? We have all made everyday decisions based on the influences of others from what we buy, where we go and how we live. Someone else influences even our most primal beliefs. Ask yourself where

your beliefs about yourself come from. Once we come to understand the significance of looking inwards before relying on, believing and seeking approval from external sources then we can begin to live our highest truth.

Retrospection is a very effective tool when used with the intention to learn from our past and apply it to our present. It can cover from one minute ago to previous lifetimes and provides us with opportunities to resolve past issues and lead to wisdom.

Why do we keep doing the same undesirable things if we are only going to get the same undesirable results? Sow new seeds.

It is up to each of us to decide what is important, what we truly want, what we are lacking, what really makes us happy and what we seek to change or improve. If you would like to live in a harmonious home, neighborhood and country then you would envision your own life filled with harmonious relationships within your home, neighborhood and country.

We need to begin from the inside because we can change ourselves by choosing to change our beliefs, our attitudes, our feelings and our responses. The changes we make within will affect all of our interactions with others.

Let go and clear out despair. Holding on to hurtful words, painful memories or anything else that keeps us from moving forward to fully living our life in the present is detrimental to our health and can stunt our emotional, mental and spiritual growth. Set yourself free by being willing to forgive yourself and others. If others refuse to forgive you or be forgiven, you can still choose to replace anger with love.

Bringing new energy is seeing things through new eyes. There are always opportunities to learn and grow and to assist us we need to review and update our perceptions, attitudes and beliefs to ensure the expansion of our self development.

To sip from the cup of fantasy for some is childlike and for others it is unadulterated imagination. Those who resist it are usually masking a fear of judgment. Use your imagination as a means for you to create something to heal, help or inspire others.

Use what you have been given to be your potential

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## 66. LOVE IS THE KEY

**T**HROUGHOUT THE AGES there have been the opposing forces of light and dark; love and war. Within humankind these polarities have been at odds with each other for many millennia. We have also spent many millennia attempting to understand these opposing forces in our lives.

Imagine a set of scales, perfectly balanced, much like the balance required by someone who walks a tightrope. The rope is thin and always moving, thus requiring constant correction to achieve that perfect balance, adjusting and fine tuning in order that he/she will not fall. The scales work using the same principal, a finely tuned instrument easily put out of balance. We may use the concept of these scales to assist us in bringing balance into our own lives and the lives of those around us.

If we take a moment to look into the history of humanity we will see that in the past, most discrepancies between people have been dealt with using the polarities of darkness and war. This may seem harsh, but if we take an honest look, this is more often than not the case. Continuing then with this line of thought, now may be a good time to have an honest look at how, as individuals, we handle conflict in our own lives.

In my own experience of personal growth I have adopted an incredibly important virtue that is required to rebalance the scales - unconditional love. Every word we speak, each feeling we express and all our actions in the world create energy. The question is, are we creating the energy of light and love or are we adding to the already over-burdened side of the scales with more darkness and war?

We can strive to achieve balance in all areas of our lives. Yes, this requires incredible patience (I know) and a commitment to change and improve ourselves, but I am here to share that it is possible!

Over the years I have learned that adopting unconditional love as my best friend in all areas of my life has led to many deep transformative and rewarding experiences. This is most pertinent in our daily lives through the way we treat ourselves and our loved ones. The changes at times are so subtle, being the difference between a quick "hello and what's for dinner?" to a gentle kiss or hug that shows we care. I am sure you can sense the difference between the two examples as far as the energy that would be created. Imagine a child coming home from school with a painting for Mummy and Daddy in hand. Their welcoming home could be as beautiful as a loving "thank you" for such a wonderful heart given gift or as cold as taking the painting off them, throwing it on the bench and saying, "Go away,

I'm busy." I think you're starting to get the idea. One of these examples brings a feeling of love, warmth and joy. The other just adds to the sadness of the already saddened world and brings a sinking feeling inside.

There is much to be said for treating others with love and compassion, but what about ourselves?

So now we look at the balance between giving and receiving. I know this one well having given so much throughout my life. There is nothing wrong with giving to others; in fact it is a beautiful and selfless thing to do. The problem is that we tend to give so much and eventually we tire ourselves to the point of exhaustion. When this happens the scales begin to topple over, causing fatigue or sickness.

All living things need love and nurturing: from animals to gardens; our loved ones to ourselves. Remember - all things in balance! So next time you think to yourself "I would love five minutes to sit down and relax", honor and love your precious self enough to do just that. Why? Because not only do you deserve it, but the healing power of five minutes will also bring a renewed sense of peace and energy that you may keep giving.

As I share these words of wisdom I am blessed by receiving a delightful fragrant rose and loving hug that warms my heart and soul.

I am forever grateful.

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## 67. LOVE

**N**O MATTER WHERE I end up I keep returning to the simple fact that the meaning of life for me is love. I know that I'm at my happiest when I'm practicing gratitude and humility and both of these attributes define the essence of true love for me.

When we are truly grateful for all of the aspects of our lives, we live in love. We slow the incessant desires that drive us to keep pushing away the meaningful for the *right now*.

When we practice humility, we choose to support others from our heart and our humanity. We stay quiet enough to hear the sounds of our surroundings, the true feelings of our friends and loved ones, our own innermost thoughts. Humility to me is respecting our inner peace and allowing others to shine. It's about paying it forward and giving it back.

Humility also means allowing our body, mind and spirit to rest. It makes us better human beings. It allows us to plug back in to who we are, where we want to be and who we want to be there with. Our ego tells us that the world will stop if we don't keep going, but the world still turns whether we take time-out or not.

Humility and gratitude allow us the space to understand that we don't always have to be pushing for a result. Very often by standing still in the strength of love we can end up in exactly the same place as we would have by stressing out and worrying. When we have the confidence to accept that everything is exactly as it is meant to be, right now, we think more clearly and with a wider view of the situation. We can make smarter, more balanced decisions made from love instead of fear.

When we are grateful for where we end up, we accept the reality of the circumstances. We can take responsibility for each aspect of our lives and the choices we make every minute of the day. There is no fault, no blame. There is a connection with the real us and an understanding that while we may very well have "made our beds", and we may have to lie down in them, we certainly don't have to stay there.

It took me a long time to understand that not everything is as I see it. Even though my only reference point for truth is my experiences, I have learned over time that when I am seeing from a space of humility, there are so many more truths than just mine.

When I get to that point, I might once upon a time have been scared, alarmed or panicked but by considering it a great opportunity I can be truly

grateful for what I can learn. Things always have a way of working out - generally not as we expect but exactly how they need to.

Gratitude and humility allow us the space to see how much love we are surrounded by. To never take any of those moments for granted, to never assume we know what another is thinking or feeling, to appreciate every touch or notion.

They are all the things that make up our collage of us. The first kiss, hugging our children, watching them while they sleep, our lover's touch, a friend's happy smiling face, laughing 'til we cry - there are so many ways to feel loved and give love.

And finally, love is about us learning to say no. No to the things that we know aren't the best choice for us, the people, the relationships, the situations, the ideas, the jobs and the realities that we don't want.

Being grateful and humble by no means suggests being insipid. In fact it is about living the best as we can be, in full consciousness and with total responsibility. That's true love to me.

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## 68. A LITTLE REMINDER

When the world is crazy, be calm.

When the chatter is too loud, be silence.

When your head is spinning, stand still.

Allow some space around you and look within for the love you seek.

Never forget to sit and breathe, for in stillness all answers will come.

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## 69. GRANTING WISHES. THE GENIE WITHIN

*Who controls your life?*

*You are what you think about and you can't rise above your thoughts ...*

THESE TWO TRUTHS rule everyone of us on the planet. So changing your thinking will change your life? Yes ... but you must understand the twenty-six secret rules or laws that govern your thinking first.

The laws have been written, discussed and studied for thousands of years by philosophers, philosophies, doctrines, religions, prophets, educators and countless others; their existences is not disputed nor are the effects on you.

These laws impact you as aggressively as gravity ... deny gravity and step off the top of a tall building and the result is completely predictable 100% of the time: a brief flight followed by a sudden, final impact.

In my opinion humans are born fearless and driven. Shortly after, usually in the very early years of life, mental rules or laws are set largely by external forces - family, friends, environment etc. - until we are conditioned. These laws define who, what and where we are in life, as well as where we are going and how we will get there.

We are constrained or controlled by our mental laws, morals and ethics. Everyone has the opportunity to change these laws if they wish, but if not, you give up any right to complain about your situation, circumstances or your lot in life.

The good news is that these laws, all twenty-six of them, can be modified by you at any time. To know and understand the laws is to rebirth yourself, take control and create a life you want. At almost any age and no matter what socio-economic group you fit into, you can alter your current position or status in life by altering just one of these mental laws. Control several laws and you change your life forever; implement all the laws and you can and will be anything you really desire to be.

You have probably heard of *The Secret* (the book, the DVD) - the Law of Attraction and sometimes misunderstood as the power of "manifestation".

*The Secret* is but one of the laws and, taken out of context, can be ridiculous in application. When understood with the natural rhythm of the other twenty-five laws, its purpose and power can be harnessed. In fact the power of the laws, when applied together, becomes an irresistible force.

There is a natural order to things; a balance. This has been evident for thousands of years in Eastern doctrines. A well noted Western scientist said "for every action there is an equal and opposite reaction". So in Newton's third Law of Motion it can be demonstrated in physics and mirrored in metaphysics that there is an opposite to be considered in all things; a consequence.

So this is all very nice but where are we? Well if there is *The Secret* then there must be an anti-secret(s)! There are - these companions are the twenty-five missing rules or laws, well, not missing so much as not being delivered correctly or explained to the vast population in simple terms. Without going into detail or listing all the laws here let me just say that they should be considered by everyone at any age and ethnicity as they impact on every aspect of your life.

**Several laws: (in no particular order)**

Attraction (*The Secret*), Focus, Reflection, Pattern, Ancillary, Exchange and Presence, to mention seven important rules ... but what do they mean, and more importantly, how do they impact you? How do you manipulate these laws?

It is this very question that is fundamental to your existence, at this moment in time and your life in total 'til today. To ignore these seven and the other nineteen laws is in fact to invoke one of the most fundamental ... the Law of Failure.

The Law of Failure is so ingrained from such an early age that in its most serious form it can cause sadness, depression, complete breakdown or worse. The importance of understanding these laws and using them to your maximum advantage is beyond question. Act on that knowledge, as it is acting on you every moment of the day.

These laws are made available to all ... just ask.

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## 70. YOU HAVE EVERYTHING YOU NEED TO SUCCEED

**W**E HAVE EVERYTHING we need to succeed. How simple and easy this makes life sound. The reality is we do have everything we need and there is no better time than now to begin using it. We see things in our lives that we would like to change so we set goals and start changing our behaviors to try to reach these goals. We make statements such as "I want to lose weight", "I want to be more organized", and "I want to be a calmer person". We mentally make a list of things we believe we need to change. We begin working on these changes for a period of time and usually we give up. It seems too difficult for us to accomplish our goals. But, if we have everything we need, what could we do differently to succeed?

The first thing we need to look at is *how do we see ourselves right now?* What are we thinking about ourselves just as we are now? Who do we really believe that we are at this very minute? How can we begin to make changes if we are not looking at what really needs to be changed? Our behaviors are always based on the way that we see ourselves both consciously and unconsciously. This is a powerful concept that many people never think about. Our behaviors are not based on the way we want to be or on the way we would like to see ourselves. Nor are they based on our goals or how we would like to be in the future. All of our current behaviors are supporting the way that we see ourselves right now.

So where does change begin? Before we start changing our behaviors we must first change the way that we see ourselves. We have to begin seeing ourselves as the final product of our goal. For example, for those of us who want to lose weight, we need to see ourselves as a thin person and not as an overweight person on a diet; we have to see ourselves as successful, not as someone who wants to be or is trying to be successful. We have to see ourselves as if the change is complete. Our behaviors are always supporting the way that we see ourselves; therefore, our first change must be to change the way we see ourselves. Our behaviors will then begin to shift to support the new us.

The next step towards reaching our goal is to support ourselves with thoughts and words. We think and talk to ourselves and others all of the time but we rarely listen to what are we saying. Our thoughts are powerful tools of creation and our words reinforce the thoughts that we have about ourselves. We become the person that we think and say we are.

Unfortunately, we usually tell ourselves over and over how difficult things are, how stressed we are, and how overwhelming our situation is. We need to support our changes by turning this negative self talk into positive statements. We can begin by saying to ourselves "I am in control, I can do this." We need to start thinking and talking like the person we choose to be. We need to say "I am a successful person, a calm person, or a thin person" so that our behaviors will begin shifting to support the new way we see ourselves. Our thoughts change our brain activity and when our brain activity changes, so does our behavior. We need to talk to ourselves, about ourselves, as if we have already achieved our goal. We must talk in a positive way so every part of us will know that we can do it. As we begin thinking and talking like a new person our behaviors will begin to automatically change and support the new way that we are seeing ourselves. What our mind possesses our body expresses.

Every successful change comes from us waking up one day and saying "I can do this, I am the change." We must begin to see ourselves as the most powerful tool in the Universe and realize that all change comes from within.

We really do have everything we need to succeed.

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## 71. NEGATIVE ENERGY

**T**HE FOUNDATION OF THE COSMIC UNIVERSE was formed to include a multitude of diverse energies. Each of these energies are structured as opposites, for example, good and bad, negative and positive, light and dark, happy and sad, life and death.

Throughout our journey of life we will at some point come into contact with some or all of these energies. The most problematic of these is negativity. This energy complicates the way we live, think, feel and can even reduce our life expectancy.

Why do we attract negative energy in the first place? We have a magnetic field which draws energies toward us. We attract these energies, good or bad, by how we feel and think. Feeling sad or depressed attracts negative energy. If we feel happy, positive energy is attracted to us like a magnet; life becomes easier, and we become healthier.

All that we see physically and that which we cannot see (the causal) is all energy; people, animals, plants, the Earth, the universe and all the planets, stars and everything in between. Negative energies can be neutralized and our energy field can be cleansed by performing a few simple techniques.

But where do these negative energies come from? Other people (if they don't like us or disagree with us then their negative thoughts are aimed directly at us) or ourselves (low self esteem, stress, anger, jealousy). Negative entities are attracted to negative people and can be difficult to remove. These can come from previous incarnations or a traumatic event. This type of negative energy is best cleansed by a professional Shamanic healer.

Our thoughts generate energies that surround us. You may know someone with negative energy - it surrounds them (their aura) and in turn, this energy affects everyone around them, usually in a negative way. Energies leave imprints or impressions behind, whether it's from illness, financial strain or depression. Low vibrational energy is easily felt and often drains us of our positive energy.

