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Author Biography

Ella Roberts was born in South Africa moving to England when she was nine. She started taking an interest in the supernatural, spirituality and self-development when aged fifteen. She read widely on the subject, and started to put what she learned into practice by working on herself, doing meditations, keeping journals and channelling information. She always loved reading books, but only began to write when she was twenty. *The Run: London's Secret* was her first novel, and *An Amateur('s) Guide to Spirituality* is her second book. Ella lives in London with her family.



Acknowledgements

“Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it”
(Mark 16:20)

The amount of times my family, friends, acquaintances and random people showed up with valuable information to contribute or reinforce an issue whilst I was writing this book was amazing, and could only be put down to the fact that I was in total alignment with my truth and therefore, on the right track. Thank you so much guys:

Mummy, for your unwavering understanding and enlightened parenting. Daddy, for your consistency, devotion and trespassing (you know what I mean). Bobby, for all the jokes and constructive criticism. Lindy, for remembering to feed me when I forgot to eat (bless you). Rachele, for an empowering friendship I didn't know I needed but thank Source for every day. Jenny, for your dedication to make sure the art-work is this fantastic. Greg, for your encouraging support that always came at the right time. Alli, for your straight talking, accurate, and much needed guidance (and free tarot readings). Paul, for your generosity and kindness that contributed greatly to my overall well being. And my Spirit Guides and Angels, for your patience, all encompassing love, and ever present guidance.

Thank you also to **everyone** who indirectly contributed to this book, my life and my growth in all ways; love and blessings to you!

Ella.

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Introduction

To have picked up this book over others and made a conscious decision to read it (or just see what it's about) you must consider yourself an amateur in the field of spirituality right? Well that's okay; in fact it's a good thing because that brings you into alignment with my way of thinking...

But before you start throwing "ego" labelled stones at me, allow me to admit that I consider myself an amateur as well, and that is why the title is amateur(s) guide as opposed to just amateur, because it was written by an amateur for amateurs, making it a very fertile environment for spiritual growth.

Another reason I've called it *An Amateur(s) Guide to Spirituality* is because I believe spirituality is about bringing attention within from the outside world and focusing it on the Self, the Being as opposed to just the body and personality. It is about Self-enlightenment, Self-development, Self-centeredness, true Self... everything to do with the Self, so automatically that signifies individuality to me.

And what makes spirituality different from religion in my eyes is that although it may be practiced religiously by some (including me); every person practices their own version which will differ from another's. There are no set rules to follow, no one way to go about it, and all routes ultimately lead to the same place.

For example, if you happen to catch a bunch of spiritually enlightened people together in a room somewhere, you will find that although they may have a common point of agreement, not everything

they do, think, say or believe will be the same, or indeed done in the same way as each other, and they will all be aware of and perfectly happy in that knowledge.

Like I said it's all about Self, and one person's truth will not be another's, the key is to respect their truth even if it differs from your own. However, if it somehow infringes on your personal space step away, but keep that respect because we all have the right to exist and believe whatever the hell or heaven we want to believe in. "Live and let live" I say, and the beauty of free will prevails.

So in coming from that point of view (where everyone sees and interprets a different version of the ultimate truth), I believe that when you subscribe to someone else's point of view you become an amateur to them, just the same way as if someone else subscribes to your point of view they become an amateur to you. You are both amateurs if you come together with a common point of view because you are looking to learn from each other. So welcome my amateur friends to my point of view!

Another thing that makes me an amateur in this room, is the fact that I don't have any academic achievements related to spirituality that at all qualify me to write this book. Yes, I am a writer with a gift of the gab (I talk even more than I write), and yes I have years of personal experience incorporating spiritual practice into my life that has served me so well, I am now sharing it with the world. But no, I don't have any certificates hanging up on my wall to prove it, although I do have one qualifying me as an Integrated Energy Therapist; I'm proud of that.

I must also warn you that this book isn't like the majority of books on the market (every writer says that), it has not been professionally perfected by a

team of editors and trimmed to perfection, it is not politically correct (though I have tried not to swear) or straight to the point and proper (I tend to venture off into the woods when explaining a point). In fact, it has not even been proofread by a fresh pair of eyes (though a mate of mine has had a cursory glance), so if you come across any mistakes I obviously missed, do email (details at the back) and let me know.

I have done it this way because when I was starting out and read anything on spirituality that my intuition led me to, I never came across a book that detailed the writer's experiences, what they felt, what they thought, and how they dealt with it. Not to say that there aren't any books like this, I just never came across them.

This is fine of course, and believe me I am not criticising because I recognise and respect that people like to keep their personal lives and experiences private, and so they should. But I feel a certain release when I share my issues and challenges, a sense of liberation and growth when I finally come through a situation and then go on to help someone else do the same.

When I went through experiences that I considered traumatic I felt alone, like I couldn't talk to anyone about what I was feeling, and that was painful. I had no role models to look up to and nobody I felt was talking, so I would like to bring it to the forefront and hopefully get to someone going through similar experiences so that they know it is possible to get through things with the ideas I share on how.

I am hoping that many more people will come forward in the future with their experiences and how they got through them, so that others will also have somewhere to look for and find assistance, because sharing facilitates growth!

A long time ago I realised that I am more receptive to following by example and learning by experience than just theory, so I am naturally drawn to leading/teaching by example and encouraging learning by experience; that is another reason why I have written the book this way.

Before we begin, let me cover myself:



Disclaimer

Everything written in this book is from my point of view; what I do, what I don't, what I think, what I don't, what I like, what I don't, what I agree with, what I don't, what I believe in, what I don't, how I see the world, how I interpret things, what I experience, and most of all what I say! [Breathe]

You do not have to believe everything I have written; indeed you do not have to believe anything. If you take at least one thing away with you when you have finished (or decide you are bored) I hope it is an idea of how to start or continue your journey from here.

Even if it just shows you that you don't want to be spiritual, at least it will have uncovered a bit of your truth to you.

This book is not researched, it was written from mind to computer via hands, and the only references I will point you to, are things that have worked for and mean something to me. This is my version of spirituality from my point of view, and although everything I think, feel, do

and say is right for me, it may not be right for you so accept that.

I believe that there is no wrong or right in black or white terms, but relative to where you are coming from (which is why I use the phrase 'right for me') but that doesn't mean there aren't things I seriously don't agree with, that may be right for someone else.

Any opinions I share or observations I state are once again what I think, so you do not have to believe or agree with them, just accept that they are mine and have the right to co-exist with yours.

*Remember that spirituality is about Self; what **you** think, what **you** feel, what **you** know, what **you** resonate with, who **you** are, so take nothing I say as gospel because it is not! It is simply a fraction (albeit important) of the ultimate truth, which is seen from my point of view based on where I am standing, and that may be far, far away from you. However, in the greater scheme of things we are all standing in exactly the right place for us, and have every right to change position if we feel the need to.*

*The purpose of sharing my truth, is to hopefully inspire you to open up to your own, so go ahead and believe what you will and discard what you don't, but allow it **all** to be. Know that everything you do is by choice and therefore all consequences are your responsibility (free will clause signed before incarnation).*

*I hope you enjoy this book but remember that it is not intended to lead you by the hand and take you "there" (because that would be you walking my path and I really don't want you on here), it is to show you what options you have available to assist you on **your own personal** journey.*

Now that's out of the way, let's continue:

This is my guide to spirituality... which is really a fancy way of saying "I'll tell you what I do to incorporate it into my life and you can take from it

what you will, and leave the rest for someone else" - don't worry there's enough to go round.

Just to let you know that I have split the book into five sections (as opposed to chapters) called Personal Spirituality, Home Retreat, Holistic Relationships, Spirituality At Work, and A Spiritual Life; enticing isn't it? But feel free to read it in any order you feel comfortable with (the predictable ones will run straight to relationships, tut, tut). I've done it this way because that is how I divide up my life in that order of importance.

Also, some of the suggestions I make may pop up in multiple sections, which sounds like I am repeating myself, but that is because spirituality is not containable and really shouldn't be (I feel).

Alright, let's go!

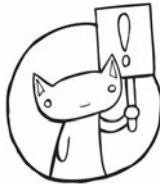
About Me

So who am I and what makes me so special?

Well... I was born in South Africa, I'm a Virgo, Rat, and my totem animal is a Grizzly Bear named Lola... not particularly the best trivia but I had to in put something.

And without going on too much about my childhood I will start with the fact that my view of organised religion was tainted in South Africa, no not because of the political goings on, but because of what happened at school...

One second let me cover myself again:



Disclaimer

Although I was born in South Africa and lived there for the first nine years of my life, I didn't start coming into my own way of thinking until I'd moved to Britain, which also happens to be when I (in a sense) found out about and began to understand what was actually going on politically.

I subscribed to the world's view of it, and although I have memories and experiences that showed me what it was like on the inside, they are clouded by a child-like bubble that didn't extend further than "mummy and daddy will fight away bad things that want to hurt me".

So, what I think about what has been and is going in South Africa is derived from stories told to me by family members, bits and pieces of juicy hear'say from here and there, and of course childhood memories.

So don't be surprised if when you ask me what my views are, I shrug and say "I don't know".

I used to go to a church school but I don't remember what denomination it belonged to. There were Priests hanging about and nuns who lived on the grounds, some used to teach the lessons, and we had Bible studies as part of the curriculum. Now, I am going to take a wild stab and say it was a Christian school, but I am still not sure, so don't quote me on that.

Anyway, I was an inquisitive child; my parents were big on learning and would ask me about what I knew, and encourage me to question what I didn't understand so that I could learn more. I had a very vivid imagination (still do), so I was drawn to fantasy and the supernatural from a very early age but unfortunately, that was frowned upon at school meaning I had to keep my thoughts and ideas to myself.

Now, having been allowed to express myself freely at home, you can imagine I expected to be allowed the freedom of expression at school right? Yes, but not what I got with it!

I used to make frequent observations that brought me to realisations about things at school that weren't all they seemed to be; there was a lot of hypocrisy knocking about that nobody was willing to admit to and didn't want brought to their attention.

I know this because I tried to question it on numerous occasions, stating what I'd observed and weighing it up against what was so loudly preached about. But instead of being met with praise like I had

expected, I was met with stern disapproval, and at times accusations of being cheeky (yes, I didn't learn after the first time and kept on going). There was even an occasion when I got ejected from the classroom and sent to the head.

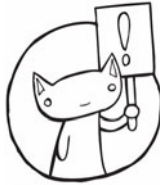
One thing they were very big on at school, and would preach about at least twice a day, was that "we are all equal in the eyes of God", that "regardless of colour, age, social background or creed, we are all brothers and sisters, and we shall all love one another as such". But in practice, things didn't happen that way...

The teachers would lecture us about things we **should** do, ways we **should** think, things we **shouldn't** say (nobody ever told me why though), that it was written in the Bible and therefore law. This was fair enough, but when it came down to it certain lines became blurred, and it turned out that one set of rules applied to one group of children who would be treated in one way, and a different set of rules applied to the other group of children who would be treated another way.

Now, to anyone who was paying attention, what did that say? Hypocrisy, and a very strong "do as I say not as I do" message that I spent a lot of time bringing attention to, and getting into trouble for my troubles.

So, by the time I left for my journey across the waters I had a very tainted view of institutions and organised religion or institutions ruled by religion.

Hold on, disclaimer again;



Disclaimer

Although I am still working on neutralising my tainted view of organised religion, and getting to a point where I respect rather than dismiss it without listening because I grossly disagree with some of the practices and beliefs, I am beginning to realise that whether it is said through Judaism, Paganism, Islam, Buddhism or Christianity, the message is the same all round; it just so happens to be said in different ways/languages. And if we all began to see that, world peace would be inevitable; "Instead of spreading love we spreading animosity. Lack of understanding, leading lives away from unity" - Where Is the Love? by The Black Eyed Peas says it oh so well!

And I definitely agree with that, if we all put more effort into celebrating our similarities instead of trying to change each others' differences, things would be a lot more peaceful in our world. Especially when it comes to a little thing called free will, and the fact that different people, who live different lives will make different choices and be subject to different experiences, etc...

And everyone is receptive to a different way of learning, for example, whereas my barriers go up faster than a boy on fire if something is told to me in terms of politics however; I am all ears, eyes, and receptive senses if it is told to me in a weird, wonderful and exciting way. On the other hand someone else may be receptive to music (teens for example, look at how influential music stars are), their barriers may go up fast if told something in say... a mathematical way.

And this is where my "different routes to school" theory comes in (feel free to change "school" to "work", "the

airport" or even "the pub") handy. Think of a community school that children from all over the neighbourhood attend. Some will arrive by bus, some by train, some will cycle, some will walk, some will drive, and some will be driven, the odd few might fly, but ultimately they will all get there.

So, whether you get to your "spiritual school" at 9am, 12.30pm or tired and hungry at 2.45am (in terms of life at thirteen years old, twenty-one years old or seventy-eight years old), you will have made it when it is right for you.

Some will get there early and some late, some will leave "home" early and some will leave late (which is also relative if we look at time as an illusion, but that's a different book, different story) but everyone will get there eventually. And any spiritual person worth their toes will not laugh at the late or early comers, they will rejoice their arrival because that is what's important; arrival not the time!

Spirituality is not a race, so if a certain route to school/work/the airport/the pub isn't working, is delaying or slowing you down, then it is time to re-route mate, you have an abundance of choices available, why are you keeping yourself stuck?

Anyway so, by the time I hit fifteen I was unhappy, confused, and felt like I didn't belong. I didn't believe in religion which all my peers seemed to subscribe to one or another, was drawn to the supernatural that a lot of people told me was inspired by the Devil, and hated school because it felt so wrong to me.

I felt as though a load of random facts were being thrown my way, that I was expected to memorise and regurgitate at the end of the school year (whether I had learned anything or not). For some reason that felt pointless and non-progressive, so I didn't put much effort into anything to do with school, most of which was to please my parents and teachers anyway.

Nothing much held any importance to me either; I wasn't interested in the latest trends, music or whatever else my peers were into; oh I tried, but just felt like I was lying to myself and pretending to them. Plus I was always accused of being strange and weird, which did nothing for my already battered self-esteem.

So you can imagine how much I always looked forward to the weekend and holidays because that meant no school. And I vehemently hated (really, with an intense passion) Sunday evenings because every hour that ticked by was getting me closer to Monday morning and therefore, school.

All in all I did not like it, and would never return if I had another chance to do it again. That time of my life felt like a purposeless existence, which is more than apparent now if you look back at my academic career, add that to my tainted view of institutions and you have... me.

Fifteen was also the first turning point in my spiritual life; January 2000 was when my mum started reading a series of books called *Conversations With God* by Neale Donald Walsch, and (I can never thank her enough for this) started talking to anyone who would listen about them. Obviously my interest was piqued at the things she said, which resonated with me (I was wise even at then, yes) very much.

I would question her about things, and was really enthusiastic about the answers, so she suggested I read it for myself and see what I was receptive to. She also said "I want you to know who you are by the time you are twenty"; it was a little after my twenty-first birthday that I realised how much I had been striving to live up to that statement.

And from there I was hooked and went on to read

the remaining two books, after which I read *Ask Your Angels* by Alma Daniel, Timothy Wyllie and Andrew Ramer. That book started my obsession with these wonderful Beings, and it also opened me up to the chakras, meditation, developing my psychic abilities and communicating with my Spirit Guides.

For the first time in my life I felt like I belonged (how cliché), even though it was the summer holidays and I was cooped up in my room (alone) with sticks of incense and candles for company, opening up my chakras and releasing blocked energy. I had found something I could really get into, something I was good at, and wanted to spend all my time doing.

And the major reason I was so enthusiastic was because I was allowed to be an individual, I was allowed to explore and create, believe in anything I wanted and not be judged for it. I was never told what to do or that what I was doing was wrong, I was not different (in a bad way), strange or cheeky, I was developing and growing, choosing and being!

So, the more I read up on the subject of spirituality and self-development, the more I discovered there was no wrong or right, just choices that didn't work for me. I began to notice a real freedom that I had never felt before, and so consciously set out to become a spiritual being.

You'd think at this point my new beliefs and I would skip into the sunset hand in hand and start a new life in happiness right? No chance! Even though I continued growing spiritually, I became externally unstable; moving from course to course, job to job, and changing my mind constantly about what I wanted to do and what I wanted to be.

At seventeen I fell into depression and developed an alcohol dependency.

At 19 I decided to run away from my "problems"

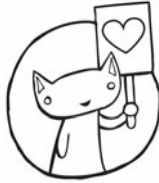
in London and go to the University in Huddersfield, only to get there and realise (when I couldn't leave) that the buggers had followed me up. That's when I things went from bad to the pit of doom!

I was extremely vulnerable, because I was alone in a foreign town far, far away from home or anything familiar or comforting to me, I didn't know anybody and therefore didn't feel I could talk to anyone about it. I was also under the impression that nobody cared (as every fresher student does) about me.

Even though I found a few friends on my course, I kept socialising to a minimum, and when I didn't have any lessons I would spend time cooped up in my dorm crying and drinking; I would cry myself awake (if that's even possible), cry myself to sleep and sometimes even weep in the woods surrounding the student village.

I isolated myself and would surface only to go to lessons (even that stopped at some point during the first term), scavenge for food, or accompany my colleagues on wild nights out, where once I got so drunk I still don't remember what happened (stopped trying).

By the time I was twenty I had a track record for instability and my poor parents were worried I'd never grow up to be a responsible adult. So, it came as a surprise (even to me) when, two months before my twenty-first birthday, I discovered I was a writer, and I haven't looked back since.



Affirmation

It was also on the twenty-third year of my existence that I consciously decided to no longer allow other peoples' thoughts about me to dictate what I do with my time, energy and life. I will gladly accept the labels "strange", "weird", "cult member" or even "Devil possessed" because I do not believe them to be true, therefore they are not (to me).

What is true however, is that I am a Light worker and I hereby affirm that I will devote myself to spreading the message of love and light by sharing my truth and encouraging others to uncover theirs, and then go on to spread love and light too, until the energy of this Planet has completely shifted to a higher vibration, and we can all effortlessly step into a new dawn together!

Amen.

Personal Spirituality



I believe that once a person has mastered Self, their external life begins to flow towards truth, and although there are four other sections to this book (and other compartments to a person's life); I consider this one to be the most important, because the others extend from it.

