

EVERYTHING COMES FROM WITHIN

EVERYTHING

One of the most profound teachings in life, is learning that our inward feelings create our experiences outside of ourselves.

Have you ever wondered why you keep repeating the same scenarios over and over again, or you keep getting the same lessons over and over again.

When things don't work in our favour, it is often times when we blame our external circumstances, but we never take a really deep look inside of ourselves.

Our thinking creates our feelings and our feelings create our reality, therefore our focus on what our problems are, become the product of what we live out, but if we focus on what we want our reality to look like, then our thinking and our feelings will start to create the reality we are focussed on. So basically what we think and feel we create no matter what.

If we challenge ourselves, we can focus more on the reality we want to create, than the one we don't.

When you understand the concept, you can change your outcome with your outdated way of thinking. Therefore it is imperative that you concentrate on the life you want with passion, determination and patience, remembering things take time to come to fruition, and the longer we work and persist, the better chance we have of creating that reality.

Foreword

I wrote the title of this book in a notepad months before I even sat down and starting writing it.

When I opened the notepad to the heading, the titles just came to me. I realised one thing.

Everything that you think and feel comes from within and shapes your reality.

This made me question mine as I wrote it. Of course anything that happens in your life, you get to see it as a good experience or a bad experience, but if you see it for what it was, then it just is.

Most of us have led lives that keep within the confines of being decent people, so anything that has been part of our journey is just that, part of our journey, we fall down, we learn we grow and we get up again. We make choices and decisions at the time of what we feel, if they are good then great and if they are not so good, then we try again and learn from these experiences.

No matter what, we only come from a level of what we know and when we know better we do better, it is just that simple.

This book is a handbook of information that I feel is to be true for what I know.

I hope you enjoy the information and ask yourself the questions that lead you to your own truth.

Thank you for picking up this book and I hope you find your own truth.

Love and Light

Jen

WHAT WE THINK ABOUT WE ATTRACT

I did not know the correlation of what I was thinking and what I was attracting was coming from my fearful mindset, as I was growing up as a young child. In fact you could say I was not consciously aware of what I was thinking. I just thought this is who I am, and whilst I didn't like being who I was at certain times, I just put up with it.

I didn't question myself that what I was having was a fearful thought, created from a fearful situation that I'd had in previous times. I was acting from an unconscious mindset, so I based my thinking from this place.

My unconscious mindset led me to fear anything that was new. I did not believe I could do certain things, so therefore I wouldn't try a lot of the time.

That unconscious feeling would hold me back, keep me stuck in that same cycle, kept me living in fear, from those deep seated feelings. I had terrible self esteem as a young girl, if you looked on the outside you would not see that, but deep deep down I had those "I'm not good enough unconscious thoughts", and they remained unconscious until I started to do my spiritual work on myself some 45 years later, then the truth of my thinking came out. The more work I did the better I became.

How did those unconscious thoughts get there?

Years of social conditioning. Years of unconscious fears, beliefs and thoughts, and don't get me wrong I was not running around everyday feeling this, but it certainly did play a big part in my life.

After looking at a lot of programs I was running, everything started to come to the surface, ok I wasn't the only one running around with broken parts inside of me, everybody has their "stuff" that has kept them broken at times in their life, the more I worked on myself, the more honesty I searched within myself to find the junk that needed to be cleared out. No one teaches you at a young age to tend to yourself through self care, nobody tells you to not let others influence you.

What I was missing throughout my whole self care journey was that those broken parts of me, were old and they could be mended and now was the time to mend them. The mending has taken a while and when I mean mending, I mean there is a greater understanding of how I got to that point.

The jigsaw puzzle was starting to come together and pieces that were fitting, started to fit. There was no shame in this, in fact it became a fact finding mission. Questions that were asked were getting answered and the guilt, the burden and the parts that I didn't even know I had, were getting solved. New pathways were opening up for me, I started to work on myself at a rate of speed.

This happened when we left Australia in a dark place after losing a lot of money, having some marital problems and having our house sold up. To have this happen as well was hard to deal with, but nothing comes without a purpose, whilst it felt like the world had gotten a little harder to live in, at the same time it was opening up to bring in new things for us. The real work started to happen for us, this was when our spiritual journey started to take off. Classes were opening to delve right into it, from a lady who we had met 3 years previously in New Zealand.

How did she end up living behind us when we moved into a house in Whangarei?

That was synchronicity playing its self out right there and then...the outcome of the last 3 or 4 years was allowing us to step right onto our path and all we had to do was go with what was opening up inside of us and with what was starting to blossom.

From these classes I built my reserves up, I started to create a stronger core of myself and a solidarity for myself that the journey I was on was like a homecoming.

I was coming back to my real self instead of being swept away in the currents of the old beliefs...hallelujah... some resolution was being made and it was fantastic.

Our journey continues on until the day we pass over, but it's important to note that no matter what age, what demographic, or what you believe, there is always time to open yourself up and work until you squeeze every drop of what doesn't belong there, out.

Our mind is like a smorgasbord, we get to pick from the table of thoughts layed out in front of us, and if we become conscious of what we think about then we start to train the mind how to think.

For instance I want to have a happier life, so how do I build that, what do I need to do to do that.

First of all your mind starts to think about what that would look like, you may have images that come into your mind, you allow those images to take shape in your mind and every time you open yourself up to the idea of having a happier life, you start to create the momentum needed to drive the feelings forward.

When you keep creating these images or thoughts or feelings, the next thing you need to do is imagine what that will feel like, because it is in the feeling that starts to create the reality, and I say this because the feeling drives you forward to keep thinking about it, until such time as you decide to act on what it is you need to do to create that outcome.

When you pay attention to how you feel about something the feeling becomes greater and of course when you let the feeling go it diminishes. There will be something, either a relationship or an experience of some sort, that has value to you, this will create a bigger feeling for you to move into. It will start to snowball for you, it will create a movement and an Energy for you to create it from.

I remember doing this when I was working and we also had a farm running, I had decided that I wanted to take our family to New Zealand for a holiday, we were living in Australia.

So every pay I would put aside \$100 dollars to put towards the holiday, I saved every week and I thought about how that holiday was going to be. I saved over \$5000 and the holiday was fantastic too.

The saying “Where your attention goes Energy flows” is the driving force of why we end up doing the things in our life we do. When we are focusing on the negative of something it literally keeps you stuck, stuck in the pain of a relationship, stuck in the ending of a marriage, stuck in the unhappiness of your life, stuck in the way you think of money and how it eludes you, just stuck in everything that you can conjure up in your head, the thoughts just keep on tumbling around in your head.

The biggest key is to switch the stuck program that is on rerun. At the start it may be hard, but eventually you will be able to bring yourself around with enough practice, to think only of what you want to create in your life, and this does not have to be big stuff, it could be, I need to get up every morning and decide what it is I am grateful for. Form a habit of doing it every day, it is a matter of being present in the moment and deciding, this is what I need to do every day, so then there is no talking yourself out of it and really committing to the process or otherwise when there is no commitment then there is no progress on the experiences you want to bring into your life.

Your life is really short, why not spend your time thinking of what you do want and then allow that to become your vision and when you start taking action towards it, it comes to you.

Stay focused on what you want and remember some things take time, patience will be needed. Decide that whatever comes before you, if you keep that vision alive it will meet you half way.

BELIEVING IN THE UNSEEN

An idea is born through visualising something first, getting the idea through thoughts, feelings and sensing it.

For something to manifest into this physical reality, you have to have behind you a strong sense of what it will look like, and then an absolute resolve to bring it through with action.

For me the Action part was always missing, well when I say always, a lot of the time it was. I didn't have goals and aspirations, but put me in a dance class and I had confidence in bucket loads.

I think in this society, we are too worried about getting all the components right, before we execute something, but as you know, we don't have all the answers at our fingertips. Learning is by doing and with that comes mistakes, and I think we have a society of people that are too scared to try things, because of what others might say, or how they will be perceived. If we stay stuck in this idea, our brilliant ideas will never be born, we will never see ourselves getting anywhere and we will never believe that we can do anything.

If the unseen is not here yet and you decide on something you want, then you have to bring yourself to that place of complete trust and faith that it will happen. The key to driving this is you have to bring in that Energy everyday, which means you work on what it is you want, put the hours in and have the patience to know that you will be executing this project, or whatever it might be, from the consistent action you put in each day.

Seeing what it is you desire is the visualisation.

Believing it is the absolute resolve you carry to bring it from thought form to physical form, your belief serves as the catalyst for you to take the action.

Acting on it is taking the steps to bring it into the physical world, through your consistent steps you take towards it daily.

DO WHAT MAKES YOUR HEART SING

In this life, it is all about raising your vibration, or frequency, which consists of when you are in an expanded state the Energy particles around you emit a different Energy, a love energy, more robust, and being more content within yourself..

Energy is a frequency and when you are in a love vibration, your frequency is much higher than when you are in a lower vibration, being sad or depressed, have guilt or shame, anything that lowers your own wellbeing internally.

You can see the vibration people are in by the way they talk, they walk and the way they see the world around them. Your job is to keep yourself in an elevated state and to do that, you have to find things that connect to your soul, your joy, embracing these things keeps you not only spiritually “high”, but you are also able to hold that frequency for a much longer period of time.

The flow on effect for this is immeasurable, you can feel your relationships are in a good place, the job you are in keeps you satisfied, your health also is a measure of feeling content within yourself.

When you attract what you give out, you want to make sure you have more of these good feelings inside.

In life we become too serious, too caught up in the physicality of life to keep ourselves connected to the higher frequency, we drop out of this connection. We live too much in the head of our world and not so much in the heart of our world. This is when we need to connect back to the heart and this will lead us to what we find our happiness in.

Being in this space brings many more benefits to others around us too, as we show them that they can take their thoughts away from what is worrying them, to what inspires them.

As soon as you shift from one consciousness to the other, you change your frequency and you start to live less in the older frequency. When you do this on a regular basis you find everything you do has a joy feeling attached to it. Your eyes become opened to a different perspective, and therefore you start to move in different energetic circles.

I think as Mothers and Fathers we have huge responsibilities that pull us away from our own identities, we have families to look after, jobs that keep us away from the family unit and expectations of where our responsibilities lie by others, but to dishonour yourself is doing a detriment to your true self.

There comes a time when you have to let go of the old identity and bring in the new one.

That time for me came when our kids had left school and then left home. I worked at a job, I also helped Glenn run farms and that was all part of the parcel of life, but there came a time, when I was wondering, who is Jenny, I had given so much to others, that I actually didn't know who I was.

I remember getting a reading from a Medium in Australia, after we had travelled the world with our kids for a year and we were back in our town once again and she said to me "you have gone all around the world, done all of these amazing things and you are back here where you started".

Was there anything wrong with that, no, but I wasn't growing in myself and I feel I had talents or gifts that if I put my heart and soul to I would find them, but had not explored them

I understood what she said, but it still did not push me out of where I was. That would come later in New Zealand and not too much later only 2 years after our trip overseas.

We don't know what the unknown brings, but if we start to invest a bit of our time in it, we start to wonder, we start to think about what it is we would like to invest our time into. Eventually something will show up that captures your imagination.

I have found who I am now and it wasn't this elusive thing that pervaded me constantly. Although there were times, I got so caught up in wanting to know, it became a detriment to me.

I realised that there is nothing to search for, just do something along the lines of what makes your heart sing, what makes you feel good and let it take you where it wants to go. You just have to show up, bring your curiosity and willingness to be free and then see what unfolds.

There is no rush, there is no panic, there is just a conceptualisation of letting go and enjoying the process of where something that is dear to your heart, can lead you....we don't know....and that is what is most important, we are not supposed to know all the details, otherwise it would already be done and that is a hard way to be excited about something.

Respect you're innate knowing and it will lead you, there will be clues to follow all along the way, and it will take you where it needs to.

I did this when I started living in New Zealand, my spiritual journey was ready to come alive, my spiritual journey was just a process of finding Jenny, I needed to find me, not the Mum, not the one who had a job...who was the real Jenny...and through that process unravelled my love of writing, of delving into the philosophy behind life and having a curiosity to expand myself into the fuller version of myself.