How do we change our energy?

### **Negative thought forms**

Have you heard the phrase "I am my own worst enemy"? This leads us to our thought patterns which we have formed over many years; often set, negative, unrelenting thoughts. Analyze your thoughts. Do you find they are consistently negative toward yourself or others? A change to positive

thought forms is a learned practice and we often require a reminder to stay positive. A simple affirmation to practice: "Today I will stay positive and keep love in my heart toward myself and others."

### **Protect yourself**

Protect yourself from the negative energy of others. A simple visualization can erect a protective shield around us. Sitting comfortably, visualize a stream of golden light entering through your crown chakra (top of head). Feel and visualize this golden healing light fill your body from your feet right up to the top of your head, allowing the bubble of your aura to be filled also. Feel its warmth and positive healing energy. Now close your crown chakra and retain this positive energy throughout your day. Affirm "I will remain positive and I only accept positive unconditional love into my energy field."

### **Space clearing**

One of the best ways to get positive energy flowing into a space/house is to get rid of the clutter first and then the space can be cleansed by using a combination of white sage or incense, crystals, candles and even uplifting music. Use a smudge stick in every room, open up all the windows and doors so the negative energy can escape, then wave the sage around making sure to let the smoke waft behind doors and furniture. Play relaxation music, walk around the house and "feel" the energy. Perhaps some crystals by the front door and in each room can be of benefit. The crystal Selenite absorbs negative energy and is widely used in space clearing and personal clearing.

### **Let the light in**

Open up the windows or curtains daily to let in the positive light of the sun. Get yourself out into the sunshine, whether it's in your lunch break or on an evening walk to the park. The sun's rays emit positive healing energies that benefit us and our planet.

Overall, stay positive! You deserve the best! Love yourself and then your love will flow to others. Everyone will benefit from your radiating joy for life!

Angela Slann

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## 72. CHOOSING LIFE

LIFE ... LIGHT ... LOVE ... all names for the same thing, for the glorious and eternal Spirit that manifests into the physical world in so many ways, one of these being through the thoughts and actions of human beings. We are vehicles for ongoing creation and conduits for life. We express the various aspects of Spirit perfectly at all times, whether we are happy or dissatisfied with our lot. We might as well relax and have fun along the way! The physical world and the realm of the Spirit are already receiving from each of us everything that is needed, all of our diverse flavors and vibrations. Our perception is functioning in a very limited way when we think we have problems. In the greater scheme of things, everything fits perfectly.

We live on the surface of the Earth, with our feet on the ground and our heads in the air, occupying a symbolic space between the physical world and the realm of Spirit. Each of us is uniquely positioned to transform energy in our own particular way. We absorb energy from the Earth, transform it through our energy systems and chakras and send it out in a changed state to the air, the sun and to all that lies beyond the Earth. Likewise, we gather energy from the air, sun and cosmos, process it and disperse it into the Earth. We are indispensable and we automatically fulfill this sacred function all the time.

When we talk about "finding ourselves" or "discovering our true purpose in life" perhaps we need to look at the idea that we are already exactly who we need to be and doing precisely what fits us at that moment. Choosing to change then becomes a matter of personal preference rather than necessity.

We don't really need to discover some extra purpose in life. We don't need to look for additional or different paths to follow in order to successfully fulfill our destiny. We only feel a need for some greater purpose when we view our lives in a stale, habitual manner without giving proper value to our current selves and the present moment. The human tendency is often to look elsewhere for fulfillment, rather than truly engaging with what we already have.

We don't need to search for the meaning of life. It is already within us. Perhaps if we could just appreciate that we would recognize its perfection and so come to value it correctly. We need to see ourselves and the present moment as special and right. Subsequent choices, actions and moments can then freely present themselves to us without us needing to worry or strive after them.

Life is made up of *now* and all the *nows* that follow. Every moment is unique and we offer this uniqueness to the Universe through the way we engage with each moment. We need to realize that whatever we are doing at any given instant is the most important thing in our lives.

We can also deliberately and mindfully cultivate certain responses to each moment or event in our lives. We can embrace life wherever possible with vibrancy and joy or, at the very least, with patience and forbearance. We can choose to express life rather than putting all our attention on living. Expressing life opens us to physical and spiritual opportunities, while using up our energy on living narrows our horizons to everyday survival.

It helps to choose to do things that we love and to surround ourselves with things that are meaningful to us. This is a far more constructive approach than trying to move away from or reject things we dislike, which is often what we are inclined to do.

We can also express life by taking things sincerely rather than seriously. Sincerity is uplifting and allows us to be effective, while seriousness weighs us down. It helps to be able to laugh at life and, most of all, at ourselves. A sense of the ridiculous really helps!

Be who you really are. You grow at your fastest rate when you are expressing your true self. The world needs you, the natural you, not someone you think you should be.

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## 73. ONE LOVE

**K**NOWING OUR SOUL'S CONNECTION with our Divine Source brings us into a state of oneness. There is no separation as we become aware of our inner connectivity with each other. Judgment separates and keeps us in that space of living in duality. Duality exposes us to becoming victims of our own life. We let life *live us* rather than us, living it. We think we are what we own or that we are not as good as the next person. We carry guilt and believe in lack. We listen to the opinions of others and judge ourselves accordingly. We punish ourselves, believing we can never reach success like other people. When we stop trusting who we are, we stop believing in ourselves. If we can't believe in ourselves then how can anyone else believe in us?

We each mirror the positive and negative attributes of self. If we don't love ourselves enough, we are not living in alignment with self. Self-discovery is the journey we can either choose to undertake, or not. This state of awareness brings us into alignment with our higher power. Many know this to be their spiritual awakening to their soul's journey. The deeper we connect *within* the more our truth is revealed to us. Truth heals, love heals, and our truth is to love ourselves so we can then, also, heal ourselves. All that we do in the energy of love is healing for all of mankind. We become aware of how we all need to embrace this inner light we all share.

Our heightened awareness that we are not alone and the vastness of this *oneness* that is so very multi-dimensional is pure, loving consciousness. This awareness will shift our mental processes into alignment with the whole of humanity and *all that is* and ever will be. We will all create together massive consciousness shifts which will evolve us to begin to experience living in peace and harmony, in a state of just *being*. This state of just *being* humbles us as we align our physical life with our spiritual life. As we begin to connect with other people, we find we attract like-minded souls. These souls form part of our soul group. We incarnate each lifetime with our soul group, each of us taking up a different position from previous lifetimes. We all make promises to each other in life, therefore in Spirit these become *contracts* which are then met in physical material life. We know this to be our Karma. We may like or dislike many of our experiences but each one is truly unique to each individual. The result may be the same; however, the details will almost always be different.

We learn no two people see the same shade of the color purple. Life is a journey of self-discovery, absolutely, together with the positive and the negative. When we all eventually come together as One Source our

experiences will be blended as one whole experience within Divine Source. All experience is Divine; as we awaken to our truth we may learn by the ways of others - not always liking what we see or condoning the choices our brothers or sisters make for the masses.

All is for our realization, our spiritual awakening that there is more to us than our physical selves. When we attune to our Divinity within we are aligning ourselves with our higher self and here we become very aware of our connection to the greater whole.

As our connection becomes stronger, we begin to realize the vastness of the Universe extends to other beings. We are not alone and many today are now channeling star people and Angelic beings that bring messages of inspiration, love and hope into our human lives. They are here silently with invisible hands, helping our planet, infusing light energy into Gaia, our Mother Earth. Our planet has portals of energy all over the world and these portals are used to keep Universal life force energy topped up as we go about destructing our rainforests, taking the resources Gaia needs to keep herself alive.

Step into *one love* and you will never look back.

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## 74. TRUTH IS THE SOUL TO LOVE

I RECEIVED THE TITLE of this page in a dream. I sat for a while and thought about those words, "truth is the soul to love". I allowed them to seep into every part of my being, penetrating deep into my heart to whisper their true meaning.

Looking back over my life, I often wonder why I have created so much chaos - those deep dark moments that take you right to the edge with the possibility of no return. I wondered many times if I was losing my sanity as my grip on life was holding on by a very fine thread. It is only now, all those years down the track, that I can look back and understand what my journey was all about. It is not about getting into the victim mode ... "why me?" It is about taking back my own power. In those times of being trapped in my own dungeon, sitting in my own mire of destruction, I was able to step back and take a good look at why I was living the kind of life I was. I knew I was not a bad person. I knew I had a good heart, yet the pit of darkness seemed to surround me like a black cloak.

It saddens me, yet liberates me to be able to say this to you ... I felt unworthy ... unworthy of joy, happiness, abundance and love. I sabotaged all of my birthright gifts just because I felt unworthy to receive them.

How many of us are honest enough to admit to feeling as I have on many occasions? If you don't, you are lying to your soul.

It takes courage to recognize those parts of ourselves that are needed to be looked at and worked on. It takes courage to see our own divinity and say, yes, *I am* perfect just the way I am, without prejudice.

Walking along ocean shores, I watch those who leave behind footprints in the sand and wonder what their life story is. Are they living a life of truth or are they mirroring a life of illusion?

We are all born with a dream - the dream of our own truth. The problem is our dream is not the same dream of our parents, siblings, peers, teachers or religions. Not long into our new lives, does the dream we dreamed up for ourselves before our birth, become shattered into millions of shards? Before we know it we are living a lie that does not resonate with our soul, causing a buildup of anger, resentment, bitterness, jealousy and untruths. Our soul has forgotten its own truth, and that is love.

It is only now have I learned to break free from the chains of my parents' and peers' expectations of me and become my own identity. I have learned there is only one truth for me, and that is the *truth* my heart whispers.

*Everyone* we meet is a mirror of who we are or who we don't want to be. If you follow the latter, just because you need to please another, then you are once again lying to your soul. How can you please another if your own spirit is dying? It is impossible!

So how about doing yourselves the greatest service ever? Create your own dream, live your own truths. Dare to step out of the shadows of those who are a part of your lives and into the sunshine of who you are - truly are - in your heart, soul and spirit.

There is much talk these days of forgiveness ... forgiveness of the self and those who have hurt you. Yes, this is indeed important, but why forgive something that has allowed you tremendous growth, heart growth? Without these lessons you have had to learn from, your life's journeys, you would not have the understanding of the person you have grown to be today. Your so-called enemies are in fact your greatest treasures. So where does forgiveness come into the equation? It gives you something to think about, does it not?

Honor yourself in these times of finding your truth, knowing your soul only knows one thing, and that is *love*.

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## 75. A DAILY DOSE OF BLISSINGS

ON 24 MAY, 2009, I took a photo of my man erecting a windsock at our farm. Although it's grainy and over-exposed I still love it for it means so much more beyond an image of a sweaty man battling with a steel post. It represents gratitude, resilience, and that blessings are showered upon those who look for them.

This photo is the 731<sup>st</sup> photo in my personal gratitude project - one that I started two years ago to help me realize how lucky and blessed I really am. My self-imposed mission was to take a photo every day of something that makes me go "Weeeeeee!" then post it to my private blog with a note of gratitude. Over the two years I've been immersed in documenting my daily blessings (which I came to refer to as "blissings") I've noticed:

- ✓ Being grateful attracts more reasons to be grateful.
- ✓ Blessings come in a million different forms.
- ✓ My family is happy because I am happy.
- ✓ I have spontaneous desires to dance.
- ✓ I often smile for no reason.
- ✓ I'm a very lucky individual.

The other reason this photo is so special to me is because the windsock represents one more tiny step towards our ultimate goal to have a fly-in resort at our farm. The energy of Margaret River (Western Australia) is beautifully restorative, and as such offers enormous capacity for healing. So it's only natural that we would want to make this space available to others also.

The problem is, like many other couples, we're facing the normal financial and bureaucratic challenges to make our dream come true. Unlike many others, however, we're able to stay focused and happy every day during this journey, simply because we've learned to celebrate gratitude. We see each step as a blessing, whether it be an obstacle or a victory, because within each moment is an opportunity to learn and a reason to be grateful.

When I first started my little project back in 2007 I had no idea what was in store. I only knew that I was restless, unfulfilled, and caught up in a property boom reminiscent of the rampant excesses of the 1980s. Each time I turned on the news I was bombarded with bad news and it was sending me into a spiral of fear. I'd heard that counting one's blessings was one way to counteract the negative feelings.

It works. As a result, over two years of acknowledging my daily blessings, I have learned that gratitude is the mother of happiness, and that grace and generosity are its sisters. Living with these values, these three G-forces of love, keeps us balanced, at peace, and above all, happy.

And so my 731<sup>st</sup> photo may be grainy and somewhat trivial but I can't think of anything more fitting than an image of a small step towards a large dream. For that, I am truly grateful.

*Author's note:* You can view my 731<sup>st</sup> photo at my New Age Directories profile: <http://www.newagedirectories.com/profiles/100910>

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## 76. FORGET THE TRUISM SPARE THE ROD AND SPOIL THE CHILD

**T**ELEVISION PROGRAMS which show parents totally controlled and tyrannized by their tiny children make compelling, if not painful viewing. We seem to have lost the art of parenting. Doubtless, the early childhood years are the ones that determine whether our children will grow up to be adults who can deal with the tsunamis of life and still find happiness.

Our rapidly evolving lives, our materialistic attitudes and changing family structures mean that many children are being brought up by exhausted, stressed-out parents - or parent. Under these conditions, it takes great insight into a child's needs and huge amounts of love and stamina to maintain your parenting vision.

I have brought up three children. I was also, for a number of years, a Dance and Movement Therapist who specialized in working with children who had special needs.

All mammals appear to set boundaries for their offspring as to what is or is not "correct" behavior. These boundaries are essential to the survival of their offspring. Humans, too, need to set boundaries and amend them to fit age and circumstances, however difficult or exhausting this may be. Boundaries, both physical and moral, create a sense of security for the young. Children are confused when these rules are perpetually changing. In the long term, capitulating for the sake of peace and quiet is the worst thing any parent can do. Consistency is one important key to successful child rearing.

Praise and reward for good behavior is far more effective than punishment for bad behavior. This period of human history needs us as parents and educators to do all possible to ensure our children are healthy in mind, body and spirit. The world is changing profoundly and as adults, our children will face decisions and responsibilities known only to a few at the present time.

Organized religion is proving to be very divisive. It is perfectly possible to instill in children moral and spiritual values without the influence of clergy or other organizations. I cannot over emphasize the importance of teaching children to exercise, meditate and listen to their own "Inner Voice". These practices will help them to cope with their feelings in general and most especially with their feelings of aggression.

Instilling a sense of responsibility into children from a very early age is vital. We need to encourage them to make decisions in areas of their daily

lives where they are sufficiently mature to do so. If things don't work out as planned, we need to help the children to accept responsibility for their decisions and to find solutions to any ensuing problems.