Get To Know Your Self

Let me stress right at the beginning, how important it is when embarking on your spiritual journey to take the time to get to know your Self. That is because; if you are going to focus on being an individual you will at some point need to know who that individual actually is.

"But I do know myself" I can already hear some people say, which I am not going to dispute because only you know how true that statement is, and it is beyond my means and sense of bothered-ness to check, so good for you!

Anyway, as much as I have been accused of Devil possession or moving in with cult members, the truth is it took me six years of working on my Self before I even attempted to connect with other spiritual people. That was because of the negative reception I first received when coming out, so in my mind there were no spiritual people for me to actually connect with in London (and the fact that all the really glamorous events and gatherings happened in America).

Yes, I was a sensitive child who took things very personally, which you may have noticed by the way a few people's actions managed to put me off and taint my view of institutions, religions and even countries.

But I have grown up a lot since then; I have become Self-centred, emotionally and mentally stable, and best of all I know myself very well. I know how best I operate, what makes me tick and what makes me smile, I am open to trying out new things but I am discriminating about what or who I do and do not get involved with.

I make conscious decisions and am always aware of what I am thinking and feeling. Everything I do is from a place of truth, and as a result I am not as affected by the outside world as I once was.

My goal is ascension, and that involves a lot of healing to uncover my Higher Self - the part which is not clouded by negative emotions that create unreal characteristics and go on to build a false personality that originally came from traumas in my past.

I clear, I cleanse, and I heal myself on a regular basis, and make it a priority to keep the connection open to my Higher Self so that I can reach my ultimate state of Being for this lifetime.

Do make it a point to get to know your Self while embarking on your spiritual journey, because it is very important! Not only will it allow you to become self-aware so that you can monitor your thoughts and feelings to create consciously, you will also know what you are receptive to and what you are not.

I believe it will stop you being too reliant on getting from the outside world what you are more than capable of giving to yourself (love, acceptance, happiness, peace) or having others impose their views on you and stop you thinking for yourself.

Here are a few things I do to connect with myself:

- **Writing.** I keep a journal in which I write my feelings, thoughts, goals, aspirations, even random ramblings that I feel are relevant to

my life. I am always open and honest about everything because there is no room for ego (when dealing with Higher Selves). I date my entries because I like to go back months later and read over who I was back then; it is a great way to monitor my progress and keep from forgetting my achievements. Because you have the right to allow all sorts of thoughts to pass through your head (savoury or unsavoury), which you may feel the need to share with your journal, I would also suggest you keep it private, unless having your inner most thoughts and vulnerabilities leered over by nosy busy bodies is your thing, of course.

- **Creativity.** I don't know if you've heard of the implication that imagination is a medium to the Soul, and creativity is the tool to uncover it (creativity + imagination = Soul connection) okay, I've just made it up but now you know. Children are very spiritual and this has a lot to do with their gateway to the Soul being permanently open (until they become tainted by traumas or grow up). So where you can, spend time creating (with or without children) and do things like writing stories, drawing pictures, colouring in, painting, inventing games... yes, I do these things but mostly alone in my room on a Wednesday afternoon when I should be at work.
- **Walking.** I discovered the wonderful properties of this during a time when I was so broke I could not get on the bus (let alone the

train) because I couldn't afford to, so I had to walk. I like getting slapped by the cold English air just as much as the next person (not much), but it has its advantages and one of those is clearing cob webs that fester about in my head when I spend too much time agonising over an issue I cannot immediately see the solution to. I will also add that I like sitting in the park or by the river, which is grounding and liberating at the same time. And although I am cold and weather beaten when I come back, I always feel lighter and more aware of who I am (having connected).

- **Feeling Good.** Contrary to popular belief, torturing or depriving yourself of feeling good is not the quickest let alone best way to God (or Higher Self). Think about it, when you are miserable and sad you are closed off and have all your barriers up so nothing can come through. But when you are happy and having fun you are open and free, which is when all sorts of wonderful information comes tumbling through. Don't ask me what information that is, because is up to you to find out for yourself; I know what mine is so it is your turn to find out yours. I also love to laugh, nothing is better than rolling around in fits of laughter because it releases tensions I didn't know I had, and let's face it, it feels good! So, I make it a priority to give myself laughter therapy at least once a week, which includes watching television (*Friends*, *Frasier*, *The Simpsons*), a film (*Shrek*, *Bridget Jones' Diary*, *Coming to America*), reading a book (*Skipping Christmas*, *The Portable Door*, *The No.*

1 *Ladies' Detective Agency*), or calling up a friend I just know will make me laugh.

- **Connecting.** Have you ever reacted to something someone says or does in a way you never thought yourself capable of? Well that is the beauty of relationships; connecting with other people is a very affective way of getting to know yourself. And as tempting as it is to coop yourself up while you grow (especially after a break-up) and then emerge when nothing can affect you, it is actually through being affected by other people and situations that you grow the fastest. So, I like to gather a few friends together and do something we all enjoy, meet up with like-minded people and share ideas. I try to see a tarot card reader and a regression therapist (who also happen to be my friends) as often as I can, all with the goal of getting to know myself better; other people are the best mirrors that reflect me back to myself.

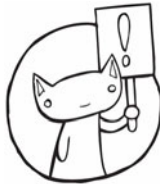
Try all the above (in your own way) for about three months and see how much better you get to know and start liking yourself at the end of it. There are many other things you could do and ways you could try, which I obviously haven't mentioned; it is up to you to go find them and try them!

Mind you, getting to know your Self is not a quick route to kicking out your dodgy relationship problems (I've been trying for years), but it will contribute towards it on an overall level.

I consider "Self" to be an umbrella (Ella, Ella, Eh, Eh, Eh) term that encompasses the mind, the body and the spirit, which altogether make up an entire

Being, so obviously there will be many levels on which to explore and get to know your Self.

We all know how limiting words can be so hold on, coverance (I know it doesn't exist) time again:



Disclaimer

The words I have chosen to describe certain things (in any instance throughout the book) work for me, and although you may chose to use them differently, just like an encyclopaedia would, that doesn't matter because I am writing this book.

I have chosen to use them this way because that is how understand what I mean and am trying to say. For example (even though it may get confusing) I may chose to replace mind/body/spirit with mind/body/emotions, because I consider emotions in their purest form to be from Spirit, and emotions in their lowest form to be from the (wounded) mind, so look out for that reference.

If however, you still don't understand where I am coming from, I would suggest you read other wonderful books on spirituality, self-development and ascension (some listed at the back) to help you open up further. Alternatively, consult your intuition, which is a fabulous source of untapped wisdom that is best of all, free!

The Mind

The mind to me is the chakras, and for those of you who don't know what they are I will explain how I have understood and interpreted them.

A chakra is an energy centre that links your body to your mind, to your Spirit, and it contains all sorts of information about who you are on all levels; memories and experiences from your past, even experiences and memories from past lifetimes.

Your chakras hold the answers to phobias, health conditions, why you may react in certain ways to certain things, and even why you may keep attracting the "wrong" partner into your life.

They are a wealth of information, seven of which run along your spine spinning at different vibrations, radiating different colours, connected to different systems in your body, and dealing with different aspects and purposes in your life.

I believe the flow of things in your life accurately reflect the flow of energy running through your chakras, so if you find yourself fighting for everything in life, look at how and why the energy is fighting to get past/through which of your chakras.

The base chakra is red and located at the bottom of your spine, the sacral/sexual is orange and located in your naval or lower abdomen, the solar plexus is yellow and located in your upper abdomen underneath your ribs.

The heart chakra is green for healing and pink for love, it is located in the centre of your chest, the throat is blue and located in your throat and the space between your ears, the third eye is indigo and located in the centre of your forehead. And the crown chakra, which some say is violet but I see as a

diamondy-silver (indigo and violet are too close in colour and often confuse me) is located at a centre spot at the top of your head.

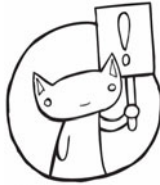
I associate the base chakra with grounding, family and financial issues, the sacral chakra with creativity, sex, intimacy and my inner child, the solar plexus chakra with power, fears and being myself. These three are also known as the lower chakras which cover the physical world and its issues; personality, lower emotions, the body etc, so when they are blocked, things in my outer world tend to stall as well.

The heart chakra is the bridge between the Higher Self and the Lower Self, and I associate it with love, compassion and all things emotional, so when it is blocked, my ability to deal with other people and my feelings for them goes haywire, and my lower energy doesn't rise to my Higher Self nor does my higher energy descend to my Lower Self.

The throat is the first of the higher chakras, the centre for communication on all levels (with Higher Self, Spirit Guides, Angels, other people) which means listening and receiving as well as speaking and projecting, it is centre for the psychic ability clairaudience.

The third eye chakra is where the psychic ability of clairvoyance is centred, and manner of seeing and connecting with the truth (higher and lower). In fact, I see this chakra as what we are referring to when we talk about thinking, because we point to the temple where it (in the centre of the head) is located; thoughts are in pictures and not in words (which we use to decipher them), and saying "you read my mind/thoughts", I see as someone tapping into the images floating around in the shared consciousness and saying them before someone else does.

The crown chakra is where connection to the Divine, and channelling of esoteric information happens, it is the centre of imagination and the psychic ability of clairvoyance. When my crown chakra is open, and I am connected to the Universe while my base chakra is firmly connected to the earth, amazing things happen!



Disclaimer

The above explanation is deliberately short because I do not want to fill your head with my interpretation of what the chakras are and represent (to me). There are plenty of books on the subject that will explain them thoroughly and in depth so that you can understand.

I would highly recommend coupling your research with practice, so that you get to know yourself through them, and with time you will form your own interpretation, which will be different to mine.

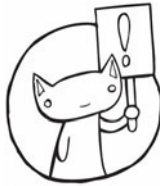
Either way you will have a better understanding (if you do not already) of the chakras, what they are, what they do, and how best to make use of them for your highest good.

Go forth and begin/continue your journey, and see what you uncover!

Unhelpful Mindsets and Beliefs

I have spent a lot of time healing and clearing and cleansing myself in body/mind/emotions (pure and higher emotions come from the Spirit, and lower emotions come from the wounded Self in the mind), which also meant ridding myself of learned conditionings that no longer served my highest purpose, and one such conditioning is the God and Devil theory.

One second, let me cover myself again;



Disclaimer

I am about to shock a lot of people with what is coming next, and this I know because of the reactions I have received when I said it aloud. I am not going to let it stop me from expressing my truth because it feels right for me to do so.

However, I would like to apologise in advance if it offends you or your beliefs, but these are mine and they co-existent with yours. If you feel you cannot accept this, then I suggest you put the book down until such a time as you can (if ever), or perhaps consult your intuition which will guide you on what to do next.

It is the strongest source of truth you will ever know and the most valuable at this point in your journey, because it comes from who you are, and it will let you know the highest truth about you, and all the information around

you.

This is an attempt at my sharing:

I do not believe in God, I do not believe in the Devil, I don't believe in a place called heaven and I don't believe in a place called hell, I believe that they all have to do with creation and that is why I have put them in the mind section.

One random day while sitting on the bus, I came to a realisation about the above, that I found quite amusing to start off with but eventually changed my whole outlook and perception of what we call God (or rather what I see it as).

I realised that God is a play on the word "good" and Devil is a play on the word "evil", then my perspective widened as I saw that God is the supposedly "good" male figure who lives in a white place called heaven somewhere up in the sky direction while the Devil is an "evil" male figure who lives in the red place called hell somewhere underground.

Now look at how literal this is; up above are clouds that are white and wherever in the world you go, clouds will always be above you. And I read somewhere that the core of the earth (which is underground and below wherever you are in the world) is a very hot place. And what do we strongly associate with hot, but red fire?

Anyway, for the longest time I had been struggling with the concept of God, the Devil, heaven and hell, so this realisation shattered any scraps of seriousness I still held in regard to the subject as it stood. Which for the first time ever, allowed me to freely think (without fearing incurring the wrath of God) that every human being, be they a priest or a murderer has the capacity within them (thanks to free will and

a whole host of emotions stemming from love or fear) to be good or evil: God or the Devil.

Let me give you an example; I have a positive and enthusiastic view of the world (regardless of the current state of affairs) to do with raising consciousness by sharing and loving, being good to each other and growing to reach our ultimate state of awareness, where anything is possible.

But then, I also have thoughts that can be classed as evil, especially when I am battling with hurt, old wounds and fear. The amount of times I have thought up revenge strategies to make ex-boyfriends pay for hurt they caused me, or ex-bosses/teachers/random people for humiliating me to make themselves feel better.

And what a fantastic job I would have done too, because of how observant, creative and down right patient I am! I would have hit them where it hurt and they would know exactly how they made me feel... except, that wouldn't have cleared up any of my pain.

In fact, I am not even sure it would have made me feel any better to hurt them, even though they had done it to me; one wounded animal lashing out against another (even though one would be retaliating to provocation) wouldn't solve anything. So, I thought it would be better to put my energies into looking at the pain and dealing with the root cause of it then letting it go, which in affect would allow me to let go of the people who brought the wounds to my attention.

Ironically, when I cleared, healed and was doing pretty well for myself I bumped into some of the people who'd hurt me, and their reactions (which weren't always pleasant but they couldn't hurt me anymore) always had me feeling a lot better about myself.

But best of all, I knew I had not done anything to them that would have me expecting karma knocking down my door at night. I can now happily vouch for the absolutely true statement that "the best form of revenge is success", because I have experienced it!

So, like I said we are all capable of being good or evil, and it is our choice which of them we choose, because people who do evil things are capable of being good, just like people who do good things are capable of being evil. On a higher level I even consider good and evil to be relative, depending on where you are coming from.

Either way, we all have the capacity to be God, and the capacity to be the Devil; that is how I have chosen to see it and how I have chosen to be; God!

Now, God the Almighty powerful Spirit/Energy/Source of love and everything Divine, I definitely believe in, but I do not like to use the term God very much anymore, so if I do it is quite loosely because I find it restrictive, and I will tell you why in a minute.

I believe that God exists in **EVERYTHING** from the trees to the sky, from the dogs to the flies, and from the humans to the Angels - for God to have created everything; everything must still retain the energy of God in it, right?

That's why I try to see God in everything, and every situation for that matter, though I am still working on snakes, cockroaches and certain people (but I still believe on a level God exists in them).

Now, I use the term God mostly when I am speaking to other people so that they can identify what I am talking about. But within myself I like to vary the terms because "God" automatically conjures up the image of a big male figure with human

features, voice and characteristics such as the need to control people, which just doesn't fit in with my view of the Ultimate anymore... if it ever did.

That is because I have chosen to be God, and even I am still subject to emotions that stem from fear and hurt, that I don't think the Almighty, in Its highest form actually operates (even though It can if It so chooses) from.

I like to use different terms such as the Almighty Source or the Ultimate Energy, and I refer to it as "It" because in Its highest form, Source encompasses both male and female energies in a balanced state, none being more dominant or weaker than the other (for those who have questioned whether I feel disrespectful in calling Source "It").

Another reason I use different terms, is because using just one limits and restricts me, which I believe It is not. Source is an intangible, uncontrollable, uncontainable Energy that flows through **EVERYTHING** that exists.

I believe that It encompasses the ability to be good, loving, sharing as well as evil, hateful, greedy in amounts, but exerts Its right to choose what state It operates from. That is the best way I have come up with to explain (in words) my belief of God; who I am, who you are and who that madman in the tree behind you is!

While we are on the subject of evil and it's daddy the Devil, I just have to put forward my view point on Spirit possession; I do not believe that a Spirit entity can one day decide to take over a person's mind and body without their permission, and lead them on a killing spree.

This is because, although I believe that someone can be Spirit "possessed" without their conscious

knowledge, it can never be without their permission (on a level). And permission (in this instance) doesn't necessarily have to be saying "yes, I allow you to possess me - go on", it can be anything from being scared of being possessed, to being worried something/one has actually possessed you, as well as invoking possession.

I know this because I have been possessed by Spirit entities before, but my body was never "taken over"; I was totally aware of everything I did, thought and said, I remember everything that happened, and most of all I chose everything, even to allow myself to get possessed (albeit unconsciously).

This happened just after I got out of a difficult and intense relationship that meant a lot to me, and I felt totally lost and depressed without it, so unhappy in London once again that I wanted to get out at whatever cost.

I didn't want to deal with the pain or the fact that it was over, I chose instead to obsess myself with thinking that living in London was the cause of all my problems, and that everything would be alright if I just left.

I got so focussed on getting out that I lost all interest in everything to do with London; eating, sleeping, meditating, enjoying myself, and even connecting with my Higher Self and Guides (those who had my best interests at heart). I felt as though I was incapable of feeling these things because I just wasn't supposed to be in London.

So, you can imagine the Spirits I attracted, while at such a low point in my life; Lower entities with nothing better to do than cause mischief. They would tell me to do things and I would do them, even though my gut instinct was dead against it and things turned out for the negative anyway, I would still ask

for their guidance and hang onto their every word.

I was, as people later told me, possessed: I couldn't think of anything beyond trying to leave London, and did very stupid things trying to get out. My chakras were blocked, my aura riddled with holes that these Lower entities had attached themselves to me through, and was obsessed as hell.

But even though they contributed largely to how I thought and what I did, ultimately it was all my choices and decisions, because I could have simply refused to obey and listen.

Ask Your Guides (Paperback) by Sonia Choquette is a brilliant book that helped me see things clearly, it explains the whole concept of Spirit Guides and Angels very well, and I would highly recommend it.

So, I finally came back to my senses and realised the extent of what I was doing while traipsing along a very quiet street by myself at 3am dragging a suitcase containing a laptop and cash (amongst other things). I was scared as hell, praying that I wouldn't get attacked, kidnapped or raped, especially as nobody knew where I was, so if anything did happen to me it would have taken ages for anyone to find out (if ever).

When I got back home, I knew something had to change, so I started getting back in touch with my Higher Self and seeing how I had lost touch in the first place. I went back to writing my feelings and thoughts down (something I hadn't done in months), I went back to meditating daily, balancing my chakras, clearing, cleansing and healing myself, invoking Angels and getting guidance from Higher Guides and people who had my best interests at heart.

Oh, the mischievous entities tried to hold on for dear life, they even tried to trick me into listening to

them by masquerading as Higher Guides, but a liar will always be exposed by the truth and light, which was what I had started to surround myself with by filling my mind with positive and empowering affirmations.