Look for yourself and grow yourself and then stay in that contentedness of the truest version of you, the opportunities to open yourself up will serve you in the talents you bring forward and the fun you bring into your reality

BELIEVING IN YOURSELF BUILDS YOUR FOUNDATION OF YOU

This saying believe in yourself, has been bandied around forever, but what does it really mean?

It means no matter what people think or say about you, you have to have a belief in your own self that has to become your number one priority.

People can sense when there is no belief, it comes out in your actions, your body language and how you speak. There is no hiding it because people can feel it. The only one who can build you up is you.

I know throughout my life I did not have a very high belief in myself. I had a lot of fear inbuilt within and it held me back. I did not know how to truly conquer this fear. I allowed others opinions of me stay with me, instead of letting them go. I actually believed on a subconscious level that what people thought about me and said about me was right about me, and this was because I did not have a strong sense of myself and who I was.

The problem was I did not have a strong core inside of me, to just let things slide, and of course when you are younger you don't always have that inbuilt in you, some kids may have and some haven't. As a youngster you are susceptible to what happens around you.

Throughout my years I slowly built myself up, but it wasn't until I spent time having a look at myself, I started to become attentive about me. It made me see things that I had no idea I was being, and every time I looked within, I built myself stronger again.

I started to challenge old ways of seeing things, old ways of being, by doing this it made me aware of what my life had been and why I had felt the way I had in situations. It was like putting the pieces of the jigsaw puzzle together. I started to understand my past and also understand my family better and why they were they way they were.

Becoming aware created a way for me to build a stronger core within myself and therefore build upon the ever growing foundation of me.

Our life is made up of a myriad of life experiences, thoughts and feelings that build each person's life. Until we become open to what is happening in our lives we will never get the full recognition of why we created our lives a certain way.

Being open to reflecting, looking inward and challenging ourselves can create huge change and help us live from a much higher place of connection. We will often feel jilted but won't know why so, it's important to dig deep and question yourself and build the real you.

It is the biggest and most important work you can do, as it affects everything in your life and leads you in completely new directions in life, if you are dedicated to it.

REPEATING THE SAME LESSONS

There is that saying, “If you keep repeating the same thing with the same thinking, then expect the same results”.

Often times in life I believe we are given the same lessons if we don't change from our past thinking. To grow and evolve, a human being goes through a lot of experiences and what we get out of it, is supposed to help us evolve, that is how wisdom is created, but if you continue on the same path and you feel like you are going down a slippery slope of the same results, then you need to pay attention to what it is you are bringing forth for that to happen.

It may be you are continually broke and without money and just can't get ahead financially. The effort of what you put into something is what is returned to you-simple- so if you continually spend money and have none left at the end of the week, then you need to change something you are doing.

Expecting things to change, does not change the situation. Energy is the source of the Universe, which has been well documented throughout books and videos. Look up Dr Joe Dispenza, it is proven that everything is Energy. So money is just a form of energy, energy is moving constantly, money is the same, it is an energy movement, to make money you have to spend money.

Ask yourself this question “What am I spending my money on?”

We create beliefs around money which help create our spending, our earning patterns and our holding patterns on money.

So if you continually luck out on money being in your life, then you may be setting yourself up for a constant lesson on how to handle money.

Lessons are the souls way of showing you that you need to pay attention as to what is going on and you may need to change directions with yourself and your money issues if you have any.

Once you gain a new perspective on how you treat money, money will show you how it treats you. I think if you have a healthy relationship with money and not have too much fear with it, then you should be ok to continue having good money habits.

My husband Glenn has a completely different way of looking at money than I do. His way was money is to be used to create with. So he would buy a house

to fix up and sell for a profit to help him buy the next thing or create the money he would need to do the next project. Money to him is a constant flow on affect it is there to create with, not to be fearful of. He has done this all of our married life and has always created using the skills and knowledge he has gained over the years with having success and some failures, of creating with money.

Creation is the key to having a good life and a life which you and money participate together in. No good comes out of the fear of money, it just creates anguish and dissention within yourself, and therefore you stop the flow of how to create with it.

Repeating the same lessons is not fun and can be a detriment to you, but unless you are willing to look within yourself and ask questions about why this road has been travelled by you on numerous occasions, then you will continue to yield the same results.

When you act with inconsistency and become unaware of what steps you are taking and what decisions you are making, then you are always going to feel unfulfilled and believe that life is against you.

To be in the driver's seat of your life, you have to take control of what you are doing. The most benefit comes when you question yourself and align yourself with higher ideals.

If you feel stuck do a roadmap of your life and see where you have been heading, you will find consistent clues as to what you need to change.

VALIDATION

I asked the question in meditation once, "Why do I need to feel needed" the answer I got was that "Your need for validation completes you, but to feel that need is also a detriment to you, so to counteract this the only validation that is needed is to come from you, otherwise you will be disappointed by others who don't see you in the same light as you do"

I thought about that answer, and it throws a lot of light on to the subject of waiting on others to make you feel validated, whilst it is nice to have that, the need for it becomes a chore. People are only going to see you in the way that they see themselves for the most part, so for you to wait on others to see you the way you see you, is really a very long waiting game that may not come out in your favour.

The biggest key to validation is you must make yourself a priority over others and I mean in the sense, you have to do what is good for your wellbeing not for everyone else.

Whilst it is noble to be available to people, it is also a detriment to you to be on call constantly, this is because if all you are doing is looking for validation, then eventually you will be disappointed.

There are people who do not care if you have been emotionally available for them one time or a hundred, this is because they become too self absorbed in their own ways.

No one is ever going to be feeling the same way as you are and no one is ever going to make you feel important all the time. You must make yourself a priority and therefore your validation will come from within you.

Too often we are seeking support from others and invariably, we get let down when we don't get validated. If you consistently wait on others to "see you" then you will constantly be disappointed.

Validation from within yourself, will help you achieve that love and respect you keep searching for from others, because it builds upon your own strength and foundation and then you become so much more rounded in yourself that you don't go looking externally for validation from others, in other words you have nothing to prove to anyone else but yourself.

As children that is all we want from our parents and to feel loved is the utmost for a child, but as we grow we may feel that we were never seen or heard and this can create barriers later on in life as we go about our life and create relationships with others.

Feeling needed is being needy, you may believe people cannot cope without you being around. The truth is everyone can cope, it is just at what level they are at within themselves.

Building the confidence within myself has been a life long journey, one that has kept me from being my true self, now that I know who I am and where I am headed, I have had a chance to unravel all those old feelings and beliefs I had that kept me in that place of non validation which I know was with me from a child and it wasn't that my parents did not validate, I grew up in a loving family, but there was a sense of not being empowered through experiences that I had as a child.

Once you can see that the baggage that sits with you is just that old baggage and something that when worked through can be let go of to bring the new you in, then you start to work on yourself and see that all of those experiences have brought you to a better understanding of yourself.

Validate yourself, love you, build your world from the inside out and empower yourself, that is the only validation you need and if you get it from others then that is just a bonus.

A COMPASSIONATE PERSON CREATES A COMPASSIONATE WORLD

When I looked up the meaning of what compassion means, it means sympathetic, pity and concern for the sufferings or misfortune of others. To create compassion in your life, creates meaning in your life and what I mean by that is, when you see others in a state that is not conducive to who they are, how they live, what they are enduring especially for people you know, you have concerns and your compassionate side comes out, maybe for some this doesn't happen, but I feel most good hearted people will have this happen to them.

People go through some terrible situations and atrocities and to know that there are compassionate people out there who are willing to help, extend their hand or just give a hug, then that in itself creates the meaning for you to live in some form of purpose throughout your life.

The world is full of atrocities, depressed people, people who are suffering in silence with Mental Health issues, and the list goes on.

When people know there is someone there that they can count on regarding their burdens within themselves, it helps to lighten their load. If people get to express how they feel and are given the tools to help them cope, then life becomes a lot easier for them.

Have you ever had an experience with someone who has been so compassionate and kind to you? This shows that this kind of person comes from a place of understanding and care that they take the time, to understand how you feel and what is going on in your life. These people are people who truly allow themselves to become open to how important it is to understand the feelings of others.

To have these sorts of people in your life is a blessing, because there are a lot of people who are not concerned with others, they are more concerned with where they fit and what is going on in their life.

I think there is something really noble about people when they bring an Energy of compassion, you know that these people will bring a humility with that and as you leave their presence, you will feel the ripple effects of them when they have gone.

You may think about the words they said to you for days, they may have helped you connect the dots with something that has been bothering you, or they may have just listened to you and said they understand where you are coming from. I think the benefits of having someone around like that, is they see what you're saying as something that is valuable to you and therefore they can answer you by making you feel validated, which can and will empower you to seek your own strength.

Compassion is a huge love frequency and with more people being compassionate helps the frequency of the planet raise. We become more aware of how people are feeling than what we can pull them down with.

LET LOVE BE YOUR HIGHEST CALLING

The word love only has 4 letters in it, but the power it holds is insurmountable. We all know that feeling when we see a brand new baby for the first time, or we hold a puppy, or we watch our son or daughter play their first game of sport, or we get a phone call from our friend who says she is having a baby.

No matter what it is, the love that sits in our heart comes pouring out, that is the real connection that comes oozing out of us when we connect from our heart to another person.

If we could all lead from that place, then we would become a nation or world of lovers and not fighters.

The highest calling you can lead from is a heart based place. It is where our connection with each other has no boundaries, no race and no creed. To give

and receive from this place leaves an authentic stamp of love on everyone we meet and when we touch others from this place it changes people's lives.

This planet is calling now for a greater strength of people working together and this can only come from a heart based place. For us to grow as people we need to drop the facade we have with each other and learn to love from our hearts.

Only then will we create cohesiveness and a new sense of direction.

Find your highest calling through that space in your heart and you will never look back to what was.

When you come from that frequency you will notice issues that used to give you grief, drop away, it doesn't mean that it is ok for you to accept people walking over you or people doing deceitful things to you or people creating havoc for you, there is a place for you to put up your boundaries, but when you let go of the emotion of what someone may have done to you, you clear the decks and take an objective look at the situation instead of getting yourself embroiled in it which just causes you to stay stuck in it.

The emotion will keep you looking at it and dissecting it, in the first instance this is what will happen, but when you become objective or come from a higher perspective, you free yourself. The person who created the act is the one who has to live with the emotion of what has happened.

Carrying anger is not something that you want to do for a long period of time, of course at the start it is the driving force with most people, but you will find when you let go, process it and move on, the person who inflicted the pain on you, will carry the burden, the guilt and the pain until they resolve it in their own heart.

This may sound like you are letting someone off "Scott free", but it is not that at all, it is releasing you and letting them answer their own demons.

There was a great part in the movie "The Colour Purple" one of my favourite movies. Whoopi Goldberg, who played Cece was made to marry this man at a young age who treated her like she was nothing, until one day a woman came to the house and rescued her. As she was getting in the car, the horrible man came running out and said

"You can't leave here, you have to clean and cook for me" and he continued on with his scathing words.

Her words in reply as she stared at him and stopped him in his tracks were “I am leaving now and whatever you have done to me, you have done to yourself first”

They were such poignant words they have stuck with me forever.

Whatever you have done to me, you have done to yourself first. Truth bomb right there. You do not get away with anything because the truth of it is always staring you in the face, until it becomes acknowledged by you, you always have to face yourself first before any resolution can come your way.

If you think you can fool the Universe you can't, it is listening and it acts in accordance with what it receives.

Therefore when we let love lead us then we know that the Universe has our back. What may have happened to you in the past that caused you pain by another, will not go unnoticed by the laws of the Universe.

There is a great quote I read and it says
“Sooner or Later everyone sits down to a Banquet of Consequences”
-Robert Louis Stevenson-

Don't ever think that the person that got away with whatever it was will not suffer, they will, it will be their inner suffering that will lead them to find themselves again if they so choose.

Outside actions create space for inner healing to take place and if the person who leads from love realises what their actions have created, they will undoubtedly want to heal that within themselves.