Personally, I strongly believe that a positive attitude to life is essential. We must instill this into children from their earliest days. They need to be made aware that there are always choices in life even if they all appear equally unpalatable. Negativity can always be turned into positivity with the right attitude.

Parents must foster an attitude of empathy - and anything else that encourages emotional intelligence - in their offspring. Emotional intelligence and intellectual intelligence are equally important in life. Strive to give your offspring a feeling of self-worth. Let him or her understand that personality, in the last analysis, is more important than brains in creating a happy life.

We all need safe ways to express our deepest feelings; encouraging children to show any emotions whether of joy, anger or whatever through the safety of dance is offering them a wonderful, lifelong gift. Also urge them to be personally creative - to be a creator, not just a consumer of the aesthetic. Teach them a sense of wonder for beauty in all its manifestations. Open their eyes to the interconnectedness of the world and the balance of Nature. Through this appreciation, children will develop a sense of fairness, justice and goodwill.

Finally let me mention the most important ingredient in childhood for a happy fulfilled adulthood - *unconditional love*.

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## 77. LIVING YOUR PASSION

**D**o you feel like something is missing? Are you living your passion? Working your dream job? Are you doing what you love on a daily basis? Do you feel that you are not doing what you were put on this planet for? Do you dread getting up in the morning?

Don't we all continue to persuade our children and others to be the best that they can be? Strive harder! Reach further! Go faster! Do your best! Set goals! Reach for the stars! These statements and many more often come out of one's mouth, directed toward other people.

It might just be time to look in the mirror and say those same things to self. How often do we do that? How often do we give ourselves the same encouragement that we pass on to others? My guess ... not often enough. It's time to change that.

Let's go back and look at the following: are you living your passion? Working your dream job? Are you doing what you love on a daily basis? If you've answered "No" to even one of those questions it is time for a little self re-evaluation. For those of you who are wondering ... I'm not going to tell you to quit your day job. Take baby steps. Take a class. Be the student. Create a dream board. First, determine what you really want. Spend some serious time here. Find or take pictures of your dream. Post these pictures of your goals where you can see them on a daily basis. This will help you stay on target towards your goal.

Use affirmations that are written in the positive and present (i.e. I am working my dream job \_\_\_\_\_ and I am so happy!).

Make a list of your daily accomplishments, no matter how small. Even the housewife needs to know that what she has done each day is worthy. For some reason our families do not compliment us for the clean floor - they just expect it even though this is an accomplishment of huge proportions. The house does not clean itself.

Give special attention to those accomplishments that lead you towards your goal. Ask yourself often during the day, "Is what I am doing right now leading me towards my goal or taking me away from it?" ... then shift what you are doing to match your goal. Again, I am not telling you to quit the job that pays the bills. Simply ask yourself whether what you are doing is taking you closer to your actual goal and make a slight adjustment if necessary.

Use the energy of the moon. The moon has some incredible energy to work with, for both releasing and attracting. It's important to look at what you need to release, or what you need to let go of, in order to receive what

you truly want. During the month, think of what is blocking your forward motion. Write it down. Keep it all together. It doesn't need to be pretty. If you need to write a closure letter to someone, so be it. This is where you get to say what *you need* to say. Then on the full moon, take that paper outside. Hold a small ceremony. Light incense; smudge if you feel you need it. Read it one last time, out loud, if necessary. Then set it on fire. Give all of this up to the Universe. Let go, let your Angels, Faeries and God take it.

Also be writing what you want to attract. In detail ... including the phrase, "This and more, in a good and gentle way."

By holding a moon releasing ceremony, you release all of the "stuff" that you need to let go of in order to make way for what you want to attract.

Start your passion as a hobby, do your work and turn your passion slowly into your profession. It all starts with a decision and then that first step.

You can do it! I believe in you ... do you?

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## 78. THE NEW EARTH

I KNEW SOMETHING LARGER than life was trying to get my attention that morning on May 18<sup>th</sup> 2009 as I woke hearing the song by REM playing in my mind, *It's the end of the world as we know it*. Could this something larger than life be called Universe, Higher Self, Creative Force, Infinite Intelligence or God? As the words to the song played again the following morning I sat there wide-awake in wonderment.

What could this mean? Has the world run its course as it currently has through our egoic thoughts and beliefs? Is it time for the New Earth to be created by each and every one of us, by doing our part? Have we taken the time to heal from all of our deep emotional wounds? Are our held thoughts predominately negative ones? Do we place judgments upon each other? Eckhart Tolle noted "The world can only change from within."

I know our thoughts/emotions and beliefs create our reality. Compulsive negative thinking attracts like energy patterns. I remember so clearly how that very statement is true. It was a hard lesson to learn. One night in particular I found myself in quite a mood. Throughout the whole conversation with a friend, nothing but negative connotation came from myself, as I couldn't seem to shift my mood. I thought I was just venting and releasing what I thought a certain outcome should be to a situation. Judgment was flowing out of me like a river. When I left my friend's house that night, I knew from the discontent within me that I created Karma. "Whatever a man sows, so shall he reap." The very next morning while backing out of my driveway, the neighbor stopped me to point out the dent on the passenger side of the car; that damage was not there prior going to my friend's house the night before.

When deep emotional wounds are still present and buried inside of us we create a world of suffering and pain. Unless these wounds are released and healed you will attract people in your world that will point out that which is unhealed. "You attract and manifest whatever corresponds to your inner state" (Eckhart Tolle). Perhaps, you are someone that has an angry partner in your life and you blame them for your unhappy state of mind; but pause for a moment and look within yourself as to why you've attracted this angry person - could it be anger still present within you that needs healing? We all play roles for each other to see the unhealed part of ourselves.

Once we really understand that we are *all one*, like the threads that are interwoven in the fabric of life, judgment will no longer play a role from keeping us separate from each other. How many times have we caught

ourselves in the judgment state of mind? Acceptance by each and every one of us is vital for the natural flow of life.

How many times have we tried to control the situations around us only to find ourselves miserable? What about thinking that we are more powerful than the creative force behind all things? After numerous lessons I know with all my being that to have a peaceful mind we must "let go and let God" - or the greater force as you know it. Once we surrender life will unfold with ease. When we are in that state of being and allowing our greatest selves to come forth, only then can a new Earth be born through unconditional pure love.

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## 79. JUDGMENT VERSUS DISCERNMENT

CHILDHOOD WAS A BIT LIKE walking through pockets of a minefield. You never quite knew when the next explosion would happen or what would be the consequences of that. Boozy parties were often the trigger for internal or external chaos. Massive betrayal by trusted loved ones was the norm in my world.

I was the middle child with two older sisters and two younger step brothers. I grew up feeling massively confused about expressions of love - not understanding people or why they did the things they did and particularly when their behavior was not congruent with the words they spoke. Any sense of self worth or self esteem seemed to have totally eluded me, so by the time I reached adulthood I desperately wanted someone to love me, believing that my life would then work out. Not surprisingly this didn't solve my problems and the confusion, hurt and pain remained, and so began my search for meaning.

I became an avid reader of personal development books and attended loads of workshops which claimed to have the secrets for a happy life. When my marriage broke down I felt like my life was shattered and meditation became part of my daily practice which helped me through my turmoil.

Over time I began to really see and understand the game-play of the mind and how my early childhood experiences and perceptions had created a self imposed prison. It became abundantly clear that the only way I could set myself free was for *me* to make changes. I had to be willing to release attachment to my beliefs, and my story.

I practiced loads of forgiveness and realized that my perceptions were a form of judgment. I had created a right/wrong and good/bad scenario about my life experiences. It was my mind story and judgment that was holding me back from a life of happiness. I couldn't change my life experiences but I could change the way I processed this in my mind. There was indeed much inner work to do, but at last I could feel a sense of personal power and was no longer a victim to my reality.

How intriguing and liberating it was, and is, to feel the effects of judgment and the release of it. There is no shortage of opportunities to practice this on a daily basis in our world of polarities.

I encourage you to close your eyes now and experiment yourself. Feel into the vibration of the word "judgment". It carries the energy of confinement, inflexibility and superiority where one believes they are right

and the other wrong - a kind of closed and final energy where there is nowhere to go from there ... even coldness.

Though it is a fine distinction, a preferable choice to judgment is "discernment". You will notice it has a freedom to it, a more open kind of vibration. It is in fact where we acknowledge another's choices but do not choose them for our own. Judgment has a real "charge" to it whereas discernment doesn't.

Now give your attention to a judgment or a story you have created that causes you a level of distress. It could be a betrayal, disappointment, anxiety, fear, frustration or any number of different things. Then focus on your heart and hold the intention that you are willing to release the judgment. You may find it helpful to say things to yourself like "It is how it is. I am where I am, I am willing to release all judgment now."

However, I impress up on you that it is the feeling state that is important, not just the words from the mind. Your heart is the bridge to the higher aspects of self and as such is often called the transformation centre. The "feeling" of releasing the judgment is of paramount importance. When you have released the judgment, bring in a feeling of gratitude to raise the frequency of that energy. It doesn't matter what the gratitude is for - it could be for a nice warm bed or your favorite color or some aspect of nature that you really appreciate. It could be gratitude to yourself for having the courage to explore these painful areas. Again it is the "feeling quality" of the word that assists the transformation process. Conclude with giving yourself some self love or self acceptance.

It's fun to play with the idea of a world where all humans use discernment instead of judgment. Ponder the difference and enjoy the experience!

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## 80. BELIEVE

**M**Y JOURNEY DOWN my "true" path started when I was introduced to my first deck of Tarot cards. I had no idea what I was in for. My world was turned upside down. I rediscovered the magic that is in all of us. I couldn't believe it, but it was true! Of course I was skeptical, but each time I dared to believe, that belief was confirmed. You can ask for what you want ... and if your intentions are good, and most importantly, you believe ... you will receive what you asked for in a gentle way. Nothing seems more right. It is like your soul has come home.

I am frequently asked why I think Tarot and oracle readings work. I believe it is because we give hope where there may not have been any before. We are independent third parties giving permission for the person who has come to us for a reading, to have hope for good news, positive outcomes when these people fear to give it to themselves. We are the living, breathing examples that prove that all things are possible.

Not everyone, but the vast majority of people who come to see me, are coming for a reading because they think something bad is going to happen. It saddens me to think that we as human beings can't live lives in general that are more positively oriented. This is a change from the attitudes we have as children - a time in our lives in which we believe that everything is possible and there is such a thing as a "dream job." What happens to us between that magical time and adulthood?

Perhaps what is worse than not believing is what I call pessimistic believing. This is believing that only bad things or negative things will ever happen. I have a friend and colleague who actually manifested a disc problem in her back that was so serious she was going to have to have surgery, until she realized the cause was her hatred of her job. Once she recognized it and changed her thinking it went away!

Even I suffered from it, as I was raised to "expect/plan for the worst and then be pleasantly surprised if it isn't." I hadn't even realized it until I started working with the Tarot and discovered that when reading for myself, I struggled to put a positive meaning to the Tarot cards I received. I didn't feel that it was appropriate to acknowledge that I was worthy or should be expectant of positive cards, i.e., positive things. At the same time I felt I was being drawn or compelled to help people through the Tarot. Wow, did I need to do some work on myself first!

I started by giving myself permission to have "good" readings, and permission to have, or rather dared to *expect* that good things were going to

happen to me and around me. It was hard, but once I did that, guess what? Good things started happening. At functions with door prizes, one of the first things out of my mouth had been "I never win anything." I started winning things! At one function, I hadn't even gotten the words out before my name was called! Of course I am still waiting for that lottery win!

Despite what is seen in the daily news we live in a wonderful time. It's a time of a renaissance in thinking and the effect that we have on ourselves and all that is around us. The magical time is back! It is real - and even adults can participate. You just have to believe. Can you imagine what an effect on the world we would have? I'd love to!

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## 81. CREATION

Life, a series of events set into motion  
It starts with a thought, a belief in a notion  
An image appears in the depths of imagination  
It doesn't even require concentration.

In the sub-conscious mind is where the power lies  
It has no bounds, it pays to be wise  
For you are the creator as well as creation  
We are one, there is no separation.

A creation in love is felt by all  
Manifesting in time and space  
Will you create blindly, detached from your mind?  
This has been the way for all human-kind  
Become one with the God within  
Creating through love you cannot know sin.

Physicality, determined by energy in motion  
Events, merely a manifestation of e-motion  
Wisdom determines belief and so also does the ego  
But, be wise and realize that ego has no eyes  
It makes of truth only what it can  
It cannot understand it, being created by man  
The sense of self, a program for protection  
It knows no love, only separation  
It uses bodily senses to create the mind's perception  
Reacting to life's events, a basis for the future  
It wouldn't be so bad but it knows not nature  
It makes of truth only what it senses  
Looking outside for all the answers  
But how can it know something which it is not?  
Thus, love is perceived as fear and the truth, the mind forgot  
But half the truth is a lie  
And perception through ignorance leaves you dry  
Then you may feel the need to cry.

So if you lose hope you have believed the lie  
Know the truth, that there is no I  
You will then see life through the third eye.

Robert Mangion  
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## 82. PURPOSE OF LIFE

**P**LEASE KEEP PATIENCE and living faith in the Lord Almighty that he would arrange everything that is in our interest in the fullness of time. We often don't know what is in our best interest and many times what appears to be a negative situation eventually turns out to be positive.

If we've found the most positive way of life, we should remember that others around us may not accept our choices, just because we have found what appears to us the most positive way of life. We can make suggestions based on what we've discovered through the university of life, but thereafter must leave them to their best judgment. You wish well for others, however if we try to impose our will on others our efforts will backfire and will result in hatred, revenge, retaliation and anger. We need to allow them time to learn, just as we had time to learn.

Through my pendulum dowsing I have seen people imposing their initiatives on others, even when the said person doesn't realize what is happening. Therefore the best line of action would be for us to *lie low* and *allow as much time as they need to reform their life according to their own value system*. Until then we would have to be *patient* and do whatever we can for ourselves because our purpose of life is *first* for our own *redemption, salvation* and *evolution*.

It is best if we work steadfastly at our own purpose in life and others may voluntarily seek and accept our value system. If we make the mistake of persisting in our efforts beyond their readiness; then, believe me, the outcome would be extremely negative and counter-productive.

In present situations the best possible line of action for you would be to keep *quiet*, keep *smiling*, keep *patience*, keep un-questionable, un-conditional and un-compromising; keep *living faith* in the Lord Almighty. Living faith is supported by our own personal, real-life experiences of the Lord Almighty within and all around us, which is in contrast to blind faith that operates without personal, real life experience.

