

From One Soul to Another
An internal dialogue with my Higher Self and others.

I dedicate this book to my boys Ryan and Nick, who have taught me about unconditional love and to my husband Glenn who has taught me to be who I am.

Also to those readers who have struggled with self-worth and other issues I take you on an inner journey to help you understand yourself better.

Acknowledgments:

To all those who have helped me on my Spiritual Journey where it all started in New Zealand (you know who you are) and who have helped me to find a belief in myself, on this journey.

To all the Mediums/Psychics who gave me Readings and messages clarifying for me my own self-doubt and to go within to find my answers, I thank you for your understanding and connection to the other side for clarity, I get what you were saying.

To my Mum for being a kind and gentle soul and for showing me that, every day.

To my Dad who is in spirit, for giving me strength of character and who I know is with me in every day, guiding me.

Glenn, my husband for showing me there is no such word as "I can't" and for showing me his constant questioning of life and his love and support.

Ryan my oldest son for shining his bright light every single day.

Nick my youngest son for showing me who he is, a strong and determined soul.

And lastly to myself for having the courage to step into my own light and to keep shining it, even when this journey has been difficult at times and daunting. I now continue on with this journey in love, peace and light and a never ending search for acceptance of self and others.

In light to you all

Introduction:

As I wrote this book, I answered and reiterated my own questions about all sorts of subjects. It is a connection to my higher self, my wisdom self, which sits in a place of connectedness to self and all around, and that when asking the questions I would get an answer that would come from a much higher connection, than just my ego personality.

I suppose you could call it a channelling as I do believe I connected with my own Guides. I believe it was a combination of all that helped me to answer the many questions or ponderings I had on all sorts of subjects.

I found it very cathartic writing this as when I first started on my spiritual journey, we were given a book by my husband's sister Amber, called "Conversations with God" and also a book called "Rich Dad Poor Dad". Glenn, my husband was interested in property, so Amber said to him that he had to read both of them. He of course only read "Rich Dad Poor Dad", but I remember taking the "Conversations with God" book and saying to Amber that I would read this book.

I remember reading it and felt really connected to what the author Neale Donald Walsch had written, it really spoke to me. It left me feeling like what he had said was so simple, everything made sense. From then on in, I couldn't get enough books to do with spirituality and from that day on, my spiritual journey unfolded before my eyes.

So with that being said, not only is this book for people who are opening up to a new way of thinking – spiritually- this is also a dialogue I had with myself to jog my own memory/ knowledge of what I had learnt about myself, life and an acceptance I needed to gain for my own life journey. I realised it didn't matter where I had started, where I had come from, who I had been, what I thought, it now was about the ongoing journey through my life with new eyes, an awakened soul and an expansion of consciousness. I hope you get something out of this book for your own soul growth and if you don't then you were obviously not meant to. I also hope that you see yourself as being an important part of the process that you play in the connectedness of each and everyone and everything that graces this Earth.

Namaste

I start off this book with a question and from there it led to the next question or query and the next, I would wait for the answer and I now lay out for you what I receive through my higher channel. There may be parts of this book that may go over the same information. This has come through for it to be expressed in different formats as we all have different ways of taking in information.

Enjoy!

J. Is my spirit my higher self?

S. Yes, your spirit is your navigation guide, it is your compass it takes the mental anguish out of your body, it gently nudges you forward on your path. It will take you on the most amazing journey if you just let it. It is the window to the doorway to your soul. It has the accumulation of knowledge that earns you the Purple Heart for bravery. For when you tap into this infinite knowledge and allow yourself to be guided by what it is beckoning to you, you tap into the Universal Consciousness of every living thing and the correlation of that together with your foresight, has just opened up to the pot of gold awaiting to be found.

Listen intently to what is coming through your heart, your mind and your spirit and marry all of those pieces together. For it is in the marriage, the culmination if you like of those intricate pieces, does your life surface to the unlimited possibilities that were otherwise shut off to you.

Listen, listen intently to what you hear. Hear with your ears that audible sound of your heart edging you forward. You can never go wrong with that, as this is what life is holding open for you, ready to clasp and lock eyes on the unlimited power that has been afforded you.

And so it is
Many Blessings
Blue Angel.

J. What shall we talk about today?

S. Infinite possibilities are the corner stone of life. Lay intrinsically indelible ground work for a firm foundation, is what one wants to do in one's life. We all beckon and want and crave, but sometimes we don't get. There may be a very good reason for this. For it is true that we want what we want. But what if I ask you this question.

What if it is not what you need?

We pave our way through life sometimes with blinkers on and we forget that our urges are not necessarily there to teach us anything.

What we need however, is there to teach us to open us up to what is needed for our soul growth. Growth is the most important part of one's life. It is like the escalation and busyness that we need to prize open the door of where we need to be. For without knowing where we need to be, we have no idea of where we need to go.

How many times have you thought of what it is you wanted, but it has left you wanting more? It can be ever so subtle, but it plays its role beautifully and spectacularly in the big scheme of things.

When you realise what you need, now you are tapping into the universal energy of what is around you. Your soul growth is imminent and your play is strategic, for it calculates at the exact moment of what needs to be fed to you and therefore you have grown in exponential ways, even though the mind will tell you otherwise. It will keep you wanting something else, as it sees no need to accept what has happened to you on a growth level. It operates from the level of operandi, it wants to deliver the next thing to you quickly, so as you are not left bored and wanting. It is achieving its goal of filling you up on the outside, but the real work is filling you up on the inside and that does not come from the outside world. The inside work is done through always paying of attention, checking in with one's self, being aware of how one feels, asking the questions of why am I feeling like this and seeing it all for what it is.

It is a mammoth task in the eyes of those who want it all finished and done with. But for those who look at it in simplistic terms, it is easily accomplished as the torture is not in the terror of looking inward. The torture is in the terror of forever feeling unwanted, unloved, unavailable, depressed, anxious, and disobedient with one self, stifled, aggravated,

upset, non plussed. Having this constant nagging feeling and leaving it all unabated will stifle your being more than you can comprehend. If you look at the journey as never ending, as a journey of healing, of faith, of learning, of your schooling for the soul, then you have looked at the whole with open eyes. But if you cannot get your head around that concept, then you will forever be unfulfilled and your heart will linger in a place of distrust and you will forever feel empty. Open your mind to what a contagiously joyous experience you are having, and then you will see the sunshine in everything. And so it is.

J. How do I let go of the fear of jealousy?

S. That is an interesting observation you have, that you class what you have is a fear of jealousy. When there is a fear, there is a block, or resistance of an aspect of oneself. That block will stay unresolved until it is resolved. Your fear of jealousy is non plussed. Your mind has decided to set about to trick you into thinking a certain way and therefore your jealousy remains untouched and open for interpretation. Jealousy in all forms is a fear, but the fear of having the jealousy, puts more stress on how you feel you must get rid of it. But getting rid of it is a useless connotation, as the fear will control the jealousy no end. Instead think of it like this. This fear I have is a thought form and the thought form is useless, unless some emotion resides in there with it. The emotion is what keeps the fear stuck and rearing its ugly head. When you allow the emotion to drain of its self, then you allow the clearing of the fear and the fear of jealousy. You are always in control of how you feel and you must not make yourself feel stupid or dejected, because you feel you have a fear. All you can do is be honest with yourself and allow that to reside in your being because the more that you do that, you are therefore investing in your self-care and nurturing of what it is you needed.

J. Could you say that I have been scared of myself?

S. Scared of yourself in what form?

J. In the way that I see myself?

S. Well yes, you could say that your journey has been fraught with fear from a little girl. You have had fearful acts placed upon you. You have believed that certain situations are fearful. There have been fearful connotations cajoled up in your mind and through all of this, you have had to be present, showing up every day, hoping that fear subconsciously would not show its ugly face again and it has time and again. You have embraced it time and again, it has slapped you in the face, it has kicked you in the butt, it has shaded your past, it has opened its door to you and you have walked into its trap unaided. It has always been its own self the fear, but you have wrestled and struggled and fought with it. It has kept its shining face on you and you have locked it away, held it back, but it still has arisen. It has wanted to be noticed, it wants to play its merry little game, but then one day you have said enough.

S. Did you know when you did that?

J. No

S. It was when you faced it, you looked it in the eye and you said to it “what are you doing here”. You have asked it to show its presence and you have also asked “what friends did you bring”

J. What did it say?

S. It brought all of its relatives, jealousy, self-loathing, low self-esteem, shame, aloofness, victim hood, sadness, anger. It brought the whole pity party and then it stood back.

J. Why did it stand back?

S. It stood back, because it wanted to see your reaction, how were you going to react to the fear and its relatives.

J. So it's in the reaction that is the clincher?

S. Yes, always in the reactions. Whenever we react, we are creating a form to what it is we are reacting to.

It is like a lung that is healthy and as you throw in a chunk of self-loathing, you've now created a mucus to grow in perfect conditions in the lung cave. It has created the perfect recipe and now it will thrive.

J. So it is facing the fear where the real work is done?

S. Exactly, when you fly in the face of fear, all fallacies about it just fade away. They take a step back and it allows you to regroup. We have cleverly conjured in our minds a master plan to keep ourselves unabated and without breath, so the fear can sit with you at your dining room table and laugh at you. It tries to tell you that you can't, you won't, and you are not good enough to do it. But once you face it and ask it if it is really real, you will find it will fade into the background, it will hide under a rock, it will sneak out the back door, and it will just fade away because unless you are giving it some power then it has no power on its own.

J. So fear is a fallacy and we can just conjure that thought up?

S. Absolutely, but it was an unknown fallacy until we decided to look and see if it really was real.

J. Are you saying that we just made this all up in our heads?

S. Yes I am saying that. Once you formed a belief to it then in your mind you have now cemented it and made it real. Real enough for you to pay so much attention to it, that you took it everywhere you went, on holidays to your parents place for dinner, everywhere.

J. Why would I do that?

S. Like I said you threw some weight behind it, so you made it matter and now it dances in your face constantly – you gave it some attention and it now has its own show.

J. How do I turn the volume down on it then?

S. Tell it to go away after it has explained to you why it decided to wreak havoc in your life. You will get the answers and once you do, you can then set it aside. Tell it to take a hike a very long one. Leave a sign on the door that says “closed” so when it glances over its shoulder it gets the message.

J. It seems so simple, why have I allowed it to dominate?

S. Well because you were young, you had experiences that you were unsure of, so they spoke to you in a fearful way. On top of that you accumulated more and more until they cemented themselves with you and they became your beliefs. You allowed them without consciously knowing that they would infiltrate your being and sit nicely in the front row of your life and every time another fearful thing, person, experience came along that you subconsciously perceived as fearful it jumped to the front of the cue. It was so glad to be there that it made itself present to you and you graciously accepted.

I mean how could you not as this was your history repeating itself and now the connection was made again, but even stronger this time, cementing it, ready for the next fearful feeling to come along.

You could describe it like a good cell that gets caught off guard and a bad cell decides to latch itself to the good cell. The good cell panics and the bad cell picks up the signal of panic – yippee it thinks, so it invites another bad cell until it has multiplied enough times it has become huge. It is now a power house, it sets off to destroy the good cells that have been left to stand their ground. The good cells become weak and disorientated and are completely taken over by the bad cells. This analogy is to show you that the fear that takes over your thoughts has now created a belief for you.

J. Spirit, I need to ask you where self-loathing comes from, just changing the subject.

S. Well that is a good point to discuss. We are not really changing tact, as what you class as self-loathing is another form of fear. It is not indifferent to it. It is a rejection of one self, it is shutting oneself out of one's life so to speak. When one is loathing one self, then one is rejecting part of one self. It feels inadequate, it feels lost, and it feels like it does not belong or have the strength to feel good about itself. It sees itself as useless and senseless and its mind chatter reinforces it every single time another opportunity arises.