If you can foster this within you, then you have won the game, give love back to yourself and know that you are worthy of love forever and always. When you work on yourself to create this space around you, then you will find you will build a wall of security with love around you, therefore your actions will come from a much more centred space, rather than a place of wrong doing, because you just are not going to tolerate anything less from yourself.

Let love be your highest calling always, let anything else drop away, because you are deserving of it, you just have to know that you are, even in your moments of doubt, fear or anguish.

WHY PEOPLE CAN'T SEE PAST THEMSELVES

What exactly does this mean?

I see it as, whenever we have problems cloud our judgment we cannot move forward, we just cannot see past ourselves. Everything in life that we encounter is teaching us something, teaching us to be brave, teaching us to be open, teaching us to listen to others, teaching us to be strong.

When we don't stop and look at the meaning of why we keep creating the problems in our life, then we will never see the truth in it. We will never see past ourselves to the importance of what has been presented to us, we will always look at ourselves with the problem in tow and ask

“Why does this always happen to me?”

The clues are always there, we just have to get to a point to see past ourselves and look at the situation without being in it.

What happens is we associate ourselves with the problem, we claim it if you like and then we never see that we can fix it. We think it is a part of us, but the truth and reality of it is, is that it only appeared to help you with something going on within you. When you see the bigger picture of something, then you see the truth of it all.

When we went through a dark time after the collapse of our housing projects in Western Australia, the builder went broke and the bank stopped the payments on the houses, our house got sold up by the bank we had a contract on the property at the time for \$330,000 and we owed \$345,000. They wouldn't let us owe the extra \$15,000, so they sold our house up.

The impact was pretty devastating, had we done everything in our power to stop this, yes, we had meetings with the builder driving 7000 kilometres across from Victoria to Western Australia to have meetings with the building group, they were promising that the houses would get built, but these were just stalling tactics. So after a lot of endless meetings the inevitable happened. This was in 2008/09 when the Financial Crash happened in America and affected everyone worldwide.

After getting over the initial shock of it all, it was time to move on and we ended up in New Zealand. The point of the story is that we had to look at what happened and move on from on it, not only rebuild ourselves financially, but most importantly rebuild ourselves from the inside out.

There is always a silver lining with anything that happens in life and ours was it led me to a spiritual path. If I look at it from that point of view, there were lessons in there, but more importantly there was a chance to move into where our lives were really meant to be heading.

Out of that catastrophe we moved back to Australia after 6 and ½ years of being in New Zealand, The Manaian Way was born through our time in New Zealand, please check it out www.manaianway.com

If the situation in Australia hadn't happened then I may not be sitting here writing this book and giving an insight as to why it is important to move past anything that comes as a challenge to you.

Take the lessons, regroup and help others with the wisdom you have gained and know that in time when you go down and you get back up, you garnish strength you never knew you had.

WHEN YOU FEEL LIKE YOU CAN'T MOVE ON

Why is it that someone or something can make us feel hurt and we just can't move on?

Because there is a part of us, that gets something out of it, because if we didn't we would let it go. There is something that we feel we need to soothe our brokenness with and that is the hurt that we hold onto to keep us there in it.

That saying "time is a great healer" is very true, because it is a great healer. It does take time to digest whatever we are feeling and sometimes we go over and over and over things in our heads because we just can't let go of the emotion.

I know that I have been victim to this type of thinking, it is something that just seems to stick with you. You have good intentions of moving on from it but you just can't seem to let it go, because you keep unconsciously processing the same thoughts over and over again.

The only way I have been able to deal with letting things go, is to go through feeling it, and if that includes having a complete breakdown on something, then so be it, because I have learnt that when I do this I always come out the other side much more aware of what the problem was and how I became so consumed

by it. They say to take an overall look at something or imagine yourself as the third person, whereby you look into the situation with no emotion, you just see the parts that were played out by you and the others.

This allows you to be detached from the situation and is much easier to digest. This may take some time to do as your raw emotions take time to process, but when you decide that it is time to have a look at something then you will become much more courageous at looking at it more factually, which gives you a break from all the mind stuff that goes on. As always there is no shame with anything, there is just healing that needs to come from the suffering.

You just have to keep reminding yourself that this situation happened, there may be other people involved that were hurt as well, when you have worked on yourself then it may be time to reach out to others to help clear up the pain that may have been brought forward through your actions, and it will move on eventually.

It came to you to help you see something that was needed to be seen, eventually we all have incidents that cause us grief, that pass in time, but the most important thing to do is to know what its purpose was to you, once you have that thinking in place it has an easier chance of moving on, because you have accepted it, it can now move on.

Letting go is for you to be free, not holding onto that energy and angst that stays with you, often times it takes a while, but to free yourself you have to be able to let go of that feeling that holds you back. When you can move away from a situation with clarity and grace, then you have freed yourself and that is the most important thing because then you can move freely again unhindered throughout your life, knowing that you learnt from the situation.

MAKING ADJUSTMENTS IN A RELATIONSHIP

There will be times in people's relationships where they see things differently from you, arguments may ensue and people may say things that really tick you off. These problems arise because people may feel like they have not been heard, which comes back to my title about validation.

We all want to be validated or valued and as I have said before, we need to validate ourselves first, really value who we are. There are times when we need

to make adjustments in a relationship, when we know we are being too bossy or we are being too self centred or insensitive, then we need to become aware of what we are doing.

Relationships are a tangible thing, they are real and so are our emotions that get created throughout our relationships, so we have to be aware of what we are bringing to the relationship.

Care, compassion and kindness are always going to win over self-centeredness, insensitivity and being right.

This is where validation comes in as well, because if you are having issues with each other, to truly get resolution, you must be willing to listen to what the other person says and understand what they are feeling, then they will feel validated. This needs to be done without jumping in, too often we are ready to reply before we have actually listened to what the person has said.

To truly bring any resolution it's important that this happens, often times it is a misunderstanding, as one person will see something one way and the other person will see something another way.

The gift of communicating with respect is going to get you through your misunderstandings so much easier, than if you keep going back and forwards with what you see as the problem with the other person in a negative way.

You want to make sure there is an even balance of scales, then you need to look at what it is you are bringing to the table.

Make sure you are not just out to get what it is you want and not think about the partnership that is involved.

You don't want to become so righteous, that one becomes more domineering than the other. The union of two people together has to be worked so that both are finding themselves first and are being supported by each other throughout the process. When they find themselves first they bring the best version of themselves to the relationship and this is what creates harmony, respect and honour within each other and creates a cohesive and successful commitment to each other.

It is all about give and take and it certainly can be challenging at times. We are humans, we all come with different thinking and different ways of seeing things, so we need to learn to be forgiving at times. We need to be assertive at times, but we also need to be understanding and unconditional with our love, this does not mean that your partner has the right to walk all over you. It means

that you stay open for challenges and the ups and downs to visit the relationship at times and then you make the judgments of where things need to be adjusted or if there is no possible way that you can both come to an understanding and it seems to be a constant problem in the relationship, then you may need to get some help to iron out the kinks.

After that you make the decision of keeping the relationship or you both decide to let it go. What truly matters is how you see yourself and you are honest with yourself as to what you are bringing into the relationship and if you feel good about what you are bringing and your partner is also on the same page, then the problems that may arise will be handled with dignity and grace.

LETTING PEOPLE GO

I feel like this is one of the hardest things for me to do. I feel I am a very compassionate person and it's hard to just let people go, especially if they have been in your life for a long time.

Situations arise that may throw you into some sort of chaos with people, it could have been going on for a long time, and it's just that you get to a point and you take an honest and hard look at the situation and ask how is this serving me.

It's quite amazing how you can have people in your life for a long time and everything can come to a head, over situations that may be something quite small, but there could also be those reasons that you have grown in different directions and therefore you lose the connection with each other.

I suppose it is then that you start to question what this is doing to you. If there is a constant feeling of anxiety around people then it is a sign that it might be time to go your separate ways.

Friendships, acquaintances and important people in your life come in for a purpose I believe, they are there to showcase the qualities of themselves that you will connect with, from there you build wonderful relationships and those relationships stand the test of time, until they don't.

If they don't and you find that you are drifting apart on your own paths, in anything you do, it is important to communicate with each other how you feel. You can be friends with people for years and may have no problems with each other, or there may be times that issues come up that do so for a reason.

I think the problem with people splitting apart is that you grow apart, on an energetic level your frequencies are on different level and you may find it hard to connect with each other.

Perhaps one person has fallen back into destructive ways and you have moved forward in life, or that you just see things in a different light, or you have gravitated towards another path, just as they may have.

Unless there is an understanding of this, it's virtually impossible to stay connected as your frequencies are different. Your energy is a tell tale sign that you are not on the same wave length, and holding yourself back makes it harder to be yourself.

You might find that communication with others who do not understand you becomes harder, they may actually start to drift away by themselves. This is not a bad thing it is just what happens, when you feel you are not on the same page with each other and you have nothing in common.

We each gravitate to one another for reasons that relates to where we are energetically.

You know you don't want to be around people who bring you down, it's the feeling you get when you are around them, they may constantly nag you or complain all the time or just become obnoxious, there is an imbalance in your energy frequency with that person and it may be time to let them go.

You may have a conversation with them about this or others may just drift apart naturally, either way it was what was supposed to happen for you to move forward on your journey.

Our life is like this with people, they come into our life for a reason, a season or a lifetime. It is all part of the journey called life.

DON'T BE AFRAID TO USE YOUR VOICE

For a long time I never spoke up. I never used my voice to say how I felt or what I needed to say. I did this because I was fearful and I didn't want to let anyone down.

People can say “how ridiculous” but to me when I was feeling like this, I was too scared to speak up, probably because I would get reprimanded which came from the first year at school.

I remember a teacher we had called Miss Going, her brothers were famous rugby players, she would hit me on the hand with the ruler because I couldn't do my F's, I had just started school at the age of 5.

How does that affect anything you ask? When you are constantly reprimanded you carry within your subconscious mind the feelings and memories of those painful times. Because of this and having a strict Dad....love you Dad.....I figured out that I never wanted to get anything wrong, because I was constantly reprimanded for my actions. When you see the correlation of what that does to someone and how that affects you throughout your life, you can see the triggers that it created in my life.

I was talking to Glenn about this one day recently and how I would not want to try anything new if I was asked (apart from dance because I loved it and it felt natural to me) because I did not want to get it wrong. My whole thought process was about thinking about what would happen if I got it wrong.

I literally would freeze inside, trying to take in everything or I would be thinking more about what will happen if I can't remember what to do, rather than ok let me give it a go. I was too scared, the fear was huge, and it actually took a stranglehold over me.

There were also times in my head I would be saying no, if someone asked me to do something, but out of my mouth would come yes. I did this because I didn't want to let anyone down, but the only person I let down was me.

Since I've been on this spiritual journey I've found my voice now. It's taken a long time, but I'm glad I found it. I say what I have to say in a compassionate way, because I have built a strong core within me. I've found it easier to speak my truth because I have let go what people think of me and that has only come through dedicating time to myself, educating myself and looking at my fear based patterns. Don't get me wrong, I can still get fearful about certain things, but everything is a work in progress.

If you feel you can make a difference in the world, if you feel you have a voice, please use it, you have no idea how your voice may help someone else who may have been afraid to use theirs. We are all affecting each other throughout our lives, some people in big ways and some people in very gentle ways, it's no matter how big or how small the affect is, it's the affect that allows others to see

beyond what they can only see within the confines of their own eyes or way of thinking.

Helping others is an extremely noble thing to do and you will have no idea how much your help can help those that may be lost.

Use your voice, don't be scared to have an opinion, we are each and all different individuals and that's what makes us unique and creates this big melting pot of life.

BELIEVING IN YOURSELF, BUILDS YOUR FOUNDATION OF YOU

The saying 'believe in yourself' has been bandied around forever and most people really don't pay attention to it, because it feels like one of those cliché sayings.

To walk through something courageously, you have to have a belief in yourself that you can do it, otherwise you will doubt yourself and talk yourself out of it.

I know throughout my life I not did have a very high belief in myself. I had a lot of fear inbuilt and it was through experiences I'd had about myself and probably things I believed about what others said.