A lot of other things happened around that time, including taking a proper look at the energies and people I had in my life and (unconsciously) getting rid of the ones that were no longer contributing to my overall growth.

As a result, I lost friends, which hurt to start off with but then I realised they were no longer on the same wave length as me so there was no point in having them in my life.

This was also around the time I discovered *The Secret* by Rhonda Byrne, and began putting into practice the art of being happy from within, instead of choosing material things that I thought would make me happy.

I started attracting light to myself in the form of other people/Light workers, Angels and Higher Guides. The difference between the Guides I am now in contact with, and the Lower entities I had dictating my planned escape from London, is that they guide me with love (instead of control), but always make it clear that it is my choice and therefore, my responsibility to accept the consequences my actions will bring me.

If I lean on them too much, they always step away and let me come to my own conclusions however long that takes, but I can always feel them sending me love, support and guidance in many ways, every time I need it.

A beautiful quote from them is; "we are here to guide you, not to live your life for you, but we will always be around for you, just ask".

It was also around this time that I discovered what will always go down as my saving grace; chakra dancing, which I will tell you more about a little bit later.

Anyway, I used a number of different methods at this time to heal, cleanse and clear myself of the blockages stopping me from moving out of my limited state of mind and continuing to create experiences that weren't doing me any good.

I thought to mention this in relation to spirit possession, and why when someone says "I was possessed" or "I had no choice", it doesn't fly with me anymore. Come to think of it, neither does voodoo for that matter, because I believe it only works if on some level you expect (through fear) or want (through belief) it to.

Keep yourself psychically protected if it bothers you!

The Past and the Inner Child

When you undergo healing, clearing and cleansing you will undoubtedly come across the inner child, I can recommend two wonderful books on the subject, that went a long way towards helping me deal with my traumas. *A Little Light on Ascension* by Diana Cooper which touches briefly on it, and *In The Meantime* by Iyanla Vanzant.

I also came across a wonderful free manual on the Internet that helped me put my issues into perspective; it's called *Inner Bonding* by Margaret Paul and Erika Chopich (details at the back).

So, after coming to terms with the fact that my obsession to leave London was a defence mechanism

to protect myself from having to feel the pain the break-up was causing me. I forced myself to start dealing with it by answering the multilayered question of "what's wrong with me?", and boy did I uncover a whole new toxic dump site full of issues I didn't even know existed, especially as I thought I had dealt with the majority of them.

I found out that I was insecure, not very confident in myself or my abilities, I felt unworthy and undeserving, and this one shocked me the most: I had an inferiority complex that stemmed from how I perceived myself in the scheme of things as a black woman, which (in my mind) was two strokes against me.

I was scared as hell of telling people what I thought of them, especially if I disliked or disagreed with things they did or said to me. This was because I was afraid they wouldn't like me after that, and would hit or lash out at me in some way; I constantly felt threatened.

I would place myself at the bottom of the social pile everywhere I went and with everything I did, allowing myself to be used, abused and taken advantage of because I didn't really feel I deserved any better.

I was striving for acceptance and approval but never seemed to get it from anyone (even myself), instead I would have my vulnerabilities thrown back at me by people I trusted enough to let into my core. And one day, I even managed to find myself in an abusive (psychological and verbal) situation, which was very hard to come to terms with at first.

I had always considered myself an independent twenty-first century woman who would never allow a man to disrespect me because I was worth more than that. But to uncover all these root thoughts and

feelings, and then wake up to find myself in one of the worst situations of disrespect was almost enough to make me top myself.

But I didn't do it, thanks to my rock solid belief that I could get through anything and come out on top. Slowly but surely, I worked through it all and finally reached the light at the end of the tunnel. But not before going back and seeing the truth of how I had ended up in such a rotten place to start off with.

Even though I had been operating from these emotions for most of my life I had a deep knowing that this insecure person wasn't the real me, and so went on a different journey within to discover when it had all started, why, and how I could get rid of it.

My search took me back to school in South Africa, and being bullied by my peers who would do things like steal and blame it on me, destroy other peoples' things and blame it on me, tease me about my early initiation into puberty, and accuse me of things I didn't know how to do.

I could never trust the teachers because they didn't believe a word I said, and so I never told them anything. This was due to the fact that I was outnumbered (it was my words against the bullies'), and let's not forget the little issue of my cheekiness.

It never occurred to me to tell my parents or any other adult because I didn't trust they would believe or protect me, so I went ahead and dealt with it alone.

My venture into the past also led me back (through a regression session with a wonderful therapist called Paul Williamson author of *A Seeker's Guide to Past Lives*) to a life I had lived more than two hundred years ago, which a part of me was still stuck in.

During this life I was severely abused by my employer who would make me do things like kneel in

front of her (automatically putting myself below people), criticise everything I did (lack of confidence in my abilities), beat me up if I said anything that she didn't agree with (fear of being attacked for honesty), amongst other things.

I walked out of that session a new woman (cliché but true), and for the first time in my life I felt free to express how I felt, and do what I wanted (provided it was from a place of truth not spite), without the fear of ridicule or violence.

I also began planting my roots in Self, and becoming master of my Universe. It was a powerful and liberating time in my life, and I have worked to keep the connection open!

Consciousness

What are you thinking about right now (apart from me standing on a cliff rejoicing liberation)? While you're at it, notice what you are feeling both emotionally and physically?

Now, if you have the chance write it down or paint it, draw it or record yourself saying it; whatever way feels right to express it. Do it now (or when you get the chance), in fact go on and express what you feel and think for the next seven, twenty-one or ninety days.

Basically what I am saying is, start to take notice of what you are thinking and feeling in each moment, monitor it over a period of time and see what it tells you about who you are and how you are calling the experiences, opportunities, relationships, situations and circumstances you have going on in your life at any given time.

This is an empowering exercise, which I didn't appreciate for what it was at the beginning. It took me ages to accept that I was the one creating my experiences rather than having them happening to me, like I had believed my whole life.

Because that meant, if I was responsible for my destiny then nobody could be blamed when things didn't turn out how I wanted them to. So I understand when people are perplexed by the concept of taking responsibility for how they've created their experiences, especially as we live in a society where "God bestows upon you what He wishes and you have to shut up and put up".

However, I have no patience for people who completely refuse to take responsibility for anything in their lives and that they've created it. People who depend on all and sundry to look after them, make things happen, and be their saviours, so that when things don't turn out how they like, they have all and sundry to blame (apart from themselves). "Freedom without responsibility can also be anarchy" said Cliff Richard once.

Another thing I don't agree with or believe in is blame, as Akon says "Even though the blame's on you, I'll take that blame from you", why does there have to be blame in the first place? What does blame serve but to keep you from taking responsibility and moving into forgiveness?

Without preaching I would suggest, when you find yourself blaming someone or taking blame (even if you think it is your fault), that you look at why you are blaming instead of taking responsibility for your part. This will help move you into acceptance and hopefully forgiveness, which will facilitate healing and help you set yourself free.

Many people will blame their parents for their

corrupt morals, some will blame their abusive ex-partners for their low self-esteem, I have even come across a couple who blamed their child's drug abuse on a pop star the child had never even met... this is where things can get a bit complicated and certain lines get blurred, when it comes to collective consciousness!

Now, I can accept and even agree with the fact that subscribing to a collective conscious can influence towards a certain direction and/or belief, but you are led that way because you have (on some level) allowed yourself to be.

Look at the way I swam against the collective conscious I first subscribed to (at school), or the way someone I know was abused by a drug addict and grew up to support addicts ready to beat the addiction instead of becoming an abuser themselves.

Collective conscious is powerful, but it is not a 6'7 monster with the strength of a sumo wrestler (and a gun) fighting a 4'5 size zero woman running bear footed. You subscribe to it by choice (conscious or unconscious) so if you find it not working for you, it is your responsibility to step away from it and find another that does work, so you can subscribe to it.

Mind you though, stepping away is difficult (I can vouch for that), but not impossible; the best way of extracting yourself from a seemingly overwhelming belief is to get in touch with your own Higher truth, and maintaining the connection. Get to know yourself, and if you find that a believe system you're tapped into isn't working for you, keep hold of that knowing and don't allow anything outside of it to move you!

I remember once upon a time I was so obsessed with my weight I would live on the scales, change diets like clothes and sweat out on the exercise bike

for five hours visualising my fat dripping away like juice, only to be disappointed the next morning when I hadn't even lost a pound (seriously).

This was when I thought beauty was to be skinny... I can honestly say that I have never been skinny (even as a child), but what is different now is my perception of beauty and what I see as my place in it.

Yes, I am sometimes tempted to wear almost nothing and gyrate sexily in the street to attract male attention, but am quickly brought back to earth by the feelings conjured up in my gut when I visualise this; complete resistance!

But look at the messages being sent to vulnerable minds through the media about what beauty is supposed to be; skinny, half naked, and drowning in make up. So if you happen to carry excess weight (around the midriff, thigh section, upper body, whatever), prefer to wear long gypsy skirts, and break out in a rash every time you wear make up, what the hell are you supposed to think of yourself?



Disclaimer

I use beauty as an example because it is something I am still battling with, and more often than not find myself trying to rebel against society's perception of it.

I do this by stepping away from people who call me fat, and try tell me what to and not to eat, living in baggy and

unflattering clothes, not wearing make up, and deliberately keeping my hair in an unruly, un-styled, natural state (that for some reason offends some people).

I must also admit that although some of these are just my ways of lashing out at an idea I don't agree with, I genuinely dislike having too many chemicals on my skin and hair (plus I worship food).

Collective Consciousness

Collective consciousness is a vast sea of thought powerful enough to create miracles, now whether those miracles affect everyone involved positively or negatively is another story, but the important thing is that many minds thinking in alignment equals concentrated power!

Now, with my claim that God and Devil are a play on good and evil having offended so many people, I imagine it's because I've stripped away the conceived ideas behind the words, and dissociated the energies and intentions attached, leaving them as stand-alone words that are neither positive or negative but neutral labels used only for the purposes of identification.

Which means that we could all sooner (as a human race) decide to change our minds and apply the concept of "God" to the word "Tissue", and with enough intention, energy, and time it could become an accepted term... I mean, look at the word "gay".

Back in the day it used to mean "happy", and in some dictionaries it still does, but what is the general association nowadays? Think about it, if you were to walk into your parents' house beaming from ear to ear, and announced that you were gay, even before explaining why (like you'd won the lottery or something), 10-1 your parents would assume you'd

be bringing home a member of your own gender and announcing a union - or something?

Words, tools, energies, abilities, and the like, on their own are absolutely neutral, it is when emotion, intention, conceived ideas and notions, etc, are applied to them that they take on meaning (and in a sense life).

For example, I know people who think tarot card readers and psychic mediums are "evil sorcerers", but I also know people (myself included) who think they are not; it is all down to perception.

As stand-alone abilities, being able to read tarot or communicating with Spirits is not positive or negative, that conception becomes applied when emotions, ideas, intentions, etc, are attached by the owners of the abilities, people making use of them, outside observers, and any/everyone who feels the need to have a say.

For example, in Season 7 of SCI: Crime Scene Investigation, there was a character called "the miniature killer", who would kill victims and then send the CSI's miniature crime scene replicas.

The killer turned out to be a psychologically disturbed young woman with an innate ability to walk into a room once and remember every detail about it. She would then go home and replicate the room in miniature.

Now, because she was functioning from a distorted point of view born of a wounded past, she used her extraordinary artistic abilities in a negative context (killing people in my view is negative), because I think she could have used them in a progressive way (like making toys for children or house-proud people).

On the other hand, there might be somebody else out there with the same abilities who uses them in a

different capacity, like maybe making little towns for Guinea Pigs to be shown on credit card adverts; I must admit I would fork out a little bit of money for a miniature replica of my home, but that has nothing to do with ego, you understand.

Anyway, so what I am saying here is that the power of minds coming together and sharing an idea, intention, emotion can be powerful enough to turn an otherwise neutral term such as God or Devil into a powerful concept that generations will easily buy into and worship without question! Intention behind a term will create the ability for it to scare, uplift, inspire, create belief, fear, affect change, etc.

Now, many people have made it their missions to set out and try to change the collective conscious and good for them! But I personally prefer to put that time and energy into focusing on how the collective consciousnesses I am subscribed to are affecting me; in affect bringing it down to a level I can control.

So, with everything going on in a world where negativity slaps us from all directions, fear paralyses some from living their truths, worry causes parents untold sleepless nights, and anxiety allows diseases to take over countless bodies, it is understandably difficult to hold it down without breaking down.

So, how is it that I don't get swept away when I am not swimming against the tide (and exhausting myself) or swimming with it (and lying to myself)? By simply remaining in a state of balance, which is the first step to ascension (I've learned).

Now, a lot of people think spirituality is about sitting in a darkened room drowning in candles, cross-legged and humming a load of non-sense (I do my fair share of that), or joining a dodgy cult that demands gym membership payment as initiation (I've actually heard of one).

No, there is a lot more to it than "doing" where spirituality is concerned, it is a state of "being" which dictates how you are affected by what is going on outside of you, and not the other way around.

Just imagine you lived in a concrete jungle, bang in the middle of the city, with traffic fumes clogging up your nose, and pollution lacing up your day. Where food is genetically modified, water breeds stuff you don't know about, the weather depresses even the dogs, and misery is such a way of life some people feel lost without it.

Where everything supposedly un-spiritual is on your doorstep, surrounding you in every way you can think of, and although you have food, clothes, shelter and all the basics to survive, you don't have much in the way of spending money to actually experience the "good" stuff.

And your only claim to nature is a dodgy park where people get attacked in the middle of the day... now that's enough to make you feel just a little bit depressed, doesn't it?

So where on earth do you even start attempting to get yourself balanced? Worry not my amateur friends, for I have done it, so can you! I have listed a number of methods that worked to get me balanced and continue to help me maintain it.

But bear in mind that although they have worked very well for me, they may not work for you; it would be best to combine, create, discover and develop until you find exactly the right remedy that works for you.

Also, don't just be confined to just this book, there is a wealth of information out there; go and find it!

- **Meditation.** I don't remember how I came across the *Eclectic Energies* website (at the back) by Ewald Berkers, but there is a section

on chakras which features a meditation I printed out and put into practice when I was in need of unblocking. I must say that it has contributed largely to helping me get to my current state of balance. The meditation uses mudras (specific hand positions) and sounds (such as ohm) to open your chakras. Having moved around a fair bit in my life (countries, houses, schools, jobs) I had serious difficulty getting grounded, and my base chakra was some dodgy colour I couldn't even make out, but it was blocked (that was for sure), that's why when I first did this meditation it did nothing for me and I had to keep on at it, but look at me now!

- **Unblocking.** My blocked base chakra called attention to itself by manifesting as lower back and leg pains, problems with money and being way too affected by the physical world. So, how I started unblocking it was by writing to it and asking why it was so blocked, the answers came to me in dreams, automatic writing sessions, guidance from healers, books/magazines, communication from Spirit Guides and Angels, etc. I remember finding out why I was so broke most of the time: It was because I felt I didn't deserve money, and as a result whenever I had some, I felt compelled to get rid (spend) it. Even if I had worked for it I would be afraid that somebody (I never knew who) would realise that I didn't deserve it and would come and take it away from me. So, in affect it felt safer for me to not have money because it took away the fear of someone

taking it away from me. When I find things out about myself, I deal with them appropriately (and immediately), after that it is just a matter of maintaining the flow. Do this for each of your chakras but don't get too obsessed by how long it will take you because each person has their own pace of working, and you will get there when you are ready.

- **Balancing Negativity.** Your subconscious mind is always alert, it knows everything that is going on around you at any given moment (Darren Brown has proved that many times), especially when your conscious mind is unaware of it. And it is through your subconscious mind screwed up beliefs and distorted perceptions slither in and to contribute to overall negative behaviour. Many people (even me once upon a time) focus all their energies on getting rid of the high levels of negativity floating about them, and replacing them with nothing, which leaves them open to accumulating more; that's practically swimming against the tide if you ask me. So, what I would suggest is switching to upping the levels of positivity before and after attempting to get rid of negativity, because in the long run your efforts will add up and become noticeable. Become aware of what you are thinking and feeling as often as you can, because then you will know when you are thinking negatively. If you happen to drift off into meaningless thought patterns once in a while, accept it, especially when you feel annoyed, angry, pissed off, etc, with yourself for it. Know that

it will pass, because allowing yourself to be overwhelmed by negative emotions will not only keep you maintaining them, it will keep you from moving forward into positivity.

- **Affirmations/Chants/Mantras.** Chanting a mantra can help integrate positivity into your consciousness, so that you can maintain balance. I also find that chanting mantras and affirmations helps me remember things, including other things I need to be chanting. I use them in all sorts of situations such as "I will not embarrass myself" at a new job, "I will not fall" when I am wearing high heels down the stairs, even "I am so cute" while looking in the mirror before a night out with the girls. Be creative with your affirmations because they all work if you want them to.
- **Cleaning.** Imagine a dirty, untidy bedroom that has dusty cob webs licking the walls and surfaces, clothes and shoes on the floor, papers and books everywhere, and every bit of floor space is accounted for, you cannot even see it. The window is open and flies are buzzing in, so is noise from the street, the television is at its loudest, and music is blaring out deafeningly from the radio. Underneath all this, your mobile phone is ringing but you can't hear it; so what will you have to do? Perhaps start by turning down the radio, switching the television off and closing the windows to actually hear the ringing phone, then you might have to peel away the layers to reveal where the phone is, and answer it, etc... The moral of this story is,

that underneath all the emotional wounds you are harbouring, the physical aches and pains you are riddled with, and the meaningless chattering your head is plagued with (layers and noise), there is a Higher state of mind (ringing phone) that is subtly and patiently calling for your attention; it will continue to do so until you become aware of it. Basically, everything you desire lies within you, and by cleansing, clearing, and healing yourself will you uncover your highest abilities to yourself.

- **Angels.** I love these wonderful Beings, and my room is filled with pictures, figurines, cards, representations and positive energy from them. I always make it a priority to invoke a certain group of Angels on a daily basis, and I invoke them for everything from helping me find a lost sock, to helping me manage my writing career (and finances). Asking the Angels to help me tap into and maintain a certain state of mind such as love, patience or acceptance has also proved invaluable. Of course, they are always called upon to restore harmony in my relationships (with everyone from the bus driver to myself). Remember though, that you will have to ask for their help so they can help you, and you will need to help yourself to experience their assistance best (I have found).
- **Ritual.** I enjoy rituals a lot because they give my mind focus. I work a fair bit with the Moon and its three stages; waxing which is

the best time to start projects, full Moon when She (feminine energy, Sun is masculine) is most powerful, and waning which is the best time to get rid of things like habits, unhelpful mindsets, and closing down projects. At the beginning of a new cycle I work on healing myself (repairing/restoring to new) and noting down what I would like to get rid of as a result, so that when the waning starts I work on letting them go. This, done over the period of a year is extremely powerful.