J. So what you are saying is to be careful of our self-talk, or what we say to ourselves every day?

S. Yes it is catching yourself when you know you are going through that tirade on yourself. You see self-loathing is just a mirror of ones thoughts about oneself and for that to happen you need to have an experience for it to sit dormant within the confines of your mind. The experience has played

its part and now you are waiting for the next experience to show up. Let's use an example of a very pretty girl, who sits next to you on a bus. Your comparison of you and this girl start to play in your mind, if your last experience of self-loathing really cemented itself in your psyche, then this one is going to do an even better job. You see you are only going to get mirrored to you what you believe about yourself. So the thoughts tumble through your head like a washing machine, meanwhile the girl who is sitting next to you has no idea what is going on in your head, she is just minding her own business looking out the window enjoying the view. In every situation there is a point of time when you tell yourself "I don't have to feel like this" and when you get to that point then the magic starts.

J. So instead of reinforcing yourself with the self-loathing, reinforce yourself with a better thought.

S. Yes because intrinsically you get a better outcome, but before that happens you have found the sweet spot. The point of power which is your awareness about the thought. That's what I mean about when the real magic starts.

It's like you have captured it, like a lion will catch its prey, its right at that moment where a shift takes hold in your mind, body and soul. You start to look at situations with different eyes, you leave behind what once was and gain knowledge of what is instead. It is a beautiful moment.

J. So fear comes to us in all forms, we just have different names for it for different degrees of it.

S. Exactly, sadness is a form of fear, we feel hurt so we pine and when we pine we create a belief about it, so we fear we are never going to get what it is we want or feel a certain way again.

Jealousy is a form of fear, we see ourselves as not being good enough, when on a soul level we always are.

Envy is the same. We want what they have, we think we can't have it so we create a belief about it. When in reality you can have what you want.

Suppression is a form of fear when we suppress our feelings we hold onto them, not allowing them to speak to us about how they have felt, so therefore there is a fear in that. We may be too scared to open up for what it might do.

J. So if we look at the four topics you just spoke about there is an underlying theme that runs through them, which of course is fear. So what is the opposite of that?

S. Well what do you think it is?

J. I am asking you, you are the guru

S. No I am not the guru, you are the guru, and I am just helping with some information.

J. Ok well I suppose everything has an equal or opposite so it would be love.

S. That is correct

J. What does love do for you?

S. Well love is the peacemaker of the soul. It comes in to help soothe the mind, body and soul. Although the soul already knows that, but the mind who is the ego needs to get some relief from its own self, especially after our example of self-loathing. Love is here to show fear that it doesn't need to be so hard on itself. Love is joy, it is upliftment, and it is peace from one's own critical thoughts. It is charm, it is fun, and it is also the stillness that one wants to find oneself.

The body is the vehicle that transports the mind and the soul around in. It is the functioning piece of machinery so to speak, it is like the conveyor belt for your life. It picks up all sorts of bits and pieces to see what fits and what doesn't fit. So the body reacts to what the mind tells it, if you are feeling low in the mind with thoughts, then the body in turn pays attention to this, it bows down, it stoops, it gets sick, any of these things occur.

The mind says jump and the body says how high.

So my point I am trying to make is however you feel, your thoughts are the catalyst to show you in any given moment, did you choose love or did you choose fear.

Now don't get me wrong because you are of a human form our emotions are there sort of like a navigation guide. They are there to get your attention and when they do that is the time to check in with yourself and see where you are sitting. The more you sit in love the lighter your body will feel and the lighter your body feels the more of that you will attract.

J. So our emotions are just our own navigation tool to pull us in one direction or another.

S. Precisely they are the dictators for your life. They leave you happy or sad, glad or feeling bad, driven or a procrastinator, feeble or strong.

J. Ok well if it is that easy, why is the world in such turmoil

S. Because the people in this world have forgotten who they are. They have belief systems about what is being dictated to them so they take that information in and believe that “well this is the only way” from past experiences as the past is what dictates your future and then you act accordingly.

J. Well it is easy for you to say that, but it is quite hard to feel happy when you just can't feel it.

S. Yes and No

J. What do you mean yes and no?

S. Like I said yes and no. Let me explain. Yes it is easy for me to say that because a better thought is only a thought away and it is not hard to feel happy. Once you have allowed that feeling of sadness to envelop your body, ask yourself “why am I feeling like this”, you will probably come up with all sorts of answers, he said this, she did that to me, but in that moment of asking, ask again “when have I felt like this before” if you sit long enough and ponder your subconscious will present yourself with a memory, that memory is a catalyst for another memory lying dormant wanting to be heard, wanting to have its say, wanting to be felt. You see that memory was locked away, was never dealt with, so it's been dying, 'literally' to have its say. Allow that to happen and then you will find yourself moving on, once you've cleared that old emotion it may only show its ugly head in a very slight way again. Once you become aware again, oh there I go again, you've given it some attention and once you throw the attention onto it is time for it to be sent away again for good. In other words you will get to the core of what has held you prisoner in your thoughts.

J. Ok I get that. Can I ask you about what you said before 'your past dictates your future'?

S. Right what is it that you would like to know?

J. Well if what you have just said about paying attention to how we feel and then releasing those thoughts will the past still dictate our future.

S. Not if you allow a new way of thinking to come in, once you have started to catch yourself then you have become fully aware of your thoughts and if those thoughts are not of the highest form of thoughts for you then your future will be dictated from them. But if you take them to the next level, then you have now put yourself in a higher vibration, you have lifted your soul so to speak. You have opened your heart, you have allowed the sunshine in where the darkness has been. You can now dictate a new future from this place.

S. Can you feel the difference?

J. Yes when I think of a joyful thought I instantly feel lighter

S. Exactly and that is the sweet spot that I was talking about before that is where the magic starts, the change starts to take effect in your thinking and that is where you start your new future, right in that moment in time.

J. So it is like a shift in consciousness then.

S. I like your new way of thinking (chuckle)

J. I like your joke spirit (chuckle)

S. Seriously though, you are onto it. Your consciousness has moved up a notch. You have now expanded your awareness and by doing that you have had a shift. When this shift happens for you, your energy shifts, as you know you are an electromagnetic field, so in your field you now carry a new vibration that is one of a newly expanded awareness.

J. So is this the field you talk about and where your vibration sits, something that goes hand in hand.

S. Yes that is correct. Once you vibrate on a higher level it will show up in your field. Your field will house that newly formed awareness, which will in turn attract more of that awareness, as it is like a magnet. You know like that old saying 'where attention goes energy flows' it is the magnification that attracts what it attracts, so whether it is let's just say as an example an angry thought, then magnetically you will pull that next angry thought to you.

J. It seems so simple when you explain it like that.

S. It is simple

J. Then why do we make it so complicated

S. Because you humans love to go above and beyond the call of simple. It's like you find it easier to sit in complication than just look at the simple facts of something.

J. So what you are saying is that when we over complicate things, we lost sight of the simpleness of something.

S. Correct. You know why you do this?

J. No why?

S. Because you don't trust yourselves and therefore you don't trust in the Universe.

J. How does trust come into it.

S. Well, think about it. Over complication is actually about control, which comes back to a form of fear and as we have discussed fear lies hidden in amongst the control.

J. I think you need to explain this in more detail.

S. Sure, when you over complicate something you are actually going into analysis mode. Your logic wants to know how, why, when, if and then there is a butt. So you latch onto all of that and by your analysis of the thing or subject, you control how it's going to end.

J. So what is wrong with that? You do want to have some control in place.

S. I agree with you, but you have missed my point.

J. How so?

S. When you over complicate something you have lost your step, your way so to speak. Your focus is too much on all variables, so you try to control all of the variables, this is when you lose your way. Of course there is some focus needed in there to know where you are headed and there is also some action needed to head you in the right direction. The problem arises in the control and this is where you lose the trust in the outcome. By over complicating, you've lost the simplistic way of the outcome and you've let go of the trust involved in the universe delivering the outcome for you

S. Have you ever heard that saying "You don't need to see the whole staircase, you just need to take the first step"?

J. Yes

S. Well in that saying, it is telling you, you just need to take the next step, instead of looking at the whole staircase. Keep it simple and the next step will present itself to you every single time. Without a doubt.

J. Without a doubt?

S. For sure, without a doubt. That is trusting in the evolution of what is about to unfold for you – simple – no over complication and no controlling the outcome.

J. Well if we are going to talk about doing something simply, is it like simply letting go?

S. Yes, you've got it. When you simply let go then you are in the flow and when you are in the flow you are trusting the process.

J. I suppose it is like me writing this book. I started to just write. I really wasn't sure of the exact content or how it was going to be written, or what each chapter was going to be. All I knew was that I was going to write a book and just allowed it to unfold.

S. And when you allow that to happen, you are putting your foot on the first step on the staircase, you are allowing your true nature to unfold on paper. There is no control, you are in the place of trust that whatever unfolds will unfold. You may have an overall idea of that book, but apart from that you are allowing your inherent nature to show itself.

J. Yep I get that. It actually feels great.

S. Yes that it does.

J. You know Spirit there is a question I need to ask, this flow, this spirit, this awareness is not just for a select few is it?

S. Absolutely not. Within every being on this earth, there is a flow, this consciousness, this magic that is sitting dormant, awaiting to be awakened by every living soul. You are each born with gifts and talents that make your heart sing, not one person is not given these talents or gifts. It is up to each individual to find them and awaken them.

J. Then why haven't more people found them?

S. Well it goes back to what we have been talking about at the start. It is what you have been taught, it is your fears you have experienced, it is how you see yourselves and then you think it is not possible. For instance if you see yourself as unworthy and not deserving, remember you are a magnet, you will pull to you what you think about yourself in experiences. So if you think it is not possible, then of course law of attraction will dish up what you magnetize and it won't happen.

J. Ok so keeping your thoughts positive will give you more positivity.

S. Yes absolutely, what you see in your eyes, you will feel in your heart and what you feel in your heart, you will see in your eyes. Whether you see good or bad or feel good or bad is no matter to the law of attraction. It will deliver to you every time without a doubt what you are attracting, how can it not it is only going off what you are giving out in an energy frequency wave. It doesn't sit there and go "oh that girl Jenny is feeling miserable, I will give her a dose of happiness".

You see it can only read what frequency you are delivering to it. It is not a mind reader. I mean how complicated would that get.

You know poor Johnny is feeling sad I think, but maybe that is not right he may be feeling sad and happy all at once.

A frequency is a frequency it goes out into the ether and then finds its way back to you in the same form you delivered it – simple.

J. So how can we as humans create more positive experiences for ourselves?

S. Believe in yourselves more. You humans are turned off because you do not get your magic's quickly, you become impatient with the process, so you wash your hands of it all and give up just before the magic starts to appear. Sometimes the process may take longer than we like, but the magic is always there sitting waiting patiently. It will not go away, it will wait for the next chance it has, hoping that the light will turn on and that you'll capture it with all of your heart.

Everything has a process, a positive experience is a process, it has a start and an end, and there is your experience.

It is like a tree, it does not decide half way through its growth it will now stop. It goes through the process of being a seed, growing roots and then flourishing as a tree.

J. So I see your point about the magic happening.

S. Yes the tree believed it would become a tree from the seed.

J. Ok what other advice can you give us about positive experiences?

S. Right, see yourself as already where you want to be.

J. I need to interrupt you here. Didn't you say before about not controlling the outcome?

S. I said give up the control and trust in the outcome. The outcome may get delivered to you in a different way to what you expect (see you have no control over it), but where your thoughts go energy flows. Remember your thoughts are energy in motion, motion is momentum, therefore the momentum happens when you step towards (move) what it is your thoughts are focused on.

J. Ok what if you have been doing all of this and what if it has not manifested yet?

S. Well you need to ask yourself what it is that is stopping you from having what it is you want or a positive experience of something.

J. Well nothing is stopping me, I have done everything you said.

S. There is still something stopping you, remember what I said about law of attraction. There is nothing you can't have in this world if you line yourself up with it. There must be something still within you that believes this "thing, experience" you are after, has not materialised for you. You are not in vibrational alignment.