As a youngster you are very susceptible to what happens to you, you recall everything in through your filter and store it as a memory, those memories carry the good feeling memory and the bad feeling memory and they surface the next time, you are faced with a situation that was similar to one that you have stored in that memory bank.

Throughout my years I slowly built myself up, but it wasn't until I did the spiritual work on myself that I really stepped it up a gear. Looking inwards, or reflecting or becoming aware of what my life had been and why I had felt the way I had in situations was like putting the pieces of the jigsaw puzzle together.

I had started to understand my family better and why they were the way they were.

Becoming aware created a way for me to build a stronger core within myself and therefore build upon the ever growing foundation of me.

Our life is made up of a myriad of life experiences, thoughts and feeling that build each person's life. Until we become open to what is happening in our lives, we will never get the full recognition of why we created our lives a certain way.

Being open to reflecting looking inward and challenging ourselves can create huge change and help us live from a much higher place of connection. We will often feel jilted but won't know why, so it's important to dig deep and question yourself and build the real you which sits at the foundation of every living being, if only we take the time out to do it.

It is the biggest and most important work you can do, as it affects everything in your life, and leads you in completely new directions in life if you are dedicated to it.

REPEATING THE SAME LESSONS

That saying if you keep doing the same thing with the same thinking, then expect the same results

Often times in life, I believe we are given the same lessons if we don't change from our past thinking, or more to the point, if we continue along the same destructive path, then the lessons become harder, I believe.

To grow and evolve, a human being goes through a lot of experiences and what we get out of it is supposed to help us evolve, that is how wisdom is created. If you continue on the same path and you feel like you are going down a slippery slope of creating the same results, then you need to pay attention to what it is you are bringing forth for that to happen.

It may be that you are continually broke and just cannot get ahead financially. The effort of what you put into something is what is returned to you-simple- so if you continually spend money and have none left at the end of the week, then you need to change something you are doing. Expecting things to change does not change the situation.

Energy is the source of the Universe which has been well documented throughout books and videos. Have a look at Dr Joe Dispenza, it is proven everything is energy. So money is just a form of energy, energy is moving

constantly, therefore money is the same. It is an energy movement, to make money you have to spend money.

Ask yourself this question

“What am I spending my money on”? We create beliefs around money, which help create help create our spending, our earning patterns and our holding patterns on money. So if you continually luck out on money being in your life then you may be setting yourself up for a constant lesson on how to handle money. Lessons are the soul’s way of showing you, you need to pay attention as to what is going on and you need to look at how these problems that are arising are causing you undue stress.

Repeating the same lessons is not fun and can be a detriment to you, but unless you are willing to look within yourself and ask questions about why this cycle keeps repeating itself, then you will continue to yield the same results.

When you act with persistence and become aware of what steps you are taking and what decisions you are making, then you are always going to feel unfulfilled and believe that life is always against you. To be in the driver’s seat of your life, you have to take control of what you are doing. The most benefit comes when you question yourself and align yourself with higher ideals.

If you feel stuck do a road map of your life and see where you have been heading, you will find consistent clues as to what you need to change, being honest with yourself will yield the results you may be looking for and of course there is no shame in any of this as you work things out. If something is going in the wrong direction, change it, it is that easy.

FINDING FAULTS IN OTHERS CONSTANTLY

When you feel like you need to find faults in others constantly then I believe, the mirror is definitely reflecting back at you.

Whenever you feel it is your job to see faults in others, then it’s actually a calling to take a deep look at yourself. There is no bigger waste of time than looking at others and constantly finding faults if we don’t clean up the baggage we are carrying and it is usually through judging others that we find, the finger you point is always pointing back at yourself.

We all have demons and we all have our faults, so your time is better spent working on your emotional baggage that is creating the fault meter you are using on others.

To clear out the thought patterns the judgment and the criticisms, the old debris we have left within us, needs to be thrown out.

Consciously engaging with yourself about what it is that you see in others that annoys you, or gives you grief is going to reveal some things about yourself and it doesn't mean that you see everyone as perfect and we shouldn't think certain ways, it just means that the work you do on yourself will switch your focus about judging others and help you recognise the things that other people have which are wonderful. It will help you to see people in a different light.

It doesn't mean that you walk around with rose coloured glasses on, as you need to have boundaries with people, but it is more about what you spend your time focusing on. Judging others is really a judgment on ourselves, because if we were all made the same way then, how can one be made better than another. When you see others in a new light, you bring your understanding side and the side that has been mean or judgmental or abusive or critical, starts to fade away because really it was a call to you to take a look first at yourself and then focus on the outside world with more compassion.

If it is faults that grab your attention, then it is faults you will always focus on. This may be coming from your own inadequacy of not feeling good enough, an insecurity or a feeling of inferiority. A constant lack will keep you searching outwards at others, the question that needs to be asked is "Where do I see in me, the faults I see in her/him"?

Perhaps there was criticism and a lot of it as a child, which makes for the reason why it becomes your focus.

We cannot undo the past of what happened to us as kids, but the best thing you can do for yourself is be guided inward to work on yourself, and working on yourself is not being hard on yourself, it is becoming aware of why you keep feeling the way you do.

You don't want to have a life of bitterness, or victimhood or self loathing or low self esteem and don't get me wrong we don't have perfect lives where everything everyday runs smoothly, but you certainly want to be the best version of yourself, and that means to let go of the judgment of others and concentrate on yourself. Everybody comes with flaws, everybody does things different, but the question is how much of your time and energy are you going

to give to judging others, when you can spend time in your life on much better and more productive issues.

WHEN YOU FEEL STUCK

Life is a roller coaster at times sometimes you are up and sometimes you are down. It's on those down times that can cause you grief and feeling stuck, and no matter what way you look at things, you can't seem to see any light at the end of the tunnel.

In those times of feeling stuck or trapped or feeling like you can't get out of your situation, the first thing you need to do is become aware of what you are feeling and thinking. When you constantly feel like there is no way out, then there isn't any way out. So to counteract that you have to start finding solutions to the problems you see in front of you. Nothing stays the same forever unless you put that energy into it in the first place, nothing will change if you don't bring your focus and attention to the things that you have control over that you can fix.

I think the first thing to do is look at everything that is causing you grief, objectively. If you can't do that then the emotions are going to keep you stuck in the problem and you will never get out of your own way, you will constantly run things around and around in your mind, I was so good at this.

Secondly you have to decide what it is that you need to change, and thirdly which is the most critical thing to do is you have to be committed to the change and show up consistently everyday with this type of thinking. Otherwise it is just a waste of time.

They say consistent steps towards something is what fulfils your goals. Your thinking has to be trained to empower yourself, everyday. So for instance you have to value what you are going to fix, that you want to fix this situation so bad, that you will do everything you can consciously everyday to bring it to a close.

Otherwise your focus will waiver and you will just get down on yourself more and more where you end up so far away from the results you want that you keep giving up.

I read in a book of Tony Robbins that when you feel down, depressed out of sorts, you need to get up and do something to change your physiology. This

makes sense, if you continue to wallow in your own self pity then you will never be able to bring in a change in your physiology.

To do something different there must be a change in your thinking, you cannot keep your old ways to become a different person, you have to train your mind and act on that training to bring in a new you and it needs to be done on a consistent basis, just like when you decide you want to get healthier because you are sick of feeling sluggish.

So what do you do, you start to watch what you eat, you make better choices, you change your habits and start to form new habits, and there will be times, when the old you wants to stay back in the past, because the body is not used to being this new person, so by training your mind you are also training your body and once the two get each other, then you start to form a new you. That is why it is imperative to question yourself when you become aware of your reactions, your choices and habits, ask yourself are these coming from the old you.

By doing this you are deciding that you may have had enough of seeing yourself as less than, or creating situations in your life that don't seem to be working or judging yourself with negative self talk, instead of talk about how you can overcome the problems you see.

Your past is always a measure on where you were and where you see yourself in the present and where you would like to go in the future, that's it, just a measuring stick of what was. In every moment you have the power to create a new way of thinking, it may take some time, but it's not impossible, it depends on how much you want something to be different.

I never saw myself as empowered because of the past, but if I stayed in that thinking my results throughout my life would reflect that, because that is all our results are, a reflection of where our thinking is. To change I had to change myself and become aware and every day I still need to do this, I fall back sometimes into the old ways, but I am aware when I go there and decide that I need to move on, that I am not gaining anything constructive from sitting in that place, all it's doing is showing me that if I stay there, then that is where I will live in everything I think see or do. It is a reminder of a past I once lived, but it's not a place I need to be now.

HOW ENERGY WORKS AND HOW TO GET IT TO WORK IN YOUR FAVOUR

Energy is an even exchange between you and the universe, cosmos, whatever you like to call it. I'm sure you have heard, "what you give out you get back" Energy in- Energy out. So to stack the odds in your favour, it is more desirable to give out positive energy than negative energy. It keeps you in a higher vibrational pull to attract more of the same.

Everything is Energy, so by keeping yourself open to positive Energy, you are sure to attract the things you want in your life much easier than if you don't. Your Energy really is like your internal compass and whatever thoughts, beliefs and feelings you have will lead you energetically. If you want to create a certain situation in your life, then concentrate on that, your focus of that will keep you on track, as you focus on that experience you want, you create an energy around it, and energy is the momentum needed to create it to happen, then as you start to create the thoughts and feelings, the next thing that will happen is you have to create the action to go with it, without the action it doesn't happen. It is like you meet the Universe half way by doing the work and the Energy from that work creates the people, places and money to find its way to you through the universal energy stream

Sometimes you may be directed elsewhere, you may not always get it the way you want, but nine times out of ten you'll find yourself moving in the direction of your desires, if you keep your energy focussed on it.

Of course there are also times when you do not manifest what it is you desire and this can come about through what is going on internally.

For instance if your life is chaotic, your health is not good and you have low self esteem about yourself, then you may manifest constant chaos around those issues.

This is where it is time to have a look at where you are in your emotional state in relation to these things.

If you can stop and be really honest with yourself, like I mean really honest, say for instance that you constantly gossip about what others have and how they are just lucky or they are just arrogant to have that or whatever it is you think about them, then you need to see that those low vibrational feelings you have (and they are of a low vibration, as everything is measured in frequency) is what it is then you really need to get clear with yourself about and see that what you

constantly project onto others is something that is keeping you stuck in that energy.

The more honest you can be with yourself about everything, the quicker you become unstuck with your life as one big shambles, and the quicker you will create different situations and scenarios that will elevate you in life and not keep you creating the same situations that may be painful for you.

The key is honesty within...nothing is more powerful than that, because when you see what has been holding you back, there is a moment of grace, and that moment of grace is to see yourself as the whole of everything, even the patterns you had running, there is no shame in that, there is only resolution in that.

Don't allow anyone to make you feel inferior for your misdemeanours, these people were not part of your life, they did not have your thinking then and they know nothing about your circumstances back then, only you need to hold yourself accountable for being you, you don't need anyone else's permission.

This is your journey not theirs, of course if you have people that help you and give you advice then that is good, but cut those people who do not honour you in your own salvation and just remember, they also will have demons in their closets, that they have not dealt with themselves, so you don't need others to be your judge and jury, only you need to do that for yourself with compassion.

So work that good energy in your favour and see your life start to turn around, your old ways of being and doing, will be replaced with contentment and harmony, therefore your consciousness will be elevated and you will create your life from this space and not from the space of dysfunction you may have had previously.

YOU GROW THROUGH WHAT YOU GO THROUGH

Whenever we have trauma in our life, whenever we have suffering in our life and whenever we have joy in our life, there is an inherent directive moving you along in life.

Pain and suffering are certainly hard to handle at times and hard to understand, but there is always an underlying message attached to the pain.

I wrote a quote for the word PAIN it is Pay Attention Inside Now, and this is exactly what the pain is there for, it's not there to just have you suffer, it's there to enlighten you. It's there to wake you up, to make you stronger it's there to help you. It just reminded me of a show on TV, I think it was called Highway Cops. A young guy had been pulled over by the Police and had to blow into the bag to see what his reading was, he said he hadn't been drinking, his result from that was that he was under the limit, but it was when he had a drug test, that the problems started for him, his reading for cannabis was positive. He was already on a good behaviour bond, but still didn't see the lesson, the lesson for him presented itself to him that night, which was, change what you are doing, so you don't have to keep on repeating it, hopefully he got what it was that brought him to that place in the first place.