- **Mahatma Energy.** I read about this exciting energy in Diana Cooper's *A Little Light on Ascension*, and was reeled in by this particular line "...the Mahatma energy, also known as the Avatar of Synthesis, which is said to speed up our path of Ascension a thousand fold if we invoke it regularly...". Just as Diana Cooper was (on finding out about it), I was tremendously excited by this energy, and started by invoking it three times a day, which has dwindled down to once because I combine it with other energies and healing methods for maximum results. Feeling like I now do now, I can definitely vouch for the fact that it works! Apart from the fact that the Mahatma Energy has and continues to work for me, Diana Cooper said to tell everyone about it, so here you are; now you know.
- **External Guidance.** Something I have found to be very affective in helping me become and remain balanced is regression therapy. This helps me eliminate past traumas by going back and re-living them in meditation with

hypnosis elements (which I prefer to full blown hypnosis). I also get regular tarot readings which help put me back on track when I have veered off to the left or am overlooking something that I need a fresh perspective on. Note the importance of bearing in mind when getting tarot or psychic reading of any kind, that they are guidance only. Any good tarot or psychic reader will remind you of that, and that nothing they say is set in stone, and none of their “predictions” are irreversible. So, if you happen to not like what you hear is going to happen in your future, change your mind and deflect it. I also use *Ask Your Guides Oracle Cards* by Sonia Choquette, *Angel Oracle* by Ambika Wauters, and *Angelic Abundance* cards by Angela McGerr, which helped me claw my way out of depression a few years ago.

- **Emotional Freedom Technique (EFT).** I would highly recommend using EFT in your healing and bid to become more balanced, because it helped me when I needed something that would take some of the pain away without having to re-live it. A friend recommended it to me and I have not looked back since (cliché I know but its true), this technique is pure gold if combined with other healing methods, provided you maintain it. See, just because you can get rid of negativity, unhelpful mindsets, Lower entities, or physical pain once, it doesn't mean that you are immune from it coming back to haunt you at a later date. Because, just as positivity vies for your attention when you are being

negative, negativity will snatch at your attention when you are being positive, so make it a point to maintain balance; it is very important! I suppose the challenge of life isn't getting rid of a habit/mind-set/negative influence, it is keeping it at bay until it can no longer affect you. There is a free manual explaining what EFT is and what it can do for you on Gary Craig's website (at the back), so download a copy for yourself and contribute to your overall healing.

- **Integrated Energy Therapy (IET).** One afternoon I was on the Internet and came across an article on DNA Activation, which fascinated me to the point of affirming I was going to reach that heightened state of awareness before this life was over. So as my searches continued, I was led to a wonderful practice called IET which is described by The Center Of Being, Inc., 1994-2004 as "...energy [that] releases the suppressed pain of the past by integrating it with... joy of the present moment". Can you imagine my excitement at then finding out that I could train to become an IET practitioner, which meant I could help others while at the same time helping myself? I got onto saving up for it straightaway, and was taught by Sheila Holness (a Master Practitioner) who lives practically on my doorstep (okay Hemel Hampstead, but compared to America it is). I have only qualified to the basic level but I will complete it one of these days. The amazing thing is that in using IET frequently on myself, I have tapped into other energies that combine

together and do a fantastic job unblocking my traumas.

- **Inner Bonding.** Another product of my random internet browsing that contributed a whole lot to me beginning to communicate with my inner child is Margaret Paul and Erika Chopich's *Inner Bonding*. This is a free course that you can download free from the website (at the back) and use immediately. For me, it helped open up my inner child, so she could begin trusting and communicating with me. As a result I started to understand how what I had been through had and was affecting me. And through listening, being patient and determined to heal, I worked on releasing blocked energy from past traumas, and dealing with unexpressed emotions. This went on to facilitate healing, and eventually allow me to let go of the past and move on my life. Nowadays, me and "little me" are really good friends; "we" can often be seen playing hop scotch on the street, spinning in circles on the grass in the park, or excitedly scoffing £1 worth of penny sweets after crying at Alexandra Palace. Make use of this free manual, it has a lot of value.
- **Reading.** I get taken over by a powerful almost orgasmic energy when I enter a library; the smell and sight of all those books affects me in such a way, that I like to subscribe to different libraries just so I have a wide variety of books to choose from. I love books, especially those that empower and get me thinking, the obvious ones would be on

psychology, spirituality, Self-development, miracles, Angels, and, etc. But the not so obvious ones would be fiction that doesn't scream "inner transformation". These, I would highly suggest you use your intuition to guide you towards, because you will be very surprised by what you come across. I also like to read spiritual magazines, internet articles, poems, quotes, and anything that gets me thinking positively. If during most of the day I am doing something that helps me maintain positive thinking, then after a while I won't have to work at it because it becomes will come as second nature.

- **Music.** I enjoy listening to uplifting music such as classical, which some say is music of the Angels. Jazz always gets me riled up, especially when I hear it live and feel the instruments and energy shifting around the room. Speaking of instruments, I don't play but I love instrumentals that use fuse together and create a sound vibration so intense, it flows through my body, my mind, and connects me to my Soul. New age music does this, as well as garage music (which centres me), and I always look forward to hearing it whenever I go out clubbing. When it comes on, I automatically shut off from my immediate surroundings and connect with the collective conscious (amazing in a nightclub). Mainstream music gets a lot of ridicule for sending the wrong message to kids, and fair enough a lot of it does, but within it is a whole heap of positive messages hidden away so subtly I sometimes wonder

whether the artists who perform them are actually aware of the significance what they are saying, has. For example "Free your mind of doubt and danger... Set your spirit free, it's the only way to be" - *2 Become 1* by the Spice Girls, "If you never know truth then you never know love" - *Where Is the Love* by the Black Eyed Peas, or even "There's a place inside of all of us where our faith in love begins. You should reach to find the truth in love the answers they're with in" - *Count On Me* by Whitney Houston and Cece Winans. This is also the song that my Angels and Spirit Guides use to get my attention and reassure me when I am feeling down or sorry for myself. I enjoy singing love songs to myself and replacing the "you's" with "me's", this can get a bit confusing sometimes but who cares - I love me! I sing to my Spirit helpers, who I can tell love it because of the way I sense them flocking around me when our collective favourite *I Believe In You and Me* by Whitney Houston comes on. Playing Mariah Carey's *Butterfly* over and over and over again when I went through a break up contributed to keeping my sanity from bolting also. Music is a wonderful tool for healing.

- **Sharing/Abundance.** Sharing is the best way to affirm abundance, and I found this out in a beautiful way a few years ago. Sharing, is giving with an open heart, especially when you know the person/people you are giving to have no obvious or direct means of reciprocating your courtesy. However,

giving with the sole intent of getting, is deceptive and I would rather someone didn't give (in some circumstances) if it was not with an open heart. Same with you, if you find yourself giving in resentment, hate, hurt or greed, accept it (then change it), or maybe don't give at all until you have dealt with those feelings, because it will be those feelings you are affirming and therefore, duplicating to come back to yourself.

If you find yourself stuck in life, or things just aren't going your way, look at your chakras; how are they functioning? Are they blocked? Where are the blockages? What caused the blockages? Then go on to do the necessary work to eliminate them.

Basically, energy (for example an idea) will enter your consciousness through your crown chakra and then travel through every one of them, down to the base and into the earth before it becomes manifest. So if a chakra is blocked (it could be one, three, or all seven) the energy will not get through.

Do you know someone who has been talk, talk, talking about an idea that never seems to materialise? It is not because they are incapable of doing what they say; it is because the energy (their idea) is stuck in traffic somewhere on the road to manifestation.

This is the same with energy (for example cosmic ordering) that enters your consciousness through your base chakra and has to rise up to your crown chakra and exit into the Universe. So, if you have been placing orders that just never seem to turn up, and you're wondering whether they have even been noted, have a look at your chakras.

Also, bear in mind that there is no minimum or maximum time limit for healing and unblocking,

because each person has their own pace and way of working, it is up to the individual how they will go about working on themselves to uncover their traumas, and how to deal with them.

Some will embark on their journey alone, while others will seek help and constant supervision, find out what best works for you and do it! There are lots of factors that come into play when dealing with the past and healing it (one being time, determination, commitments, etc), so be patient with and respectful of yourself.

Remember that it did not take a day to accumulate these blockages, so it will not take you a day to eliminate them; it is certainly possible, but be practical.

One last thing, do not compare yourself to other people by monitoring their growth, it is time to bring your attention within, to **your** Self (they are not you, like you are not them), so focus on yourself and let them worry about themselves.

The Body

Mind/Body/Spirit is what I thought I was developing, but for the longest time I felt a certain stuck-ness that wasn't accounted for. While I thought I had been dedicated and devoted enough to warrant accelerated spiritual growth by that point in my life, it just wasn't happening fast enough for the amount of time, effort and work I had been putting in to it.

It turned out that I had been unconsciously ignoring all attempts (from Angels and Spirit Guides) that brought my attention towards the fact that I was neglecting my body. And it was after a chance

meeting with an Ayurvedic doctor that I began to see the truth; my body was undernourished, riddled with pains, full to the brim with undigested food, under-exercised, and as good as dehydrated.

I was very saddened by how much I had been mistreating it; while blissfully unaware of the extent of damage I was doing to it. Thankfully, the Ayurvedic doctor introduced me to the enema (H52 John Higgins Syringe), and I haven't looked back since (really, I've fallen in love and moved in with it).

Once upon a time I thought that spiritual advancement meant giving up physical pleasures such as eating junk food, drinking alcohol, having sex, watching television, and all manner of things that made being human enjoyable. And maybe moving to a monastery in the Far East and living on rice and water, which I wasn't ready to do yet.

This must have been part of the reason why my advancement took seven years instead of less, considering how dedicated and devoted (on and off) I had been. And there were times I had deliberately stunted my growth when I felt I was moving too fast, because I wasn't ready to give up physical pleasures yet, and didn't want to be forced to either.

The irony of this situation was that when I finally thought "sod it I need to advance", and then affirmed I was ready to give up physical pleasures in order to ascend, I found that I didn't have to give up anything, in fact it turned out that my enjoyment of things became heightened, what changed was my perception.

I realised that I only wanted to indulge in things that somehow contributed to my overall growth and facilitated my spreading love and light. If they didn't, I didn't want to have anything to do with them; I became discriminating for my highest good (I

couldn't find a better phrase for it).

I enjoy physical pleasures, and am going to continue doing so without guilt, shame or deprivation until I decide that becoming a health freak is more important than gluttony, lust or sloth.

In the meantime, I make an effort to balance the negative affects the junk I put into my body has on it, by upping my intake of things that contribute to the positivity levels (first step remember).

And this is what I do:

- **Diet.** I am a slave to junk food and have a soft spot for sweets, but consumed in moderation and then balanced with foods that actually aid my body rather than drain it, currently works well for me while my love affairs continue. So what I do is eat fibre in the form of fruits, vegetables, Weetabix, Bran Flakes, and the like, drink hot water after eating (and when I crave it - which is not good but I'm working on that). I hydrate myself with cold water during the day, and make a conscious effort to chew food thoroughly until it is a paste before swallowing it. The benefits of this are that I get full quickly and on smaller portions, but I also get hungry quickly so that I find myself eating smaller portions more frequently during the day. This has surprisingly resulted in steady weight loss (when I want it, without the loosely hanging skin hanging about), but mostly it keeps my weight consistent. De-toxing once in a while is also very helpful; I do a ritual fast to giving my digestive system a break for a day or two, where I eat nothing but drink hot and cold

fluids, but only do it for two days max. Other de-toxing methods include eating nothing but fruit and vegetable for a few days, or a month of eating foods as close to their natural state as possible. *Carol Vordaman's 28 Day Detox Diet* video and Becca Thomas' *Planning a Detox* came in handy when I was planning mine. For two weeks or so after starting a de-tox, I always seem to smell fried chicken everywhere I go (even a hospital toilet), but after about three weeks I cannot even smell (ok, eat) junk without getting an excruciating headache, which puts me off the whole junk experience... only for a little while.

- **Enema.** After I read up on what happens in the colon when food is undigested and how food from months ago can still be stuck in there, I was disgusted enough to administer an enema daily for about two weeks. I must say that this worked wonders to boost the healing I was undergoing at the time, I felt the knots tangled up in my solar plexus uncoil, and the uncomfortable pulls I used to be lumbered with disappear altogether. This physical healing is also very de-toxing, and helps to unblock the digestive system which (to me) mirrors my life and spiritual growth. Issues, situations, challenges and people (food) enter my life (body) to help facilitate growth (nourishment), but if I don't deal with them properly (chew food, work metabolism, etc) they become stuck (lack of stool) and I become lumbered with issues (get overweight and unhealthy). So by using an enema I keep my intestines clear so that food and energy

can flow freely without getting stuck and creating blockages and backlog.

- **Liver.** Because of my previous alcohol problem and continued love affair with sweet wine, I have to take extra care of my liver, which is tired, overworked and underpaid. So to aid it along and as an incentive to keep it working for me I like to juice a lemon into my hot water in the mornings and eat the rest of it, take milk thistle capsules with my meals, and administer a lemon water enema, which altogether work like a charm! Also, if you can get hold of a picture of a healthy liver (Internet/medical books) or something that represents a liver to you, put it up on your wall and send positive energy to it on a daily. You can give your liver the healing boost it needs to repair itself that way (alongside more traditional methods - like stop drinking). This is probably not a suggestion I should be making, especially with my belief that prevention is better than cure, but administering a soap enema can be a pretty affective cure for a hangover, because it means you don't have to stuff yourself with greasy foods that clog up your intestines.
- **Clean Body.** Keeping your body clean internally and externally is very important (even though junk food doesn't help), because when everything is in good working order, you can quickly tell when something is off (or dirty) so that you can deal with it straight away. I brush away dead skin cells before a bath or shower, thoroughly scrub the

soles of my feet to clear the energy points located there, keep short and polished (with a nail brush) nails, floss my teeth before brushing, and use the sauna to sweat out impurities stuck in my skin. I keep my clothes, shoes, bed linen and all things that come into regular contact with my skin clean, so that positivity levels can be maintained.

- **Exercise.** I don't like going to the gym, I am not fond of cycling, I get bored with DVDs, and am allergic to running, so my options for keeping fit and healthy are slightly limited (by choice of course). I must also admit that I have simultaneously passed the stage of exercising to lose weight and haven't actually gotten back there yet, which simply means that the little exercise I do is to kick start my lazy metabolism into gear, and not to shed extra pounds (though if I do, I don't complain). So, I walk to as many places as I can, which works well because nobody watches me jiggle or sweat. I enjoy swimming, but don't get to do it as much as I would like because the baths I have access to make me shudder; they breed things I don't want to know about, and my hair and sensitive skin tend to break out in "stuff" whenever I take a trip down to the swimming pools. When I ritual dance at home, I do it to a number of tracks so that I get at least twenty minutes of exercise a day. The key is to have fun or at least incorporate something else to not make it seem like exercise (but if you like a good workout to feel like exercise, then good for you). A good example of this is

yoga, which helps me release rigidity in mind and body, helps me to de-stress and become more relaxed, centres me by bringing attention to the body and therefore, the moment, plus I find it a great physical expression of my spirituality.

- **Sex.** Every person you have sex with leaves you connected to them by an invisible cord in your sacral chakra, so if the act leaves you feeling regretful, guilty, ashamed, dissatisfied, etc, fertile breeding ground for sexual blockages develops and stunts your creativity and sexual flow. For this I would suggest beginning by writing to your sacral chakra, asking it why it is blocked, and being open to its answers which may come in any number of ways; dreams, intuitions, random conversations, etc. Then couple this with sexual release, by either masturbating and giving your body the loving attention it deserves, or getting with a partner who you trust will help you liberate yourself sexually, without leaving you feeling guilty, ashamed or experiencing a whole host of negative emotions. You could also try Tantra or a Yoni Massage (ladies), but be discriminating about who you let near you, because there are some shady characters out there masquerading as genuine, consult your intuition if you need leading to the right one.
- **Rest.** I love to sleep, except when I am working on a project that I thoroughly enjoy, because then I get so consumed I find it hard to take breaks or sleep, because for some

reason I think I am wasting precious writing time and using it in-constructively. Resting doesn't just mean cooping yourself up in bed all day, it means relaxing and de-stressing your mind and body. This could be doing things like taking a stroll in the park or by the river, lounging around on the sofa sipping tea and watching DVDs, or even taking a weekend break out to the country either alone or with company. Basically, giving your mind and body the time and opportunity to rest and recuperate, otherwise it will just take the time out by burning out and forcing you be bed-bound (broken ankle, anxiety issues, panic attack, exhaustion). Personally, I prefer prevention, to scrambling around for a cure when things go wrong; when your body is calling out for a rest, I take it!

- **Having Fun.** For me this is when I am so engrossed in an activity that nothing outside of it matters, when hours tick by like minutes and my attention is thoroughly absorbed by what I am doing. Usually when I am having fun I am open and at my most receptive, that's when I receive helpful tid bits about projects I am working on, people I am interacting with, and even ideas and guidance on a future that turns out to be pure gold! As I mentioned before, I love to laugh; real stomach pinching, floor rolling laughs that release tension stuck in my body, having fun is a priority in my life.
- **Expression.** James Morrison says in

Wonderful World; "Sometimes I feel so full I just come spilling out", I have now trained myself to not get too full anymore because of how important it is to express my emotions. This helps clear me of blockages, and if done on a regular basis can help maintain a balanced flow. What I like to do alongside writing (my default for everything) my problems, issues, challenges or feelings down, is to talk about them with myself (aloud) or with someone else (friends, family, therapist, anyone who will listen). I am also no longer afraid of crying (even in public) and on many occasions have experienced an invaluable manifestation of something immediately after a good weep. Screaming and shouting while harassing a punch bag (or pillows) is underrated, and is especially therapeutic for tame, grounded individuals like myself, who tend not to lose their tempers very quickly. Bursting into random (and tuneless) song is also a great way of expressing an emotional heart, and of course drawing pictures and dancing around, painting and cooking express the Soul just as well; see what you are drawn to.