Never ever do anything - even in your wildest dreams - that may even remotely appear to be contrary to your purpose of life in this part of the creation as ordained by the Lord Almighty. It is our foremost duty to fulfill our own purpose in life. We should be happy that our loved ones have chosen to learn from their own personal experiences, and if necessary, leave them alone for some time rather than trying to make them see things as we do.

Finding our own purpose in life is the first thing. Total happiness comes then when you fix your entire attention upon someone, who also fixes her-his entire attention upon you. This creates a state of total harmony (similarity) with each other. When two or more persons (energies) are in total harmony with each other, they merge into one. This state of happiness is beyond expression in human language. This pure, uncontaminated happiness cannot properly be experienced by anyone, in this part of the creation, because the two energy systems cannot be in total harmony with each other while they exist as two energy systems. Therefore there is always going to be some degree of harmony and some degree of disharmony in all our interactions, in this part of the creation.

Because human beings are made of physical body, mind (subtle body) and soul (energy body); i.e. our existence is through the joining together of different energies, no-one can experience true happiness, because of the constant pain caused by the interaction between the body, mind and soul - three different types of energies.

Each energy emanates from its own respective source, and going back to their respective sources in pure condition constitutes their redemption, or *moksha*.

The way to get these three energies separate from each other and allow them to reach their respective place of origin is through internal, spiritual meditation. One must learn the technique of internal spiritual Meditation from someone who is the master thereof.

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## 83. THE WRENCH MIRACLE

I AM NOT A RELIGIOUS PERSON. Religious people make me uncomfortable, because I can't relate to their spiritual confidence. Sure, I went to Hebrew School, and walked the walk when I had to. But now that I have the choice I avoid organized prayer services and never had a defining spiritual moment ... except maybe once.

I was in college. I had a campus job as a stage hand in the school performance house. I hung lights, painted sets, ran spotlight for touring productions. Sometimes it was opera, sometimes comedy. It provided pizza money.

One weekend I was scheduled to work a long day of hanging and cabling stage lights for the dance school production. Every stage hand on a light hang needs a crescent wrench. I eventually concluded, after frantically scouring my apartment, that my wrench was lost. I must have left it at the theater last time I worked, or it was buried under some pile of dirty clothes or half-finished Theater History 101 paper somewhere on the floor. I didn't have time to rifle through it all. I was running late.

I started walking to the theater, grumbling to myself about having to ask to borrow a wrench like a bonehead. I stopped at the street corner waiting to cross. A rusted-looking station wagon turned the corner in front of me, after barely making a stop. There was a *clang!* as the car swerved in front of me and sped away. I looked for the source of the sound. A crescent wrench had dropped in front of me, probably after having been left on the bumper of that car after some hasty repair work. What do you call it when a wrench suddenly arrives at a time of need? A miracle.

And somewhere, God is having a tinny-sounding giggle.

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## 84. WILL TOMORROW EVER COME?

I WOULD THINK ABOUT IT all day, possibly all week, all month or all year. Will it eventually happen? Will I get around to doing it, achieving it, living the life I want?

Right, so today's the day. I grab my to-do list from a cluttered drawer and start glaring at the pros and cons to important, life-changing decisions I had to make, as well as the list of tasks I had to complete. After just a few minutes, I would feel completely overwhelmed all over again and suddenly decide that curling up with the book I've wanted to read for ages was a far better idea.

What on earth was I thinking? How was I going to achieve anything? Was some magical fairy going to come in overnight and wave her wand and make it all better, make it all go away? Mm, unlikely, but if you know of a way to bring this about I would love to hear from you!

Benjamin Franklin said it well: "You may delay, but time will not and time lost is never found again."

What was holding me back? Laziness? Well, maybe sometimes, but after some deep contemplation I discovered that unwelcomed negative emotions were ruling my existence, draining me and restricting me. I was worried that what I might do or might decide wouldn't be right, wouldn't be perfect, which resulted in me habitually thinking, "If things aren't going to pan out exactly how I expect or want them to, then why bother?" I was fearful of the fact that doing something difficult or unpleasant would rob me of my comfort zone. Oh, and let's not forget about indecision. Precious time was slowly but surely slipping away while I was deciding whether or not to decide! This completely exhausted my energy levels.

A German proverb encourages us to "Begin to weave and God will give the thread." Right, so today's another day. I enroll in a weekly meditation class. Having never meditated before and not knowing much about it, it was pretty scary at first, but it didn't take me very long to realize how relaxed, calm and focused I always felt afterwards, what inner peace truly meant and, best of all, that the endless babble in my head (caused by that wretched to-do list which was still in that cluttered drawer) had stopped. Yes! Finally, I felt free, vitalized and happy.

Add to that a sudden onset of countless unexplainable yet incredible psychic experiences, I have been led on an amazing spiritual journey like no other. With a new-found faith in God, in the Universe, I feel unconditionally

loved. I no longer feel alone or afraid. I feel supported and I know that whatever I do or whatever I decide will reap sweet rewards along the way.

With this I've learned to kick feelings of fear, anxiety, depression, guilt, failure, inadequacy, frustration and anger to the curb. They were there for a reason, but they were blinding me from what was true in my heart and preventing me from continuing along my path. Some or all of these emotions may return, but knowing how to channel and manage them in a safe and healthy way will undoubtedly get me through and back on the right track.

*Faith is taking the first step, even when you don't see the whole staircase.*

Martin Luther King Jr

Tasks and decisions that appear to resemble the highest of mountains really don't have to be. Take one molehill-size step at a time. Choosing to move onward and forward has opened many doors of opportunity for me that I would never have known existed without taking that first step.

Look at the world with fresh eyes, and turn your hopes, dreams and wishes into reality. Feel joy and satisfaction. Feel a sense of achievement. Feel capable and proud. Live a fulfilled life with no regrets. You're worth it and you deserve it.

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## 85. LIVING THE MOMENT

I AM SOMEONE who is easily overwhelmed by their emotions. I believe that I am not the only person like this, so I want to share with you a procedure I use that allows me to observe, acknowledge, process and move beyond my emotional turmoils.

For example, even though I am responsible for my own happiness, it is easy for me to fall into the habit of feeling disappointment or upset when a loved one's actions do not live up to my expectations. The "feeling" that they are responsible for my disturbed equilibrium is very real (unfair - yes, but real). I can move through this uncomfortable (dare I say - painful?) state using the steps below.

Let's begin! Firstly, when I am feeling strong emotions I notice how I am feeling. I give the feelings a name. I name everything I feel using simple, short statements. I don't stop until I have adequately described my state of being. I am not explaining why I feel the way I do. I am allowing myself to accept and acknowledge. I don't have to feel good about it - I am just observing myself.

Secondly, I look through the layers. I ask myself "Are there any emotions buried beneath this overriding feeling?" I keep looking within myself to find the deeper, hidden emotion. It is often fear. I am not looking for what has caused the emotion, again I am just acknowledging and observing.

After this I observe and state what I am doing in *this moment*. This puts me in the present. It connects me to my body, e.g. I am hanging out washing. I am reaching for a peg. I keep up this internal dialogue until I feel more part of my body. Next, I use all my senses to further connect myself to my physical self. I describe what I can see, hear, taste, smell and touch.

When I have completed this, I give gratitude for all those things that I have noticed with my senses. This is done to connect myself with Source. I can give gratitude for the way the sunlight breaks through the tree leaves ... I come up with as many things as I can think of. Sometimes, on a good day, I can even see the silver lining coming from my turmoil.

After this I make an affirmation. I believe that all time really exists as *this one moment*. I also believe that our true nature is love and our true state of being is joy so my next step is to make an affirmation, something like: "In this moment, I am love expressing myself through joy!"

When using this process, I have noticed there are days when I am too tired, too overwhelmed to want to work through the entire system. On these days I go as far as I want/can and simply acknowledge the space I am in with love

and compassion. Even if I get no further than point one, I am still working towards experiencing *the moment* by observing my space within it and identifying my attachment to my emotional state.

Prior to working through this system I have found it useful to identify the ways in which I avoid feeling. I look at the ways that I avoid living in *the moment*, e.g. TV, reading, sex, food, cups of tea, household chores, going out, a video game, purchasing something, excess or constant stimulation. This helps me to be aware of myself and thus still use my co-creative nature. I am certainly not indicating that these pastimes are bad - just identifying why I am employing them. I can then choose to either change my actions or treat myself with compassion - to lovingly acknowledge where I am at and thus put myself in, and live fully, *the moment*.

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## 86. TURNING ONE LIFE AROUND

**M**INE IS NOT A GRAND STORY of a serious injury or life threatening disease that led to enigmatic change. Mine is simpler but equally as challenging for me and many others who have experienced abuse, divorce, feelings of failure, financial loss and suicidal depression as challenges in their life.

In a moment of epiphany I realized the *only* thing I *can* change is *me* and how I see the things around me - either as a problem to hold me back *or* an *opportunity* to make change. I found my escape in the connection between business skills I had learned and how they could help me in my choice to not live like this anymore. I developed and implemented my 6 Steps for Change and from that moment *everything* changed.

1. I made the decision for a better life.
2. I forgave the people I blamed for the state I was in and forgave myself for allowing these things to happen.
3. I found a way to connect to my purpose - the magical beacon we carry inside to lead us to our special contribution.
4. I created a clear vision of the life I now choose to live - including how to bring my purpose into every aspect of who I am and what I do.
5. I broke my vision down into manageable chunks.
6. I got help - every successful person knows they don't have all the answers and they seek help from mentors or coaches to get the knowledge they require.

I now have a partner with a truly beautiful soul, have written a book on this topic and work happily in my own business helping others achieve their best as a life and business coach.

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## 87. 2012 AND THE EMERGENCE OF DIVINE LIGHT

**W**HAT ON EARTH IS GOING ON? Amidst ecological ruin, financial collapse, political chaos and social upheavals around the world, can we look for clear signs of optimism and hope?

It seems obvious to me that if nothing changes we will soon be going the way of the dinosaurs. Whether we go out with a big bang in some sort of cataclysmic event or go out with a whimper slowly suffocating in our own wastes, would not ultimately make much of a difference.

Meanwhile the Mayan calendar, as many have noted, ends on December 21, 2012. Will this day come and go like any other? Will the world suddenly end in one of several doomsday scenarios? Or could this date represent a birth passage, an initiation into a deeper planetary consciousness?

The Mayan calendar was set up to measure galactic rather than solar cycles. What cycles were they referring to? Astrophysicist Paul LaViolette coined the phrase "galactic super-wave" to represent a burst of high frequency cosmic and gamma ray particles emanating from the center of our galaxy. This burst is like a galactic heartbeat, one major pulse every ten to fifteen thousand years, each one lasting several hundred years. While LaViolette does not explicitly synchronize this pulse with the Mayan calendar, I have come to believe that the end date of the Mayan calendar could well be referring to the next peak of this galactic super-wave moving through our solar system.

Geological records indicate that earlier passages of the galactic super-wave have been associated with a collapsing of the Earth's magnetic field, often resulting in magnetic polar reversals. In our own time, scientists report that the Earth's magnetic field has experienced a sharp decline within the past 150 years and continues to decrease exponentially.

How is this relevant to us? Our thoughts, feelings, memories and identities are held within an electromagnetic field surrounding our physical bodies, the "aura". These auras are directly linked with the electromagnetic fields of the Earth. As the Earth's magnetic field continues to collapse further a profound shift within our consciousness is beginning to take place. Most of us experience ourselves as separate from the rest of the universe, imprisoned in a matrix of aggression, greed, violence and fear. This could soon be changing.

Apart from its effect on our magnetic fields, the incoming volley of cosmic ray particles is also likely to create a quantum shift in the base harmonic frequency of matter. As our bodies start vibrating to this higher frequency, new programs within our DNA would be activated. As we dissolve a personal identity based in separation and duality, we would at the same time awaken to the full potential of our Divine Self here on Earth!

Is it possible that this end date of the Mayan calendar represents the first large scale impact of the galactic super-wave into our solar system, activating a sudden and profound collective shift unlike anything we have seen before?

Many of us are already beginning to experience this shift. Our bodies are changing. We are going through extreme emotional roller coasters as subconscious fears come up for release. Our safe and familiar world is falling apart. We are losing our minds. Our linear flow of time is giving way to a multi-dimensional reality where the laws of nature no longer work the same way, where perceived limitations of time, space, matter and consciousness are dissolving.

The economic, political and social chaos we are currently experiencing is also part of the process. Systems based in the old paradigm of greed and dominance are falling away, while new systems and understandings of the universe are evolving that resonate with the new energies coming in.

For those on a spiritual journey, we are recognizing that it is not enough to briefly experience cosmic states of consciousness while leaving the body behind. We are being asked instead to transform the physical body by embodying this cosmic light into cellular consciousness, changing our very DNA. Like a caterpillar transforming into a butterfly, we are preparing for the most profound genetic transformation in recent geological history.

These are the times we were born for. Are we ready?

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## 88. HEALING NEGATIVE THOUGHT PATTERNS

**M**ANY PEOPLE DO NOT REALIZE how their negative thought patterns can affect themselves and others. These thoughts become embedded in our energy field and physical body and have a direct impact on our emotional wellbeing and our health. In addition, because we are all connected on a spiritual level, how others interact with us is also affected.

So how does it affect you?

To be angry at, or send a negative thought to another requires energy. First you spend your own energy and lower your physical and spiritual vibration. This is the first effect of Karma.

The person or persons receiving your thought form become connected to you and thus you take on their energy. This link that is formed between you both must be resolved. This is the second act of Karma. Finally those who suffer due to the effects of your thoughts generate further negative energy. This will also affect you ... the third act of Karma.

When you catch yourself thinking badly about someone or a situation, *white light* that thought, pull it back and transmute it with positive energy. Do not leave it just "floating" out there. Teach yourself to observe and act accordingly - as opposed to judging and acting. There is a difference.

Do not judge yourself either. Rather, observe. When you feel strong emotion you are stepping outside of your soul space. Only in your soul space can you make decisions for your highest good and that of others. (Remember we are all connected).

To put yourself in your soul space, raise your energies by meditation or by healthy physical activity such as a mind-clearing walk. Put racing thoughts aside and observe only. You are in your soul space when you feel calm, centered, and clear minded.

Then ask yourself why a given circumstance makes you react as you do. Look for your reactions; do not blame others. Be observant of your deep-seated reactions only. Make notes to help you remember the thoughts and feelings that surface because you will have to let them go.

When you know "why" it is then possible to release these negative patterns, heal yourself and heal others.

It is appropriate to make an affirmation when releasing a fear or a thought pattern. Our guidance and healing Angels are waiting to work with us but we have the gift of free will and we must first ask for assistance and show clear direction before we can be assisted.