Some people go through huge lessons and others may only have minor ones. No matter what, there is always a message screaming out to you if you are awake, it's one of those aha moments. This guy had one of those if he was open to it, an opportunity to rectify his life, but was he willing to do that?

Growing is part of our journey here on Earth, this is how we evolve as a species, when we can become present in every moment and conscious of what we are creating in front of ourselves through the actions we use, then we stop repeating the same mistakes from the past and put our best foot forward to a brighter and more productive future.

Changing our behaviours, our patterns and our beliefs, are the steps in the right direction to create change in our outside world. This will come about when we are awake to what patterns we have and those patterns that we keep on repeating.

Becoming consciously aware will enable you to keep yourself in check, sometimes we react to things before we actually think, so we may blurt out hurtful things to react back to someone who has lashed out at us, or we may withdraw and take on that hurt ourselves and leave the situation.

When it comes to someone lashing out, most people who are lashing out are in pain themselves because if they weren't they would approach you in a different way, it is their coping mechanism, so therefore becoming conscious of their reaction to you allows you to do things differently, knowing that by them lashing out has nothing to do with what you are doing or who you are. If you leave the situation feeling hurt, know also that it is not for you to hold onto someone else's pain.

This is where I think we all go wrong, we take on the pain of others when it's not ours to take on, if we can just get ourselves into a place of knowing that the pain of others need not enter "my" field, it needs to be transmuted and let go.

Sometimes it is a challenge to let this go as it is hard at times to not get affected by people and what they say to you. We have all had hurtful situations in our life and through years and years of this we have trained ourselves with how to deal with painful situations in a contracted sense, taking it on and burying it deep within. Now it's about undoing those old ways and creating new ways to handle situations, it may take a while, but it is something extremely worthwhile doing, as it has an effect on us constantly.

Be open to different possibilities and just become aware and you will handle the next difficult situation with a new way of thinking, that will train you to form new habits and beliefs and this in turn will help you grow and evolve.

KEEPING YOUR HEART OPEN WHEN YOU DON'T KNOW IF YOU CAN

Most of us throughout our lives have had heartbreak at one time or another. It can be very debilitating because we are emotional human beings, so we feel what is happening to us and around us.

When disaster strikes and leaves us questioning everything, shutting down is normal for most of us, we start to feel insecure, and therefore we don't want to open ourselves to anymore people or experiences in our life.

So for a time we shut down, this is normal and can happen many times, a death of a loved one, an unhappy relationship, abuse by others, all sorts of scenarios keep us there. Processing your feelings will help you through the how it went wrong and why scenarios.

After sometime it is imperative that you open yourself up again, there are two reasons why

1. It is unhealthy to keep holding onto the past. You will carry it with you forever, if you don't reflect on it and see what it was there for, what you got out of it and then deciding that its time you let it go, it will make opening your heart again, all the more harder to trust again.

The past needs to stay in the past, learn from it and let it go.

2. New doors cannot open if old ones are still closed and shut tight. You cannot possibly allow other experiences or even miracles to come in, if you don't look to your future again and allow yourself to become open again and allow yourself to love again, it makes it very hard to create a new life for yourself.

Don't forget to open that new door and allow something or someone new to come back into your life again. Life is like a merry go round, sometimes you get flung off and sometimes you get to stay on for a while. You decide and then you choose how you want that merry go round to work.

When you keep your heart open, you allow yourself time to heal from your previous heartbreak and you also allow yourself to find your vitality in life again, which can lead you to new experiences to come into your life.

When one door closes another door opens and this will lead you to a new you once again.

Don't give up, just allow yourself to grieve and give yourself time to grieve, then decide it's time to move on. Each experience teaches us something new and something new will always come around again, once you open that door again.

EXPECTATIONS KILL DREAMS...REALLY YOU SAY?

Whenever we dream about our future, which may include anything, maybe it's a new person in our life, maybe it's a new job, maybe it's starting a business.

We start to see how we want our desire to come to form and we become specific about how it should be. We think about it constantly and dream about how it should be. The day comes that it didn't turn out as we expected it would. We had our hopes on a specific outcome and as we start to allow those feelings of despair to infiltrate us, we become disillusioned with everything. Our hopes and our dreams are shattered we can't see our way to a happier or brighter future, everything we were counting on just let us down. The question we need to ask. But did it?

I remember a time when we had a specific idea in mind of buying houses in Western Australia in the mines. The rents on these houses were contracted to be \$2000 per week, and the houses were selling for a 10% return so by

having 4 of these houses we thought we would be set for life, pay them off by selling two, which would pay the whole debt off and then live off the rent.

Life decided that was not supposed to happen and in 2008, the Financial crash came and our dreams were shattered, what ensued after that was despair, we had to sell off everything to get out of debt, the bank even sold our house up, we only owed \$15,000 on the loan after getting a contract of sale on the house, but the bank had other ideas, so they sold it up, what came with that was 4 years of going backwards and forwards to a Banking Ombudsman, but what is more important was how we handled it, there was a lot of thinking about things, a lot of wondering what next. We ended up in New Zealand as we still had a block of flats there. That was our saving grace and it was also meant to be I believe.

We met a lady, who we had met 3 years previously, she was a Medium. I had started to read spiritual books and was really interested in it, it sparked something in me after contacting her, I found out she was living right behind us of all the places in Whangarei for her to live, she became our neighbour. So after that meeting my spiritual studies and development were fastracked. The events that led to this meeting were not so pleasant, our whole world got turned upside down, but it was meant to be.

When you go through heartache or trauma, there is always a reason for it I believe, maybe it is for you to see whether this path is really meant for you. I also believe we are here to find and locate what the meaning and purpose of our life is for us.

Mine was to find and connect with the real authentic spiritual person I already was. I just hadn't unlocked it, it wasn't until I'd gone through being birthed into this world and had to go through all sorts of situations and experiences to grow me, and to grow me as a person who was strong, who wasn't her past, who wasn't her old beliefs, who wasn't what others thought of her, who wasn't her shame, her pain, her regrets, her disillusionment, her confusion and all the other things. That's what my purpose was to grow me to bring out my gifts, that I feel so strongly now and to help others who have gone through the same things to grow, to learn to love themselves no matter what, to take charge of their own lives, to bring peace, love and serenity and to see past the illusions of what doesn't matter. To help inspire them to find the truest version and best version of themselves.

So when life throws you those disappointments, just remember to take hold of them, look at them as a gift, just like a present, you get to unwrap, find the

gift inside and pay homage to it, understand it and let it build you a firmer foundation of you than you had in the past.

LOVE YOURSELF NO MATTER WHAT YOU GO THROUGH

I feel this is one of the most important things you can do in your life, you owe it to yourself to do this.

Sometimes in life you can get thrown off your journey from negative aspects that may come out from time to time, you may put ourselves in situations, that when you look back at, have been the worst thing you could ever have done. If you constantly think about what you did, you put it on repeat in your brain, you'll never get out of your own way.

If you act from this standpoint then chances are you will end up doing it again. You may become low in self esteem, you may become pre-occupied in your thinking and you start to believe you deserve to have these negative experiences happen to you again...you deserve it...there is no way you can ever heal properly from your past if you constantly think this.

You have to take stock of what it is that has happened and really be honest and look at it properly. There are times when you just have to love yourself through your worst experiences and situations, otherwise you put off the inevitable, the healing that needs to take place, so you can put yourself back on track. Loving yourself is part of the healing process and is imperative to help you gain wisdom. Connecting with yourself allows you to see that you are not your mistakes, you are not your shame, and you are not your anger.

Whenever this comes into play it is a time for you to see things for what they really are. To completely heal from these situations that you have found yourself in, is to know that although it wasn't the best part of yourself that came forward, there was a reason for it and to learn and grow from it, then you need to put it to rest.

Otherwise you will be defined by it forever and you will never completely heal from it. You cannot move forward with the mistakes of the past hanging around your neck. You must let go otherwise you keep yourself in the same holding pattern. Let Go and let God... a wonderful phrase, send it up to the ether and love yourself even more because you will need to even more than you think.

DON'T BE A PEOPLE PLEASER

This is a big one for me, most of my life I have been this person. I suppose it was formed at a young age, whoever has the most influence over us is how our lives become shaped by them.

“Monkey See Monkey Do....Actions speak louder than words”

We are shaped by the people around us and our environment. Whatever you are shown, there is a fair chance you will become the same. People pleasing is in a deeper sense a form of not feeling worthy enough to be you. It sounds very cliché when you say it, but if you really think about it, it comes from less than being worthy. It's like you decide or act from a place where you feel the need to not rock the boat so to speak, that comes from not feeling like you have a voice or you have the right to say your piece or others must be right and I must be wrong.

There is also a feeling of thinking that what you have to say is even valid, you take others words over your own as a truth, so you dumb yourself down to fit in to make that person feel good about themselves, whilst you go against your own feelings and thoughts, so you will be liked. I think for me this was something I really struggled with, perhaps it even had feelings of if I say my piece or say my bit, I will be rejected or abandoned and that I will not be loved...all beliefs that I had.

Don't get me wrong there are times when you don't need to put your “two cents worth” into everything, but there is also a time when your voice needs to be heard and people need to hear it, so people know where they stand with you. This can always be done with compassion, there is never a need to feel threatening to someone, but it is imperative you use your voice to stand up for who you are and what you believe in when the situation arises when things need to be said. Otherwise if you don't say your truth then you lose your own power, and others take your power, this is coming from an Energy standpoint.

Pleasing others is also another way of looking for love, because you somehow feel you don't deserve it. You feel you must act in a way that others approve of you and the exchange you get from them is a feeling of love and security...energy in...energy out.

Unfortunately this will never grow you, it will emotionally deplete you, you will spend your days feeling drained energetically and psychologically it will

keep you in a suspended place in your head. You will always feel the need to do the right thing for others instead of thinking about your own needs. To go against the grain and to go against loved ones is a scary thing for people pleasers, they may feel they want to be themselves and say and do things they want, but they will be stopped by that nagging feeling of

“I better not do that otherwise” _____ fill in the blanks.

The only way to build true strength of character is undoing the fear that is associated with it. Acting from your true place may take some time as you will probably be pulled back into your old conditioning of “I better not”. A lot of it will be subconscious habits, where you become unconscious of what you are doing. You just need to become aware of what you are doing.

Question yourself, if a situation comes up and you know you are acting from that conditioned place, in this space you become the observer, you watch yourself and you pull yourself up when you start to act from that same old place.

Once you start to form a habit of this, you’ll start to act from a new way of thinking and you’ll find new results coming your way. Pleasing yourself is self love and self care and it’s imperative you live your life from this place, otherwise you continue to create misery for yourself and never feel you are good enough to have what you came to this planet to have.

BEING AUTHENTICALLY YOU

A lot of people do not know what this even means to be authentically “you”. I know throughout my life I was not completely me. I would dumb myself down to fit in with certain people, I would discredit myself.

A compromisation of yourself is giving away your power.

It is only through life that I learnt to bring myself back to balance. I was not aware that I was compromising myself. I feel this tied in with my lack of self confidence, not having my own voice and being a people pleaser. Please don’t think that everything above was a bad thing, just the complete opposite, everything that has happened to me, has led me to the person I am today.

Without becoming in touch with my feelings and my life up until now I was just playing out the daily grind. Being unaware helped me wake up to becoming authentically myself.

It has at times been an arduous journey, self doubt, self defeat, shame, losing friends, has all been part of the journey. But the journey was there to teach me to wake up to know that every step taken was never a mistake, but a part of a process that was needed to invest in myself and to open up my authenticity to who I really was, and now here I am now writing this book.

Who would ever have thought when I was that unsure girl that I would end up doing something like this. It was always there, I just had to find the key to unlock the truest part of me, and I know now I have found her, I can feel it in every fibre of my being. If you are prepared to do the work on yourself you will find that authentic being you have already sitting inside you. It's that light that you connect to constantly, when you are in times of stress or despair or suffering, these are the times when your authenticity is being awakened like a sleeping child, it is showing you that to keep yourself growing, you have to keep on going no matter what. You just have to stay alert and don't give up hope of ever finding him or her.