- **Ritual.** I enjoy creating rituals, which I follow as close to daily as possible, because it helps me to monitor my progress and open up to the Divine. As spontaneous and hungry for excitement as I am, I like to have some sort of routine to keep me grounded or bring me down to earth when I am floating about. And although my rituals have changed and evolved during the years, my reason for them

has remained the same. And I prefer to do rituals in the mornings because that helps me begin my day in a positive way. I particularly enjoy waking up at 4am when it is quiet and romantic, but I am flexible when the situation calls for it. Ritual, done at the same time each day/week, etc opens me up to receiving information at that time, so as much as I prefer morning rituals I like to vary them around the day, because that makes me open at more times, even though the strongest is when everybody (but me) is asleep. Here is my current ritual:

- **Set up.** I gather my props that are kept in various places around the room, this is because once I start the process of collecting, I begin to feel a shift within me. My props are; a pen, my journal, my therapy journal, the *Ask Your Guide* cards, my crystals, an Angel figurine, a candle, my Cosmic order list, the CD player, and my *Earth Dance* CD.
- **Sit.** When actually meditating I prefer to sit cross-legged on the floor, but to write I sit on the bed or a chair.
- **Pick a Card.** I close my eyes and ask "What do I need to know today?" or "What is the theme for today?" and then pick a card; whatever I pick I try to follow that day.
- **Express.** In my journal I write the events of the day or the previous day,

what I am thinking, planning, random thoughts, etc. Then I switch to the therapy journal in which I write what I wish to change, get rid of, what is bothering me, what I wish to heal, clear, cleanse, etc; I don't write things I would want to keep because when the waxing Moon rolls round, I burn everything and then start anew with the cycle. I will write and write until I am completely out of things to express (for that day), this could take two minutes or two hours; it depends on my flow.

- **Invoke.** When I invoke my Spirit Guides and Angels I like to hold the crystals in both hands (which I keep in a black bag and carry around with me) to charge them with Angelic energy. When they are all there, I connect to their energy by expressing my gratitude for their support, guidance, assistance, etc, and ask for it to continue.
- **Meditate.** I hold the crystals during meditation to charge them with my energy and intention while I connect to the Universe through my crown chakra and ground through my base by using imaginative cords. Then I open my chakras using the *Eclectic Energies* opening meditation.
- **Mahatma Energy.** I then invoke the

Mahatma Energy and let it flow through me while my chakras are open.

- **Ground Energy.** There is always an energy shift when I meditate, so I always ask the Earth to take the excess from me and neutralise it for future growth, before I send it on down to ground myself.
- **Pray.** I found two wonderful prayers on the Internet; one is called *A Light worker Prayer* whose author is unknown and the other is called *The Warrior's Prayer* by Stuart Wilde (websites for both at the back), I say them with passion and meaning before closing down my chakras.
- **Ritual Dance.** Before starting the CD I affirm what the dance is for; gratitude, clearing, manifestation, expression, grounding, etc. This is done to Randy Tico's *Earth Dance* CD, which I like to call on the Spirits of dance to join me for. When they come, my room feels bigger and fuller before I am transported (imaginatively) to a forest. When I come back I am well energised. Yes, it takes a lot more than an hour to complete this ritual, which is not always practical when I have work or commitments during the day, so I get flexible by either starting at 4am,

doing the whole thing in the evening, cutting it down, or breaking it up through the day, whatever feels right. Though I do try and perform it all at least once a week.

- **Chakra Dancing.** This class (details at the back) starts with us being taken through a short grounding meditation (so as not to fly away with the fairies and find it hard to come back down), and then we all visualise the room surrounded by protective energy to keep negativity without and positivity within. The music consists of seven different pieces that all vibrate at chakra levels, to balance, cleanse, clear them of blockages and energise to promote flow. Each week a different chakra is focused on, and its relative piece is played over and over and over again, until the chakra is cleared. The connection and unity within the room heightens everyone's awareness, and we are all left buzzing afterwards. Also, physical manifestation of the chakra focused on in the previous week happens during the following week, for example after clearing my base chakra I learned a strong lesson on what being grounded actually is, and that had nothing to do with material things, which I lost a few of as a result. Combined with your own healing work at home, this class can

uncover great capabilities within you, and assist in realising your greatest potential!

- **Visualisation.** Before I leave the house I like to ask for protection and then visualise reflective (to mirror negativity back to its source) and protective energy around me, this works to keep outside negativity from getting in, and inside positivity from leaving, while I am attracting more. I also like to ask that what left with me stays with me, so that I don't lose any of my valuables on my travels. When I happen to be sharing recycled air with nasty people on the bus or train, I am quick to put an energy balloon around myself when they inconsiderately cough with their mouths open (I value my health). When I am feeling down or drained, I ask the Angels to vacuum away my woes and smooth down my aura so that holes don't call back those mischievous entities I once got rid of. I use visualisations when taking a shower or a bath, asking the water to wash away negativity, and I bathe with my crystals, imagining them sharing their energies/qualities with me and absorbing stray negativity. It is then important to cleanse the crystals on a regular basis (because they retain energy as well) by soaking them in salt water and exposing them

to Sun and/or Moonlight. Get creative with your visualisations because they can work wonders for you.

- **Appearance.** It took me a long time to begin loving and accepting myself however, during my journey to this liberating state of mind I went through a whole lot of internal turmoil that was reflected in the way I neglected my appearance. This was because I thought "what is the point of looking good outside when I am crumbling with self-loathing inside?" And there was a period when I wondered what the actual point of buying new clothes was, because they would only be worn outside for a few hours and then taken off again at the end of the day. So, on the rare occasions I did make an effort to dress up and put on make-up, and someone made an unsavoury comment about how I looked, I would cry myself to sleep and be put off dressing up for a while after that. *Unpretty* by TLC says "You can buy your hair if it won't grow, you can fix your nose if he says so. You can buy all the make up that man can make. But if you can't look inside you, find out who am I, too. Be in a position to make me feel so damn unpretty", what a true statement! I used to think that making an effort to look

good was a way of covering up what was really felt inside (unpretty), so during my work on the Self I almost religiously made no effort to look good on the outside because I didn't want to be (in my mind) a well wrapped but empty shell with no substance. Nowadays, I enjoy dressing up because I feel damn good inside, and that makes me feel of substance on the outside when I am dressed up, and if someone says something unsavoury about my looks, I accept it (if it doesn't bother me) but don't let it ruin my life anymore.

- **Colour Co-ordination.** When I am working on energising a certain chakra or strengthening a quality associated with one, I like to wear clothes or carry accessories that radiate that chakra's colour. For example, when I was working on my base for getting grounded I was drawn to wearing a lot of reds, browns and earthy colours. When I was working on healing my emotions I would wear green (especially a top I wore religiously for dancing). And while uncovering love I as good as lived in my pink tracksuit bottoms and wore a pink pair of earrings everywhere I went. Cheap or expensive, a garment can be charged with the right intention you want to

use it for. More often than not the colours I wearing on a daily basis will reflect what I am working on or strengthening.

So there you have it, my idea of personal spirituality and how I work it in my life. As I said at the beginning, take what you will from it and leave the rest to be.

If you feel that nothing in here appeals to you, then go out and find out what does; spirituality is about **you**; what **you** like, what **you** resonate with, what **you** think, and who **you** are!

Start by getting to know **you** and from there everything will flow, believe me it took seven years but eventually I got there, even though I am still growing - that will never stop.

It doesn't have to take you that long (or short, depending on how you look at it) but it is ultimately up to you how long (or how short) your journey is.

Happy uncovering!

Home Retreat



Because of the stone walls I came up against when I first embarked on my spiritual journey (and the fact that it was the summer holidays and I wasn't allowed out much) I kept a lot of my work in my room.

I would emerge (at irregular intervals) and try to drip feed scraps to everyone about what a fantastic time I was having, even encouraging them to join me, but the Devil (fear of) had a bigger hold than I imagined.

Obviously, I would retreat and whenever I emerged (more enthusiastic than before) I was questioned about which cult I had been sucked into, which hurt because the truth was, I was desperately yearning to share what I was experiencing with someone (anyone), but no-one seemed interested.

After a while I just stopped talking and opted to keeping two separate lives; spirituality behind closed doors and normality everywhere else. That got testing after a while because things from my spiritual life would slip out and spill into my normal life, and the reactions I would get from whoever was listening were not positive.

Plus, I was beginning to feel increasingly restricted by the way I was conducting my whole life, because my spirituality felt like it was being contained in a little box it was just getting too big for.

I then thought running away to somewhere nobody knew me so that I could start a new life would solve everything, but on a level I must have known that I was the one stopping me from being truthful, because although my company changed when I went up to Huddersfield, my behaviour remained the same; I was still ashamed (and afraid) of speaking my truth.

This is why when I left University (or rather went home for the weekend and never returned), I

retreated into my room for about a year and religiously worked on clawing my way out of depression.

During that time I mastered the art of solitude and got to know myself pretty well, I also became so spiritually enlightened, that if anyone was capable of turning me off of it, or it had really been a phase (as everyone thought), that year took me past the point of no return, and I could never be unconscious or unspiritual again.

But it was to be a long time yet before I realised that changing my homes wasn't the best way to go about trying to change people's negative perceptions of me (or rather how I was affected by them) when I admitted my spirituality was not based in religion.

And for many years I continued to move around looking for that cooling balm to stabilise my restlessness and ease my feelings of not belonging, but I never found it. Instead, I kept floating around from place to place, job to job, course to course, relationship to relationship, which would only succeed in calming me down for a little while, but inevitably I would feel the need to move on again.

After a while I got bored of moving and tired of the instability; there was no excitement in anything anymore because I was seeing different places through the same eyes, and none of them were giving me what I needed.

So, although it was shocking the way in which it was brought to my attention, I realised that being grounded has nothing to do with where I lived (the house, neighbourhood, town, country), and everything to do with being comfortable in my own skin (something I had never been). Being so at home within myself, and so centred in "Being" (rather than having or doing) that anything could try and knock

me down but nothing would succeed in moving me; I would be like a tree.

That was when I started consciously (and daily) connecting to the earth and its representatives; bringing it into my home and making time to spend with it; celebrating, showing gratitude, appreciating, and embracing nature so that anywhere in the world I went, I would feel at home.

I noticed at this point, how my base chakra opened like a flower, and things started to manifest in my life, such as qualities I had been working on for ages, situations I had been striving to move into, people I had been yearning to meet, and experiences I never knew I could experience!

The best thing of all though, was that my perception of creation shifted; it went from energy flowing in from the outside to energy flowing out from the inside. Me, the source of all creation and I began to accept myself as the Master. That is the state of mind I operate from today.

Also, for the longest time I have had random visions and dreams of "A Special Place", which is an enlightened community that I am very drawn to (description at the end of this section), but have no idea where to even start looking for it (if you know, send it my way).

At first, I thought that to move there I would have to give up physical pleasures and spend all my time meditating (and nothing else), which I really wasn't ready to do yet. But as I continued growing, the visions became clearer and I realise now that I can go there (when I find it) in my current state of mind.

When I read James Redfield's *The Secret of Shamballa*, my need to find this place became so ridiculously obsessive (I know I have an addictive personality) I spent days online searching for spiritual

communities around the world that I could run to, but felt no particular energy drawing me to any of the ones I came across.

As you can imagine, I got myself into a pretty frustrated state which didn't help my cause or search at all. But thanks to my mum (who handed me *The Cosmic Ordering Service* by Barbel Mohr, a few days after I'd handed it to her) I realised that I'd be better off asking the Universe to lead me there when I was ready, then forget about it and focus my attentions on more obviously productive quests.

Now, I love to travel and stay in different places, experiencing different cultures and ways of life, eating exotic foods and meeting eccentric people. On the other hand, I do value a bit of stability, somewhere I can always return to that doesn't change, and retains the comforting, embracing, all encompassing, healing energy of home.

Plus I am just greedy for space, and when I scout it out and affirm it as my own, nobody is welcome unless I invite them in. I put up all sorts of energy barriers (even salt and crystals) that any sensitive person would pick up on.

However, there are people out there, who are totally oblivious to energy alarms, and doors to them mean nothing more than the split between two rooms (yes, I spend a **lot** of time trying to keep them out of my space).

Anyway until I find "A Special Place", this is how I home-make and keep my spaces spiritually charged wherever I go:

- **Personal Space.** Not everyone has a whole house or flat to themselves, so if you are stuck sharing with a sibling or a partner, or whatever, especially someone who doesn't

want Angel figurines or candles taking up valuable clothing space, I would suggest you scavenge for a scrap and hoard it. The best place to start is on the wall(s) around where you sleep (or on your side), look around your room as it currently is, and consciously notice of what messages you are sending yourself by what you have up on the walls and around the room. I like to surround myself with representations of Angels, love, peace, money, positive affirmations, inspiration, aspirations, quotes, and poetry, etc. In the form of pictures, cards, figurines, books and whatever else I am drawn to. As well as sticking up blank and amounted cheques, I put up bank notes and coins on my wall which I visualise myself picking on a money tree every time I take one down to spend or lend to someone else (abundance has to start somewhere). I enjoy cosmic ordering, and usually spend hours writing them down while visualising clearly in my mind what I desire, then I draw pictures that represent manifestation to me, and stick them on my wall so that positive energy will get to them when I dance or meditate. While decorating my room one day I put up a portrait of me and surrounded it with inspiring quotes, Angel cards, and crystals, right above where I sleep. A few weeks later I started to notice how accelerated my growth and enlightened thinking was becoming; I highly recommend you do the same. Put up a picture of yourself (preferably looking happy, loving, peaceful, comfortable, etc) and surround it with representations of qualities, things, people,

situations, etc, that you would like to manifest into your life, and see what you create!

- **Charging.** I do everything from writing to healing, exercising to sleeping, in my room (wherever it is), so you can imagine how charged it is with my energy, intentions, personality, etc. I remember a time when I religiously did healing work on myself daily for about two hours in the morning before flying off to work and then coming home to do two more. I lived at halls at the time and only invited a hand full of people (two at a time) so that I would not get overwhelmed by their energies in my space. However, it turned out that they were the ones who got affected by mine, because whenever they came to visit (for whatever reason), they would undoubtedly leave having received a healing session they weren't aware they needed. From then on, I started calling it my healing sanctuary and deliberately charged it with healing energy for whoever would need it when they next came to visit. How you go about charging your space is entirely up to you, just make sure it feels comfortable and right. You could start by spending ten minutes a day (for example) charging incense, candles, crystals (or salt), and water with your energies and/or qualities you would like to strengthen in your life. Then putting them in all four corners of the room, making sure to rotate them hourly, daily, weekly, or whatever feels right. After a few months tap into how charged your room is and how

strengthened the qualities are within you. By spending time doing things that express who you are in your room, you will begin to make it into a sanctuary that retains bits of you. This will work to keep you connected, open you up further, and gently nudge you back on track if you happen to lose your way.

- **Clearing.** Once again, cleanliness is very important, whether it be hovering, mopping, sweeping, or dusting behind the sofa, I find that living and working in a clean environment keeps me clear and level-headed, but I am not obsessive. There just happens to be times when certain lines (between untidiness and down right dirty) get crossed and I have to do something about it, even if it means getting up at 3am and waking people up with my vacuuming. Though sometimes, it's probably better to ask your Spirit Guides and Angels to clean in the middle of the night, and visualise them vacuuming, dusting, and scrubbing the room, instead of waking up your flatmates. Because I also do a lot of energy work (daily), I have to regularly clear my space of released energies otherwise they get stuck around the room and make me feel down and dirty. For this, I dance around clapping while visualising the energy being released, and flowing out of the window to be replaced by clean air. The other three elements (earth, water and fire) come in very handy also, (and for me) especially during the waning Moon; when I gather all the soiled pages of my therapy journal and burn them while

visualising myself being freed of everything I wrote down. This is followed by a ritual dance to ground and clear excess energy and raise new ones, then I have a bath or shower and ask the Spirits of water to wash away the negativity. It doesn't hurt to directly call up the elements to clear your room and then visualise them flowing in. You could also invite a plant and ask it to absorb any negative energy from your room, in return (or gratitude) you could send it positive energy to balance and heal it. I should probably mention that holding onto old clothing, photographs of old lovers, or any representations of a past long gone, keeps your present life stagnant, and stops you letting go, moving forward, and allowing new energies to flow into your life. Monitor what manifests immediately after you do a good clearout.

- **Protection.** What good is your spiritual sanctuary when you have energies coming in from outsiders (including Lower entities) that work to counteract or upset your balance? For protection I use salt around my room, especially the threshold of the door, either side of which I keep protective crystals that do not get moved (except to clean). I visualise an energy barrier going up after I enter or leave the room, as well as a bubble that keeps positive energy within and negative without. I find it very affective to invoke protection from Angels (such as Michael), and asking them to keep my room impenetrable, I then visualise them

"standing" guard inside and outside my door. I have store bought and hand made symbols of protection (pentagram, cross, figurines, circles) which I charge with mine and protective energy, and hang above my door and below my windows to stop anything untoward from entering.

- **Music.** I find that playing music to set a mood prepares me for something I want to do; soft and relaxing music to sleep, high octave (and sometimes up beat) to dance, instrumentals aid my creativity (like John Barry's *The Beyondness of Things* - my favourite), and inspirational music gets me all riled up and passionate about sharing my truth. Using chakra balancing music to balance the room energy is also very affective (as I accidentally found out). Music is one of the easiest and best ways to train your mind to prepare for an activity.
- **Visualisation.** This can be used for anything you desire to manifest into your life, all you have to do is see it in your mind's eye (third eye chakra) and begin to manifest it. So, use visualisations to charge your room with intention, clear it of stuck energies, and protect yourself from outside influences, be creative with this tool it's free and totally at your command.

Bear in mind that these methods can be used in any rooms within your home, office or space you feel is your sanctuary, all you have to do is conjure up the intention to charge the room and make it your own,

then do it!

I remember a time when I stayed in a dodgy hotel and kept hearing a woman's stiletto heels on a tiled floor, she kept walking up and down behind me, but every time I turned around I couldn't see her, and the room was carpeted.

While trying to sleep, I was plagued by noises that indicated others were in the room with me, and even felt a presence sitting down on the bed next to me, but couldn't see anyone.