**Some examples:**

1. *"My fear of not being loved is not for my highest good. I release this fear. I request an abundance of love that is appropriate for my highest good."* Releasing fear clears the way for positive change and energy to come into your life. Fear is a block to your life.
2. *"I am not responsible for the behavior of (insert relative or other person's name) and I sever all connections with \_\_\_\_\_ that are not for my highest good."* Consequently you would have sent some negative thoughts to the person who has wounded you and these must also be healed. So you would also need to make an affirmation toward this end.
3. *"I recall and transmute to white light and love the anger, frustration and judgment I have sent \_\_\_\_\_. From now on I will only observe and not react to or take onto myself \_\_\_\_\_'s behavior."* This will enable you, from the balanced and centered wisdom of your soul space, to observe and avoid damaging cycles that pull you down in your life. From this point of observation you still have the free will to step in and interact while keeping that interaction healthy. It is important to note that you would not have to abandon the person entirely but you can keep it real. From now on you are in observation mode and not reactive mode.

This "house keeping" work is required for your more harmonious life and interaction with others, and for your spiritual evolution.

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## 89. WHAT I HAVE LEARNED

**A**FTER SPENDING A LONELY ELEVEN YEARS feeling as though I didn't belong, didn't fit in anywhere and believing I was completely stupid, my parents emigrated to Australia, where within six months I was raped. Rather than being the end of my world, this turned out to be the beginning of a wondrous amazing journey that brings me to where I am now, in my sixties, an incredibly happy, fulfilled and loving human being!

Once the rape occurred, I didn't know what to do or who to speak to (couldn't talk to my parents) so shortly thereafter I stumbled accidentally into the Theosophical bookshop where some older people were giving "readings" from flowers! I sat there stupefied, entranced, having no idea what they were talking about but knowing inside that there was more to the world than I had currently believed.

From then I studied everything known to man starting with astrology then into health before becoming an iridologist. That led to studying past lives and tons more. To this day I am an avid learner and love nothing more than sitting in a classroom learning something new that I can then share to make a difference.

Things that have impacted my life greatly, have been understanding:

- ✓ Soul-life ... that we do choose everything that happens to us. It's pointless kicking, screaming and denying it, because that doesn't help ... it merely delays the learning.
- ✓ Responsibility ... accepting responsibility for everything I created, slowly but surely life began to change. That doesn't mean life's a continual bed of roses - how boring would that be? Rather, when things happen I observe my behavior, look at how I can "stay out of the movie, rather than being in it" and quickly move through it. In the old days, I would be upset over incidents for long periods whereas today I almost see them coming and move through in moments/hours.
- ✓ Gratitude ... having an attitude of gratitude is the fastest way to change my reality.
- ✓ Learning ... to believe I know all there is to know would be a sad day indeed. The more I learn, the less I know that I know for sure. In my life I have changed my mind more times than I can count - thank

heavens - it keeps me growing rather than being stuck in old tribal beliefs that probably belonged to my ancestors!

- ✓ Family ... we choose our parents and our job to heal our relationship with them in order to free ourselves from the lessons we came here to learn. Healing the familial relationship creates healing seven generations backwards and forward.
- ✓ Friends ... friends are the gifts we manifest to be with us through the tough times and to laugh with us during great times; to simply honor and accept each other for who we are. Some people are wonderful, their gifts many, but they're not of our tribe so they walk with us for awhile and move on.
- ✓ Courage ... it takes a lot of courage to stand up for what you believe in - a friend of mine had three fears: deep water, small places and darkness, so he took up deep sea cave diving! I'm inspired so if something scares me, I deliberately go toward it, knowing I will survive.
- ✓ Gentleness ... is something we need to learn - for ourselves and for others who perhaps haven't begun their journey. In the end, we all do the best we can with what we know. We are so hard on ourselves!
- ✓ Money ... do what you love and the money will follow ... absolutely! Find you passion and live it!
- ✓ Love ... self-love is the most important key to living a life that works. How much you love yourself is the amount you will allow in from another.
- ✓ Integrity ... is the essence of everything. When I'm out of integrity with my words or intentions, the world reflects it back, quickly, so it's my key value.
- ✓ Authenticity ... is to be who I am regardless of what people think; the gift of being myself is my greatest gift to myself.
- ✓ Joy ... a higher vibration than love - something I'm working toward having daily! I'm sixty-two years of age, still working, loving and learning.

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## 90. BE YOURSELF

I BELIEVE THAT e e cummings summed up the experience of life when he said, "To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else, means to fight the hardest battle which any human being can fight; and never stop fighting."

We are all born just as we should be, with no filters telling us we're not good enough, smart enough, pretty enough or rich enough. We laugh when we are happy and cry when we are sad. We believe we can become astronauts and fighter pilots because we believe in the possibility of anything. Dragons, fairies and unicorns are completely real.

Then slowly we learn about pain, embarrassment, shortcomings and judgment. Maybe it's through abandonment. Maybe it's through cruelty, neglect, hunger, being ignored, or seeing that someone else is more beautiful, talented, or has more things. But we do learn, and that's when we start to hide.

For me it started in kindergarten. The other girls didn't want to talk to me or play with me. They did things like trying to put gum in my hair or cut it. Groups of them followed me home from school, taunting me all the way. The years of being targeted taught me to be quiet and draw as little attention as possible.

I was given well-meaning advice like, "Don't wear your hair that way. Don't wear such bright colors. Act more interested in what other people are doing. Speak to everyone and smile. Don't worry about it." That type of advice made it seem like I was the problem and I should solve it by making other people feel better about themselves!

I started wearing glasses I didn't need to make me look smarter and less attractive. I wore matronly clothes to work. It didn't matter. The women still ignored me and the men couldn't see me as anything but a dumb sex object. People kept sending me messages like, "You can't do that. You're not good enough. I don't like you. You make me feel bad." It didn't matter whether I had done anything to deserve that or not.

Eventually I started to realize that they were saying these things because that is what they believed about themselves. They thought that they couldn't do things. They weren't good enough. And they felt badly about themselves. I didn't have to let that be my reality too. So I stopped trying and just let myself *be*.

I believed in impossible dreams again. I wore whatever I felt like wearing. I didn't smile at people if I didn't feel like it, and I didn't engage in surface

pleasantries if I didn't want to. More than that, I stopped hiding my fears, my bad experiences and my mistakes. I didn't feel the need to be a perfect role model, mother, business woman, daughter or citizen. I could just be myself. And that's just fine.

I don't always succeed. Life has a way of using problems to bring out our weaknesses and show us the work we still have to do. Instead of being intimidated by that, I am inspired. I look at obstacles now as challenges that can help me be more completely myself, to live my dreams, and through my life, help others.

Yes, life is full of suffering, but it is also full of examples of how people overcame suffering. Our lessons are there to make us stronger. People come into our lives to teach us something, give us something or challenge us. There are no accidents. When we hide our true selves by changing our appearance, doing work that someone else thinks we should do, marrying people others think we should marry, giving up on dreams because we "can't" do it, denying our struggles, or lying about our lives or our past, we can't win because we have altered the very thing that makes the plan work.

Ourselves.

So be yourself. Live your life. Honor your experiences, and let the past teach you rather than punish or define you. Life is perfect. We are all perfect.

Just let it *be*.

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## 91. INTEGRITY

*Integrity: adherence to moral and ethical principles; soundness of moral character; honesty.*

[www.dictionary.com](http://www.dictionary.com)

**F**RANCIS BACON ONCE SAID, "It's not what we eat but what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practice that gives us integrity."

For me, integrity is about being honest in all you say and do and being reliable in that you follow through with the things you say you are going to do. It is knowing the difference between right and wrong and doing all you can to choose right over wrong, every time, no matter how difficult that may be.

Acting with integrity is not agreeing to do everything for everyone. For example, if a friend asks you to help them move house, and you already feel tired, and can't wait for the weekend to come, and you want to say no but somehow end up saying yes, and you ring on the day of the big house move with a fake cough professing some tropical disease - is not acting with integrity. You would honor your friendship much more with an apology for not being able to help and then suggesting some other poor soul - the friend might not be happy about it, but at least they won't be left hanging on the day and most importantly, your integrity remains intact.

So why do we do it?

What drives us to compromise our integrity?

The most common reason is the fear of confrontation. We don't want to see the look of disappointment on the person's face, so we distance ourselves by telling them whatever story we feel we can live with, and the other person will accept with the least amount of questioning. We follow that up with a healthy dose of reassurance to ourselves saying "it is only a little white lie" or "nobody got hurt; where's the harm?" The harm is in the breaking of the confidence - not only to others but also to yourself. You become unreliable and untrustworthy and this can take some time to rebuild - this is true whether in your personal or professional life.

My words of wisdom are these: no matter where you are, no matter who you are, no matter what you do or where you go - always conduct yourself with integrity.

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## 92. THE SWEET GIFTS OF ORANGE

I DANCED ALL THE WAY down the trail; the drum beat taking me deeper and deeper into an altered state of consciousness. My intention was to meet the Orange Diva and to get messages for humanity. As I descended I met a nature Spirit guide, "Guard", who has worked with me for many years, as well as my bumble bee power animal. Guard and I jumped on for a ride and flew into the lower world where I often go to meet plant spirits and power animals. It is a place for healing and regaining personal power.

I found myself in a well-groomed orange grove. Looking around, I felt I was not quite in the right spot. Then I was attracted to a lone orange tree in the distance. I knew from past experience that it is best to be in a natural environment to meet Divas. Then, from behind the tree, she peeked around, laughing and playing "peek-a-boo" with me like the game one would play with a small child. The joy of seeing this Being so happy, bobbing her head out from each side then from inside the branches immediately brought me to this same playful, fun state. We giggled and laughed nearly to tears as we played.

She was so beautiful, a creamy round face, bright green eyes and a braided garland of white fragrant flowers in her brilliant orange hair. Her gown was made in layers of transparent material in shades of orange, gradually darkening as they got closer to her body. The layers were embroidered with leaves and oranges.

When we settled down under the tree, she sat with me and spoke of her gifts. She said "I have three gifts for humanity: Petitgrain, Neroli, and Sweet Orange." As an Aromatherapist I knew that these are the three essential oils made from the orange tree, *Citrus aurantium* var. *amara*, commonly known as the Bitter Orange. Guard added, "Petitgrain is made from the leaves, twigs, and immature fruit, Neroli from the flowers, and the Sweet Orange is expressed out of the peel."

Petitgrain smells woody, slightly sweet, with a tangy bitterness that lingers in the air. The Orange Diva said "The gift of Petitgrain is for support in healing your emotional body by regulating and grounding you into your own uniqueness, and personal power. This helps you to give up addictions and obsessive behaviors that keep you from recognizing your unique soul/self."

She then asked me, "How can you embrace your uniqueness?" As I pondered this question, she smiled so brightly at me that her face turned into a mirror of light and showed me how beautiful I was. And then I was

shown to put a drop of Petitgrain oil on my third eye, to put my hands on my heart, and to close my eyes while I thought of the question. Images flooded my mind, showing how unique I am and what gifts and talents I have to share in this life, and how I can bring these forward. When I opened my eyes I could see her face. She was still smiling at me. The halo of flowers on her head was illuminated in the light.

She said "Now let me tell you about Neroli, the essential oil made from my flowers. It smells heady, powerful, with a delicate sweet floral after-note. These flowers are for balance and stability of your emotions. They invite you to be courageous and to nurture yourself and your environment; to freely give and to receive the joys of life all around yourself."

Guard and the Diva began juggling oranges between themselves, playfully supporting the other as they laughed. Then I saw words coming off the oranges: Warming, Uplifting, Refreshing, Light-hearted, Compassionate and Hope. She said "These words are the qualities of my Sweet Orange oil. Everything that happens to us in every relationship, even if it feels bittersweet, is an opportunity for personal growth. Enjoy life! Play! Pour fresh hope into each and every moment."

The drum beat started calling me back. I thanked her for the information. She said "I am honored to be of service to humanity and I encourage every one of you to step into your uniqueness."

Rhonda D Whetham

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## 93. LIFE IS A COMPOSITION

AS A YOGA TEACHER for over ten years and practitioner for twenty-five years, Yoga plays a considerable part in my life, not the least because it consumes so much of my time. However, I am also sixty-five years of age and have had an active and interesting life with many unusual experiences and challenges, so it is important to put the Yoga experience into perspective.

Yoga is not and should not ever be considered a way of life; it is merely another tool to assist in making life better in various ways and sometimes helping to determine a new direction in which to focus one's energies.

During its 2000+ year history Yoga has evolved considerably, never more so than in the last century, but many of the older ideas and traditions have been carried forward without question or scrutiny, even though in the light of modern science and knowledge it is obvious that the greater proportion of those ideas were formed from very limited knowledge, steeped in speculation and conjecture and are no longer relevant in the twenty-first century.

We must, however, accept that in relation to the ethics and the psychology of life, the test of time has resulted in much wisdom which is and always will be valuable and relevant, provided we are not naïve or blinkered in our evaluation and application of the wisdom.

Yoga has contributed much to the quest for an ideal society in which the negatives such as selfishness and greed do not exist, but the danger is that we allow ourselves to be carried on this tide of feel good morality, in the naïve belief that as Yoga practitioners, we are making a difference without taking a long, hard look at the cynical, harsh and incredibly uneven world in which we live. In order to make a difference, all that we can do is set an example to others of how it is possible to be happy and content in this place and time, and interact with others in a way which does not include the selfishness, greed, jealousy etc which drives so many people's lives.

We must step outside of the belief that Yoga is a one stop solution to the problems of the world, and take from it only what is relevant to our current circumstances, and the rest of this complex composition which makes up our life has to be made up of many different experiences and experiments and integrated knowledge from many sources, including the conclusions formed by other knowledge seekers of the current era.

Many people will take from Yoga good physical health and wellbeing, others will find calmness and emotional stability, some will enrich their life with the social contacts with people from all walks of life on a level playing field. Whatever it is that we enjoy about Yoga, when mixed with the other important things in our life, even when that may be a quest to become wealthy and comfortable or to obtain a position of influence and respect, it will always add value to what is ultimately an ongoing and developing lifelong composition - a work in progress which exists *here and now* and which owes not debt or allegiance to anyone but ourselves.

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## 94. EXPECTING THE POSSIBLE

AS A CHILD I was never asked what I wanted for my future. The sacred, insulated present, remained inviolate from that destructive, foreign concept of "future thinking". But the evil twin called future has a philanthropic brother known as "possibility". In his realm one may meander, safely indulging in adventure and beauty. Here, one weaves with those silvery threads of creation known as imagination. We were offered neither expectation nor possibility, but were left to roam about, circling the edges of the adults in our atmosphere; being pulled into their turmoil, witnesses to disasters and deprived of dreams.