Do whatever you can to connect to yourself, read books, educate yourself, take classes, this is what stirs your being up, it's trying to get your attention. You start to question, ponder or wonder about things. Time is a wonderful elixir, make some time for yourself, like really make time for yourself and sit quietly and think about your life thus far, doing this opens up your third eye for you to connect to your higher self, the wisdom part of you.

You then challenge yourself with questions and answers to questions, you become open and you allow the truth and honesty about yourself to come through.

Being open then opens your heart and what you have held onto for so long and so dearly will begin to be put under a microscope and challenged to see if this really is who you are, let the process unfold, it may take some time, but the time you put in allows you the time for finding resolution to stuck parts in your life.

Unravelling yourself can be painful at times, but there is a need to do this, because being authentically you is something that left alone diminishes you. Don't worry, once you have found yourself, your voice and who you are, others may not like that. The new you is emerging and all the ideals that they had of you are now no longer represented by you. This may take some

time for them to get their head around it, or it may be that they can't get their head around it. You may find people will exit your life and it's just that you are at different stages of your evolution and that is ok.

That saying, people come into your life for a season, a reason or a lifetime is true. They are helping you wake up by shining a spotlight on you, through external experiences and when you see the spotlight beaming on you and you take steps to enlighten yourself within, then you walk the steps to freedom and become the best version of yourself.

TAKE LIFE AS IT PRESENTS ITSELF TO YOU

If you can wrap your head around this concept, then you've won as I see it. For a long time I would see the negative in situations that happened to us with the understanding I had.

It was like I was waiting for the next bad thing to happen, but in truth I was living from past experiences that had turned out not so good. I was waiting for the same things to happen again, I know there was fear that if this happens again then how will I cope again.

We all want the good things to happen to us, and when they don't, it's hard to see the truth in the experience. That was what I needed to look at, so my thinking could change and therefore those experiences would not present themselves again, and if they did happen to do that, then I will be able to handle them in a better way.

Others may see that you should have done things differently, but the truth of the matter is you didn't. It's ok for others to have their opinions, but at the end of the day, you choose to the best of your ability with the thinking and foresight you had, you never go into something thinking that this is not going to work, you always go into things with the hope that it will work. So to factor in other peoples opinion is ok, but what is not ok is for people to condemn you and tear you down, you need to surround yourself with people, who give you clarity and uplift in your own thinking and not shame you with their own beliefs about it. When you find people who are calm and understanding, then you find people who will help you with solutions for whatever may come next for you, these are the people who operate from a logical, non fear based position, who may have been through some rough challenges themselves, they are the experts with the foresight to help you through some of the suffering that may have come your way.

Life is presenting itself everyday to you with challenges, happiness, fear, positivity, if you can take all of this with calmness and clarity then you will find life much easier to deal with. Not everything is going to be rosy along the way, there are going to be moments when you hit rock bottom – make sure you have people around you who believe in you, no conditions attached, this is resolute, never let others come into your space, that condemn you or judge you when things go awry and they inevitably will, you need people around you who help you through situations and you also need those people to let you see where you could have done things differently.

Just remember you try your best with the best of intentions, look at the situation with non judgmental eyes (because believe you me, there will be plenty of people, giving their spiel on it) honour it, take it in and see what you got out of it and then let it go. This may be a defining moment in your life, but it does not define who you are, otherwise, if you decide that it does define who you are, you will be stuck in that thinking forever and never get out of that circle.

The process of letting go, takes some time, it may have been a very traumatic experience, or it may be something that you get through very quickly, the most important thing to remember is you are not that experience, you just had a part to play in that experience.

We humans are emotional beings, so allow your emotions to speak to you, but then detach from your emotions as this will take the kick out of it. Enlist in some close friends to help you out or get some counselling. You cannot do anything about the past, see it for what it was, the stepping stones you needed to get to the next part in your life, it has made you who you are and in time you will look back at it as character building, as that is exactly what its purpose was to build you up, not tear you down.

Life is going to present all sorts of scenarios to you throughout your life, so if you can balance your emotions to a state that it doesn't consume you then you have a much better chance of creating a long and happy life from it.

TAKE CHARGE OF YOUR EMOTIONS BEFORE THEY TAKE CHARGE OF YOU

This is a big one for most people. Have you ever been in that place where you just lose it? These bottled up emotions that haven't been expressed that just come out at a million miles an hour with heightened emotion behind it.

There is a tipping point in people that triggers these emotions and when you are in that state sometimes it's hard to calm down or get a handle on them. These triggers are the little jabs that someone has had at you, the cruel joke, the belittling by others and the list goes on.

These unexpressed emotions come out again, the next time the same scenario presents itself or maybe in a different form, it's the next time someone says something cruel again, they belittle you again, or direct a personal attack on you, or even if you perceive that they are doing this to you in around about way. Eventually if you aren't aware of this they start to work on your self esteem and you become someone other than you are not, sometimes completely being unaware this is happening.

This is the time to take stock and question your beliefs about yourself. Just because "Jo said you are a really fat person and your life will go nowhere because you don't care about what you eat", is this the truth for you. No of course not, you control what comes into your body, you also control what comes into your mind from other people's opinions. Take stock and let yourself decide that what other people have to say may have some merit, but at the end of the day, there is no need for you to enlist their comments without, first questioning yourself about them.

You may only be 10kg overweight, but Jo sees you as being much fatter than that, is that for him to be concerned about or is it something, he may see in himself, that you can only be loved from the level of acceptance about what size you are. Of course there are people who carry weight as a protection barrier and their level of self esteem may be coming from this place, but all in all what matters is who you are, health concerns are another matter. These comments as an example should have no bearing on you from what others think about you, we all do it, we judge others and then we judge ourselves.

How we react is how long we let the mirror of judgment dictate to us. Of course people can be mirrors for us, the mirror is just a wakeup call to your subconscious to question that perception, eventually when you become so aware of what people are saying to you, you tap more into your intuition sense and go by what you feel. You will also find that the more you work on

yourself, the less you will draw comments from others that are derogatory or hurtful, they may be hurled at you because of that persons own state of being.

It is just about acknowledging and questioning things, instead of getting upset and brooding over someone's comments. The more you do this, the more you build a much stronger core from within and the emotion just falls away, because you know who you are, you know your beliefs, because you question yourself about things. It's like you take a survey on yourself, just to see where you are sitting in the bigger scheme of things.

I know this has been a big thing for me to work on, because I am an emotional person, I wear my heart on my sleeve.

I have had to practise this a lot, and like everything in life, it is a work in progress. I think your mission in life is to obviously master yourself to some degree. Time, wisdom and age affords you this, but to truly find peace within oneself is to master your emotions, otherwise they run your life.

This does not mean that you become emotionless, but you handle situations that happen in a much more balanced and rounded place instead of in an anxious and uptight place and also in a much more aware space instead of a "Why is this happening to me" space.

Sometimes easier said than done, but if you just watch yourself, the more aware you become, the less reactive you become.

RESPECT OTHER CULTURES

We live in a big wide world, filled with they say over 7 billion people. We come from different creeds and races, we all make up this big melting pot we live in.

To stay connected and become accepting of who we all are, we need to show respect to others. There has been so much racism and degradation of cultures throughout our history and evolution and we know that this has led to wars, greed and corruption – nobody wins with this sort of thinking. To honour one we must honour all.

We had a very successful block of flats we ran in New Zealand that we filled with Indian students, we were not just Landlords, we were equal as a group of people.

We created a space for the Indians to feel safe, it worked wonderfully and throughout that we have made some everlasting relationships. Having respect for others opens you up to how others live, what they value, and what their religion is about. You become a more understanding and caring person and you learn from each other.

When we come together, prejudice and hate drop away. We become more giving and less cynical about others and as we accept others based on their culture, we learn a lot about ourselves in the process. We make connections that create strong bonds and over years create a much more harmonious place to live.

As far as I know we have all been created from the same source, we have the same attributes, blood, skin, bones etc, it is only our minds or ego that creates a disconnect between people and we create this by simply judging others.

Instead of this way of being we need to create more harmonious relationships with those around us. If we can accept each other with all the wonderful things we each bring from our own culture, then the world is our oyster.

Harmony, cohesiveness, and collaboration will become the benefits of this going forward.

Get to know other cultures, it's wonderful to learn about their lives and you will make friends with others that will carry on for a lifetime.

TAKE TIME OUT TO CONNECT WITH YOU

We live in such a fast paced world now, what with technology at the tips of our fingers, it seem everything is coming at us in a very fast way.

We get so caught up in our daily activities at work, home, commitments, children just to name a few. Before you know it, 10 years has passed in the blink of an eye.

It is super important to make some space for yourself, even if it is just 5 minutes a day and if you can do increments of 5 minutes here and there, before you know it, it adds up so quickly.

To sit for 5 minutes can feel like a long time, but once you sit and connect back inward, you'll look forward to the peace it brings you. It creates space for you to let go of the world, where you have been everything for everyone else, connecting back to yourself allows the focus to become you. It lowers your stress levels, your blood pressure and creates more Energy for you. It also allows you to listen for guidance that can come through you when you are in a relaxed state, you get answers to your problems, and it allows you to become much more aware of yourself. It's like having a meeting with yourself to check in and see where things are with yourself, it gives you space to just have some space.

At times I have struggled with meditation, but now I have a room set up with all of my spiritual things in it. It is my space and sanctuary where I can relax, having this space I find I want to go in and sit and allow my mind to calm, my breathing to lower to set me up for the day ahead, I feel more connected within myself because the focus is purely within me.

If you can set up a room or go to a park or sit at the beach anywhere you can go to let yourself relax.

Self Reflection is also a meditation because you are connecting to yourself, this is a time to think about where your life is headed and where you get your answers that you are seeking.

Just get out a pad and write about what you like, where you want your life to go, and more important what makes your spirit excited.

If you are anything like me, I was so caught up in my world of Farms, working, and kids that I never made time and probably more to the point, I was not even aware about doing this sort of thing.

There is no need to panic, we are not perfect, so there is no need to put pressure on yourself, but I truly believe that connection back to yourself is spiritual and character building, it makes your life in a whole sense, have more meaning behind it as you are investing in yourself with your time and energy to you, just spring clean yourself inside, have a tidy up of old ideas, old concepts, even old ways of doing things it may make you decide you want to do something completely different in your life.

LOOK INSIDE FOR YOUR ANSWERS

I like to think that the guidance in this book keeps everything relatively simple, complication doesn't work.

One of the things I kept getting told by Mediums or readers was to "Go Within", I would come away feeling disillusioned and never really know what they meant.

My problem was I was looking to others for my answers I never practised a time of sitting in self reflection or asking myself questions. So there was work to be done to find myself and there was some time of anxiousness for me, because I believed I had to find this one thing I was destined to do...where was it and what the heck is it.

I think the first five years of my path of spirituality was spent unloading myself and questioning myself and then understanding myself and others in my family as to why this was this and why that was that.

By opening myself up I was gaining knowledge about myself which led to a greater understanding of myself, this was what this whole thing was about, getting to know yourself and understanding your motives or lack thereof.

After going through that traumatic 2008 financial crash and ending up in NZ, it was when I started the spiritual development classes, these classes opened up my unresolved or not previously been aware of ills or pain that I had, as there was a lot of emotional baggage. Now you may ask why would you need to do that...just let sleeping dogs lie...but the sleeping dogs needed to be awakened so I could evolve into the person I am today and that didn't mean that I now had these enormous epiphanies and hello I am now a brand new person, it is ongoing, every experience every reality reveals more of myself as I go through it.

So it's not about hurry and get this done I've got a life I have to have, it is more about...oh thanks for showing me that, now I am aware of why I keep doing that or saying that or being that.

I actually got to question myself about why I was that scared little girl who kept on showing her face as that little girl grew into a bigger girl, I became more aware of letting the little girl fears go.