Yes, it scared the hell out of me but I got through the night (and made sure never to accept that invitation again) by invoking all the Angels and Higher Guides I could think of, to protect and keep me company so that I didn't feel scared enough to run out screaming and refuse to sleep in the fully paid room.

So, there is no reason why you cannot get creative in your home, after all it is your sanctuary, where you can let yourself go and be. Charge it with every ounce of who you are and have fun doing it!

However, be respectful of others' space, privacy and beliefs if you share, because it wouldn't do to have your positive efforts soiled by somebody else's resentment and negative thinking, would it?

Besides, "do as you would be done by" I say, and think about how you would feel if someone else imposed their beliefs on you, however well intentioned.

Happy charging!



A Special Place

This is a high energy community situated in a rural area where nature has been preserved; there are trees, lakes and picturesque views, but the kind of living is very modern.

The standards of living differ just like in any other community, and there are some who have bigger, pricier homes and a much more expensive way of living.

But there is no jealousy or negativity towards them because every inhabitant is conscious of their right to choose their standard and way of life.

So, if someone lives in a one-bedroom apartment and drives a modest car, it is all of their own making.

However, if they decide that they would like to change and upgrade to a four bedroom house with a swimming pool, they just go ahead and create it.

There is a neighborhood committee as in any other, but these residents also get together to consciously infuse their environment with positive energy on a weekly basis to maintain the high energy.

They are geared towards personal and collective growth, and are all constantly clearing, cleansing and healing themselves, their community and each other.

There are arguments, disagreements and disputes, but everyone knows that when these come about, there are lessons for the involved to learn, and the appropriate action is taken immediately.

When someone behaves in a negative way towards another or the community, members will consciously protect themselves but also send love and support to the individual, encouraging them to see the truth behind their negative

behavior; there is no judgment, ridicule or shunning, just opportunities to grow.

There is emphasis on community spirit, but individualism is also encouraged. There is a strong sense of free will and respect for each others' lives and choices.

And because the residents are tapped into a higher individual and collective consciousness, none of their acts of free deliberately to harm another, if they do; something needs to be dealt with and it then is.

This community is not a closed off enclave however, people drawn to live there are individuals ready to dedicate themselves to clearing, cleansing, and healing and all the hindrances delaying them from fulfilling their highest potential.

Because growth is a conscious part of the collective, opportunities, people, and situations are constantly being drawn to residents to deal with all their issues.

The residents go into cities to work and the children to schools to learn; it is not exclusive or cut off, it is like millions of neighborhoods all over the world, but this one attracts individuals who are specifically geared towards conscious growth.

Everyone supports each other emotionally, spiritually, psychologically and energetically because there is an abundance of it from the trees and nature surrounding the neighborhood.

And everyone knows how to tap into it, so there is no stealing of personal energy and draining going on.

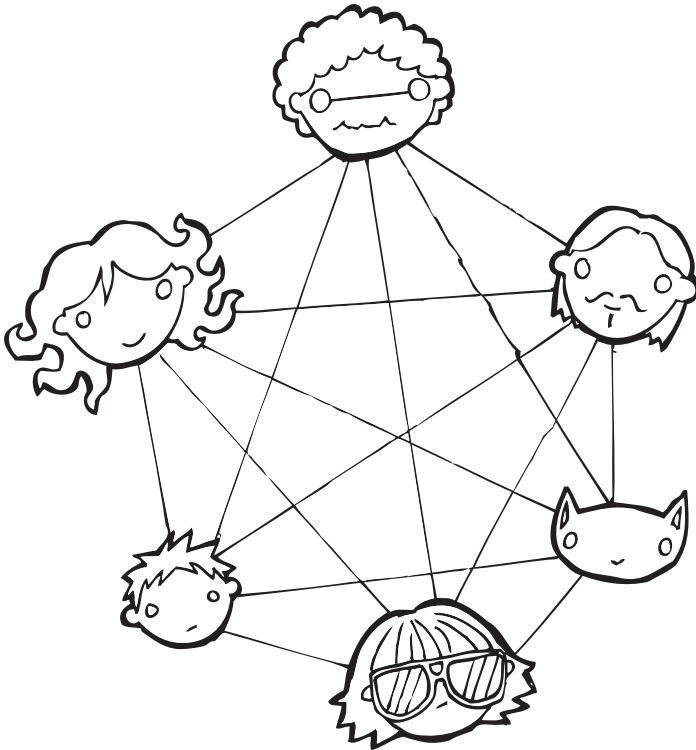
However, that is not to say that people won't try, it just won't affect a resident negatively, because they are not closed off to the sources of energy around them, and if they are, it will be shown to them and it will be their responsibility to take the appropriate actions to change it.

The collective consciousness of this community is of clearing, cleansing, healing and facilitating growth in order for them to fulfill their highest potential and live out their

birth visions as close to the plan as they can, taking into account experiences, reactions to them, and free will.

It is the perfect place to dedicate oneself to growth.

Holistic Relationships



Although most of us generally associate relationships with lovers, spouses and romance, they actually encompass everyone we will interact with during our lifetimes, like that crazy aunt with an alcoholic cat, or the selfish nephew with a gambling problem, the nosy neighbor whose husband is trying to kill her, or that double crossing ex-boss who still harasses you six months after you left work. How you interact with these people is you having a relationship with them.

I also believe that a relationship can only ever be between two people, so when I hear "there were three of us in that relationship"; I always see three different relationships (1+2, 2+3, 3+1) as opposed to one big one.



Disclaimer

My view on relationships is unconventional (I have been told), especially when it comes to romance.

This didn't turn up one day during a random emotional rearranging session, it took years of transformation and uncovering, a process that involved observing my pain, feeling my hurt, accepting rejection, and finally mastering the art of letting go.

And as part of my healing, I read back through journals, combed my memories, and talked to previous relationships (family, friends, colleagues, one ex, and random passers) to find out what they had been thinking at the time.

This shifted my perception wide enough to warrant looking closer at how I was seeing relationships; what I thought I needed to put into them, in order to get what I wanted out of them. Then I weighed it up against what I was actually (as opposed to what I thought) giving and what I was actually getting; the difference was startling!

I realised that although I thought I was conducting holistic relationships, I was actually conducting them from my wounded (and stuck) Self, and since my partners (friends, family, colleagues, boyfriends, random passers) were doing the same, these relationships were doomed to blow up from the start, which they ultimately went on and did in spectacular style!

I would like to take the opportunity to apologise to all the men reading this book (especially the easily offended ones). Because although I have tried to remain unbiased (in places) when it comes to men and women, my views on relationships side with the girls.

Firstly, this is because I am one (that should be obvious), secondly because I am consciously subscribed to the female collective and find it easier to sympathise (and empathise) with women, and thirdly because I spend a lot of time around females, whom I find to be more receptive to flow than men (that I find spend way too much time resisting and fighting flow rather than accepting it).

The above is a generalisation, and I am aware of that, it was simply for the purposes of explaining why my views lean towards women; I know that not all men are stubborn, resistant animals that want to control anything that doesn't threaten them.

But because of the cleansing work I am currently doing on my sacral chakra to balance my male and female energies, I seem to be coming across breed a lot, and it frustrates me!

Plus, as much as I love the girls, I need shots of testosterone to balance things out a bit and bring a different angle to the room. The few conscious men I have (and had)

in my life are doing the best they can, but four men can't do the work of twenty.

Anyway, believe me gentlemen I am slowly (but surely) moving towards respecting the male collective and its differences from the female, rather than attacking it like a woman scorned.

Beauty and the Beast Syndrome

"Look into my eyes you will see what you mean to me. Search your heart search your soul and when you find it there you'll search no more. Don't tell me it's not worth trying for. You can't tell me it's not worth dying for. You know it's true everything I do, I do it for you" (*Everything I do I do it for you* by Brian Adams).

Aww, how sweet! Once upon a time I subscribed to that point of view and conducted my romantic relationships from it, but to the disappointment of my future plans they never lasted, and instead left me more screwed up than I had been before.

Don't get me wrong I am not a relationship cynic who goes around handing out "Don't fall in love!" leaflets, I just think that the way we look at and conduct relationships is very distorted, which is why many of them don't work out and leave people a little bit crazier than they started out being.

There is a whole magic soup of romantic songs floating about, that will have you betrothed to someone you won't even like in the morning, and a lot of them talk about "true love", "finding love", "losing love", "standing by your man" or "putting that woman first". The emphasis being that once you find that somebody to love who will love you back,

everything will be perfect!

And all sorts of messages are shouting just that at us; from all directions we are bombarded with images of happy couples, fairytale weddings and shows of external unity that have nothing to do with the reality we know from our own relationships (some do...), but still we desperately cling onto the belief that relationships are like that all the time, even though our experiences and intuitions beg to differ.

The best song that describes all my romantic relationship patterns has to be *Shut Up* by the Black Eyed Peas: the whole emphasis of starting out all loved up, everything is sweet and perfect, my partner can do no wrong.

Then one thing gets out of hand, and everything changes!

Before I know it both of us are screaming blue murder at each other, and I become nagging, demanding, and he just wants to get as far, far away from me... just wanted to mention that.

Anyway, I used to have "Beauty and the Beast Syndrome" (a phrase that popped into my head one afternoon while watching the Disney cartoon version - one of my favourite films), but wasn't aware of it until I was healing and looking back at my relationships and what I was thinking throughout them.

I also now realise that a whole heap of women have it too, and scarily it starts from childhood, so that young girls develop it quite early on and grow up to conduct their relationships that way too.

Basically, "Beauty and the Beast Syndrome" is what I see as someone who falls for a beast (serial cheater, abuser of all kinds, selfish, uncaring, nasty person) and tries to tame (or change) them with just the power of their love, especially if they successfully

managed to change certain aspects (or behaviours) once or twice at the beginning (which ultimately reverted back sometime after that) of the relationship.

For example, I went out with an alcoholic and a verbal abuser (to name a few) whose issues I didn't find out about until I had started falling for them (and thus couldn't walk away).

Please feel free to replace the "hims" and "he's" with "hers" and "she's" where appropriate.

At first, I was a grounding force that kept him out of trouble, and he would listen to what I said, even changed certain behaviours when I asked him to; so what did that say to me? That I could tame the beast.

But before long (and in true soap opera style) the beast turned on me, and like a confused animal I quickly turned to tactics that had worked in the past, but instead of working this time they seemed to get the beast even more riled up.

Now, intuition (and logic) would have me run like the wind at this point, and never look back. But no, I thought that because he had listened to me before, there was some chance he would listen to me in the future (didn't know when though but had to hope), when things (work, family, stress) had calmed down.

Until then, I had to be the patient, loyal, loving girlfriend who stuck by him until he came back to his senses and saw my worth, then he would shower me with gratitude and love again, because I had stuck by him through his monstrous phase.

And this is what I did for months, breaking my neck to please him, draining myself to fill him, neglecting my Self to give him everything, but his issues (work, family, stress) just didn't go away, in fact new ones slithered in to take the place of the old ones, and his anger and resentment towards me kept on getting stronger and stronger; I was losing his

respect and his love, but I didn't understand what I was doing so wrong to make him hate me so much.

Ultimately, things ended and my "happily ever after" was scrapped... until the next time.

Mind you I don't think that these men were all beasts, they just had beast aspects (wounded and stuck parts) about them that I brought out, and I think another woman (or man) could have brought out Prince Charming aspects and maintained them, just like I know men (and women) who have brought out the beast aspects in me.

It was precisely this line of thought that brought me to a realisation one day; that the men I was choosing presented a pattern, and I had "beast disturbing" aspects about me that were (unconsciously) sending out signals of their existence and calling home a beast, ready to be disturbed.

I didn't want to continue on that path anymore because it was just hurting me, but before I could move forward onto a new one, I had to uncover what signals I was sending out, and where they were coming from.

To do this I had to monitoring what I really thought about, which was painfully obvious once I started paying attention; I felt undeserving, unworthy, ugly, at the bottom of the pile, so naturally that attracted men who were ready (by their behaviours and actions towards me) reinforce it.

Seeing exactly how I had arrived at such a destructive state of mind (where my unconscious thoughts were manifested in the physical world and attacking me to draw attention to themselves) had me in tears for a few days, releasing all the repressed emotions through my tears.

From there, I had to somewhat shift what I actually

thought of myself from the above, to positive, worthy, very, very deserving, beautiful, and significant in every way! So that I could begin sending out a different set of signals that would draw to me something different.

Some said (don't remember who, when, why or in what context) "if you do what you always do, you'll get what you always get. To get something different, do something different", I thought to apply that to this situation, which I am still in the process of transforming.

Anyway, feeling hated by the men I loved so dearly is also why I am now averse to marriage (the legal part), along with divorce statistics, people marrying because they are lonely or afraid of growing old alone, gold diggers marrying for money, and foreigners marrying for citizenship; I see marriage as having very bad press!

Of course, there are genuine marriages out there (including my parents'), but I personally don't like the idea of being legally bound to someone I might not like in a year's time.

I actually shudder at the thought of vowing to "spend the rest of my life with someone" or "love them till death do us part", that's just too long.

And besides, how can I realistically expect to keep that promise when I am growing so quickly in so many ways (unless he's in the same boat, and I haven't heard of one yet), and manage to find myself thinking differently about something every three months or so.

I would genuinely value a twelve or thirty-eight year relationship more if both parties had been free to walk away, but didn't, rather than fighting to keep life in a dead relationship because you'd signed a legal contract that forbade you from walking away

and starting anew when you clearly needed to.

I think that putting a "lock" on a relationship (wed-lock) is what dooms it to go wrong, or rather that's what I think about me and mine.



Disclaimer

*Before I alienate myself and have all those wonderful wedding invitations revoked, I would like to say that these marriage views apply to me and my relationships **only!***

Others have the right to do whatever they like as long as they both consent to it, and it doesn't affect me.

I would genuinely be happy for a friend who announced their engagement to me, excitedly pick out wedding dresses and flowers with her (or him), rub oil on the male stripper at the hen party, and bawl like a baby at the ceremony.

*And I can even admit that I probably will have a wedding of my own some day, with the dress, the doves, the flowers, the groom, and the elaborate dinner, but **not** the legal contract! I think that would be the most unromantic jinx I could put on my relationship.*

If by some off chance I do agree to become legally bound to someone, it would have to be in my sixties or seventies because then I wouldn't have long left.

Love Conquers All

I stuck by my men even though they were hurting me (emotionally) because I also believed that "love conquered all", and I still do. But my perception of that statement has now shifted to a somewhat different angle.

Before, I used to think it had to do with loving someone so much, that however much they hurt me I needed to continue loving them until they came back to their senses, saw my worth, and loved me again.

But now I see that the love which really conquered everything was the love I uncovered for myself.

Love will conquer all when it is subscribed to in its purest form, which is the form that will not harm, control, oppress or destroy. True love for Self is always there, we just have this distorted perception that it lies within someone else.

And it is this that will have us clinging onto the first person who projects to us the slightest fraction of what we think the ultimate love is - does that make any sense?

In my teens I developed this warped fantasy born out of watching my peers celebrate two, three or even four year relationships with their partners, that I would meet a guy (soon) and stay with him until I was twenty-five, then we would get married and have all our children before I turned thirty (shudder).

So every time I went into a relationship, I would start preparing myself for the long haul while trying to mould a husband. I would become totally devoted to him (within reason); put all my energy, effort, time and money into the relationship, thinking I was investing in the future.

At first it would be reciprocated, but after a while

he would sit back and enjoy the ride, which I then grew to resent him for because I was doing all the legwork.

When I brought this to his attention he would start off by making empty promises (that I suspect he never intended to keep), but after a while confrontations would break out I would accuse him of being lazy, while he would accuse me of being nagging; and then everything would be ruined!

This was a pattern all my relationships took on, and they barely lasted eight months let alone a year.

Once I even tried to play a relationship game (something I never do) in an attempt to keep the man, but it blew up in my face so spectacularly, I now use the story to warn other girls off of playing relationship games (even though plenty of magazines would encourage it).

It was after my last relationship before the transformation (when I got dumped for another woman), that I realised something had to change in the way I was seeking out and conducting romantic relationships, otherwise I would keep attracting the same man in different bodies for the rest of my life and never grow (or be happy).

Let me bring your attention back to a little earlier, when I said "changing your mind is the easy part, the challenge lies in trying to maintain that way of thinking long enough to manifest it".

I started off by affirming to stop seeing relationships as "happening to me" but the truth, which is that they are being "created by me".

It took a whole heap of honesty and bucket loads of will to accept the fact that my exes had only gotten away with treating me the way they did because I allowed it consciously, and asked for it unconsciously.

Add that to my low self-esteem and self-worth issues, and you had a pretty screwed up little girl who went about manifesting her issues in her relationships.

Reading Iyanla Vanzant's *In the Meantime* helped to get me through the healing process, which lasted months that felt like years, especially when I started bringing my attention to the moment. You can imagine the timeless air that took over my life then, alongside the intensity of the pain.

These combined factors had me on the brink of suicide, as that had to have been the most intensely challenging time of my life yet; all the pains and traumas I had ever experienced decided to surface at one time and demand my attention (something they had never done before).

As tempting as it was to lose my sanity and shut off forever, I forced myself to keep healing and dealing with everything that came up, because it so happened that in the midst of my desperate desolation, I managed to tap into a heightened state of awareness, where I saw my past, present, and future all in one moment.

And I was given a God-consciousness understanding of why I had created so much heartache for myself, and how I could change it from there on, and start out on a new path of creating consciously (with the benefit of experience of course).

As the saying goes, "nothing lasts forever" and indeed it did not (even though it felt like it), and when I finally emerged I was reborn into a new person; I had a different understanding of the world, of life, and especially of relationships, that I wasn't willing to change for anybody!

I became Self-centered, which meant putting me first. And I started seeing the world being a series of

intertwined Universes, and I was the center of mine; people and situations revolve around me in my life, while I revolve around them in their lives.

However, don't for one minute confuse Self-centeredness with selfishness, because I do not operate from fear, greed, or disregard for the next human being, I operating from love and a "do as you would be done by" point of view, which I applied to all my relationships with everyone.

And for the first time in life, I see that romantic relationships (finding a man) are not the be all and end all of life, if anything it had dropped to less than 35% in the scale of importance, even though I have an innate knowing that there is a compatible men out there for me - just haven't come across him yet!