The thrill of getting big sees us throw ourselves headlong into that enticing world of lovers and cars and first moves away from home and I hurtled mindlessly on with nothing but a history book as a guide and a white cane. I had no eyes to see what I could create, that I could create. Disillusionment came quickly and we sat together crying for childhood and checking the history book again and again to see where I'd gone wrong.

I thought I was not whole and sought to find my other half. I knew that I couldn't live without him and frantically clutched the object of my blind and fearful need. Indeed, the fit was perfect and we rushed righteously toward the socially accepted norm, ecstatic with relief at our respite from loneliness.

Neediness begets neediness and the void begins to open once again. A child is a cure for all sorts of bother, according to the history book. A child can dispel loneliness, alcoholism, dishonesty and discontent. I beg and plead as all victims do, but no child is forthcoming. I get on bended knee and tell a God I've always doubted that I will accept any child; that I have enough love for any child he chooses to give me.

This is how God showed me the power of creation. That night, God created my son. Nine months later, my son, created me. My son is intellectually disabled. He is autistic and has obsessive/compulsive disorder. As he grew and his qualities became apparent and were diagnosed, the realization that I had been delivered exactly what I asked for, woke me to myself. As my son screamed for twenty hours a day, I could no longer drift along, the subject of a victim mentality. As my son's needs kept me intensely focused on survival, I could no longer blame and bleat. My prayer was answered. This was not the random act of a chaotic Universe that had it in for me. I had been given exactly what I'd asked for.

When his sister arrived only fifteen months later, his kindred, chromosomally identical fellow, the overwhelming mystery that is life

knocked me down. It tumbled me and roughed away the bits that were not needed. I got back up, the mother of two disabled children, so clearly and cleverly created for each other, so thrillingly on purpose that the purpose of life could never be questioned. Each day they offer me the opportunity to create something better for all of us; some days I say no and rest in the sanctuary of "poor me". Most days I say thank you and take them out into the world of possibility - I paint them pictures of dreams with the colors they themselves have given me. Together we are making a wonderful blanket. It is woven with the silvery filaments of creation, called imagination, and every day it gets larger.

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## 95. LISTEN UP

**B**ORED, BORED, BORED! Job very dull, repetitive and boring. Material possessions unfulfilling and still boring. Social life expensive, mundane, and oh so boring. Friends shallow, transient, demanding, selfish and - surprise, surprise - boring! Life in general, miserable, uninspiring, and by the way did I mention, *it was still boring!*

So there I sat, contemplating my navel and pondering the eternal question: is there more to life than this? I was beginning to seriously doubt it, thinking to myself that perhaps next time I might be reincarnated as a something a little more interesting, a goldfish perhaps, then with my three second memory I would not get a chance to be bored - I could be quite contented swimming around my bowl and every time I passed the little plastic castle in the bottom of my fishbowl it would be a totally new experience. Now how fabulous is that?

However there was something in my life that I just could not explain. An instinctual feeling that I had had for as long as I could remember, a small almost silent voice in the deepest recesses of my mind that kept saying "you're here for a greater purpose, don't give up"

But as always my logical, ego driven, small male mind was trying its hardest to quell this spark of dissent, to stomp all over the tiny voice, barely audible above all the irrelevant chatter of day-to-day life.

Despite my best efforts to shut it up it would still not go away. What was it, what did it want?

Please just leave me alone to wallow in self pity and abject boredom, I like this place, I can feel sorry for myself all day and I don't even have to try very hard.

Well despite the very best efforts of the elaborate filtering system I had worked so hard to cultivate it didn't go away and, because I was not paying attention to that Divine whisper, God was about to up the volume.

Those among us who are wise to the ways of the Universe will know exactly what I'm talking about.

When God wants to communicate with you he speaks in ways that are subtle. He has no need to grab a megaphone and shout "Hey you, pitiful human, sit up and listen - this is God speaking!" His method is very simple; when he talks it's a soft breeze on your face on a warm summer's day; when you're feeling lonely, sad and depressed and you feel there is no hope he shows you love and compassion in the form of a child's smile; he just wants you to know that no matter where you are, what you're doing, no matter

how dreadful a day you're having, that if you just stop, take a deep breath, close your eyes and open your heart, you will feel his touch and just know that you are not alone.

However when you choose to ignore this, as we so often do - me included - then God just ups the volume so you have to listen. Now it was my time to sit up and pay attention.

Up to this point in my life I had always sought logical answers to life's questions, being left brain dominant and very skeptical of anything "woo woo", as my sister likes to refer to all things spiritual. I had lost my faith in the Divine; my connection to the higher consciousness was almost as bad as trying to get through to a human being in a call centre!

I needed to get out of my own way, stop thinking that I knew what was best for me and sticking rigidly to the false notion that I was right and God was wrong.

When you feel there is no hope, that you are the only one who is suffering, that the bottom of life's barrel is reserved only for you and guess what ... it's up to your neck in life's nasties, then all you must do is be still, make time, and listen to that little voice deep inside. God's on the line and he's trying to talk to you.

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## 96. WHAT IS A NICE JEWISH GIRL DOING?

WHENEVER I LOOK AT MY LIFE'S JOURNEY, I often think, "what is a nice Jewish girl doing in a place like this?" I started my life as just that. I was born into a lower middle class Jewish family in Brooklyn, New York, more than sixty-nine years ago.

The first twelve years were spent in a section of Brooklyn that was a world unto itself. It was a melting pot of different ethnic backgrounds. I thank God for those early years and the taste and smells of multi-cultural traditions and celebrations. It was a very colorful and satisfying beginning on that level of human life. I was able to trust and not judge anyone by his or her nationality or religion. It was truly an invaluable and blessed beginning.

On a more personal familial note, my younger years were complicated, dysfunctional and incorporated subliminal conflicting messages. I grew up confused, wounded and looked for love in all the wrong places. That led to an early marriage, young motherhood and about fifteen years later a divorce I was not at all prepared for.

During that time period Spirit was whispering in my ear and urging me to relocate. I had started my spiritual journey because of the strain of my relationships, and the relocation accelerated it. Before moving to the other side of the country I had my first experience with a clairvoyant. He told me that I was a healer. Since I was into my own personal drama this really didn't have any effect on my life.

After my daughters and I relocated to our new home, I discovered an ad in the local newspaper for someone who was offering "Spiritual Channeling". I went to see her and she told me that I could do the same work. Apparently that did resonate. I was ready. That led to my beginning stages of doing channeling, readings, counseling, healing, etc.

Doing that work I was constantly being shown "mirrors" of my own lack of connection and lack of trust and faith in God. My personal life was a mess. It was painful and I knew I had to focus on my own growth. I had several experiences along the way. One was when I had a visitation from a Being who told me to hold up my hands for about a half an hour. He said I was a Being given healing energy to use and share with others.

Another experience was when I went to a powerful channel in Arizona. He was talking and all of a sudden I was on the ceiling looking down at everything. It was wonderful. I felt the oneness and connectedness to All That Is ... everyone in the room and outside of it was a part of *me*. The channel was able to see this and told me that I could stay in that state

permanently if I chose to. Obviously I didn't choose to and came back down to Earth with a bang. I didn't forget about it, just really didn't know what to do with it.

The next fifteen years were full of growth and seeking some way to find inner peace and to feel the oneness on a daily basis. I was led to study *The Infinite Way* as taught by Joel S Goldsmith. Having a background in *The Course in Miracles* it was easy for me to relate to this body of work. It has become the basis and foundation for my everyday life and understanding of how *God is all* and how our ego-centered natures fight that with every ounce of breath we have. It is through the daily death of the ego that I find peace and have learned to "Let go and let God." Amen ...

To say I am grateful is a profound understatement. Each day I thank God for leading me to this understanding.

There are many wonderful teachers currently bringing this message home to us. I thank God for each and every one of them and for each and every one of you - *we are all one!*

And so it is ...

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## 97. MY DAD LEFT ON A NEW ADVENTURE

**I**T WAS EARLY MORNING. My mother just left for her volunteer work at the local hospital and Dad waved her goodbye. I busied myself for the day ahead and the day started pretty much as usual. Opening the door, I saw my father lying on the floor, eyes open. He did not blink. For a moment my brain tried to process disbelief then finally I realized, "Oh no." I felt his hand was cold but his stomach warm. I stepped over Dad, reaching for the phone and dialed 000. I said to the operator "My Dad is dead on the floor. I know CPR." I went numb as I did compressions and mouth to mouth. I knew it was too late.

The ambulance arrived and bagged him. I saw a few blips on the monitor and I felt relief leap up through my chest. The ambulance officer told me it was too late. I closed my father's eyes, placing a pillow under his head. A blanket was placed over his body to his chest. He looked like he was just asleep. I phoned the family in a manner that can only be described as numb.

I knew I was in shock and wanted to stay that way; it helped me do what I had to do. I answered all the police's questions and busied myself like a social director at an event - comforting each family member as they arrived, letting them know that it was sudden and quick. He felt no pain.

For five hours 'til he was taken away we sat guarding my Dad. There was always someone holding his hand. More than once each one of us thought we saw Dad breathing. We had to blink to know it wasn't real. I didn't cry until I put the pillow under his head and the body bag was zipped around him. My Dad was dead.

Though it seems strange to say, in some ways it was such a great day. I realized the value of shock to help me do what I never thought I could. I witnessed the bonds that really matter and compassion within each person who visited that day. As a family we united and had no fear, we told stories of Dad, we laughed and cried. It may have seemed morbid to anyone who watched but there was so much love in that room. It was the most amazing thing to be a part of.

That was two weeks ago (Editor's note: Leanne sent this submission to us two weeks after her father died).

The funeral was equally strange; it was so full of joy - a real celebration of life. There was such laughter with the slide show and family retelling tales. The service was packed and those that were foe came together to support

each other. I had always believed since attending my Grandmothers wake some thirty-three years earlier that they were morbid and the vultures who sat and ate didn't care what we were going through. How could life go on?

But how wrong I was. Everybody came to the service to show the family how much they cared for us and all the hugs were so welcomed and nurturing. I learned that in loss we are all united and life will be very different from now.

What next? My mother and my brother, who don't believe in anything after life as we know it, have each had a profound experience. My mother was sitting reading and heard someone say "message for Elizabeth"... but nothing else followed. My brother saw a picture of Dad in his head and then felt Dad's hand on his shoulder and instantly knew how much Dad loved him. Our smoke alarm that never worked started going off for no reason the night all the family gathered for dinner. Another night while I was sitting alone I heard a voice say "Dad, this is my daughter,"(I never knew my Dad's father) and felt like I was being watched. No one knows for sure what comes next but I prefer to believe life goes on and gets even better than we can ever imagine.

Just like Peter Pan, Dad will never get old and can fly!

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## 98. WHY ARE WE HERE?

WOULDN'T IT BE WONDERFUL to have all the answers at our fingertips regarding who we are and what we are doing here? Yet if all could be revealed to us within an instant then we may not need to be here at all.

Have you ever looked forward to receiving a gift for your birthday or Christmas only to find that someone comes along and tells you what it is before you open it? Sort of takes the element of surprise out of it, doesn't it?

Our journey through life has to have some surprise elements to keep us thinking and searching, to find a more meaningful connection. What if it is so simple and it is right there inside us, just waiting for us to peek in and find it? The Universe is all around us and within us and yet we only seem to explore our external world.

We are not just what we see; the eternal spiritual self is very aware of *who it is* and its existence, and the physical you is aware of *who you represent* in this existence - together we become one living entity and our awareness of our relationship helps us discover why we are here. During our first years of life we absorb everything through the internal senses we were born with and as we grow, we focus more on the external world using our outer senses and we begin to lose contact with the inner self.

How can we possibly tap into the invisible realms within and around us if we forget this inner world or spiritual self? Recognizing that awareness is the first step, the thought becomes available at the most opportune time for us. Whatever age you are doesn't matter; the awareness comes when the time is right.

Life is a circle and just as the seasons continue to change through summer, autumn, winter and spring so do we: time for love, time for family, time to contemplate life. When you find yourself thinking more deeply about life, your thought begins manifesting and bringing to you a new awareness that there is more to us than we can grasp. Why are we here? What is our true purpose? Is there a purpose at all? Surely we are not just filling in time in this eternally changing Universe!

I think not. Life does have purpose - one purpose is to allow our eternal self to experience life through this physical body and existence. Too simple, you say; well the spiritual aspect of ourselves can't experience life as we know it without our body! That's a good reason and purpose for being here.

Physically we may wish to achieve great things, to be somebody, to do something worthwhile. What if we are here to simply help each other, to bring love to our family, friends, neighbors, community, country, the world? Wouldn't this help to make this planet a better place to live if we could actually live by these simple principles?

Love must be expressed. It is Universal goodwill - when you wish for health, wealth, happiness, peace, abundance and blessings for yourself and others then your thought manifests in love, being of service to all humanity and nature. You are putting Divine love into action.

This may seem like too easy a task to possibly be the purpose for why we are here, yet it can take you an entire lifetime to achieve it.

Listen carefully to your words. Can you honestly say they are all loving and positive? The more you think about the words you say the more you will catch yourself out. Try saying something positive, kind or loving each time you speak to others for just one day. You may find it harder than you think!

Problems in life are caused through worry and stress. Stress is energy working in the negative; happiness is energy working in the positive.

Observe the vibration of love manifesting through you as your purpose for being here. Begin by planting positive thoughts. Nurture them, see the beauty that blooms, keep life simple and enjoy.

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## 99. AN AWAKENED HEART

**W**E HAVE ALREADY SURVIVED; we are here, we are alive. Our true nature is fundamentally rich, containing tremendous possibility both for ourselves and the entire world. Not recognizing this we endure dissatisfaction.

Fundamentally, we are trying to protect illusions, creating for ourselves a separate identity that is bigger than we are, and this produces a persistent sense that something isn't quite right. Based on this self-deception, we chase what we think is pleasurable and avoid or destroy what we dislike. Sometimes we're simply trying to find a quiet comfy place to curl up, and sleep through life. At times we succeed, however, it is temporary.

This is the origin of suffering, or "dukkha", a word that describes a wheel with an off-centered axle.

Our life's journey is to know who we are and understand the confused patterns with which we trap ourselves. To see through this magical prison takes stability of mind and purity of spirit. We each have the potential to become aware of our self-deception and the courage to step into a bigger space. The world will mirror even the faintest aggression, so we must end struggle with the utmost gentleness. The discipline is to never forget what we want - or rather, don't want - dukkha, a mind with an off-centered axle, skipping across the landscape.