J. But I am, I want it

S. How badly do you want it?

J. Really bad

S. Ok let me ask you again, what is stopping you?

J. Like I said nothing

S Well if it was nothing that was stopping you, then you would have it by now.

J. Ok I get that

S. You see, you have to feel that you already have it. Really feel it. When you line yourself up with that feeling and keep yourself in that alignment. Bingo the world is your oyster.

Remember the Universe is not a mind reader. It can only bring to you what you put out to it. Wavering in and out will leave you feeling unfulfilled, embellish your thoughts of negativity and train your mind to think of the positives, then line yourself up with that feeling it is just that simple.

J. Ok got you. Now can we talk about keeping things simple?

S. Yes, when we talk about keeping things simple, it means keeping all things in perspective. Not creating a lot of noise and dross around something.

Simplicity is the key to life. When we abandon our thoughts of simplicity, we let go of the true essence of that particular thing, subject, and experience. It is like we hover in and out of consciousness trying to figure out the best approach to something. When in reality all we are doing is keeping our brains overworked, our energy rundown and our stairway to heaven blocked. What I mean by our stairway to heaven being blocked is we cut off the chord to our higher consciousness, which can allow us to see things from a higher perspective. It allows us to bring in a simple approach, we start to see the “wood from the trees” so to speak. It grounds us into a completely new way of looking at things and it keeps us steadfast in our search for a more comparable outcome. When we lose ourselves in the over complication, we lose ourselves in our rational minds and we try to build upon the foundation of something, using the complication of something that should just be kept so simple.

Our energy reserves become depleted with the constant tooting and froing of whether this should happen or whether that should happen. We play games in our mind and the games become like the Garden of Eden, juicy and ripe for the picking, but when it comes to the foraging of the fruits we don't know what to pick as that fruit looks better than another. It leaves us perplexed and longing and wanting more, until our brain says enough and we fall into a deep and longing sleep of desire, but not seeing that the picking is only one reach away.

J. So I am liking that simplicity is a great tool to use for decision making.

S. Absolutely when it comes to us making decisions, there are a lot of variables that we can bring into the decision. But once again we get lost in the translation of what it is we want. We do not hold steadfast on what it is we so desire, so now the decision is waiting to be made. The decisions sits patiently and asks itself I wonder what decision will be made and how long is it going to be before it is made.

J. But a decision is something that should be taken seriously and not rushed.

S. Yes I agree, but you have to ask yourself at what degree will the decision be made. Will it be made in an instant because it feels good, or

will it take days to mull over in your head, so you give yourself enough time to talk yourself out of it and tell yourself all sorts of cods wallop just to satisfy your ego who sits there so smugly saying “I knew you would come my way”

You see making decisions, is not the finality of decision making. In each and every given moment there is a chance for you to say “You know what, this is not feeling right” I am going to head down this road instead. The point I am trying to make is that by making your decision you are now open to create movement and the movement is the energy opening up to flow to you, to create the desire you have to put your focus on.

The movement can be changed at any one time in any one direction. But the not making of the decision leaves the energy stagnant and is unable to proceed towards anything or anywhere. It is critical that you not sit too long in the decision making process, as the brain will calculate, mismatch, cajole and gossip about all the problems related to the project, event or adventure, therefore creating a mismatch in your desire. But once you have made the decision the flow is the mover and shaker. It is like the particles of light that build to bring forth the momentum and that is when the real party has started. It is celebration time now, because now you are going to move towards your gifts, talents, pallet of desire and experience, something that your soul will want to be witness too. A magic time for all of your faculties involved. They get to witness the growth that you are experiencing whether the experience has a good outcome, a mediocre outcome or an outcome you would rather forget. For it is in that moment of time that the deal is sealed and you become a witness to what you are wanting to attest to in this lifetime.

J. Wow sounds deep

S. It is deep but it is in the scrutiny of the subject that the full learning has taken place.

J. It is one of the hardest things to do in life to make decisions. Why do we fear it?

S. Well it is kind of like this “we don’t want to fuck up”

J. That’s keeping it simple (he he)

S. That it is, but the truth is always simple. When we fuck up it is like we have cut our umbilical cord to the world and for the whole world to see. We chastise ourself to the point of no return and back again so we can prove to

ourselves how stupid we have been, and then we can sit in a state of sorrow for years on end every time we think of the fuck up, just to feed our ego over and over again, because you humans believe that if the ego doesn't get fed then a disaster is going to happen. It's like the sinking of the titanic in metaphorical terms. We live in this constant fear of what the hell are they all going to think of me when the truth comes out and don't get me wrong they will think of you in derogatory ways, in unpleasant ways and cowardly ways, but you also may get some slipping in some courageous ways, it is all much of a muchness really.

J. How so?

S. Well it is all a conglomeration of well added spices to a pot of brawn, and once the spices get added, it starts to heat up in varying degrees, it's stirred and it's tasted and it's spat out and it's looked at and it's analysed again and again. It's talked about and then its decision is made. But in the end it has nothing to do with your welfare, you were just the silly pawn in the middle made a scapegoat of.

J. Sorry I am not following you

S. Don't be sorry. What I am saying is that the fear carries the weight of the consequences that will unfold. So the fear stops you dead in your tracks and hides you from seeing the truth about yourself. It hides behind itself not wanting to expose itself to the others as it knows it's going to be judged and left abandoned so it takes itself back into the background and hides behinds it's Mothers skirt.

J. Wow that is a good analogy.

S. Thank you

J. So you are basically saying that fear of what could happen stops us from making decisions.

S. Yes and when the fear is present it doesn't allow us to see that there could be a chance that thing, experience that I want could go right. But you know in the making the decision whatever outcome, in that point of time there is a moment that we can see ourselves growing from this experience and we take that growth and we add it to our next experience and when it

comes time to make another decision we look at what has worked and we look at what hasn't been so successful and we add it to the pot and we see what we have been able to make out of all of those things, and then the next decision making experience comes to us waiting to be called to action and we use the same formula and we see how that turned out.

It is not allowing ourselves to get caught up in the back chat of the world and focussing our sights on something you see as something you would like to introduce to the world and seeing where it can take you. That is the moment and that is the magic for all you humans to take a bow. You've conquered your fears right there in that point of time. Do take a bow. And from that place of growth you humans have taken your soul to the next level, what else is possible for me to achieve will be your new catch cry and it will be wonderful to hear yourselves say that.

J. I suppose like you say, once we have let go of all the dross then we can make an informed decision and execute it then.

S. Oh I am loving that you are getting this. Well done.

J. Thank you. Can I just ask, when our fears block us from making a decision, is there a deeper layer to that apart from what we have just talked about.

S. Funny you should ask that there definitely is. As we have discussed our fears show up in many forms, dissolutionment, sadness, bereavement etc. and the reason we start to become enveloped in these patterns is because you start to believe your own truth of your story. When in reality the truth is we don't trust in the process. You don't believe in the magic so the story telling comes in to take you off your path.

You're then left with a distrust in the process or the unknown and so you allow that distrust to infiltrate your body, until your belief system checks in and says Ok I gotcha, I am with you on that. You've formulated a belief, to tell yourself a story that is untrue to take yourself away from the path of trust. Because you wouldn't want to believe in something bigger than yourself because you can't see it and when you can't see it then you sure as hell can't believe it.

J. I remember reading once, you can't see air, but it is still allowing you to breathe.

S. Excellent analogy. It is in the belief of something that the form starts to play itself out. You know in your own mind, when you believe steadfastly, you play it out, you interpret it.

Well it is the same in the unknown. It is playing itself out all the time. It is just that you haven't hooked into it, that is all. Once you hook into it, the belief you have about it becomes stronger and stronger and then the proof as they say is in the pudding. You start to own it and it owns you, you start to go on the most wonderful adventures together, you start to sing the same tunes, you are never in cognito with each other, you always appear known to each other. You dance, skip and sing merrily along together.

J. Ok but what if it is a situation you find yourself in that is pretty scary, trusting in the unknown is not going to give you surety.

S. Oh yes it will, every single time.

J. What you're not really going to tell me that is correct.

S. Of course it is. You will get what you need every single time, no matter what. Whatever choice you have made will come with the consequences that precede them. So let's say you have made a choice to murder someone.

J. Pretty gruesome example.

S. You wanted a scary situation

J. Ok

S. So you have chosen the act which is murder, the consequences that come with that are generally jail time. When you trust in the unknown it will deliver to you what is needed.

J. So what does that tell me though?

S. You are not seeing the picture

J. No I am not

S. Well the unknown trustingly goes into battle for you so to speak, it is going to deliver to you what is needed.

J. So what does that tell me though?

S. You are not seeing the picture

J. No I am not

S. Well the unknown trustingly goes into battle for you so to speak, it is going to deliver to you what is needed to get you through that scary situation and if you take those lessons and apply what has been presented to you, you are going to come out a better person for it, well rounded, more solid in oneself, more sure of oneself and there is also the teaching there. Before you made the act of murder, you did not know what was awaiting on the other side and in your act of murder, you would only believe that you will spend a long time behind bars. But the unknown will deliver to you always without a doubt what you need. So if you take up the quest of the unknown and apply it to the scary situation, the growth that you encounter and the trust that you build up will lead you into a much more present and relevant time. Instead of into a fight against the world attitude that leads you back to where you have just come from. The unknown has trusted in you and now you have to trust in the unknown to get it right. It does not mean that you are going to escape your consequences, but it does mean that that trust you have and build up in the unknown will deliver more back to you than you can ever imagine.

It will lead you from strength to strength in your daily battles and as those battles start to diminish because you have sought trust in the unknown to step in and orchestrate what is needed. You gain respect so to speak and you play your trust card in more and more situations, until you start to surprise yourself of how trusting you and the unknown have become.

When there is least resistance, then there is least fight and when there is least fight, there is least tug of war in your life, peace starts to infiltrate the space and with peace comes flow and when you are flowing you are in a joyful loving place and the process then keeps on regurgitating on itself again. It is a wonderful space to be in and it brings more of that wonderment and joy to you and this is where you feel the need to give to others and show others the same magic formula.

So when the murderer has payed his dues, he can stand tall in his convictions and trust that when he has found himself in all of the dross he

has accumulated, he can then infiltrate others' lives with the same unknown trust that came to him and he applied it and ran with and light some of the shade that has befallen others that were in the same boat.

By him trusting in the unknown he can now look at himself in a different light and I bet he never thought at the start of the scary situation he found himself in that he could ever see that light. So he has made a shift in his vibration and because of this, he can consciously keep more of the good stuff coming his way by lining his thoughts and feelings up within himself to that same vibration.

J. Well does that then lead to forgiveness of yourself.

S. That's right. Once the act of trust has shown itself to you, you are now looking at things from a different perspective. You see the mistakes that were made, you see that you only did what you knew then. You have now taught yourself a better way to do things. The next step is to forgive yourself implicitly.

J. That is a hard thing to do sometimes

S. Yes it can be, but the only way to freedom within yourself is to forgive yourself and others. By doing this you are releasing all the emotion associated with the act, without that you will not have total freedom, you will carry that guilt with you forever.

You let go of the chords that are attached to you and the incident. You put yourself in such a higher vibration energetically.

The mind becomes free of the constant waning and wanting and the feeling of peace infiltrates the psyche as well as the physical body. The charge of emotion has been let go and the body stands tall and straight in its own conviction. It leaves you free of the constant battle in your head, the tiredness in your body and the feelings of guilt, sadness whatever may be the feeling have exited the body and mind and the soul sits in peace.

Freedom from the thoughts of misery and peace for the soul. This is when the true work is done on the self, because the acknowledgement has come forward, it has been met, it has been let go and it has now surrendered to the peace and quiet that it deserves.

You see you humans are all too hard on yourselves, you berate yourselves for years over something that may have only taken a minute to do.

J. Why do we do that?

S. Because it is about judging your faults or others judging your faults. It's like somebody or thing has to pay so then you or someone else will feel good about yourselves because they have been allowed to assign the blame.