Anyway, I also started to realise my own worth and importance in the scheme of things, and began asserting it in my everyday life, which didn't go down too well with some people; they had to go as a result.

The most important thing to me now is inner growth, and all my relationships have to reflect that or I step back.

However, there have been a few occasions when I ignored my internal warning system and tried to get into relationships that turned out to not be for the best after all.

Even though on a higher level every relationship is for the "best" (including those I consciously reject), and has the potential to bring me the gift of growth that I desire by reflecting back to me things that I am unaware of (this may take a while but it will eventually happen).

For example, there was this guy I had met who managed to bypass my barrier system on the strength that he was openly spiritual and honest about his views, despite all the ridicule he seemed to be getting

for his troubles.

And I suppose I saw an ally in him, so I gave him a chance, and what a big mistake that was!

He turned out to be a very horrible man, who accused me of being uncontrollable (now why would a spiritual person want to control another), told me I wasn't good enough for him, and that he would end up cheating on me because he was settling for second best, and would not be contented.

Funny enough I actually understand that, but I really didn't need to know; a simple "I'm not interested anymore" would have done.

Anyway, that conversation upset me for days, and although (like loyal ego strokers) my friends (even the male ones) told me he wasn't worth it, I couldn't shake the hurt, disappointment and sadness that were conjured up every time I thought about him, and I didn't understand why.

Then out of the blue, I remembered that a few weeks earlier I had given another man a chance too, and he had gone and done the same thing; battered my self-esteem with a stick of words, and right there was a pattern!

I realised that they were bringing my attention back to the fact that I still had some work to do on my self-esteem, because if I was still attracting people who were prone to battering it, I must still have been sending out signals calling out to them.

I was so relieved after that realisation I went out to celebrate, because I had started to worry that I was fallen for him, which I wasn't happy about at all!

Although I haven't completely shut off from men (as I would have before), I have come to accept that I cannot have a long term romantic relationship with someone who doesn't think like me; that would be a

disaster.

And one of the reason for this is because a lot of the men I have come across (not all), have had a dangerous combination of ego and insecurity that makes them unable to admit when they are wrong, or say sorry when they have hurt me.

And this would not work in a relationship with me, because I am quick to accept (and admit) responsibility for my part in a situation that went wrong, which they mistakenly take for self-blame and then proceed to pile on their share. Then they will try and guilt-trip me into submission so that they can be in control.

Unfortunately, this only encourages me to rebel, step away, put my barriers up faster than a bullet, and pronounce the relationship over (though not always conscious on my part)!

Besides, having tapped into that God-consciousness during my healing, I uncovered true love, the source of which lies within me, and now I understand that it never came (finding love) or went (losing love), but my awareness of it was what shifted over and over again.

So now my awareness of love is always present, and if somehow I lose sight of it, someone or something will always draw my attention back to where it needs to be; in love.

And now that I love and respect myself this much, I find it hard to let anyone else disrespect or treat me badly (don't get me wrong it still happens - I just notice it a lot quicker), and one of the fantastic results of this transformation is that I can love everyone (that I choose) wholly without expecting them to love me back, but ironically they do.

"There's a place inside of all of us where our faith in love begins. You should reach to find the truth in

love, the answers they're within" *Count on Me* by Cece Winans and Whitney Houston.

- **Uncovering.** If you are experiencing difficult relationships (not just romantic ones), it would do you the world of good to look closely at exactly what the challenge is saying to you. This will then uncover to you what it is bringing your attention towards. For example, the reason (I have uncovered) that I keep attracting resistant men into my life, is because my masculine energy is not flowing (stuck and resistant) due to years of suppression. And the result is a whole field of external representations bringing my attention to the fact that I need to work on unblocking it. I started the healing by monitoring how I felt every time I got into an argument or experienced resistance; frustration, hurt, maybe passion? Where in my body was I feeling the shifts? And so on, then I would write it all down (or you can draw, paint, say, or scribble it - whatever works), after a while patterns began to emerge, and ideas on how to take my healing further, revealed themselves. Try it over about three months (to start off with), and remember to be patient with yourself because like I said before, these traumas (and issues) didn't take a day to build up, so they won't take a day to kick out.
- **Affirmation.** When you have uncovered the root causes to how you are creating difficult relationships, go on to affirm that you are ready to change, and start creating new

relationships for your highest good. Some affirmations I used are: "I now affirm that I am ready for holistic relationships", "I hereby affirm that I am ready for harmony in my relationships", and "I affirm now that I am ready to experience relationships that are for my highest good". Get creative, and make sure that they mean something to you; otherwise they will be undercharged (with intention). I also write out my affirmations and stick them up on the walls, so that they integrate into my consciousness while I sleep, and when I woke up I say them as the first thing; try it for yourself!

- **Relationship Journal.** I suggest (which you don't have to do) that you keep your relationship and "uncovering" journals separate, I will tell you why in a minute. The relationship journal could be used to write down your thoughts, feelings, plans, and hindrances, what bothers you, what makes you smile, what your partner did, or what you didn't do; anything and everything to do with your relationships through their durations. After a while (when you read back through it), you will discover gems of information such as patterns, re-actions, and even an insight into how you are conducting your relationships into difficulty or challenging waters. This is invaluable when you are trying to change them for your highest good. Now, the reason I suggest keeping your journals separate is that, when you are truly ready to let go of all your old wounds, you can burn, flush away, tear up,

throw away, or bury the soiled pages of your "uncovering" journal, and visualise yourself and your relationships completely healed and renewed (even if that means getting rid of some people).

- **Recognise Patterns.** When you uncover and begin to recognise your patterns, do something about them by becoming observant of your feelings, especially in the moments before a situation blows up and encourages you to react in ways you did many times before. That way you can train yourself to recognise the beginning signs of a challenge or difficulty, and identify your part in propelling the conflict, before it takes hold and has you saying or doing things you will later regret. You can then change your actions and create a different outcome that will contribute to restoring overall harmony. If however, you manage to successfully change the way you think and react, but issues persist, then it may not be your problem, and perhaps time for you to step away until the other person has healed or dealt with themselves. This might be permanently if they refuse to do so (completely at your discretion).
- **Ask Your Angels.** When I am struggling to tap into a quality I have lost sight of, or just wish to strengthen, I ask the Angels. There are Angels for everything (popular culture ones are for parking spaces), so patience, peace, love and joy are standard. I have found that when I call upon an Angel or spirit

guide to help me along with something (anything), I have to make a conscious effort to help myself as well (or at least try) otherwise I feel like I am not being assisted. This is because of the quote (from before): "we are here to guide you, not to live your life for you".

- **Surround Yourself with Love.** This can be done in any number of ways such as putting up pictures that represent and affirm love to you. For example hearts around your bedroom, paintings, drawings, or pictures of happy families, happy couples, happy friends, or even yourself happy and surrounded by love objects such as a rose quartz crystal or gifts from a loved one. The pictures don't have to be of your own relationship partners, especially if you do not have any yet. You can also surround yourself with loving messages such as quotes, affirmations, poetry, books, or letters from yourself or a loved one. You could set a mood by playing love music; one of my favourites is *In Amorata* (track 4) by Randy Tico on the *Earth Dance* album, which I dance seductively to in expression of love for myself. I also like to express my love for others by telling them how I feel, but be very clear on what you are trying to say here because some people may take it the wrong way. I once told a male friend that I loved him (as a friend of course), but he proceeded to run three miles because he thought I was declaring romantic love to him (never could happen), and I never saw him again after

that.

- **Forgiveness.** Contrary to what Timbaland ft One Republic say (in *Apologize*), I don't believe it's ever "too late to 'pologise". Because although the relationship can never go back to the state it was before whatever needs apologising for was done or said, keeping a grudge alive obviously does more harm than good and keeps healing at bay. Besides, I always think that forgiving someone (whether they know it or not) moves a relationship to higher ground, especially if things can never go back to how they were. Now, like most things in life at times forgiving can be easier said than done, so I like to get creative in the ways I go about it. In the mornings when I am invoking Angels, I will call upon the one for forgiveness and ask it to be with me throughout the day. So, when I eat or drink anything during the day, I ask it to be charged with forgiveness (then I visualise the energy entering it) and then consume it with the intention that forgiveness will fill my body and my being. I see it filling all my cells when the food is digested and the drink is sent to where it needs to go inside my body. I will also charge most of the things that come near my body with the energy of forgiveness, so that I am literally surrounded with it, that way it will be easier for me to eventually experience its affects. Sometimes you may find that you are unable to forgive someone (doesn't mean you can't, just that there are deeper factors to contend with), if this is the

case then perhaps consulting a therapist may help or asking your Higher Self to reveal why you are finding it difficult to let go. By the way, this method can be used with any quality or emotion you wish to strengthen or uncover, don't limit yourself to just relationships or forgiveness.

I hope that this section has nudged you enough to start looking at relationships in a different way; that they are not "happening" to you but being "created" by you, that you are not at anyone's mercy and nobody is in control of you (unless you want them to be).

And that although it may not seem like it right now, becoming conscious of your relationship creations is a liberating and extremely empowering experience, even if the re-experiencing, dealing with, and healing of pain may not seem like it to start off with.

But when you can get yourself to a state of true love, you will begin to know the greatest love of all - for the Self, and from there you can manifest the perfect relationships into your life that you deserve. Where a partner will show, tell, and give you everything you desire, deserve and ask for without you having to fight for it.

Happy relationships!

"And if by chance that special place that you've been dreaming of, leads you to a lonely place find your strength in love" *Greatest love of all* by Whitney Houston.

Spirituality At Work



The word work has a number of meanings attached to it; some think relationships are work, some see parenting as thankless work, some see caring for an elderly parent as dutiful work, and I see my spiritual rituals as fulfilling work. But what we all generally associate with work is a job that will earn us the living we need to support ourselves and/or our dependents financially.

Now, thanks to my lovely mum and dad who let me doss at home and freeload for most of my life, I have stuck mostly to temping; moving from job to job, work place to work place and recruitment agency to recruitment agency, searching for some sort of fulfillment that the last job never give me.

And the majority of all this moving was because of a restless energy I was harbouring, which would bubble up inside me subtly at first (usually when I started a new job or course), then after a while it would become torrential and uncontrollable, and that was when I knew it was time to leave.

I have lived with this energy for most of my life (as far back as I can remember), but only became aware of it when I was doing self-development work.

There were times when I tried to suppress it and pretend I was okay in a situation that fought against my self-expression (like certain jobs), but then I would unconsciously create events that got me out of the situation in a way that seemed to "happen" to me.

For example, there was a job I was so bored out of my skull doing, I asked my recruitment consultant to find me another one, but she as good as threatened me to stay or I would get dropped by the agency, so I stayed (and felt trapped).

A week later I had a panic attack in the toilets and got sent home; I never returned to that job nor heard from that consultant again - I got dropped by the

agency.

As I grew older, I showed no signs of settling down or taking on a permanent role, and that was because I was afraid I would stop enjoying the job three months down the line when the probationary period was over and I couldn't leave.

I had no clear direction career-wise, and my parents were beginning to worry (couldn't say I blamed them), especially when all around me my peers seemed to be getting on with their lives; finishing university, buying cars, taking out mortgages, having babies, getting married, while I was still living at home and skating around in a semi-circle.

And as much as those commitments scared the hell out of me, I saw a certain level of success in what they had achieved, and felt an overwhelming guilt about disappointing my parents.

Until I found writing!

Mid July 2005 was the next pivotal point in my life, because every job or course I had done up to that point had been experienced through a transparent amniotic sack of dullness I was purposelessly existing through.

But when I found writing, I burst into life!

The liberating sense of freedom I felt every time I sat down to channel an idea was intense enough to hook me into addiction.

And I felt like the sack of dullness had popped open, and every emotion I had ever missed out on was overcompensated for by extra helpings of magnified excitement that blew my mind away, and I couldn't get enough!

There was no such thing as boredom when I was writing, just a story that was "lacking", even that I

would just work on and work at until I'd given it my all.

The overwhelming bubble was no longer restless, it was like a child set free to roam around a blooming garden, free-range, unrestricted and happy as hell.

It was a creative force that had no end and no beginning, joyfully dancing through me in an endless flow that took away any need to tame, suppress or control it.

Writing was an expression of my Being, who I was..., which took no time at all. I would get so consumed in the world of my characters that when I emerged, I had no recollection of what I had written until I proceeded to read back through it, and each time I was surprised (and grateful) that it had come from me!

So, going back to a repetitive job and having my creative brain cells killed off one by one was extremely difficult, and the more Self-development work I combined with my writing, the harder it became to pretend I wasn't dissatisfied in anything that didn't make use of my ability to create or desire to develop, especially in what I started calling my means-to-an-end jobs.

One day I decided to pack it all in, and pursue a full-time writing career, but because of the non-existent success of *The Run: London's Secret* I was under confident in my abilities and spent a long time seeking out writing partners to work with, hoping I could launch myself on the back of our combined projects. But ultimately they all fizzled out and I was left alone and frustrated again, every time.

I became desperate, broke, unproductive, and lost, and although I was doing what felt right for me, I wasn't making any money, and when I was making money it was doing something that didn't feel right

for me, which put me off of going back to work even more.

So I started looking around for help to launch my career, but nobody was interested (once they found out I had no money or credibility), even when I offered free healing sessions (in exchange for contacts, help, or information), I was kept at arm's length like a suspicious peasant (which I felt like).

"What exactly am I doing wrong?" I screamed at the trees one dark afternoon, while sitting at the park bawling my eyes out and begging for guidance that was eluding me at home. That was when I received (clairaudiently) the following guidance from my straight talking Spirit Guide:

"What has happened to you girl? Why have you turned into such a waiter? What has happened to the go-getting, determined young lady who never saw an obstacle in life, but challenges she **would** get through? When did you turn into such a scared little birdie, perched on the edge of a branch afraid to fly? You have your wings, what are you waiting for? You have us to support you, so what is the worst that can happen? So, you might fall and graze a knee, but at least you'll get it over with and cross that off your list! You have the tools available, finely tuned abilities you don't make use of, and all the assistance anyone can ask for, but instead you spend your days using not having money as a disability. It was your choice to stop working, and since you are no longer happy with the results; do something about it!"

A week later, I started writing this book. And for a while I had to go back to temping so that I could make enough money to fund publishing it, but this time I wasn't floating about aimlessly waiting for my

restless energy to alert me of when it was time to leave, I was working to reach a foreseeable end, which as you can see I reached!

So, even though I accused my means-to-an-end jobs of being meaningless, situations come bearing many gifts for growth, and if you go into a situation expecting your creative brain cells to get killed off one-by-one, then that is exactly what you will get (as I did).

While there are people out there earning a damn good living, living their truths (lucky sods), there are a fair few still pedaling to that end.

And for those guys, I would like to suggest that instead of getting rid of what may seem an "unspiritual" job (telesales, market research, data entry, selling boats) that you are only using for the money anyway, especially if you have dependants to support (and leaving will have you stressing out about money), bring spirituality into your job and make it how you want it to be.

Remember, it is a state of mind that you can take anywhere in the world without shipping costs, and the way you think will call to you whatever you want, so if you want a spiritual job, start by making your job spiritual and the rest will flow from there.

When it comes to earning a living proclaiming your truth, matters can get a little bit complicated if you unconsciously subscribe to a little known collective conscious floating about called "lack".

See, when I decided to become a Light worker (I said sod it, I want to live my truth!), I also unconsciously adopted poverty.

Have you ever noticed that people who earn a living doing spiritual work (healing, teaching, spreading the message - not all but a lot) seem to be

earning a pittance, if anything at all, and are living from hand to mouth?

Well, this became apparent to me as well after a particularly busy week of meeting up with like-minded, who gave me enlightened conversation, only to later touch on the subject of money and how we all seem to lack enough of it.

This also reminded me of society's particular collective beliefs about "Money vs God".

Let me give you an example of *Charmed*, in the series all three sisters (including Pru) had jobs, and they each had a magical power that combined to create collective power so immense, higher daemons were after it.

Basically, with that much power they could have created serious wealth for themselves and not had to juggle jobs and daemon fighting the way they did (even though that made great viewing).

However, they were not allowed to use their powers for what was called "personal gain", and they were the do-gooders.

Yet on the other side of the spectrum were daemons, who ran multinational corporations and were filthy rich, funding evil with their profits and enjoying wealthy lifestyles the sisters could only dream of, but they were the bad-doers right?

Now, exactly what does that say to you? To me, it says that if you want to become a do-gooder, you will have to supplement your income doing jobs you may or may not like, but basically you will have to split your time between living your truth and making ends meet financially, while not having enough time left to enjoy the important (and free) things in your life like quality time with your family.

That, to whatever level you manage to raise your consciousness, you cannot use those wonderful

abilities to give yourself the good stuff like money (personal gain) because it will be taken away from you, and you might get punished for it too.

And you will have to put everyone but yourself first because that somehow proves you are a good person.

It also says that money (and the good life) lies in being evil and practicing bad stuff, that even if you have uncovered a wonderful way of earning a living, living your truth (healing, teaching, tarot reading) you might need to sell yourself short so that you don't get accused (or accuse yourself) of crossing over to the dark side.

This was said particularly well in *The Preacher's Wife*, where the tired, self-neglecting, overworked Pastor ran around town trying to restore other peoples' families while neglecting his own.

And when the broke church was offered financial assistance from Joe Hamilton, someone that the Pastor (and his wife) considered a traitor, because although he once belonged to the neighbourhood (and used to be broke also), he was now raking it in.

And they saw him as having crossed over to the dark side and betrayed God, that was their reason for refusing his financial assistance (or rather the offer to move to the new church).

Now, it seems to me that Light workers (and workers of God - same thing in some circles) may be under a bit of pressure to be lacking financially, because that somehow shows them to be more genuine (externally), even though they may be stressing out as hell about money behind closed doors.

And although the Pastor had prayed for God's assistance (which came in the form of the Dudley the Angel, and the financial offer from Joe Hamilton), he

refused to acknowledge, believe or accept either because they happened to be presented to him in packages he didn't specifically associate with God.

And that is another thing, there are just too many rigid ideas about who God really is, what They do, and who It looks like.

Some people spend years asking Her for assistance until they decide He just isn't listening, and this is because they haven't yet gotten an answer they believe in.

However, if they honestly look back through the period they had been asking for Divine Intervention, they might begin to see that the Ultimate has always answered, but those answers have not always come wrapped in packages they expected to see/hear/feel coming from Source.