Potential is always with us; in every moment we can choose what is fresh and true. This journey has no end, but it does have a direction: the awakening of the heart.

Those with the courage to be who they truly are, shine with genuineness like a star for all to see. Knowing the depth of their riches, they give without reference or concern for running out. They look straight into the very core of our Being and remind us that what lies there is an awakened heart, which is a precious jewel without comparison. This is our fundamental richness and it has always been with us.

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## 100. LIVE WITH HEART WIDE OPEN

**D**O YOU KNOW THE JOY OF LIVING with your heart wide open? Your heart is the breath of your soul and when you live life fully, your soul sings and your heart smiles! Do you remember when you were a child and you felt so much wonder about the world, the future and all the possibilities? Do you remember feeling utterly inspired by the awe of life? Do you recall the joy of creating, imagining and playing with reckless abandon? Can you feel the certainty of being unconditionally cared for, loved and supported without question?

What happens to those child-life glasses that we once wore? Why is it that we seem to lose that wonder, that vulnerable innocence and unwavering trust that fills us with Divine light? Perhaps it's the ego, our conditioning, or the thoughts and beliefs that we've chosen to believe about ourselves and the world. Perhaps it's the false expectations society has created in thinking we have to be and look a certain way, have certain things and do certain things in order to be acceptable or successful, or just plain "good enough". In effect, many of us spend our time trying to be something we are not, doing things we don't want to do, and blaming everyone and everything around us for our unhappiness. We put up walls to protect who we really are, imprisoning our hearts so that we don't have to risk subjecting ourselves to rejection, judgment and pain. It's no wonder we forget who we are when we live in the illusions of the ego.

The illusions of the ego may look like fear, lack, separation and pain. The more we believe in these illusions, the more we lose ourselves. That's not to say that we won't experience situations in our life that cause us to feel pain or fear, but it's when we get stuck in it that we really suffer. Then we become victims and give away our power. There is a gift in every experience. There is always something we can learn about ourselves. Pain and fear can spur us to reach the furthest depths of our soul to find strength and courage to propel us to our highest potential.

In order to feel safe enough to let down these walls we must cultivate faith - in ourselves and in the Higher Power - trust that everything in our space is working for our highest good and have gratitude for all the blessings in our lives. We must remind ourselves that it is our true nature to let our lights shine, express and experience our authentic self and create our own expectations about ourselves. And it's perfectly ok and safe to do so! Regardless of what others think and believe, we define who we are through our thoughts, beliefs, words and actions. And we can change our thoughts,

beliefs, words and actions if we so choose. When we choose for ourselves, we take back our power and reclaim that child-like wonder about life.

Today, ask yourself what your gifts are, that you came here to Earth to share (we all have them). Ask yourself if you're sharing them and if not, how can you begin sharing them? If you are, ask yourself how you can share those gifts on a deeper level. Gifts are not physical items, but more like characteristics, virtues or attributes. For example, mine are peace, love, joy, connection, fulfillment and abundance. I feel very passionate about creating these gifts in my life and in the world!

What are you passionate about? Are you following those passions?

Life is meant to be experienced, created and enjoyed, not "survived" and painful! When we get out of our stories - our egos - and get into our hearts, we can start really living with joy and fulfillment! Life begins at the end of your comfort zone!

Begin to truly live with passion, joy and a heart wide open!

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# 101. THE DRAGON WHO COULD SING

ONCE THERE WAS A DRAGON who lived long, long ago in a land where faeries and dragons lived in harmony. Then one day a wicked, wicked wizard came to their land. No one knew where he came from, but they could feel the darkness slowly creeping like a shadow falling over their hearts. This made all living creatures in the land fear each other as well as themselves. They had forgotten that love is the highest vibration and that fear will spread like cancer in the emotional heart of any soul.

There was a very wise dragon called Izac and he decided that he would gather together all the people of the land and they would decide what to do. They did not want the darkness to seep into their hearts and close them forever.

So the day arrived when everyone traveled from far and wide to meet with the wise old dragon. Izac was not their appointed leader, as there was no need to have any type of leadership for they had lived in harmony for eons, until the energy of the dark wizard started to permeate their very being.

The faeries, gnomes, pixies, dragons, centaurs, water sprites, angels, devas, elementals, all the unseen realm gathered beneath a very ancient tree which spread its canopy for hundreds of meters above them. They were nervous, but a sense of anticipation was gathering within them. They knew something important was about to happen.

It took some time for everyone to assemble and the young ones to go to sleep in their parents' arms before Izac could address them. The full moon rose high in the starry night sky, the air was warm and a hush fell over the valley. It wasn't just the stillness of the night but there was a special energy starting to build, emanating from Izac.

Izac was an ancient being who held within him many magical powers that he knew he always had but hoped that he would never need to use. For you see he was the Chosen One. His time had arrived, for just as he stepped up to address his beloved people, whom he loved with every part of his soul, there appeared before everyone the dark wizard. His energy was also building. Izac started to glow with a pure golden light; the wizard matched Izac with intensity and glowed a fierce red.

They faced each other - everyone felt the tension and held their breath. What was going to happen? Were they all going to be destroyed? Was their land doomed forever?

Izac's mind touched the wizard telepathically. He felt such anger, pain and sorrow throughout his whole being. This saddened Izac and at that moment he knew what he needed to do.

Love had never lived in the wizard's heart so Izac went to the sacred place within his body, spread his beautiful golden wings, stretched his neck up high and then the most wondrous sound started to flow from his mouth. It was a combination of a very high pitched hum with an underlying melody similar to the song of the Angels. It was so beautiful that one and all stopped and gaped in wonder. Not only did they hear the music but they felt the energy. The energy was all encompassing. It permeated every living soul in that valley, including the wizard. By this time the wizard had fallen to his knees and was crying. All the pain and anger poured out through his tears. After some time Izac stopped singing and everyone felt at peace. The wizard came to know what real love is and from that day lived in harmony with all his new friends. They gathered together and built him a house and he drew on all the good energy within him and did special magic of his own to make their land even more beautiful than it already was.

They never forgot the day the dragon sang and even to this day the story is handed down from one generation to the next so that everyone will remember a wise old dragon named Izac who sang a song of love.

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## 102. FIND TRUE LOVE WHEN YOU STOP SEARCHING FOR YOUR SOUL MATE

**F**RUSTRATED BY YOUR UNSUCCESSFUL SEARCH for your "soul-mate"? Chances are ... what you are really searching for is twofold. You want a "love-mate" and you want to feel the incredible spiritual connection you see some couples achieve, which has eluded you so far.

### **Why you should stop looking for your soul-mate**

It's important to make the distinction between "soul-mate" and "love-mate". In fact, everyone has more than one soul-mate. However, they may not live in your country or speak your language or be a suitable age or gender for you to have a relationship with.

I have met one of my soul-mates. She is an amazing woman, smart, adventurous, sexy, pretty . . . and we have an amazing connection. However, certain aspects of her personality drive me nuts and I could never live with her long-term.

### **Finding Mr. or Ms. Right:**

1. Connect to Source (God, Great Spirit, All That Is, etc.). If you aren't already connected to "Source", or if you are connected to someone else that you mistakenly believed to be Source, it's time to disconnect from them and reconnect to Source. Once your spiritual connection is established, finding a love-mate will become easier.
2. Complete yourself. "You complete me" sounds romantic however no one can bear that burden long term. If you want a lasting relationship with your love-mate you must accept responsibility to "complete" yourself and be in charge of your own happiness.
3. Write your lists. First, you must become clear on the qualities you want in your love-mate and write this down.

A good friend, "J", had just ended a long-term relationship and began her search for her love-mate. She made her list of all the things she wanted in Mr. Right. She accepted responsibility to complete herself. She accepted responsibility to be in charge of her own happiness. Like a miracle, over the next three months, one man after another vibrated to her. Unfortunately, what these men were seeking in their love-mate wasn't a match with "J". The first three men were all looking for a stay-at-home wife who would cook for

them, etc. "J" just wasn't that type of lady. She had left out several critical steps when making her list. She hadn't specified what she could and would give to the relationship or what roles she needed him to play in her life. When she realized what she had done, she immediately completed the list of what she offers her love-mate and the roles she wanted him to play in her life. "J" was happily married within the next year.

Write your lists and be sure to include what you offer your love-mate in return. After all, you want to attract a love-mate who wants what you are giving. You must also decide on the roles they will play in your life. An example for a woman: does your love-mate need to be handy around the house, cut the grass and take out the garbage to make you happy? An example for a man: does your love-mate need to cook and to clean the house or dress a certain way to make you happy? Does your love-mate need to share your hobbies and interests; do you need to be together all the time, etc.? This is a case where being more specific dramatically increases your chance at compatibility with your love-mate.

Now, start looking for your love-mate.

By applying these simple techniques you are now able to easily start attracting your love-mate.

The joy you deserve is headed your way.

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## 103. MY SEARCH FOR ANSWERS

**E**VERY NOW AND THEN, especially around times of crisis, I go on a mad hunt to find a clairvoyant or tarot reader who can tell me what I want to know *now!*

I summon all my strength and ask my Guides (telepathically) and the Universe to find one of the world's best psychics for me. They'll need to be available today and I would appreciate it if they don't charge too much. Oh ... and please let them be within ten kilometers or so from my home!

So I open the spiritual magazine from last month and start ringing around. I'm truly shocked to hear they're booked for at least two months or so. Would I like to book in? I don't think so. I have an emergency, my chakras are spinning in all directions and I need a guru to tell me what to do. Don't you have a quick-fix service?

I briefly skim over the other services available. Reiki? No, I need to talk. I couldn't just lie there in this state I'm in. Past Life Regression? Who doesn't know their Past? I want someone to tell me what to do for my future. I know how I got into this state - I need someone to help me out! I'm getting the shakes and my mind is about to explode. Isn't the Universe hearing me? I need answers. I need someone to tell me what I should do!

I sit down and contemplate the lack of service my Guides are providing. I ask them what their problem is. I tell them they need to understand how difficult this is for me.

I search the silence for their answers, but I only hear my own voice.

I'm listening to it carefully and as I do, I feel a calmness slowly wash over me.

I'm tuning in and my breath is slowing down.

My thoughts are clear and I'm filled with a certainty.

The answer comes to me easily and ...

I know what to do.

Ramona Lever  
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## 104. WHO SAID THAT?

Earlier this year I took a few days out to visit one of my favorite places, Stroud Monastery (Stroud, New South Wales, Australia). Built in the early 1980s by a congregation of alternate Anglican nuns the Monastery is a rustic oasis. Mud brick and timber buildings set in a bush landscape dotted with dams and home to an assortment of wildlife make this the perfect getaway.

I was escaping on this occasion because I had some things I wanted to think about and a few decisions that needed to be made. On the third day after a very deep meditation, my morning walk took me to one of the dams to fully appreciate a water lily that had caught my eye. It was a stunning deep blue purple color. As I reached the edge of the water I brushed past some branches and felt something on my neck. As you do in the bush, I vigorously flicked whatever it was away. In the water in front of me a dragonfly landed and lay completely still.

My heart opened and I just stood there feeling terrible. I immediately told the dragonfly how sorry I was for taking its life and regretted my overly aggressive response. At that moment I was completely conscious that what I felt was genuine heartfelt sorrow and regret.

I continued my walk and twenty or thirty minutes later my mind started to think about what had happened and I immediately felt the feelings of sorrow and regret returning. A split second later I heard a voice say, "No! You said you were sorry and it was genuine so let it go." I was a bit startled, and even looked around thinking, "*Who said that?*", before I realized the words had come from within. The clarity and sharpness of the message caused me to reflect deeply on forgiveness and letting go. At what point do I allow myself to let go of the past and its associated pain? It was so true. I had felt really sorry and I did mean it and there was nothing I could do to change what had happened. So what purpose would going over it again serve? Absolutely none!

I also remembered something I had heard only a few weeks before that caught my attention: "You can never feel badly enough to change the past".

My next thought was of the main thing in my life that I haven't been able to completely let go of - the pain and sorrow my husband and daughters experienced when I chose to end my twenty-one year marriage. I thought about them in the context of what I had heard and immediately felt lighter and freer. I knew I had let go another layer of guilt and regret. I also realized

that I have had similar moments with this issue before and I know I will have them again. Each time I get closer to genuinely forgiving myself.

More than anything these few days reminded me of the importance of taking time out from activity and also from expectations. I initially went away with the intention of using the time to think and make decisions. The first night I was away however it occurred to me not to try and *do* anything, so I decided just to spend the time with God.

I let myself off the hook completely - no questions, analysis or decisions. I did some walking, sitting and journaling with no specific intention and I ended up coming home with the clarity I needed. The important message for me is that sometimes I just need to take time out from doing just to be.

When I do I find myself and God.

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## 105. COURAGE

**T**HE AIR HAD BEEN THICK AND TENSE between us for some time now and I knew we were heading for the doldrums of death in our relationship. The decision to leave was a difficult but courageous one. I was beginning to struggle within myself about what I should do; my mind was in turmoil as I began to feel empty and lifeless in my existence. I played the roles I had to play but I was losing myself and felt that my soul was dying a slow death each day. The realization of conviction finally dawned upon me as I decided I couldn't live in this delusion anymore. Nothing was going to change. The only thing I was sure that would stay the same was the suffering, sadness, enslavement and loneliness. I was living in a cold, dark, toxic place where my essence was suffocated.

The crippling fear I lived in overtook my whole life. I began to re-evaluate my entire reason for being. I questioned my choices and decisions within myself, the relationship and its heart-rending reality. Was I making a mistake? Would I end up alone? Was I really lovable and worthy of love, or was I too set in my ways to really let someone in my heart again?

I believed I exhausted every one of my fears until a beacon of light enveloped me and made my consciousness aware that I needed to free my soul and liberate my heart - not only for myself but also for the other person. We were imprisoning each other's growth and limiting our potential for truth and purpose within ourselves. As the pain and resentment grew, I realized that holding onto the belief that the other person will be hurt when I left was a selfish and ego-based fear. When there is conflict in a relationship there is no harmony, therefore the soul feels trapped and will express that through anger and negative emotions.

An unbelievable feeling of freedom and joy overwhelmed me as I closed the door to that unhappy world. I also realized how much wisdom I gained from the pain of letting go. I found my truth; my inner strength amazed me, I was tested to the very core of my being. My passion for life was coming back. I was looking at life with new hope and new aspirations. I was gaining back my power and that power was love. I was seeking more depth and profound insight; to be totally understood and have that unspoken communication; for one to see much deeper than the shallow reality of the mundane psyche; to be cherished and adored for whom I truly was and what I stood for even in all my quaintness.