J. So is that the ego coming in.

S. Yes absolutely, the righteousness of the ego has to have its say it wants to DE compartmentalise everything, so it can sit satisfied that it has done what it has needed to do. It can leave feeling happy, but the trickery in that is that it has only satisfied itself, but there is another partner to the ego and that is the core self of the soul if you like. The core self comes from a higher perspective, so it will not sit in judgment of what was or has been it will only look at what is and move through the experience. It will not play devil's advocate. It will not contemplate or cajole, it will just sit quietly and meditate if you like about what has happened, it becomes a witness to the incident and leaves it in the memory bank for it to unravel, it is looked at then released after what it has been shown. It becomes the opportunity for huge potential or soul growth and then it moves on. It wonders not about the past, it wonders not about the future, it will sit in the present and allow the true meaning of that situation or experience to unfold and the teachings will be there with it ready to take on board. Quite a magical time.

J. So what you are saying the higher self, the higher perspective or soul will not judge, it will look for the teachings in the situation.

S. Yes that is correct. The soul will always come from this place as this is the only interest the soul has, in that time is the biggest learning for it, so to sit in judgment of itself is actually a waste of time and it is of no benefit to sit there and do that, because if that was done, then beration comes in and has its merry little words to say. Then what that does, is it leaves it feeling sick to the stomach, upset, confused, alienated and lost. If this would be allowed to continue then a depression may likely take up residency and then there is that feeling of feeling completely cut off from the real world as thoughts you now have go swimming around in your head 24/7, no good for anything, you will go over and over things so many times that the thoughts will never notice the true self, they will become blind if you like and they will leave you broken. Nothing matters anymore, life is dull, and there is never any resolution and the pool that you have been swimming in, now becomes

a shark tank. The feeding frenzy is in full swing and eventually you are left to die. Hope never becomes your elixir and sadness begets you to the point of no return. Truly tragic, but this is how one can end up if one is not careful with what one tell's oneself. Always pay attention to the self, your answers are always present in the self. Nowhere else.

J. So the teachings are the important part for the soul.

S. The teachings are the only part the soul takes on, because to grow there must be a form of teaching to give the self a shift in consciousness. It becomes an energetic experience, it is like someone has turned the light on and let more light into the body. This then allows you to perceive situations in a different light and allows you to translate what is needed to be translated.

The Soul has only one objective and that is to grow and for it to grow it needs experiences or teachings to allow this to happen. So without those experiences the soul will sit stagnant, there is nothing to propel it forward. The true essence of the soul is being authentic and that is what it looks for as you travel throughout your life. It does not want to feel lost, it wants to feel enriched and it will do this as you feed it with experiences which create feelings for it, which then in turn feed a higher source. That higher source has a feeling of elation, when it is shown these true authentic experiences. It can therefore marry itself up with the true source of who it is and what it is.

J. So when you are feeling lost, why is that?

S. Because you have lost your connection. A loss it just a disconnection of self to your true authentic source. Throughout your life you will go through trials and tribulations, elation and ecstasy, stagnation and propement. It is all part of the journey you partake in. None of these situations are meant to harm you or hinder you that is the bad ones I am talking about, it just is. Your sense of loss will rise to the occasion when you feel rejected, but all that is, is a rejection within yourself. If you honour how you feel and know that in time when you reconnect again truly within yourself, you will raise your vibration into a joyful happy state and the best part is, is that the Universe will hear you and feel you, you will attract more of that good feeling stuff.

Your loss will become unencumbered and veer off the path once you have that connection with yourself again..simple.

J. Why does a loss hit some harder than another?

S. It all comes back to how strong their connection is to themselves. Their view of what the loss is will depend on how they look at it. If one is open to the learning of the loss then the loss comes from an objective point of you. But if the loss comes from someone who is not open to the interpretation of it, then that loss will hit them deeply until they can move through their stuckness of the situation. Time is such a good elixir, because in time there is a stage for one to open one's eyes to the real deal of what is going on here. That is where the true interpretation of what just happened will give you profoundly new footing. Until such time that this happens, the loss will cause and create effects for ongoing situations until a deeper understanding is gained. For it is in the deeper understanding do the treasures lay. That is where the real hope of what unravelled play's its part. It is conducive to what needs to be learnt.

J. Why is it that people lose hope in situations?

S. This happens due to the constrictiveness of their own demons. They become traumatised to the point that they can't see clearly. Their judgment of the situation is quite clouded, so they can't see past the dross so to speak. They think that the situation will reoccur again and again and they can't see the learning. Their hope is diminished by their old thoughts about themselves, they don't realise by looking at something with fresh eyes it will help encourage them to see past what is, to what can be. It does take courage to do this, but once your courage/conviction has come to the fore, there is no need to rest in the past.

You know HOPE stands for?

Having open possibilities everywhere

That is what one must focus on to pull one's self out of the dire depths of one's mind. There is no use telling yourself you won't achieve this, or you won't create that. In every dose of insight, there has to be a great deal of hope and when you manage to pull yourself into this way of thinking, then you will manage to see the woods for the trees.

Without hope one is left perplexed, one's body does not react well to being told by one's mind that there is no hope. Hope must be present in every situation to propel you forward to what it is you are heading towards, because when you are in the flow of where you want your attention to go,

hope opens door for you, it sees your dreams and it makes sturdy progress to what is achievable. It paints a picture for you to hang your hope on.

Having open possibilities everywhere

You cannot allow yourself to think anything else. Even when you are facing such a dire situation, you must then think in hopeful terms, by doing this you are not allowing negative forces to dance their merry way into your head. It will leave the door shut on them. It will not see fit to allow negativity to come streaming through. You think about it, there is always hope for a better tomorrow, if we all thought like that then we leave the door open and once the mass consciousness believe, it creates a ripple effect immediately.

J. Why is it sometimes so really hard to stay hopeful?

S. You only know what you know and you humans are good at knowing to stay hopeful. Your energy transmits what your mind is telling you and when you have something happen to you that doesn't feel hopeful, then your doubt creeps in, it holds you hostage so your thoughts become impaired to the point where stage fright starts to take over. Staying hopeful can be quite hard if you haven't already built your strong foundation. Your strong foundation is what can be built upon and therefore it is easier for you to stay hopeful when a challenge is given to you. You can look at it from a higher perspective, rather than a place of fear, you can narrow down your alternatives so to speak. Once you educate yourself into a better way of thinking, then it is easy to unravel those thoughts that are fear based, leaving yourself open to any possibility.

J. So leaving yourself open to any possibility is like a new mantra for hope.

S. Yes this is true because then it does not shut off the supply of hope so to speak. It allows you to linger longer and longer in that frame of mind, until it becomes second nature. So when second nature kicks in that is now your subconscious becoming conscious basically like being on Auto Pilot. Such a great place to be as this puts your mind at ease and less stress with your body. You look for the good now and not the bad. You transmit an energy field of hope and you attract back to you what you transmit.

J. This is a complete turnaround, but I want to talk about beauty.

S. Ok what sort of beauty do you want to talk about?

J. Just the different types of beauty

S. Well there is the superficial beauty and then there is the real beauty.

J. Ok let's start with the superficial beauty. What drives people to become superficial?

S. I don't think it starts off as a driver as such, more like a process. You see people are fed information from many outside sources, the beauty industry, the ads on your TV's and they are taught to look outside of themselves to make themselves feel beautiful. When you are fed this information as a constant occurrence, then you take it on board as gospel so to speak. People start to believe the gossip about it so to speak, so as you are fed superficiality of beauty constantly you do not question the validity of such programming. You think that this becomes truth as you know that truth becomes cemented as a belief, which you carry and house in yourself. You act out of that belief and that becomes your gospel, your bible so to speak.

J. This has become such a big problem for girls, as we are personified as not being beautiful if we don't look a certain way.

S. Yes this is true and it therefore lends itself to other problems. The effect of not feeling beautiful allows your mind to feed you its story that you are not good enough, you are not worthy, not accepting of oneself and this judgment stays with you constantly. It infiltrates itself into everything that you subconsciously and unconsciously do. When you serve this injustice on yourself, you serve a misdemeanour for life, until such time as you become conscious of what you are saying to yourself and feeling.

J. So once again it is the consciousness of your thoughts that create your reality.

S. Yes exactly, when you run the "I am not beautiful" program because "I am comparing myself to her or him or an experience I had" then that stays in your reality field. It does not mean that you can't change that, but to do that you must stop comparing yourself to others, you must stop telling yourself untruths and you must start to believe in yourself and not what others may say about you. You see for you to lift your vibration, frequency, energy, there has to be a shift in your thinking because remember your

thoughts create your reality. When you bring in outside sources to sell your validity to yourself, then you are doing yourself an injustice. You were not created to be thought less of, you were created to remember how unique you are. Once you learn that as your catch cry, then you are on the home straight it really is that simple.

J. But it is easy to say all of that, but harder to put into practice.

S. Something is only hard if you decide it is. When you give yourself permission to think of yourself in a much higher expanded state, then your beauty is congratulated not condemned and what happens then is you set a firm foundation in a belief in yourself, and anybody or anything can say whatever they like, but you will see it from a higher perspective as that is what they believe, but that is not what you believe. That is where you are set in your stone, so to speak. Your feet are both planted firmly on the ground and nothing can bend or waiver you as the words or acts from others have no meaning, they just wash over you.

J. Well that answers the superficial beauty now for what the real beauty is.

S. The real beauty is how you see things. Do you see the superficial beauty of a thing or person? The real beauty is not tangible, it is collected in the knowingness of love. When you become awake the superficiality of life has less meaning, and the real beauty of life shows its face. You come more expanded into a state of consciousness that allows you to see the real beauty all around you, you see Nature as beauty and to always be protected. The trees are of importance, the animals and the mammals are there to share with them, and to teach us about the simplicity of life. The ocean has its own life force, the mountains are the same. The true beauty lies within the soul of the Earth that gives of itself every single day for you humans on planet Earth. Never does it miss a beat, always on point every single day. The beauty of life becomes the elixir by which to live by. You ask questions like, "What is important to me, "How do I want my life to be". Therefore your creation of that becomes a beautiful process because when you surrender to what is, then you open up the door to what can I have. Creation of this planet is beautiful, being joyful becomes an act of beauty, and you then acknowledge the freedom in your life as a beautiful thing. Freedom of speech is a beautiful thing. Being beautiful becomes a feeling for you then. What you look at and what you feel allows you the freedom of being beautiful from a higher stand point, and when you have

beauty running through your veins with all of this, then your beauty radiates from the inside out and not the other way around. Your solid foundation of you becomes the beauty in the world and then others catch onto that beauty you emit and they then learn to come from that same place, instead of from a constricted beauty position of looking to the outside world to have beauty in your life.

J. That was a beautiful way of putting it.

S. Thanks, I like your humour.

J. That leads me to the next subject, possessiveness. There a lot of people who are possessive.

Why is that?

S. When someone becomes possessive, they become unknown to themselves. They act from a non-rational mind, they see everything as something they cannot control and if they lose control, then they fight harder to keep the control. It is like they have a right to that thing or person.

J. But why do they do that?

S. It may be a learned thing from their past. A parent may have been possessive, which in turn has shown the child through the parent's action how to do this. Possessiveness and jealousy are related, they walk hand in hand together.

The possessive person cannot control the emotions or get in touch with their emotions, so they busy themselves on the outside trying to control others. That is how they get through situations. Remember all of these situations reinforce the belief that one has, until such time as one becomes in touch with what is going on, the cycle with continue.

J. In a relationship this can create a lot problems.

S. Yes it becomes a very big problem as it leaves both the possessor and the one being possessed in a very tumultuous relationship, the one who likes to be possessive does not have a belief of trust within themselves. They think by imposing themselves on others that will give them control.