And no, I am not saying that the youth project has to start accepting money bags from the local drug dealer, I am saying that remaining open to signs, answers and gifts (intuitively as well as physically) sent from Source, can put an end to your frustration.

That way you can stop missing or rejecting gifts that are right in front of you, because you are still looking for something else that you think the "real God" has sent you, especially if you are not entirely sure exactly what that looks like anyway.



Disclaimer

*Please note that I am not saying you are evil if you have money and good if you don't, because I do **NOT** believe that!*

I have simply used the examples above to make my point stronger, and where I am coming from more understandable.

If I have offended you, please accept my apologies as I did not mean it that way, even though my views remain the same.

My examples of Charmed and The Preacher's Wife are just that; examples of what I am trying to say about messages in everyday media that, although subtle, reinforce a very strong message most of us strongly subscribe to anyway.

And these are my interpretations and observations of them, so once again please feel free to take what you will and leave the rest to be.

If you do not agree with any of what I say, step away and don't let it affect you (or your heart).

I remember a month when I had more money than I knew what to do with, and kept getting visions to invest it in stocks and shares (instead of buying shoes), which I did.

And when it came to transferring the money I wasn't sure where to send it to, so I wired it anyway and hoped for the best (naive, I know), then promptly forgot about it.

After a few weeks, during which time I had been nagging the Universe for a holiday, I was walking past a cash machine and decided to check my balance (something I never do when I haven't any money).

To my utter delight, there was a lump sum in there I couldn't account for, until two days later when I received an email from the broker, telling me that the money for my shares hadn't come through. But I didn't care then; I was going on holiday!

“Your Father knoweth what things you have need of before you ask Him” - Matthew 6:8.

- **Direction.** Whether you are floating about from job to job, settled in a dissatisfying one, craving something different, something more, or are plagued by ideas of supplementing your income expressing your truth. Whatever your reasons, feelings, ideas or intuitions to bring spirituality into your work, I suggest starting by clarifying your direction. Pay attention to your feelings and intuitions; what you are drawn to, what you enjoy doing, what your hobbies are, and what your ambitions were as a child? I wanted to be a film writer in primary school, but got put off after contacting a production company who told me I needed an agent, then writing to an agent and getting rejected. That's why I haven't been overly enthusiastic about contacting agents this time round (even though I have, and many of them didn't reply). Ask for guidance if you are struggling, and pay close attention to what you get, in dreams, intuitions, random visions, spark ideas or suggestions from a friend. You could even try automatic writing

from a question, and see what you come up with. Basically, if you have the will, a way will present itself; all you have to be is persistent, patient, open, and honest with yourself. I say honest because sometimes, if the answer lies in your childhood or a time/place associated with trauma, you may be drawn to it but the feelings may not be liberation or excitement, but fear or resistance. If this is the case, then work on dealing with your traumas first, and then uncovering your truth from there. Sometimes you may even get intuitions to do something that you later find out you don't really want to do, especially when you have already committed yourself. Don't lose faith in your intuition because it may simply be that you needed a catalyst to show you the truth you were perhaps rejecting in other ways. I remember an episode of *MADE*, where Christian is MADE into a Football Player. He was a tiny little thing, and had a female coach, but not much enthusiasm for the game; he was mostly late, never showed much team spirit, complained a whole lot, and found himself punished a fair bit (by having to run laps around the field). Just before the first game though, his parents decided to move him to a boarding school where he planned to join the football team, but never got round to it, especially after he went back to watch his team play, only to realise that he didn't want to play football after all. He wanted to be a cross country runner, which he had found a passion for by getting punished so many times for being lazy and unenthusiastic about

football.

- **Creation.** When you have a clear idea of the direction you want to go in work-wise, go and make it happen! Start by imagining yourself doing exactly what you like in as much detail as you can conjure up. Then maybe draw/paint a picture that represents it to you, or write a detailed description that you can put up on your notice board at work, your living room at home, or the wall above your bed, to integrate into your consciousness. Whatever way feels right to you, do it because then you (hopefully) won't lose motivation. From there, see what actions you are drawn to taking; applying for a hundred jobs, applying for an internship, applying for a course, or investing your inheritance into that business you've always dreamed about. Whatever your ambitions, take the appropriate actions to manifest them, and everything will flow from there. I remember someone telling me that money was an energy that will flow when I let it, I didn't believe them then because... well, you know about my money situations. So, you can imagine my delight when, while I was working on this book money seemed to just turn up when I needed it, at the right time and just the right amount - try it for yourself, let everything flow! I would also like to share something that I do when I am working on a book (it works like a charm); I visualise myself holding the published version every day that I work on it. Then I write out my fears, doubts, insecurities, and everything

negative into my therapy journal (that I burn at the end of the month) as well as write out my plans, ideas, ambitions and everything positive into my normal journal. Over a period of time, this helps to boost my confidence and motivation, because I am not too weighed down by irrational fears and insecurities that paralyse and stop me moving forward.

- **Practicality.** As tempting as it may be to let the excitement of a new job (or idea) carry you away, and have you re-mortgaging your home to take out a business loan, rushing to work and telling your boss to go stuff him/herself, then pissing off to Cyprus and starting a new life selling boats. Slow down and think properly about what you are going to do, how you are going to start, and what sacrifices you will have to make as a result. You wouldn't want to make hasty (and badly planned) decisions that will have you crawling back with your tail between your legs, now would you? Besides, when you are working from absolute truth there is no need to rush anything, and there is no real pressure except in your head. As impulsive as I can be, I am also very practical (Virgo trait), so whenever I am about to go chasing after a dream, I sit down and make a list; where am I starting off? What is good about where I am? What needs to change? Then, where do I want to go? What will be good when I get there? What will the challenges be? What are my options from here? What are my obstacles? Etc, when I have answered all of

these questions and satisfied (that I am not acting from some misguided spurt of stray impulse) myself with the answers, I am ready to go! I would suggest you make a similar list and uncover everything you need to know about following your dream before you go chasing. If you are sure about what you want to do and where you want to go, your way of getting there will clear itself up in front of you (not to say that it will be easy though).

I'm afraid this is all I can offer you on the subject of work (at this time), and that's because I am also just starting out on the old career road.

However, if any of you experts out there have any enlightened tidbits to share with the rest of us amateurs, please don't hesitate to throw us a few valuable scraps, my contact details are at the back.

Remember, that sharing facilitates flow!

A Spiritual Life



"I am unwritten, can't read my mind, I'm undefined. I'm just beginning, the pen's in my hand, pending unplanned. Staring at the blank page before you [and] reaching for something in the distance so close you can almost taste it, release your inhibitions. I break tradition, sometimes my tries, are outside the lines. We've been conditioned to not make mistakes, but I can't live that way. No one else can speak the words on your lips. Drench yourself in words unspoken. Live your life with arms wide open today is where your book begins. The rest is still unwritten" *Unwritten* by Natasha Bedingfield.

What inspiring words!

That song never fails to remind me of who I am and what I can do when I'm feeling powerless and out of sorts!

Anyway moving on; how many times have you heard the following statements?

- * There just aren't enough hours in the day.
- * I will when the kids have grown up.
- * I'm waiting for the right man/woman to come along
- * I am nothing without...

So, while all this waiting is going on, and you're selling yourself short, what is happening to all those un-used minutes? Nothing at all, the clock just keeps ticking on; and your life continues to go on.

Okay so you can't change the past, and beating yourself up about it hasn't gotten you any further than you were the day before yesterday.

So, what can you do now besides appreciate the view from hindsight? I say take the enlightenment and use it to illuminate all your tomorrows, make your life brighter than you could have ever imagined it to be.

Just change the way you're thinking, and you've already got a new life. All you have to be is patient, persistent, consistent, and bloody determined!

I was and I did it, so what makes you any different but the direction you are coming from and the direction you are going in.

This is my gift to you mate; a tool with many pointers, ideas, suggestions, and guidance. I have taken you to the trough my friend, now it is up to you to drink.

Mind you though, if this is not a trough you are ready to drink from, there are many other troughs and lakes, rivers and seas to choose from; there is plenty of water!

Tap into it and you will never go thirsty again, your life is yours to create, and you have every tool imaginable for that purpose, so go on and make use of it.

However, if you choose not to make use it, your life will go on, and your tools will keep existing - do you understand what I mean by this?

- **Open Honesty.** To me, spirituality is (now) a lifestyle but it didn't start out that way (as you know), because I used to keep it a secret. But over the years it has been constantly reinforced to me that spirituality is about being honest and truthful with and about your Self. So, as tempting as it may be to keep your truth hidden behind closed doors your whole life, if you are working on yourself and growing, it will inevitably spill out into the rest, and everyone (if you were hiding it from them) will find out anyway. I suggest being open from the beginning, and maintaining it whatever the reception you

get. One thing that could help take the pressures of disapproval off a bit, is connecting with like-minded people who are perhaps in the same boat as you (starting out/continuing). You could work together to help each other out, provide support, understanding, ideas, fresh perspectives, and guidance on how to further proceed towards your growth. If however, you begin to drift apart and go your own separate ways, don't hold on to them because it will block yours and their flow.

- **Step by Step.** In the early days of my journey I read something (don't remember what or where) about a man who one day woke up and felt an intense, pure and unconditional love for everyone and everything around him. This inspired me so much, that each night after that I would pray to wake up feeling like he did, and each morning I would wake up monitoring and hoping, only to realise later in the day that I still hated school, still felt like an outcast, and still blamed my surroundings for my problems. That's when I decided that for me, the journey would have to take longer and a lot of conscious work. So, when embarking on your own personal journey, take things at your own pace, there is no rush, so enjoy the experience. Besides, if you do too much work (more than you are ready for) your body and mind will let you know by shutting down and refusing to work at all, so unless you want rebels on your hands be patient and considerate. Break your work down into easily digestible chunks, for

example, starting with three months of personal development, then bringing relationship development in after six, going on to incorporate work into the mix after nine months, etc. Play around with your options because after a while you will definitely see and feel changes within yourself. But also remember, that this is about **you**; so although I have cited my experiences and how long (or short) it took me to reach stages in my life, don't model yourself on me or someone else for that matter. If you have to, follow by example but know that you are creating your own life. You are not someone else, and what has worked for them may not work for you; concentrate on **yourself** and don't worry about what everyone else is up to, there's not much point otherwise.

- **Comfort and Compassion.** I used a whole cocktail of these because if I stuck to just one, I developed an addiction that ceased to work after a while, or didn't help my cause by creating more drama. For example, I had a mentor who was an invaluable source of wisdom, advice and guidance when I called on her, so every time I felt an anxiety attack coming on, the first thing I would do was pick up the phone to call her, but after a while I started to realise she had commitments I was disturbing, and that I was actually draining her of energy, which only made me feel guilty, inconsiderate, selfish, and worse. You could rotate your compassion methods and maybe meditate on Mondays, see friends on Tuesdays, visit a therapist on

Wednesdays, get healing on Thursdays, and chakra dance of Fridays - whatever works for you. Speaking of therapists, since I started doing spiritual work I have not been entirely comfortable with conventional therapists because I didn't feel they understood exactly where I was coming from (the ones I've seen), so I shopped around for alternatives, and found the Institute of Psychosynthesis Psychotherapy (website details at the back).

- **Cults.** Be very wary of organisations or like-minded people who masquerade as sources of empowerment but instead want to control you. Each has a very different way of going about it, but if you are starting out and feel lost, isolated, misunderstood or confused about your options or even where to start, then you are vulnerable and understandably susceptible to falling under the spell of some egotistical liar who proclaims they are the only one who can "take you there". That without them you are nothing, and that you cannot possibly do it on your own without their help. This is absolute nonsense! And it makes me angry to think about people who do this to others, it's cruel and it is far from anything you can even remotely associate with pure spirituality, which aims to empower not suppress, and set free not control! I suppose a good thing to come out of my isolation at the beginning was that when I finally emerged ready to face the world; I was firmly embedded in my own beliefs and unmovable in my faith. So when some ego induced spiritual claimant tried to

tell me I was wrong in trusting my instincts (against them), I told them what to do with their opinions (shove them). They pissed right off because when they realised I wasn't a soft touch, and wouldn't be converted to their dodgy ways of thinking, that easily. So, use your intuition every day and in every way, be discriminating with **EVERYONE** you come across, even me (if you ever meet me) because that is the best way you will ever know if someone has your best or their own warped interests at heart.

- **Connecting.** Having implied throughout the book that it would be invaluable to connect with like-minded, and then warning you to stay away from a particular group, may have got you a little bit confused; my apologies. There is a wonderful centre for Self-development, run by the Brahma Kumaris Spiritual University, which hosts free lectures on Fridays and Sundays (that I know of) where you can meet like-minded people and connect with them. There is an abundance of people that go there, so if you find one particular character to be unsavoury, or your intuition warns you off a few, then you can always go back and find more. There are also self-development sessions and workshops held by a Light worker called Daphne White, where other like-minded also gather and connect, her website details are also at the back. Definitely shop around using your intuition and be very, very aware of what you are feeling in every moment, because even though you may start off feeling drawn

towards something, you might get there and feel serious resistance. If this is the case step far away and analyse the reasons from a safe distance. Because think about it, if you are scared, confused or feeling trapped in a situation, you are heaps more vulnerable, and nothing positive or empowering can come from that.

- **Abundance.** A soul mate is that one other person who God made for you, a twin flame whose love transcends lifetimes, and they will love you even in the after life right? Yeah, I used to believe that too - until I actually met one my soul mates! And boy did I get put through some *\$%@ nobody should ever experience from a loved one. But that's precisely why I allowed him to get away with it, because I felt such a strong soul connection/recognition, that I clung onto for dear life, and refused to let go of. It was at the end of this relationship that my perception shifted, and I began to realise that all my relationships (even the non-romantic ones) had been conducted in that way, where someone would provide me with one (or two, etc) qualities that I wanted from them (in this case a soul connection) but not others (in this case a stable relationship). But instead of taking what I wanted and allowing the rest to be, I tried to change the qualities I didn't like in him, into ones that I did, and guess what that got me? Yes, resistance. And since he was doing the same to me, and I didn't want to be moulded just as much as he didn't, you ended up with two resistant people not

wanting to be changed but trying to change the other, now where did that lead? To a spectacularly devastating break-up that nearly cost me my sanity! So, after my wonderful God-consciousness insight I began to see that there are over a billion people in this world; why was I holding on to just one of them? Especially when he only provided just a few qualities I wanted for my growth. I saw that the best relationships are those that are built on flow (trust, and all the rest) as part of the foundation; if someone provides me with stability but is untrustworthy, I will take the stability and go find trust somewhere else, rather than trying to make the person into a trustworthy one as well. If however, the stable person is giving me more grief than their worth, especially when I am allowing their other qualities to be, I will have to let even the stability go. Because the way I see it is, if I am being filled up with one quality but being drained by another, I am not growing am I? No, I am just staying the same. So, since I managed to attract stability into my life once (in the form of that person) then all I have to do is call upon stability again, which will come in the form of another person, who may even surprise me and bring with them a whole host of other qualities that I am looking for - do you understand what I mean? What's the point of holding onto one person that is destroying you when there are over a billion others to choose from, that won't?

Life is a gradual unfolding, not a crippling

uncontrollable situation that you have no say in. It is a journey that you create with all of your thoughts, and manifest your experiences using.

When you begin to see and accept that, empowerment is inevitable.

Don't be closed off to the light, open your eyes and embrace the power you have within you; God, the Master creator made you in Its image and likeness, so everything It can do, you can do as well!

Grab hold of your power and create a life that reinforces everything you are much entitled to; love, money, joy, happiness, peace, and abundance!

And anytime you feel yourself slipping back into unconscious patterns, just have a good old look at your achievements, what you have come through to be here, and then continue on your path with renewed determination.

You can't fail... just look at me. It took "time" but I eventually made it through!

My blessings to you all.

Peace and love, Ella.

Conclusion



Congratulations you've made it to the end of the book!

The amount of people who dropped out at the beginning because they were so offended by my views, at first discouraged me enough to stop writing (for a while), and even to question what I was actually doing, whether there was a place for it in the world.

But by the fourth time, I realised that I could use the negative reactions to fuel my positive reasons for having written such an honest account of my life, thoughts, emotions and beliefs in the first place.

So, I am very grateful to you for making it this far, because that reassures me that I have done the right thing.

Even though I spend a fair bit of time reassuring my friends and family, telling them that anything done from the heart will touch somebody; I sometimes have a hard time believing it where I am concerned.

I am going to stop now, and give you that well-deserved eye break.

But before I go, let me mention that if you have a practice, a service, an activity, or whatever, anywhere in the world that you would like to alert people to its existence (and yours), please do share!

Just email it to me, and I will put it up on my MySpace (and website when I get round creating it) page, so that others will have somewhere to go and find the information as well.

As I conclude this book I end a "time" of my life,
But my life still goes on.
Another day will come, another day will pass,
But I will still be here.
Other beginnings will come, other endings will go,
But the continuation of life will roll on.
Until the day comes when my life will end,
But through you, my life will continue.
Sharing facilitates growth!

With love,
Ella Roberts
10/01/08

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Front Cover/Illustrations

Jenny Blair.

www.idodoodles.com. hello@idodoodles.com

Photographs

Pedro Gabriel.

www.pedrogabriel.co.uk. pedro@pedrogabriel.co.uk.

PR

Lamese Abrahams.

www.idreammedia.co.uk

Regression Therapy

Paul Williamson.

www.paulwilliamson.co.uk.

pgwilliamsons999@hotmail.co.uk

Tarot Reading

Allison Cole.

0793 268 1473.

Just to let you know that Alli is very honest, straight talking, and will tell you everything she sees in the cards, without sugar-coating it.

IET Practitioner and Trainer

Sheila Holness.

sheila_holness@yahoo.co.uk.

Chakra Dancing

Aliah Joseph.

www.themagickschool.com.

hello@themagickschool.com. 0796 069 9583.

Self-development Workshops

Daphne White.

www.daphnewhitehouse.com.

onesoul@daphnewhitehouse.com.

Ella Roberts

For services that I offer check
www.myspace.com/d_inspiration or email me at
ella.roberts22@hotmail.co.uk.

Inner Space

www.innerspace.org.uk.

The Institute of Psychosynthesis Psychotherapy

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Enema

H52 John Higgins Syringe is available from John, Bell
& Croyden, 50-54 Wigmore Street, London W1U 2AU.

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