I became more questioning about my habits, it certainly showed me about my beliefs I had and that I did not have to keep those beliefs, if I was an ever evolving human being, then my beliefs had to change with the same frequency that I was becoming. The biggest thing it did for me was to help me get so much more confidence in myself, which I truly lacked in certain areas of my life.

The work that I put in helped me identify a lot of things that I wasn't aware of, because I never put any attention on who I was. It's not until you put yourself in a space like this, like a development class or reading self help books, do you realise how much baggage you have.

I found writing very therapeutic and it was something I loved to do. I realised also that I had no focus in my life. Don't get me wrong I still did things, but I had no direction and what happened in those classes, was that it opened up my spirit.

Once I started to develop my real self , I found I loved writing, which I think was always meant to be, I loved spelling and words and writing when I was in school and reading and found it came very easily to me..maths was not me. I found something I could connect to, which enabled me to develop myself. I had never really stepped up as "ME", but here I am now in all of my authenticity.

By going on this inward journey and discarding the old beliefs that I carried as a child I have opened myself up to all sorts of experiences, the journey is ongoing, but the self analysis was done with a lot of reading books, seminars and educating myself through the internet. The journey starts and ends with you, so why not find yourself throughout it.

The answers are never outside, they are always within.

SEE LIFE AS YOUR TEACHER NOT YOUR PREACHER

I think the most important thing to take on as part of being a conscious being is seeing life as your teacher and not your preacher.

Everything we bring into our existence is brought in through our thinking, therefore we are creating our reality, and once I understood that concept it made me see how “I” was creating my own life.

Every experience, every situation is bringing us to a closer understanding of ourselves, so therefore if I am a part of this creation, then how do I want my life to be?

The experiences along the way are the lessons encoded with messages to teach us how to create what we want and not what we don't want.

Connecting the messages from those experiences creates a space for you to understand yourself. Why you may have fallen off the wagon, so to speak, why that relationship failed, why you have begun to become a better parent and so on. Why you have let go of anger that had been consuming you. How you have let more joy and love in your life. Once you see how life becomes your teacher, you create an appreciation around it and what it is teaching you.

Having the balance of your whole self in sync is what creates more of the same. If you feel like life sucks to you, then have a look at why.

Make it question time. Get out a big piece of paper and write
Family Members names
Friends
Finances
Health
Wealth

And anything else you want to look at, and then write next to the name or subject what your relationship is like with this person or thing.

And be Honest, you will never get anywhere, if you don't look honestly at something in front of you. Your intuition or guidance will kick in as you do this. You'll end up with a list that you now have physical evidence of where in your life you have matters of the heart that you need to work on and keep on tackling. What needs to be done in order for you to bring some resolution to it? Once you have your list it keeps you aware and you will find your belief system and thoughts will start to change as you let go of old ways of thinking.

They have become outdated and so have your thoughts about them.

As you evolve you bring in a much more, higher conscious thinking. In other words you see things and people for what they really are, situations and emotional upsets in the past don't hold the same amount of weight anymore, you let go of them because your consciousness has raised so therefore you don't react in the same way.

Therefore your life doesn't feel as though it's preaching to you. As in there you go, have another unpleasant experience to deal with and hold onto that forever. It comes with the gentle art of more understanding, so even though challenges come to visit you, your consciousness has risen so much that you know that it's here to show you something and the way you are going to take that on board is going to be up to your state of consciousness.

I believe we are here to learn every day, it may be small things or big things, we are also here to interact with others and we are also here to have fun. We learn through all of these dialogues, some of these are happy situations and some of them are not, but when you look at your life as a teacher and not as a preacher you get to ride in the driver's seat as its teaching you at not becoming a victim of life.

If you see it as preaching to you, then you lose the balance of life, you lose yourself in your life, your way of seeing things becomes tainted. Life is just life, the experiences are just the stories played out in your life, and the learnings that happen become the wisdom of your life.

When you allow life to just unfold, then your resistance becomes less about struggle and more about what just is. Enjoy your life, because it goes within a flash and before you know it, it's time to depart this Earthly plane that had you as its guest.

BRING IN GRATITUDE EVERYDAY

If ever you can lift your consciousness in immeasurable ways it is through gratitude.

Gratitude or being grateful opens you up through your heart centre and allows you to expand emotionally and mentally. If we just go through our lives in a place of feeling everything is just so so, or you feel lack within yourself you will never ever see what you truly have.

I think in this day and age, the materialistic world has become the way to achieve and there is nothing wrong with that because it is nice to have nice things, but when you miss the gratitude of being alive and being a fully functioning human being of being fed and having food and shelter and water, of having money of having a family, of having freedom of speech of all the things that we have as human beings, if you don't make some connection to that, then you lose the art of appreciation for everything you have.

Of not seeing the gratitude in what nature delivers every single day when you miss those moments, then you miss life because those grateful moments are the gold, there is nothing higher that you can send out to the Universe than "Thank you for the life that you have afforded me", because your life has to have some meaning and when you are grateful for it you give it meaning and you give yourself meaning. A very special and endearing way to be.

If you just go through your life without reflection or thanks, then it's like you are always trying to get somewhere, whereby you miss the moment of where your life has already brought you.

The true value of a grateful life is bringing all the good and not so good into becoming the greatest life you could have lived. When you say thanks for what you have, you are honouring the experiences, people, places and circumstances that have shaped you already.

Life will hear you and life will send you even more enriching experiences for you to have because it becomes an energy exchange... love in... Love out...love in...Love out...like the infinity sign always and ever evolving.

Your higher consciousness becomes in tune with your inner being and it puts you in places that attract back to you what you have already put out.

To live from gratitude is the highest state to live, because you are telling life/Universe I love my life, I love what I have, please bring me more of that,

and it will in truckloads, because it honours the service of those who honour themselves.

Extend a grateful heart out into the world and see your life change. It will completely change you as a person which will have knock on affects for the others you touch.

BECOME CONSCIOUS OF WHAT YOU SAY

With regular practice and foresight, you can become conscious of what you say. If you catch yourself saying something that you find to be not to your liking then you have become aware and when you become aware you will make better choices about what you are saying to yourself and others.

There are many of us that have walked around telling ourselves things that are not uplifting, we compare ourselves to others, we judge ourselves, and we judge others.

Whatever is on your radar, your focus is what will become your talk. By becoming aware of what you are thinking, how you are reacting and what you are putting out there, you become the observer, you observe yourself, you take mental notes and the more you do this, the more you influence your thought patterns to a newer way of being, and a more uplifting way of saying something to yourself.

We all have that inner dialogue that goes on within us as we go about our day, when we have focus on the positive or more spiritual way of thinking, it allows you to process your thoughts to help create better outcomes or new ways of being, through continued practise.

If you are not conscious and you keep feeling low, then it's time to see where you are with your thought process.

Asking yourself , is this really true for me, do I really believe what I am saying as truth, or is it that my ego has stepped in and is reacting or thinking like this because I feel vulnerable.

Feeling vulnerable from this place, usually always comes back to a feeling of not feeling good enough in some form or another.

For severe cases of vulnerability your sense of low self esteem may be the cause for feeling like this, but for other situations as in.

“I’m not sure if I can accomplish that because I feel scared”

This could be a feeling of vulnerability, but it may be just a lack of self belief in a smaller dose. The really severe cases are what I am talking about.

Challenge yourself when you talk yourself down, without your own constant input, then you will not change yourself, you can read all the books in the world, listen to people telling you that you are a fantastic person, but you have to work on you, otherwise nothing will ever change.

The work has to come from within you and the key to it is being consistent. If I want to lose weight I have to change something up, I cannot continue eating the same fatty foods, not exercising and expecting to drop the kilos, it just doesn’t work. What you put your effort into, will put all of its effort into you. There is no magic pill, just good old fashioned uplifting self talk, knowing that you matter and this will build you from within.

DO WHAT MAKES YOUR HEART SING

In this life, it is all about raising your vibration or frequency which are the Energy particles within and around you.

Energy is a frequency and when you are in a love vibration, your frequency is much higher than when you are in a lower vibration.

You can see the vibration people are in by the way they talk, they walk, the way they see the world around them. But your job for you is to keep yourself in an elevated state, and to do that you have to find things that connect to your soul, your joy embracing those things keeps you not only spiritually “high”, but you are also able to hold the frequency for a much longer period of time and the flow on effect for this is immeasurable because you attract what you give out.

In life we can become too serious, too caught up in the physicality of life to keep ourselves from being this we need to connect back to our heart and this will lead us to what we find happiness in.

Being that person brings many more benefits to others around us as we show them that they can take their thoughts away from what is worrying them to what inspires them.

I think as Mothers and Fathers we have huge responsibilities that pull us away from our own identity and what we love, we give of ourselves to our family, which is what has to happen to make the family unit to run, but there comes a time where energetically you will feel depleted and the love that surrounds you goes constantly to others. It's important to have a balance and this is where you need to listen to your body as to how you are feeling energetically.

Once you step into a frequency of something that makes your heart sing, you will feel it in you. You just need to look at someone's face to know this.

So our body is giving us clues all the time, pay attention to those signs, it's your soul calling out to you. It wants some fun and laughter and you need to honour it with that, so you are not drowning in the denser energy that this world can bring.

Of course there are going to be days where you don't feel that joy or vibration. But in those moments of feeling down or depressed about something it has surfaced because it wants your awareness and it wants to feel whole again, so therefore it has presented itself , so you can shift it in response to this.

RELAX, YOUR BODY MIND AND SPIRIT NEED TO BE STILL

Too much of our lives can be spent in a heightened state, we have many obligations to attend to and we feel committed to, but somewhere in there, we need to be obligated to ourselves, we need to find the space for ourselves to feel relaxed.

I have written about this before, but it obviously needs a lot more emphasis, by connecting back to our body, mind and spirit, we open up our channel of healing. We make space for our healing, our mind may be over active a lot, our body maybe tired from doing and our spirit might be depleted because we cannot see past an issue. All of these things are here to have balance with each other, tired, overactive, depleted they all work in synch with each other and they operate on the same level, when these things are out of balance, they usually stay out of balance and we wonder why we can't get past these issues. Because the mind body spirit is one big connection, its operator has to be in synch with it too, otherwise it falters becomes tired and cannot see the way forward. Having a practise of seeing the signs of that imbalance lets us tune into our own needs.

Don't get me wrong it's not a problem if you can't do this every day, but for you to feel whole, energetic and complete, you have to feed yourself what it is you need. We always look after the physical symptoms of a cold when we get one, we also need to look after the energetic needs of ourselves, we need to know when it's time to stop, we need to know when we need to say no, we need to know when to put boundaries up spiritually. We need to do this otherwise we deplete ourselves for the good of others. Knowing when you need to hibernate to convene with your own spirit helps you see where you are going, it gives you time to make adjustments. Mentally and physically run hand in hand, you can tire both out pretty quickly if you do not pay attention to how your body feels and where your mind is.

Making space for yourself is you making your temple, your body, your mind and your spirit to gather back the momentum it needs.

Make that space, whether it be a day at the beach, a quiet place to reflect, writing somethings down, however you do it, by connecting back to you, you bring what is out of balance back to balance and you bring peace within.

WORK ON THE ISSUES YOU HAVE TROUBLE ACCEPTING OF YOURSELF

Trust, Faith, being good enough, three that just popped into my head. A big theme throughout my life was I good enough.

I had trouble accepting this because invariably I felt not good enough and it wasn't because the people interacting with me made me feel that. I felt that it was coming from my own feelings, which was a belief I must have carried throughout my childhood. So my perception of situations of how people interacted with me at certain times, was they don't like me, hence I'm not good enough, but this was my own perception made up from my own belief I had about myself.

I remember listening to Kevin Costner at Whitney Houston's Funeral that the one question she asked when she was making the movie "The Bodyguard" was I good enough and he would have to tell her she was, but the belief about herself made her question herself, her insecurity about herself is something a lot of us have or had.

When someone of her calibre who has made it in the bit time and still feels that way about herself, it says a lot about how questioning our belief system can help us unravel everything we need to put us back on course.

Working on ourselves, dissecting bits that give us grief or give us problems, can help us start to create a new way of being for us. That was then, this is now.