J. So what happens when it doesn't?

S. Well when the possessive person cannot control the other person or situation, they go into a tail spin, they will use all of their fight and might to control the person/situation but this becomes unfathomable, they exhaust themselves mentally, emotionally and physically. It is like they try to constantly plot the next move or outcome to stay ahead of the game so to speak. They will use all sorts of manipulation to cajole the other person/situation so they do not lose control. The control of their emotions comes to the fore every time they put themselves in this position and there is an opportunity to get in touch with themselves/ their emotions to see why this keeps presenting itself to them. If they are aware/honest with themselves they will awaken themselves to the fact they are doing this and there will be a chance for themselves to redeem themselves. As always in life there is always opportunities to look inward and see where this is coming from.

J. So the key is being aware you are doing it?

S. Yes that is correct. The ego will tell you that you are doing nothing wrong as that is the job of the ego, but the higher self/soul will know this is not the route to take as this is just being self-destructive on one's part.

J. I can see how it can be very self-destructive.

S. Yes it leaves the person in a constant state of unhappiness, they may look ok on the outside, but this is just a mask as when you delve deeper, you will find a deep sadness.

J. So if they just learn to let go of the control, then they would have less stress.

S. Absolutely, when you put that much pressure on the body of controlling every outcome, the body will get tired and or diseased. The stress is the killer, it formulates all sorts of emotional problems and it harbours itself in the body somewhere, the body is quite resilient to a certain point, but unresolved emotional issues will form some sort of disease. This is the body's way of telling you, you have some emotional issues to deal with. Your body is housed within a field as we have discussed before and if your emotional field is not cleared of its dross, then the dross sets up house

there, until such time you decide a spring clean needs to take place in your house.

J. Well we are covering such a variety of subjects, which helps put a lot of light onto them.

The next subject we need to talk about is love.

S. Wonderful, such a lovely thing to talk of ..he he

J. What is the epitome of love then?

S. Love is the epitome of love. There is no higher or stronger force than love. It is unequivocal on the higher planes, it lends itself to no one or no thing. It just is. The most beautiful rendition of love is when love infiltrates every part of your body or cells. Where it remains untouched. Love is a feeling of the highest calibre possible, nothing can surpass that feeling whatsoever. It is just the most profound place of acceptance, it is unequivocal. When love is present in your heart nothing can counter clockwise that, nothing can burden it, nothing can cause havoc there. Love is the open acceptance that the Universe is housed within you and is on your side. Period.

Love lays in wait for the soul to emit its frequency through the energy field of the body and then when this happens, quantum physics plays its unique way of allowing every energy particle to infiltrate out to reach the energy frequency of whomever or whatever wants to match that frequency and when one does this, there is a match made in heaven literally without a doubt. It is like a field of dreams has opened up ready to take anything life has to offer, but in such a loving and peaceful space. There is a clarity in one's life, when one is on a mission. Love can lie dormant for many years with those who say they cannot find it, but alas it is only to open ones heart and soul and in an instant one will be the recipient of such a loving and cherished moment. The love you have of a new-born child, that cherished moment sits with love and grace in your heart. That love you have for a pet or a family member or a loving act of kindness. Love is always present in each and every moment, it is just that sometimes one does not choose that love moment, so it can leave one perplexed, but never fear as that loving moment will present itself to you again and once again. You are in control of how much love you want to give and see – never any doubt.

Love is what the sea is to the ocean, it is one of a kind. It is all and everything all at once. Love is opening the doors of freedom, love is a place of peace

a tower of inner strength a knowing that nothing will infiltrate that place of peace.

J. For some reason my next thought was about unexpected madness – which would be the opposite of peace.

s. Well that is for sure. Unexpected madness is the soul's way of leaning into the conversation, when something crazy is going on in your life. Perhaps it is a constant barrage of nonsense by someone else, or a constant stream of misgivings. Your soul is in receipt of all of these things that go on from a higher perspective, it will ask the question "What is all of this madness here to show"? The key is to question the madness, if it feels unexpected then there is a double meaning in there for you. It would obviously be something that put you off guard and you obviously weren't expecting it. It may rattle your cage so to speak, leave you in tatters and questioning everything in your life. Your ego mind will leave you in a state of shock, but if you can separate yourself from this then your soul will see it as the perfect place to be, once again arising through the challenge to glean wisdom from this unexpected madness act. When one is in that place, then one has the resources to learn and train oneself into a much smarter and safer arena. Unexpected madness will use up a lot of your mental energy, until you find it too taxing to go on and you will fall down in a big heap. That is how it has its grip over you. But never fear it is always for the learning and in time to gain some recognition from your peers who lie waiting in the wings. Altruistic freedom is all one can have when the unexpected madness is examined for what it is.

J. Why is trust such an elusive thing for most people?

S. We have touched on this before, but I will elaborate. Trust is a recognition that the soul has been honoured. When you have complete faith and trust in a thing or situation, it comes from not a place of contemplation, but from a true genuine stand point of being matter of fact to trust with your whole being. It is easy to feel scared or unworthy of trust if you live in a place of lack or unworthiness. Your worth is worth your trust and your trust is worth you. When you trust, you are wholeheartedly giving yourself over to a higher faith that in any given moment you will be safe no matter what the circumstances. That is the ultimate game plan right there. Once you open up to that flow or way of thinking, then it is a must that what will flow to you at any given time will what will be needed for you. Trust that you are safe and you are. Tell yourself this many times a day and you will be guarded and protected in any

given moment of time that is the law of the Universe. Feeling weak and disorientated will not have you follow a trust path, so you will therefore lean on a fence post for guidance or you will ask the postman, what do they think, or you will crave the meaning from someone else. When this happens you need to ask yourself when in my life have I held these non-trust issues before? You will be surprised with your answers and how easy it has become for you to reflect and receive the guidance you need within yourself to knock these non-trust issues on the head.

J. Ok well why is it so easy for people to pooh who spirituality then.

S. Well firstly the word spirituality conjures up all sorts of misunderstood quotients for people. Spirituality allows people to think past themselves, their problems and their dreams it encompasses this all together as one. It is simple to get caught up in the labyrinth of lies of those who do not get the concept of spirituality, but there is a need for grace when it comes to this, for not all people are as open or awake to these concepts. Their curiosity does not get the better of them, so they do not question their thoughts or beliefs about the way they look at things, they cannot see past the veil so to speak, so it becomes an invalid exercise for them to endure, so they leave it until such time as a spark starts to ignite in them and this fuel can the turn into a fire so to speak and then the flood gates open up to other possibilities.

J. Once people become curious then this is when they start to question and seek out another way of thinking.

S. Precisely and when this happens a shift occurs in their field/ themselves and they find themselves asking more meaningful and deeper questions to send themselves on a conquest of what is true and what is right for them on a higher path/plain, and when this shift occurs there way of thinking has been challenged and opened to a more spiritual and meaningful way. Being spiritual is not a religion like a lot of mainstream media or folks like to think. Being spiritual opens your incoming receptors to a more channelled way of thinking, it is using the Universe for its energy field or its force field to infiltrate at a higher plain and it is allowing you to ponder on life's bigger questions for instance, who am I, what do I want, what is my life's purpose, who can I become and who do I want to be. When you align your thoughts with these deeper questions then your life becomes a more solid and round base to work from and all of life becomes your school, all experiences pay homage to you, the good and the not so good and the wheel of life spins with such justification that nothing can knock you off your perch, it all becomes "it just

is”, when you glean your wisdom from this stand point the world becomes your oyster and the pearl that sits in waiting has become the most precious gift you can receive. Your riches are far more rewarding that come from the experiences than the money will ever be, the money is just the tool to get you the most rewarding and enriching experiences you can ever glean and when you come from this stand point, you have claimed your purple heart medal.

J. Then why is it that a lot of us want money so our life can be so much easier.

S. Because you wait and hope for the money like waiting for the lottery to fall in your lap. You sit for years hoping that the money is going to come to you, but it never comes, so it is like you put your life on hold, you hold yourself prisoner, you tie your hands behind your back because you believe that it is elusive, when really it is always there. You just haven’t asked yourself to step towards it, you tell yourself it’s too hard, I can’t, I don’t have time, I’m busy, I don’t deserve it and on and on the list goes. But for you to really step towards it you have to ask yourself how much do I value receiving it? If it is a whole lot then you will move towards the thing that will help you get it. If it is only mediocre then you will move ever so slightly. You see, you bring to you what you value and when you set your sights on it, you are going to go out and do what you have to do to bring it to you and when you combine what you love to do with it, it runs to you like a long lost lover, it’s like a match made in heaven. How much effort you put in = financial reward.

When you focus just on the money then it just eludes you, because you are now becoming dependant on it. Your focus is on the dependency, but you’ve missed the whole focus point. When you focus on what you love to do, you get rewarded it is such a simple equation, it is ridiculous.

You take the heartache out of it ‘but I need the money”, what happens instead is you chisel away at what you value, you strive towards what you love, you release the endorphins that put you in the flow of your life. You then attract to you what someone values in you (the money) and now you have a match keeping yourself in that flow is so important, because it becomes unhindered and it wrecks no havoc, knows no boundaries and is pitiless in its choice of value for you. When you disregard the money as your top priority you can sustain your need for it by applying yourself diligently to what you love to do and when this becomes your elixir, you are in the flow, the current, all manner of possibilities open up for you, you are moving towards an endless supply of options and an endless supply of dreams, they

will start beating on your door and will yell out to you “let me in” you are now in the driver’s seat of life you are now on your own road trip and the money becomes the fuel you use for the gas tank. The road trip opens the menu of what else can I have, what else do I want to experience, and what else am I open to. Work on that and you will never run out of gas. Period.

J. It sounds so simple, but sometimes it seems a lot harder to put this into practice.

S. Nothing is hard unless you make it hard. I cannot tell you enough times that you make your life, life does not make you. Align your thoughts with what you desire, work towards it and the rewards will pay big dividends. The problem with you humans is you give up just as the magic is about to appear (I think I have said this before) perhaps some heartache has taken up residency, or some co-dependency, or the plan was hatched but did not quite work out as planned. I can see how disillusionment can set in, but if you allow this to be head of your table, then you are constantly going to bow down to it. Sometimes there will be pain and sorrow and blood sweat and tears and sometimes there is heartache and why did I do that when I should have done this, that is just a matter of I wandered off my path a bit, I went down that road, I took a detour, but what did I learn on that path to enable me to steer the car better on the new path. You see life is just about you being in the driver’s seat, and you have to start off with your learners permit, and once you have mastered that you move to your probationary licence after gaining your confidence with that, it is the big granddaddy of them all. Sometimes you drive with your lights off for a while, sometimes you go through a maze and wonder how the hell can I get out of here, sometimes you may only have a few speed humps but all in all the knowledge you have gained creates a new road map to live by. So when you see your way clear you navigate yourself towards what you want and what you receive helps you to build upon your foundation to take you to the next level, until you actually drive unheeded and with blind folds on. Your confidence now sets in and the world is your oyster and we all know what happens when you retrieve the pearl, there are more oysters waiting in the sea of life and more pearls to beget. If you stay on this path, the challenges and the joys of life become just the same as each other equally joyful in their own way.

J. Thanks for the inspiration, it keeps me focused.

S. And keeping focused, is what allows your inspiration to flow, it is like gold pouring out of a tap, the flow will never stop, unless you so choose. Keep creating and you'll stop the debating.

J. That last sentence, keep creating and you'll stop the debating. What do you mean by that?

S. By that I mean, tap into your own wisdom and create the life you want. When you sit unabated you become bored and discontent and will spend hours, days, weeks even years debating whether you should, how much will it cost, is it worth it. The inspiration starts to slide away, the zest is gone, the mind starts its own game of "I don't know" and you start to listen to all the rational and non-rational nonsense swirling around in your head, it becomes exhausting so you stay stuck like a mouse on a treadmill going round and around, until you completely give up and the glint of fire now smoulders and goes out. Of course this doesn't mean you can't start the fire again, but it could be a long time between drinks until the next spark of inspiration lights your fire again.