I never gave up on love; I knew a stronger deeper love existed; otherwise it couldn't exist in me; a unity of two souls that felt like one? I had yet to

experience it in this lifetime. My heart yearned for meaningful and fulfilling devotion; I knew it would come to me in its rightful timing and I trusted my intuition.

Then he appeared before me - a true recognition surrounded me, a golden ray of light filled my heart as I felt the magnetic pull of two souls walking parallel to each other in this unknown time. The true identity was soulful, not only in essence but in consciousness; an alignment of truth that set off the first initial spark. An awareness of deep adoration and joy as two internal flames become one eternal flame of love, dancing in bliss and harmony. The first embrace was a deep, heartfelt and moving experience; such tender affection like being enveloped in feathers of an Angel. A knowing of the one I was waiting for from times of old. We were speechless, basking in our everlasting breath of life, on the path to liberation and elation of a true unity that had always existed. The question was love and the answer was love.

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## 106. YOUR GENIE IN AN INK BOTTLE

**H**AVE YOUR POWERS of manifestation been, shall we say, lacking? Or perhaps hit and miss? If so, read on. Here's a little variation on a secret that may allow you to see better outcomes.

Instead of left brain/right brain, imagine that the brain has a front door and a back door. Anything entering or leaving through the front door is subject to our ego, filters and resistances. The back door to the brain is usually not used and often unguarded. It is like the back door to a house that leads directly to the kitchen where all the "cooking" takes place. How is the back door accessed?

Start small with this little exercise that only takes a few minutes. There are three things that are required: pen, ink and paper. A dip-able fountain pen and a bottle of ink can be purchased quite inexpensively at any hobby store. For paper, use an inexpensive spiral bound notebook, either new or one left over from school. Overly decorative, ornate, inspirational journals are distracting and intimidating. Simple tools are best. In the spiral bound notebook write on one side only. If you believe that "with God all things are possible," (Matthew 19:26) then it should be possible for you to write a note from the Infinite to yourself. A personal note just for you.

Settle comfortably in your chair. Do a small ritual that you find comforting such as being still momentarily, deep breath in, deep breath out, relaxing, saying a prayer, lighting a candle, etc. It doesn't have to be elaborate or time consuming. The purpose of the ritual is really to knock at the front door so you can slip in the back. Ask that you be allowed to receive for your highest good and surround yourself with the "white light" for good measure. Decide what you would like to manifest.

Now open your little Genie ink bottle, dip the pen, then write the following sentence - as if a knowledgeable Being who has seen your future, your Genie, were writing it:

"You will see evidence of (your manifestation) as soon as today."

Write this in the third person. You may not have exercised your manifestation muscle in a long while or since you were a child. Perhaps, maybe not even then. Seek to manifest something small. You wouldn't start an exercise program in the advanced class. This is no different. Be grateful and appreciative that you have the dimension of time in which to manifest. This gives you the luxury of watching the development happen and

processes unfold without being overwhelmed. You want a gentle shower, not a bucket of water.

Start easy with things like:

"You will see evidence of something wondrous as soon as today."

"You will see evidence of a happy moment as soon as today."

"You will see evidence of moments of time for yourself as soon as today."

As you do this small exercise again and again, notice the bodily responses that begin to occur when you are doing it. Feel the thought coming through this back door. Notice whether there is any ringing in your ears, a soft feeling on your shoulders, or tingles anywhere in your body. These are your individual sensors and an indication that the doorway to the back brain is opening and you are receiving from your Genie.

Now, "funny things" will happen throughout the day. Evidence will manifest. When you notice this, take a moment to be still and center on the back door of the brain. Focus with appreciation or a "Hey, that's cool." Work on (play with) recognizing and developing your individual sensors. You don't need to do this every day or at any regular time of the day. Your Genie in the bottle will wait for you. As results appear you will be drawn back to this exercise. Repeat it until you can consistently feel your sensors and then expand your asking. I've used this for many things from simply marvelous walks in the neighborhood to tuition for my daughter who will be studying in Japan this fall. All with outstanding results. Your experience, too, will be true self-fulfilling prophecy.

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## 107. GIFTS

**A**S A CHILD we receive many and varied gifts from people who we love, people who are showing their appreciation, people who are giving the gift because it is the right thing to do at the time. There are many reasons for gifts. Gifts come in a variety of forms from things from the heart, things that are great to use, gifts that are not of any value to anyone but you, gifts that are unseen, a gift of a touching moment.

Gifts are a token. No matter what form the gift comes in they are an expression to you from someone who has thought enough of you to give their gift to you.

When you give a gift, people will often comment, "Oh, you shouldn't have!", "That's too expensive" or similar replies. Yes, they may be right; maybe I shouldn't have, maybe it is too expensive! The question is ... why should I not have? It is my symbol of appreciation, no matter how small or large, useful or useless the gift may be. It is what I felt in my being to give to you at that moment in time.

The giving of a gift should be a pleasure for the giver. It should be given with no strings attached. The joy of giving is in the expression of your gratitude to the person.

The receiving of a gift should be a pleasure no matter how small or how large, how valuable, whether seen or unseen. The gift is in the receiving of the expression of the love or appreciation from the giver.

A gift should be a pleasure to both the giver and the receiver - whether it is a flower from the garden, a floral arrangement from the florist, a box of chocolate, a kiss on the cheek or a simple "Thank you".

A gift should give both the giver and the receiver pleasure.

A gift is not a gift unless it has a giver and a receiver.

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## 108. INTIMATE INSPIRATIONS. SEXUAL TRANSMUTATION

**A**N ORGASM CAN teach us so much. It can help us let go. Letting go is the hardest task our mind can attempt to do. With our mind and ego temporarily disengaged in the moment of orgasm, we can place seeds of growth into the subconscious at this moment in time. We can set an intention before we begin our journey of sexual arousal and before we reach orgasm.

What thought will you attach to your orgasm? Intentions work by finely focusing our energy. Creating an intention in itself is the act of formulating a focus. It is recognizing that we can create from our mind.

Where are you focusing your sexual energy? Activate your sexual energy to activate your intention. Sexual energy is like a magnifying glass, intensifying the power of intention and burning our intention deep into the subconscious mind. Sexual energy gives us the power of creation, stimulating our creative inner genius. It ignites passion for life and living. Infuse your life with sexual energy and let it fill your life with passion.

Change your physical focus from sexual to sensual. Sensuality comes from the heart whereas sexuality comes from the genitals and the mind. Use your heart to transform sexual energy into sensuality. Once sexual energy passes through the heart and combines with genuine emotions and intentions, it becomes sensual and empowering.

Our sex energy is our life energy. Enhance and embrace it fully.

Yasmin Sheryl de Jong  
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## 109. LOVE + HOPE = LIFE

I REALIZE AS I WRITE this, that I have, for most of my life, been collecting and putting jigsaw pieces together, trying to work something out, trying to get a complete picture. It has been a long, eventful journey.

In this beautiful world we share, it seems to me that there are a lot of unhappy people. What are they unhappy about? I suspect that most of them have run out of what I have come to see as the most precious of all commodities, hope. What happens when this occurs? It has been my observation that we die, either emotionally - living a life of dull routine - or we die physically ... some cut their own lives short. I am aware of the latter as it has touched my life.

My brother became one of the alarming suicide statistics in 1994. This was undoubtedly the saddest time of my life and the lives of my siblings and father. Paul was thirty-one years old when he took his own life. He was a beautiful, sensitive, loving person who just couldn't get "ahead" or so he believed. Depression had plagued him for a large part of his life and although he took medication, he drank alcohol which tended to disturb his equilibrium. In part of his final note Paul wrote: "I wish I'd had a family and a car, a fish tank, a dog and a good job." Having these things he believed, would have made him happy and complete.

This, I am sure, is a very common belief and brings me to the most recent piece of my puzzle, which I acquired a very long way from home.

In a park in Washington, my daughter and I were approached by a homeless man selling newspapers with contributions of stories and poems by people living on the streets. This man, a veteran of the Vietnam War, was a picture of love and hope. With his genuine warm smile and bright eyes he portrayed a sense of real freedom and he was sharing his experience with us. We were intrigued to see that not only was he improving his financial position but he was also educating people as to the plight of the homeless. We watched as he spoke to a woman at length and then gave her a paper without any money changing hands. What an invigorating experience it was to witness this selfless interaction. I feel this man had found his real job in life.

Here was a person who had obviously had a very traumatic life and none of the trappings of "the American dream", but had worked through a process and made a choice to survive, living a life of purpose and freedom. He was doing a very important job, showing by example how hope and goodness can be salvaged from any experience.

Paul's death was a catalyst for change in my own life. Part of my healing has been to work in the area of mental health which I find extremely rewarding. Without my particular life experience I doubt I would have chosen this path.

As I contemplate the bigger picture I am once more reminded that society may have been spreading the wrong message in suggesting that happiness comes from outside of ourselves. In our busy modern-day lives of so called progress, many seem to have lost their way and no longer trust their own instincts. To rely on possessions or other people to validate ourselves is obviously not enough.

We are part of a Universal eco system and each of us is connected to the whole and to each other. We must play our part by passing on knowledge we have acquired from our own personal journey when called upon by others.

To do this successfully we must first have self love which is perhaps the hardest love to find, but find it we must, for we cannot give what we have not got.

Love is the main ingredient of a happy life and when we share love with others we all seem to benefit.

Love is the essence of life.

Love is life itself.

For without love we are without hope.

Without hope what is life?

Maureen Wesley  
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## 110. AN EARTH ANGEL'S WISDOM ON LIFE

**M**Y MEANING OF LIFE involves losses and gains: I lost my parents as a teenager and recently lost a sibling. I have gone on a journey to gain an understanding of why I have lost those close to me, to explore and experience how the Universal laws operate, how to tune in to my intuition, gain strength and receive messages of guidance.

### **My beliefs**

Living each moment to the fullest, you can do anything you set your mind to; life is a journey of lessons and experiences to be enjoyed, sprinkled with a few challenges to give you character. I get upset when I hear people talk about falling out with a family member - you don't know what you have got until you lose it. I have no regrets and believe my journey is part of the plan to make me a stronger, better person and if I can empower someone else, I am doing my job.

### **Family**

Family is your bedrock; they teach you the basics of life, what you need to know, core beliefs, values and the importance of loving those who are close to you and, for me, knowing that blood is thicker than water. When all the chips are down your family are the ones by your side, supporting, encouraging and believing in you. Through my losses I have learned to appreciate family. Knowing we were a happy family sharing and doing things together, I now realize that if I didn't have that security, love and grounding I probably wouldn't be in the same space that I am in today.

### **Relationships**

Relationships are what bring humans together and I believe the quality of our relationships reflects our own personal development: spiritually, physically, mentally and emotionally. The deeper I work on myself, the deeper my relationships become. I look at my relationships through eyes of unconditional love, accepting everyone I meet, without judgment. This takes self awareness, understanding and work on my part to maintain.

For me relationships with others are fluid and satisfying as people come and go into my life, to teach me lessons as I am here to teach them lessons; where we both grow and develop as individuals. I cherish the relationships that I have with those around me; you never know when it is someone's time

to go and all you are left with is a heart full of memories and precious moments.

### **Success**

We are all successful no matter what we do, and it's important to compare yourself only with yourself. Feeling unsuccessful is a chance to learn from the experience and an opportunity to do it differently next time and get your desired result. For me success is doing the things I enjoy and doing them to the best of my abilities. Sometimes the journey is one step forward, two steps back as new skills or attitudes are learned from the experience.

### **Manifesting**

Manifesting is easy when you have a clear, strong intention and know and believe it will happen. I easily manifest car parks by commanding the Angels to find me a car park now. If I just miss out, I ask again with a stronger intention and a park appears. I always thank the Angels when I receive what I ask for. Practice manifesting - start with small tangible things and attract more as your confidence increases.

### **Abundance**

There is abundance for everyone, so be open and receptive to attract it into your life. For me abundance is having the total package, having all that I need in the main sectors of my life and the perfect amount of time and money to do everything I wish to do. If abundance is lacking in an area, as is the case for me, then that is my clue the area needs some attention to bring it in line with what I desire.

Now you have it - some of the ideas that I believe about life, the journey and having it all. I'm not quite there just yet but having a good time getting it all happening the way I desire and deserve. You can have it all as well, as you desire and you deserve.

Dianne Michelle Challenor  
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## 111. THE MORE I LIVE IN THE NOW

The more I live *in the now*  
There is no insecurity or sorrow  
The more I live *in the now*  
There is only today, no tomorrow  
The more I live *in the now*  
I plant my seeds for the future today  
The more I live *in the now*  
I am open to receiving guidance and listen to what "they" say  
The more I live *in the now*  
I silently accept  
That what is meant to be will be  
In acceptance, I put all my fears to rest.

Shama C Noorani  
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# TOP 100 BOOKS

WE SURVEYED THOUSANDS of New Age Directories members ([www.newagedirectories.com](http://www.newagedirectories.com)) and asked them to list their favorite new age, spiritual, alternative and holistic books. We then compiled this data and chose the top 100 books out of 903 book titles submitted as the recommended reading list below. Any one of these books could change your life - why not read them all!

1. *A New Earth: Awakening to Your Life's Purpose* by Eckhart Tolle
2. *The Power of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle
3. *You Can Heal Your Life* by Louise Hay
4. *Conversations with God: An Uncommon Dialogue (Books 1, 2 & 3)* by Neale Donald Walsch
5. *The Celestine Prophecy* by James Redfield
6. *The Secret* by Rhonda Byrne
7. *Ask & It Is Given* by Esther and Jerry Hicks
8. *A Course in Miracles* by Dr Helen Schucman
9. *The Four Agreements* by Don Miguel Ruiz
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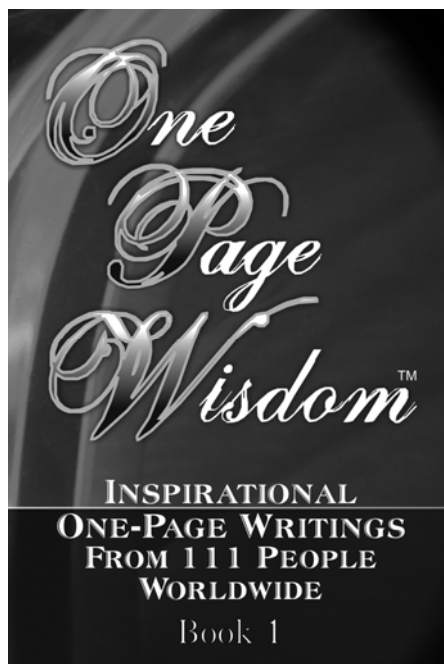
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