When you act on your inspiration, you move towards what it is that you have inspiration for. Therefore your ACTIONS (acting consistently towards initiating ones navigation system), will take you where you need to go. It becomes exhilarating and exciting and you can tell yourself, I am excited where this is going to take me. Once you allow the excitement to set in, it is like a perpetual motion takes over and leads you to the next place or person or experience you will need to create the next part of your dream. Once you set your dreams in motion, it is like you take a step and before your eyes the next step unfolds and the next and so on.

J. Ok but how do you keep that level of excitement buoyant?

S. Good word to use, buoyant, as that is exactly what it is, bobbing up and down on a wavy sea. If you can see that picture in your mind's eye that is how to keep you in your reality check. The excitement will need some encouragement from you, so you can visualise it as already there, you can speak it, you can keep it fresh in your thoughts, as you do that it keeps it light and the lightness carries itself forward. As you carry yourself forward it comes for a ride so to speak, like a backpack on your back it doesn't want to get off. When you keep it bobbing around in the sea of potentiality it cements itself into your psyche, it gets up every morning and has breakfast with you. It goes for a jog with you, it runs errands with you and it sleeps with you ready

to wake up the next morning with you to walk that step closer until it is now the honouree guest, ready to accept, conquer and take the elusive prize that it has had stored in its memory bank for all that time. Time to take a bow, you just conquered your first Mt Everest. Your possibilities now become greater because you have had a taste of what it is like to achieve what you have had held in your vibration you then stepped into alignment with it and it said welcome, you shook hands with it and it then became a part of you. Keep the excitement going as the excitement builds for the next time you get excited about what next is tangible.

J. Wow excitement is like a boiling kettle, must remember that.

S. Yes and be ready to pour your cup of tea.

J. Well we have covered many subjects and a lot of them have just been random thoughts I had, so is there any other subject you would like to delve into, or reiterate to me.

S. Just to be kind to one another, such a simple act, but can become quite complicated for some as they have other issues that get attached to being kind.

When as a human race you can lay in the face of kindness the whole energy of the planet changes the way it reacts to what goes on. Humans like to square something off against someone else if they do not get what they have come to get, but kindness begets kindness and if you diligently practice this kind of act with one another, then your world breathes a lot easier, the pulse of the planet is in synch with the human population. The problems that you are facing with become less, your breathing becomes less shallow, your waters become cleaner, your air becomes more purified, you care more for the trees, your lives are worth more to live than to die in senseless wars. Your aristocratic nations become less about the pounds and more about the Stirling's, your governments function at a more humane level. Your level of frustration is lowered, the plants, the animals and the living eco system has a much better chance of survival.

The people become more tolerant and more patient and the greed starts to diminish. The stars shine brighter, the sun shines brighter and your lives on this very sacred planet become brighter too. Your futures look less bleak, your creativity starts to blossom and when you all start to become in synch with your unity consciousness you as a human become whole and that my child is your match made in heaven.

Your life has more power, more meaning and more grunt and it's a beautiful thought to get up each morning with less worry more happiness and a simple dose of kindness.

There is a saying:

One act of kindness can touch one person, but it only takes one person to act kindly too many.

J. Did you make that up just then?

S. That I did, do you understand what it means?

J. Yes I do and thank you for this conversation I have had with you. You have been so very kind.

S. Ha ha not as kind as you.

As I opened up to myself about my life, I took the time needed to heal certain aspects of my thinking about myself. Of course this is still a never ending journey and life will continue to throw its challenges my way and I will continue to react in certain ways, but now I have the tools with me to react in a different way for the betterment of myself. It is in the learning of these tools that has brought me the awareness to stay open and not close myself off as I would have done in my past. My life as is everyone's life is a constant flux of up and down. Some of us ride more on the up and some more on the down and some of us spend more time in the down than in the up, but no matter what there is always the chance to pull yourself back to your centre point and retrieve what it is you need to allow you to breathe more even once again. So as I did from the last book I will continue along asking random questions to see what answers will come. Here we go again

J. Hello Spirit

S. Welcome back. What's on your mind today?

J. Well I have had periods in my life, where people have used manipulation. Can we talk about that?

S. Certainly, Manipulation is a process whereby the manipulator likes to be in control, whereby they cannot trust an outcome to go in their favour, so they take it upon themselves to manipulate another to have more power over them. Their fear is they lose control so they manipulate to ensure they stay in control and on top of their game. They most probably learnt this in their early years from their Mother or Father, who by their own actions would show how to cajole people. Energetically one would pick up on the vibes so to speak and this would therefore become a learned experience and also after much practice, something that just becomes second nature for the one who manipulates.

J. So by it becoming second nature is the person aware or unaware they are doing it?

S. Well it can be both, some people are well aware of it and some are not until they become aware. Sometimes they think it is their right to manipulate and they can do this unknowingly, but there will come a point in time early on that their manipulation will not sit well with someone who is on the receiving end of it, it would then be up to that person to stand up to it and verbally state the play that is going on, or they may be aware of being manipulated but may be too frightened to speak their mind about it.

J. Why would someone be too scared to say something?

S. Well there are many reasons but the real clincher is there worth tells them that they are not worth the chance of standing up to being manipulated, they play from old past experiences especially if it has been particularly taxing on them, there may be threats included which stops the person from feeling like they are worth the chance to say no.

J. So it is a power trip for the one being the manipulator.

S. Precisely, they cannot fall from their position of grace where they sit, so they continue their game until eventually somewhere through their life, their house of cards will come crashing down around them. Eventually some incident may put them on a destructive path and leave them unabated and nowhere to go, this may happen early in the piece or it could be later in their

life. But as we change and grow, there is room for the person who sees manipulation as their game to come unstuck.

J. With so many of these subjects we talk about, why do these sorts of issues come out in people?

S. When you think back to when you were a child, you come into this world pure, no thoughts, no corruption, no hidden agendas, as you travel through life you pick up bits and pieces, experiences and human foibles, they stick to you like glue and as a youngster, you take them on board, they stick in your psyche because you know no other thing, so this now becomes your bible. You open it at every page and read its sermon over and over until you can remember it like the back of your hand. You carry it everywhere you go, you cannot put it down like a good book. Like I said it is your bible. You consult with it, like it is the only thing you trust, how can you not it has been with you through thick and thin until such time as you look at it and decide that you've had enough of it now, it is starting to get a little boring and it's time for you to find a new book to live by and write yourself. So you start to question the old book and you find its flaws and then you open the new book and rewrite a new manual, eventually burning the old manuscript as it is so outdated you can't believe you even lived like that.

J. Well that makes sense now. Staying on the same subject to do with manipulation, why is it that some people can't be trusted and yet others can?

S. Well that all boils down to what agenda they are running. Someone who has a "what's in it for me attitude" will always put themselves first and care little about what the other persons needs are. They look after themselves as being the most important, so if they are running their own program of "what's in it for me" they cannot possibly hand over their golden chalice to another as their ego would not allow this, they will do whatever it takes to get what they need and if that is to lie and cheat, then so be it, it does not come into any equation the other person may have. Their agenda will always be first and foremost. Being untrustworthy on a constant basis becomes a huge problem for people in close proximity to the one who is untrustworthy. As their ways and means go above and beyond anything they may have one ounce of care for. The trust issue they have is with themselves and therefore they cannot rely on themselves to be on the right side of the fence so to speak, so they wreak havoc within themselves and there is usually a deep sadness that has been sitting dormant for much of one's life, when one plays

in those non trust arenas. They may have been left bereft and let down themselves and their care for themselves becomes nonplussed then. They wage an internal war and battle of being let down by others and their motto becomes, if you can't beat them join them. It becomes quite a sad existence for them and it then becomes a tool for them to use at their own peril in their own life. A clearing out of the old hurts is what can bring one back to life and working on the self, can allow the person to bounce back with equanimity and joy and be able to have and find relationships where both parties are on an equal footing.

J. Quite a sad existence for some then. I know these subjects we have covered in this book seem quite negative, but I think it is good to talk about such things. So moving down the same line, what about people who are bossy? What sort of advice can you give on that?

S. Being bossy is all about control once again. They believe it is there right to direct another to their way of thinking. They like to coerce the other into their way of thinking because this then brings them some self-power. Telling one what to do is an egotistical way of existing, as their cup is never full, they find fault in all manner of things which they just cannot let go. Being dominant is of the utmost importance to them, until such time as the one who is taking all the bossing, may decide they have had enough and stand up, you see it is all about taking back ones power, no one has any right over another. Of course the one who is the bossy one will not like this as their ego will be bruised. Their dominance will be no longer and the tree they have been sitting in will collapse and fall. Once again being bossy is a learned thing that can be unlearned.

J. Ok well I suppose being criticised by someone is in the same family then.

S. Yes there is an element of that, but when someone is critical of another there is a deeper underlying tone. Being bossy is just someone believing they have the right to tell you what to do, but when it comes to criticism of one to another, that is a whole new ball game. Criticism on a constant basis, from one to another plays huge detrimental effects on the being, being criticised. It leads to very low self-worth for a start and does unmeasurable damage to ones psyche, there becomes over time a self-doubt that creeps in and it becomes very difficult for the one being criticised to see themselves of being stable within themselves, sure they can function on a day to day

level, but on a deeper level it becomes extremely hard as their belief system becomes all about what the other person has said about them.

J. So the person who criticises really has the upper hand in that point of time.

S. Yes, until such time there is a back lash towards them. You see it is always about standing up and taking your power back. Allowing someone to dominate over another is about a power play. The reason the person who criticises takes control is because they lash out to make themselves inferior and you will find once again there is a deep sadness within them that they see everyone else as not ever being good enough, but it is really them who are harbouring feelings of never being good enough. Their self-worth deep down will be very low, even though they will put on a mask to disguise this, but their actions will always speak volumes, that old saying – Actions speak louder than words.

Criticism is very crippling to the one who is being criticised, you will generally find that the person who is criticised, may do things in life that lead them down paths that can be self-destructive on them and others. All in all they start to believe the criticism and then self-criticism becomes their catch cry, nothing is ever good enough, I'm not good enough, everything they see becomes not good enough, everything they do they over extend themselves, sometimes to prove to themselves and others they are not good enough but you will find there will still be an element of not doing it right or it wasn't perfect, it can leave them feeling extremely uninspired and lost of course some people can become worse than others regarding this.

J. Wow it just shows how important self-esteem and self-worth is, so then you can become a powerful human being.

S. Yes and the power one has is what takes them down an inspiring path or just an uninspired path. They can latch onto all sorts of nonsense by what others say think and believe about them, but this does them no justice as a belligerent fool will stand powerless when they don't empower themselves, and it is all about empowering oneself. One must stand in unison with oneself to treat and have the self-care that is needed to own one's life in a high flying way. One must accommodate for ones needs on a higher scale, so one can go forth with not a huge ego, but an ego to help propel them forward and a whole dose of love for oneself. This will entail them to lead

the best life and one that is or has been waiting in the wings for them to shine.

J. So having your own power and standing in it is a must.

S. That is correct, when one is standing in one's power, they become precise, confident, empowering, invigorating, excited about life, they see unlimited possibilities in life, the mind expands and the biggest one of all is that they believe in themselves, no matter what and once that belief is cemented it doesn't take much if there is a fall from grace, to pull themselves out of the doldrums and stand tall again.

J. But if someone is standing in their power, why would they become powerless then.

S. There will be times in one's life, as is invariably the case, when a situation or life experience may render someone powerless, even when they are as strong as an ox so to speak. Life has all sorts of disturbances scattered through it and there may be times when a situation may take its toll on you, it could be quite taxing and start to wear you down, if for whatever reason you may think you are strong, but there could be an element of vulnerability that may have snuck in the back door, whilst you weren't paying attention. It is nice to think that you humans are all powerful human beings and you very much are, but sometimes you may be down for whatever reason and some self-doubt pays you a visit, it may leave you feeling weak or feeble and therein lies the powerlessness. Life will throw you curve balls and it is up to each individual how they are going to catch that ball. Some may want to drop it, some may want to catch it and others may walk away from it, but always remember you do have the power to return back to your power being.

J. Gotcha – you touched on the word vulnerability, I think we need to expand on that.

S. Well vulnerability can be a very dark place for some. Have you heard of that song "Frozen", well that is what it can do to some people. They can actually become frozen. As the vulnerability begins to take hold early on in life, you learn not to put yourself in those situations, if anything that is the one place you don't want to go – its scary territory for some to play in that field and expose yourself there is a no-no.

Then there will be others who are not so shy about being vulnerable, it is like they push themselves past that point of no return and lay all their cards out on the table. By doing this they are allowing their truth to be told, which is a very freeing place to be, to sit in a non-vulnerable place is very liberating for the body, mind and soul, as there are no lies, no hidden agendas behind closed doors so to speak, they give over of themselves. But for those who are not quite ready to take that “I’m coming out of the vulnerable closet now” they will close down. Their life experiences will put them in that space and will dictate the terms in when to speak and when not to speak. It can be a very frightening place for a lot of humans to be, so they will keep the door closed, the blinds down and anyone who wants to enter has to know the magic password to put a foot in the door so to speak.

J. Why would it be so hard for someone to be invulnerable/non vulnerable?

S. Well it becomes uncharted territories, there may be hidden secrets from the past, there may be things of a sensitive nature that they may not want to reveal to others and the big one of all is when one opens up (becomes less vulnerable, all of their fobels, all of their indiscretions, or their sabotages, all of their hurts and pain are laid to bare and in the back of their mind there is a belief that they will now become judged by the person or persons they are now revealing themselves to. They will start to feel powerless and a whole deeper layer of self-pity will take on a new meaning.

J. So someone’s vulnerability when given over, can become someone else’s place to judge.

S. Usually that is the case, unless of course you have someone who comes from a non-judgment stand point, then you will get a compassionate eye run over the situation and perhaps offer advice to help you heal the old wounds that come with it.

J. Well that would be a much better way to go then

S. Yes, but you may not always get that compassionate caring individual who can offer invaluable advice. If you trust the wrong people you will get those people who will judge you for your misdemeanour and hold you in that box forever if they so care. They won’t allow you the freedom to break out of your jail cell that they have created for you. It’s a life sentence with some, but with others they are judge and jury all wrapped up in the one package

and they see the misdemeanour as an experience that happened in life as a learning situation and will allow you to have the freedom you so rightly deserve.

J. So allowing non judgment of a situation lets that person become free again. Why is it that some people can't move past their vulnerability?

S. There will be deep seated beliefs imposed by them from others, or from themselves and they don't know how to carry themselves forward from past experiences in a positive manner. They allow the whisperings of others to infiltrate their psyche and then turn what is said about them into a belief, but little do they know if they have the tools to work on themselves they can forge ahead with new vigour and a deep seated belief of being a powerful being instead of a powerless one.

J. So if vulnerability is a killer, what leads on from that?

S. Ok so when your story or experience of yourself has been shed some light to all and sundry, then comes judgment everyone will have their story and then waiting in the wings is shame. Shame is the start of play that unfolds to the point of no return. Shame rears its ugly head when all the damage has been done out there. Shameful acts, shameful people, shameful scenarios, shame wants its cake and eat it too. Shame is a killer times two. This can be so debilitating for some that any kind of movement will leave them dormant and I am speaking physically and emotionally. If shame is not dealt with early on in the piece, it will pop its ugly head up in ungodly ways. It's like the uninvited guest to a very important function that only those of elite status will be attending and then you get the uninvited one taking turns at tormenting the guests and regaling stories that shouldn't be aired in such a place. Once the story is out it spreads like wild fire and the whisperings and gossiping continues, you notice that the guests have a look of disdain on their faces at the sight of you as you are announced at the top of the stairs as the Honouree guest. As you descend down the staircase like Cinderella at the ball, you start to get a picture of the sea of faces looking at you with distasteful eyes, you start to feel giddy and just wish that the floor would open up beneath you so you could just fall through the floor right that very minute. And then you spot him the one with the smirk on his face, the one you know has spread the gossip about you, the look of glee on his face tells you he has done immeasurable damage regarding your fobels and the condemnation by others as they turn away from you, tells you it is time to

take you and your shame out the nearest exit, never to be seen again, because you sure as hell don't want to be seen again.

J. That is a great story, how shame can be for someone.

S. Having shame is equally as powerful as not having shame, as one is as strong as the other and not. Shame can keep someone from being confident and when there is a lack of confidence in someone, then there is a lack of self-belief, self-worth and self-esteem. Shame has the power to crush dreams, shame has the power to play devil's advocate, shame has the power to allow one to become aggressive, shame leaves no room for self-love, shame allows self-loathing to become boss. Shame is extremely destructive, but once one realises that it is just a matter of looking at one's shame then the power it holds over one can be let go gently and a better state of mind will come in.

When one steps away from the shame game, then no shame is a power trip. Anything is achievable, anything can be conceived, nothing is elusive, the world is your oyster and you can create whatever you believe.

It is always going within, will dredge those dirty shame thoughts out. Once the shame train has left the station the new beliefs about self can then get strengthened with positive people around, who can see your worth. The naysayers become a waste of time, their opinion is not worth your time.

J. Shame is such a big emotion, isn't it? It really affects people, can you explain a little deeper why that is?

S. Because you utterly and totally believe you're worthless and no amount of anything can pull you out of that shame. Shame has such an effect that it can lead to depression and even suicide. You see it as being an unforgiving act. You cannot possibly measure yourself as being worthwhile, when you see yourself as not, so it holds you in its clutches it imprisons you until such time as you can see it for what it is, then you allow yourself to grieve and your resolution is now your forgiveness.

Forgiving yourself is the most selfless act you can do. It frees you up, it lets go of the pain, and it abandons its claws around your throat so to speak. It releases the stranglehold that it has over you forever and a day and it allows you to breathe again instead of berate yourself. When you forgive yourself you are not holding the emotion hostage to your throat, it allows you to speak your truth and sit in your place of authenticity, which is rightfully yours. The act of forgiveness is the highest form of praise one can give oneself.

J. How so?

S. Because when you forgive yourself, you are forgiving your alter-ego and you all at once and you can therefore praise yourself for this selfless act you just performed on yourself.

J. Wow powerful stuff

S. It is powerful stuff and it needs to be to shock oneself into a paradigm shift.

J. When there has been any kind of trauma for someone and they can't cope, why is it they turn to a substance like alcohol or drugs to get them through?

S. Well to start off, that is their coping mechanism, they know no other way to cope when the thoughts, the pain, the triggers come to haunt them. They cannot see past the thoughts in their head, which swirl around and around, the scenarios get played out over and over, so their coping mechanism wins out for them, their quick fix is there to shake their hand, listen to their troubles and play out the same game over and over. The trouble with this is it undoubtedly plays havoc on the body, the nervous system cannot control the foreign substance coming into the body. The brain has problems functioning to its optimal level and the disdain in the head feeds off of itself, creating a mental capacity that isn't coherent. Many people who suffer these addictions cannot see past the window of opportunity to fix it, so it plays itself out over and over again, until for the really bad cases the body shuts down after a continual ingestion of a toxic foreign substance, it just can't cope, especially in the case of induced drugs. You see all chemicals are manmade and the body does not have a coping mechanism for foreign substances to sit in amongst the body. The body has been designed to heal itself of its own ailments and whether it's your emotional body that needs to be emotionally and energetically realigned it can do that or the physical. But it is unable to process foreign substances, these substances eat away at the lining of the tissues and create holes and cracks and crevices where good tissue should be. Anything we create in the mind can be fixed in the mind, there is nothing beyond our control, it is a matter once again of being aware of one's actions, paying attention to what is going on emotionally for you and dealing with it accordingly. This could mean "I drink because my wife left me, I feel lonely,

and I am not a good husband or Father, when you sit with that, you allow your emotional intelligence to tell its own story. You are allowing your emotions to speak and therefore they can heal on their own accord. There is no storing of old emotions, or beliefs that get played out every time you have a drink or a need to down yourself with a self-inflicting drug. These emotions are now not housed within and in your field, they have been cleared and you give your body a chance to function at its normal capacity, which is to transport you around in this world.

J. There is a pretty big problem in society regarding this, it doesn't take much for people to fall off the wagon.

S. True and that is because humans have always looked outside of themselves to fix their woes, but the ingenuity of the humans has its own healing mechanism that no substance can ever fix. The outside fix is always and only a band aid for what the real problem is, when you go within and ask yourself the real truth questions, then you can find the core cause of the problem that can be sent packing. Meditation and a simple time of self-reflection can help you find the solutions to your problem because you allow the chatterbox mind to become quiet and whatever comes to be healed will do so. It may not happen in one go, it may take longer, but when you make a date with yourself to do some self-analysis, you can open up the channel to self-healing, it may mean crying, it may mean yelling, it may mean writing, whatever it is, it has come to be dealt with once and for all, it has left your emotional field, your new self-belief has started to reign and life brings you a more evenness to it. You will start to transform yourself and after some time you will see yourself in a completely different light, which will be invigorating for your soul, because now the real work has been done – the growth spurt has occurred.

J. So the deal is looking within and asking the questions.

S. Yes and as I have stated before your body is an intelligence on its own, you humans do not give yourself enough credit for what it does. The simple science of how it has an internal warning system within it to let you know that something is not quite right, when you allow the tears to fall, the pain to subside, the questions to be answered, you bring your body and field back to homeostasis and therefore your body can function at its optimal level it has been created to do.

J. So that is where that mind, body and soul connection is made.

S. Yes and when there is a balance in all three of them, then you are whole. When you stay whole and in the presence of that, all manner of things are possible, there is a connection and a correlation of the three being in synch with each other. You are looking after your body, you are looking after your mind and you are looking after your soul. There is no tipping of the scales so to speak.

It is extremely important to keep yourself balanced, like the scales, so you can achieve at your optimum level. There is a clarity that resides within, hurt, doubt, pain, negativity find it very hard to reside in a strong foundation such as that. They get pushed out the door, as you no longer entertain those ideals. They become like a foreign body within the bloodstream, its swimming around trying to find its friend, but it cannot find one to band together with, so it runs out of life and dies.

J. I suppose with the body, exercise, eating nourishing foods become the norm.

S. This is very important to look at. There is so much information out there regarding what you should eat, how you should exercise, there is a pressure to be fit and a pressure not to be fat. So many fad diets, ways of eating that it gets confusing and frustrating for any of you humans who travel down these paths on a constant basis. It eventually becomes overwhelming. All I can say to you is listen to your body's intelligence, that's it. Your body knows what it wants, when your body is tired, sleep, when your body is hungry eat, when your body is lethargic rest, when your body is anxious, breathe, when your body is constricted, relax. Pay attention and listen, it is giving you signals all the time, you must pay attention to it. The bodies intelligence is talking to you all the time, you must become the observer of what it is saying and when you have conquered that, you have become the master of it. Don't fight what signals it gives you. That is when you create an imbalance and this is to do with creating a cohesive and settled mind as well. If you watch the animals and how they do it, they have it down pat. They eat when they need to, they sleep when the need to, they play when they need also.

Your society has imprinted upon you, that you must eat like this and you must work like that and you must look like this.

There is no 'you must' when you listen to yourself. You will tell you when you eat, sleep, drink and exercise.

When you become consistent in your efforts, then you start to become the results in a clear and decisive way. Your life opens up to a more solid way of being. Create your own master plan for you. If you are eating just to fill a void then pay attention to that, ask yourself why. Am I really hungry or is it because of something else. Losing weight is never as easy as you will find you are eating to nourish your body not to fill a void of emptiness or self-loathing or a sadness you are harbouring. Give your body the right foods, the self-sustaining foods, the foods that will fuel your engine (the body) and you will feel a power within yourself. You will engage in a powerful act of love within yourself and you will create a balance and a respect between yourself, food and exercise.

Be easy on yourself and allow time to integrate, new ways of thinking about food to infiltrate you. Old patterns, old habits and old ways of feeling about food may take some time to shift with some beings and with others it may be overnight. But remember you, your food, your way of thinking are in it for life. You need each other, so you may as well make it a harmonious one rather than a bitter and twisted effort between the two of you.

J. Like you said, it is when you stop and ask yourself Why am I eating? It is then you can get the truth.

S. That is correct and when you tell yourself the truth, you will act accordingly to that truth.

J. Why is it that so many of us don't like exercise?

S. Exercise in most people eyes is "I don't have the time, I can't be bothered, I never see the results, it's not important. The hidden meaning behind all of this is I actually don't value it enough. And you know when you value something enough, then you have the motivation to do it.

Once again a belief has been born out of an experience from exercise which has now placed a value on it. So whether it was good or not so good, there you have your value. I believe also there is a pressure to make exercise a painful gain, instead of one that can be married up with your food intake and exercise paired nicely together. Once you take the pressure off yourself to have the nice body, then the pressure goes out of your system, because every time you start to see results your mind cannot sustain its way of thinking in some cases and causes a collapse in what you want to achieve. When you pressure yourself with how you want to be, which creates a stress within your adrenals and the never ending goal of I want my body like hers,

takes a back seat as it becomes unsustainable. Once you relax into working with your own body with how you want to be, there is no stress with food intake, exercise and how you feel about yourself. Stressing yourself and constantly thinking of getting to this goal makes it an unpleasant experience, but once you become unattached and put a good feeling behind it, the goal becomes more achievable and pleasant to be around because you are not creating undue stressful thoughts around it. There might be days where you meet your targets and there may be days where you don't, if you are in a place of general consistency then you will achieve your results. Making exercise enjoyable, then you will create a value around it that you will want to keep it in your life on a consistent basis. So if exercise becomes your norm and you are not feeling so perplexed about it, chances are it will remain with you for the rest of your life. You may change from different forms of exercise but that is ok because as you change as a person your exercise will most likely change, to feel within you what you feel is the right form of exercise, don't be pressured by the way others are and what they do. It is like the fad diets that have come into existence. There is too much information for people to choose from. Choose from your own heart what you feel you should eat, that is not to say fill yourself up with lower energy food. Remember your body is the transporter of you to keep it moving it needs to be fuelled right. You will find when you treat yourself to the right foods, you will feel lighter and brighter as compared to heavy foods, which can make you feel sluggish. Allowing your body to be filled with the right fuel will allow you to go longer. See how you feel after you eat certain foods. Do they sustain you? Don't make it complicated – make it easy then you can get on with your day simply.

J. That's great thank you. Throughout my life I have had a tendency to hold onto weight and fluid, could this be because of certain situations in my life.

S. Yes definitely. People will carry weight for all sorts of reasons, but you will find there is a disconnect between themselves and their emotions. To have the tools to help you heal your emotions is like opening the floodgates. Once again as I've said before. Once you are aware you are eating for comfort to comfort yourself, from what you are not dealing with, you will start to make choices of a different nature. It is actually like a paradigm shift, like a shift in consciousness and your old habits die and you are left with a new way of seeing things. Your blinkers have come off, you have become conscious and the habit or habits you once had literally fall away. It really is that simple. Look at all the old beliefs you have about yourself and you will

find yourself scratching your head wondering why you had them in the first place. That old saying “you do what you know and when you do better you do better”. You only knew then to unconsciously use food to heal the wounds of the past. But once you start to question why, you find your answers.

J. It is very simple to see but when you are caught up with the old way of doing things you keep going down that road.

S. Absolutely

J. I have been thinking about when a person, who is elderly is nearing the end of their life. Can we talk about when they are getting prepared for the end?

S. Well as you know there is the cycle of life, you are born, you live and then you die. Of course there is a whole lot that happens in between the living, but as a person gets closer to their death or their transition there is a process they tend to go through. If they are still coherent and able to function fully and as they start to slow down and illness may set in, there is a period when they start to reflect back on their life. They start to see where they have been, how they did things and perhaps there are a few regrets thrown in. It is like they are given a chance to see their life in review. It is often a self-healing process for them, they see where they may have avoided certain issues. Reflecting back to themselves and being aware of how things have come to past allows them to get a grip on what was. It gives them a sense of peace, so the process of their journey was not a self-limiting process in any way. It gives them resolution to situations and issues and allows them to release any stoicness that may have infiltrated their bodies. They can be at peace with themselves that they have made peace with what was done. Some souls do not have the gallantry to go through this so they take all of their fobels with them, but generally when one knows death is imminent they will reflect back so the journey of transitioning is not left with so much angst beforehand.

J. It could be quite a scary time for people.

S. Yes there is a human fear that comes into it. Because of the unknown there is a fear that takes place. It can be a very painful time for some and for others it can be a time of being ready. It does not matter what state you find yourself in as death will come and find you.

Knowing that by transitioning to the other side you will find yourself again is a comforting feeling when you are on the Earth side. Knowing that no matter what, you will be aided and guided by those who have passed before you, they will be waiting for your transition and the elation and peace that comes with that is huge.

J. Why so?

S. Because they have made the same journey as what you are going to make so they know what will take place.

It is fortuitous that your people will be waiting with open arms to welcome you back to your wholeness. The density of the Earth plane is no longer. The review of your life is made with great abatement and dedication and the life lessons that have been gained through your lifetime on the Earth plane are taken with you to be reviewed on the outer place, the other side. Many many things are looked at, it is a review process that will unfold as your life basically flashes before you. Your body has lost its form and you are now just pure energy, your consciousness is still left intact and therefore your life review can be fettered and filtered throughout the grooming process that is an equally enchanting way to open up to what and how your life served you. Very fortuitous. A great learned experience that has come full circle and ready to be reviewed.

J. Thank you, death is always a scary freedom process for a lot of people but knowing that there is nothing to be afraid of will put people's minds at ease.

S. Precisely, there is only a huge amount of love that beckons you and if you think of only this then your mind will be at ease and when it is time to transition, all will go with ease and grace.

J. Of course when I think about what a life is about, I think of the one thing that everybody wants and that is freedom. Can you enlighten me about this?

S. Well yes, freedom is a construct that many people will build up in their minds. This will come about at certain times in their lives where they find themselves in certain situations where they start to re-evaluate what is going on in their life. Whether their life is going in the direction that they want, whether they are having experiences that meet up with their expectations.

So people will come to some sort of a conclusion to see what fits and what doesn't and in that this is where their questioning will lead them to changing the way they move through their life. Some people may take momentous steps, some people may only take small steps, but it is those steps that are the invaluable resource that leads them to their so called desired freedom outcome. It comes down once again to how much value they put on their freedom outcome that they want. When their value of freedom becomes a tangible situation they now have a price or a cost to factor in and if that price becomes high enough for them to value it, then they will move towards their desired outcome. The freedom scenario is an interesting situation as usually the person obtaining it is feeling restricted within themselves, they may have outgrown whatever they have accomplished and it does not float their boat so to speak, they feel constricted in what they are doing, so they are looking for new or alternative ways and you will find that this is a period of new growth for them. It will be time for them to step up to the next level to challenge themselves in other ways.

Freedom can also be used as a deterrent for something. It may mean you want to run away from something that you need to face so you may find yourself going from experience to experience only to find that you still have that same feeling inside you that won't go away no matter how much freedom you give yourself. So there are many questions one must ask oneself to find what freedom you are looking for and when you are honest with yourself then you can move forward in a positive manner. But generally you will find most people get to an age or time in their life and want a less constricting life so they will put things in place to help them move towards their goal. The freedom metaphor is an interesting journey on its own. It is like you are searching for something which is outside of yourself, but in reality your freedom comes from within. Becoming free from your thoughts about freedom is a freedom within itself. When you find that freedom within yourself you can do anything and your freedom door is always left open. Therefore your challenge in life becomes less restricted and more freeing once again it is how we look at a challenge as to how free we are going to feel. Freeing yourself mentally will help you emotionally and physically. Your new found freedom within will not allow you to wallow and sink into depressive thoughts and if you do, that is ok to, but you will find that you won't sit in those thoughts as long. You would have found a new found freedom that will allow you to become less edgy and calmer within yourself. Remember you only restrict yourselves by your constant negative self-talk and when you change your pattern you will find yourself in a much freer state.

J. Well that has explained that and made me see there are different forms of freedom.

Another issue I think should be discussed is

How do you accept yourself when you don't like yourself?

S. When there is no acceptance of oneself there is no love for oneself and to love oneself there must be an acceptance of the good and not so good aspects of oneself? When you get to that point, when you love your flaws and all, yourself within will roll with more ease and grace and therefore you will come to a better understanding of yourself. You will find when you become accepting of yourself other aspects of your life and how you see others become more accepting. When you judge yourself you are putting a block up, this will cause resistance within yourself and a separation within the whole of yourself. Allowing yourself to be loved regarding all aspects of yourself leaves no room for rejection in your repertoire. When you do that then there is self-acceptance. Be easy on yourself for the good things about yourself and the not so good things of yourself. Work on the not so good things in a compassionate way and you will move through a limiting belief that you have harboured about yourself that you have not looked at, and you will find it will resolve itself.

J. Life Cycles. Everything has a cycle, a start and an end. Why do you think this is so?

S. For you to move through an evolution process, there has to be a start and an end to something which will continue as a cycle. There has to be form to it so as humans you can see where you have come from and to what point you have reached. This is the way in which you can measure the growth of something which is really important for the cycle of evolution. When you are not able to do this then you have no benchmark and therefore you cannot evaluate what direction to go. You need the growth to head you in a direction to allow you to achieve what it is you are here to achieve and for some this may be big momentous achievements and for others this may be smaller achievements, but all in all it is for personal growth.

J. Well then why is it hard for people to see the end of something and they don't want to let go?

S. The simple answer to that is that they are attached to it. They don't want it to end because they are vested in and they are not ready to let go. There

may be a fear that is holding them back for example you may know that your marriage to someone is no longer serving you, but you hold on as you hope it will get better and don't get me wrong sometimes things do, but to have a real sustainable outcome, there has to be work done by both parties to iron out the kinks for you to both be on the same page.

When you see something for what it is it takes the tooing and froing in your mind, out. You see the authenticity of the subject and you ride the wave of that. That leaves you non plussed about the subject, condition or whatever it may be.

To be objective is to sit in a state of grace and when you can be objective about where something is going, then you have released all attachment, all guilt, any pent up feelings you have let go of the controlling outcome and you allow your higher source to guide you to the ending that is conducive for you. A feeling of being free will emancipate as there is no pressure associated with this feeling and what is going to serve you will come your way unabated without attachments and exactly at the right time you are to have or experience this subject, thing or matter.

J. I think the message in that is having more freedom within, so you are not constantly wanting to get to the end of what it is you want.

S. Yes the freeness in being non-attached comes with an enormous amount of calmness within yourself. You get on with your day in a joyful state. You participate in life instead of waiting and pinning and hoping that what it is you want as the outcome better hurry up and get here as I can't be free if it doesn't.

J. So that is why they say stay in the present moment.

S. It is a beautiful process with exponential growth if you just let it.

J. When you were talking about the joyful state and being in that state, that is where I suppose you become lighter in your being.

S. Yes and when you become lighter your vibration/frequency rises, you are in a happier place in yourself, you attract more good into your life because as I have said before, what you give out you get back, just like looking into a mirror, you reflect back what you see and as you live through your life, it becomes more fun, there is more happiness, more joy, more laughter, you

move into a space of light and the more light that travels through you – the lighter you become.

People will energetically feel that light frequency and want to pick up on that. It is sort of like “I’ll have what she’s having” it is that kind of thing. The lighter you become the higher your frequency becomes you send out a light into the world that touches others and that others want to have some of. They will want to be around that and eventually as they progress through their own life they will find the light that they had been searching for forever and the outcome is the most rewarding outcome that they will experience as they will then come back to their true authentic self and that my friend is the highest honour that you can give yourself. See the light, be the light and all will be well in your world.

Namaste