Bringing forward the old, can make way for the new. Once again becoming consciously aware of what holds us back is what starts to create change. We start to knock down those old barriers, we become more open to seeing alternatives and not to become so engrained in “this is the way I am”.

A metamorphosis starts to take place, it is like going from the chrysalis to the butterfly. All we have to do is give ourselves some time to become first of all accepting of those parts we don't like.

Acceptance is the key to understanding yourself and don't be hard on yourself, it is not easy to look at some of your, I will call, your darker side, it can be confronting and you may not want to look because of the shame, the fear, the judgement that comes around that. But to acknowledge is the step to accepting, once you are at this stage, it is a lot easier to take yourself out of the emotion of it all and see yourself as not of it, but because of it, in other words because of situations, experiences and people, there has been a conditioning on your part to perceive yourself as whatever you see yourself as in relation to what has happened to you.

LEAVE CRITICISM AT THE DOOR AND DON'T LET IT IN

Whenever we allow anything in, be it physical or non physical, it affects us in either a good way or a bad way. If we allow the negative in, then we need to let it out again, criticism is one of those things whereby it can become soul destroying. Criticism on a constant basis is an act whereby you deem another to the point of feeling worthless, this is why you must see it when it's coming and stop it in its track.

Criticism is a worthless tool that others use to feel good about themselves, the critical one will inflict pain on another to escape looking at their own wounds and people need to realise this before they take it into themselves. Anyone who is in a place of feeling good about themselves will not do this to another.

Critical Energy is a wound that has been left to fester, so the perpetrator does not have to look at themselves to apply a remedy.

People will try all sorts of tricks and ways of saying things to you, so they don't have the pain they are holding onto, to eat them up. It is used as a deflection, so that they don't have to see what they are really holding onto.

Never allow people to be critical of you, otherwise you invite more in, there are times when you may have debates, but criticism in an ongoing form eats away at the soul.

When you think of a movie critic, just their title tells you they are there to pull apart the movie, they will say things that they feel needs addressing or would make the movie better from their point of view, they could become quite scathing about the way they say it, but when it comes to human relationships, there is no place for a constant barrage of criticism to be present.

You can instantly feel what happens to your body when this happens to you, you do not want to stay around this person and when you leave the space of being in this persons presence, you leave feeling despondent and un-empowered, knowing that the next time you come across this person, you want to protect yourself as you will remember your last encounter with them.

Criticism is a barrage of incessant nasty words, it does not come from a nice place, and it comes from a place where only the negative lives and that is in the psyche of the other person directing it.

If people you are around are highly critical, or if you come across criticism constantly, remember to tell yourself this is not my stuff, and I will not take this on and remove yourself from the people or group of people directing it at you. When people feel they have the right to be critical of you, then it is your right not to allow this to happen and let it get you down.

Remember constant criticism comes from unresolved wounds that need to be treated as such.

ENJOY YOUR LIFE

Sometimes we get so caught up in our lives that we forget to enjoy ourselves, soak in the moments, or take ourselves out of our work life to truly connect with ourselves. Enjoying life means more than just taking off on a holiday, every now and then.

Enjoying life is enjoying the quiet moments, feeling blessed, thinking of life as a beautiful bounty of abundance, of being outdoors, of sitting in the sun enjoying your hot tea, of picking some flowers, of true connections with friends. Enjoying the tapestry of life that it has to offer.

I have had many moments of enjoying life, but the real enjoyment of my life is having a sense of self, because it allows me to enjoy anything that I put my Energy into. It is most enjoyable when I see myself prosper spiritually and understand how life works. Seeing it each day as a gift. There have been many days that I have not been like that and its ok, I became too caught up in my problems so life just became a bit “humdrum”, but knowing that those battles and moments of despair have enabled me to see life as a melting pot of all sorts of emotions and all sorts of experiences and they have come to help show me to become the fuller version of myself. I now look at life as the most enjoyable ride, even when it’s not sometimes. Enjoying life is not a prerequisite, but a must otherwise it becomes a pointless, useless exercise that we play out that we never find joy in.

BECOME AWARE OF YOUR FUTURE, BUT DON'T BECOME OBSESSED WITH IT

We all dream of our futures, how we want them to be, where we want to go, what we want them to look like.

As we travel along our path we have our ups and downs. One of our biggest moments was taking our kids overseas for a year. We had sold our farm and still had another one running and Glenn decided we should go overseas for 12 months, but I had a job with four weeks holiday, he said the kids and him are going, so after organising time off we packed our bags and went. We were able to rent our house out to some people, it was like everything just fell into place, and of course we had the most amazing experience as we travelled the world.

By being spontaneous and going with the flow, the future is not set, of course if you have goals that you want to achieve that is great, but by stepping into the unknown and staying open, your plans will work out or you may need to make some changes, but if we become fixated on where everything has to go, we miss those times of just letting yourself be guided.

I think the biggest key is being willing to change your direction, if we become too fixated on going in a certain direction and it doesn't work out, it doesn't matter, you have to be open to change, otherwise your direction of where you are going doesn't work out then you may become disappointed and that will slow you up emotionally if you stay like that.

Plans go awry all the time, people don't come through like they say they will. People get upset and agitated if they become too fixated too much. It's not about having plans for the future, it's about being open to the plans changing in our future for whatever reason. By allowing yourself to stay open to your future, you may have experiences that you never ever thought in your wildest dreams that they would happen. Change will happen because it needs to happen and the reason will become present when it needs to. Once you step into that flow, you open yourself up to synchronistic events, people and places, this will lead you to the most amazing experiences.

We have had plenty of times in our life, where our plans just did not work out. We lost money in Western Australia through the housing crash in 2008, we had our house sold up by the bank because they wouldn't allow us to owe \$15,000 because of this and our marriage was on very rocky ground through the pressures of all of this, but it led us to New Zealand and we ended up living next to a Medium who we had met 3 years previously, she started doing spiritual development classes and both Glenn and I attended. I see it now as it was all meant to be. We were supposed to go through those situations to let go and strengthen our bond. God works in mysterious ways, through that I have now started writing books and Glenn has a system to bring to the world. So the best laid plans can become plans of the past, if you find your true calling. Out of every bad situation comes wisdom and it is up to us to take the wisdom and use it to help others that may need it.

FEEL EVERYTHING INSTEAD OF THINKING EVERYTHING

I realised most of my adult life I have spent a lot of it in my head especially if I was confused about a lot of things. It was a place of just mulling things over and whilst there is nothing wrong with that, I realised I needed to connect with my heart more and marry the two together.

Your heart is where the honesty lies, it lets you know what your truth is. We need to have some logic to what we do, but we also need to have some love in there as well. If we focus too much in our head, we can talk ourselves out of what our heart feels. Of course we have to be careful when it comes to practical situations for example I would like to go closer to the edge of the cliff to see what is down below, but my head detects danger, so of course you wouldn't take that risk.

This is more about perhaps you would like to open a business and have done for years, but your head talks you out of it year after year because you don't know if it's going to work.

The thing to concentrate on is to do something that makes you happy and do it well, you will be guaranteed of success at whatever level you want to take it to, because you are invested in it. Don't hold yourself back because you don't know the outcome, do it because the feeling you have makes you become really creative, makes you feel alive and makes you want to spend your time doing something that means something to you.

Most people will worry about the money side, which stops a lot of people trying things, myself included. If you try things, then at least you know you have had a go if it doesn't quite work out, but if you try things and your energy is in a stressed state about money, you stop the flow of it. Money is a tool that is a secondary product that comes from you being creative, that's all. Its natural occurrence wants to flow to you, if it does then you know that your love is invested in the inspired creative action you took, rather than focusing solely on making the money out of it.

Feeling light when you do things you love, helps create an ease and a flow around you. When you think for too long about things, it creates a heaviness and can restrict you in moving forward. Life is about moving forward, we evolve from one day to the next, why not evolve in doing something that makes you happy than doing something because you feel like you need to, that is not living that is being a prisoner locked up in your own fears.

When you connect your head and your heart together you are creating inspired action, when you marry the two together, your inspired creative action can take you places you never imagined. Truly living from this space is what creates your life into one of true magic

FIND THE BALANCE IN YOUR LIFE ALL WORK AND NO PLAY MAKES JACK A DULL BOY

Whilst our world is a very chaotic place at times and we are all part of that chaos, running businesses, being parents, working multiple jobs, it's important to find a balance. Too much work can create being over driven and you can spend a lot of your life being very busy, but you miss out on the moments that can create balance in your life and give you joy and fun.

So therefore taking time out is very important.

I have noticed in my life that I needed my own space not to be around people, just to recharge my own energy, especially the more sensitive I have become. I believe we don't do enough of creating a space just for ourselves to recharge. When you work long hours your energy can become drained, you can become disconnected from yourself, so you need some designated time to come back to being with yourself, having self care or self love is important. It creates a more balanced place to work from and sets your mind body and spirit into a more balanced state.

Whilst it is great to create your life and do all of the things you love doing, its making sure you meet your own needs as well. Your body will tell you when you are tired and sometimes you only need a 10 minute walk in the park or 10 minutes of sitting quietly by yourself to recharge yourself, so if you listen to your body it will give you the signs and signals to recharge yourself.

Going to the beach, meditation and just resting is all part of the recharge, our nervous systems get heightened on a daily basis if we aren't paying attention to how we are feeling in any given moment, we can get overburdened with everything going on around us. Remember this world is about you, not about pleasing others, not about giving your power away and not about being subservient to others needs, when your needs are depleted.

Being honest with how you feel and how you are feeling, physically, mentally, emotionally and spiritually with yourself and with others will pay big dividends in the long run because it will help you to reassess your wellbeing in all four houses, when you do that you are then able to help people on a much higher and

bigger scale after you take care of yourself first. You may also clear up any feelings of resentment or anger or helplessness with others which could lead to having better open and honest conversations.

When others see you putting yourself first, then you may plant the seed for others to connect from this place as well and put themselves in the same self care mode and that theirs needs are just as important.

KEEP YOUR DREAMS ALIVE NO MATTER WHAT REJECTION COMES YOUR WAY

Dreams are an important part of anyone's life. Our life should have in it a part where we want to be fulfilled through our dreams, or what we would like to create in our life. When we become engaged in something we love, we feel so much more rounded and happy and we feel content because we are expressing something that has importance to us.

There will be people who you tell your heartfelt dreams to who may not like them or understand how you can make something work, there will always be people who believe in you and there will always be people who don't. The point is, don't let this discourage you from going after your dream, if it is something that has a strong resonant within you, there will be the strong desire to go after it.

Part of life is being rejected by people who don't see what you see, unfortunately if you believe what other people say about what you are trying to do, then you can end up listening to what everyone has to say. This will ultimately not get you to where you want to go, so you need to put it to the side, otherwise you will concentrate solely on what others say all the time.

You are always going to have the naysayers who will give you every explanation of why something can't or won't happen and there will be times when you feel completely rejected by people, even those closest to you. If you let this deter you then you are telling yourself that their opinion matters more than what you feel about it. That is a sure fire way to put a dampener on your spirits. Once you start believing others you've lost the game, it really is incredible how people's opinion can hold other people back.

By listening to your own guidance, you are backing yourself and once you become strong with your own backing, then the sky's the limit. If you put all of your time and energy into what you know will be a beneficial thing in your life and you can help others as well, then what started out as a dream or idea will be moved along with great momentum by the positive energy you put in.

Leave the criticism, rejection or why something won't work with the people who gave it to you and empower yourself as the most important process you can go through. We have had it throughout our life and thankfully both Glenn and I have still moved forward despite it

LISTEN TO MUSIC

One of the most therapeutic things you can do is listen to music. Music has a vibration and puts out a frequency into the room, it can help you change your mood very quickly.

I have used it on many occasions to help me get through things, it has helped me completely change my vibration, in other words it changes my state that I am in and redirects me to a more positive state.

When life gets you down or some challenge comes along to test you, playing some music will help you change your frequency and help you focus on something different, otherwise you can get stuck thinking the same things over and over.

It is also a good thing to use to have a cry with, listening to music can evoke those feelings that you haven't expressed and allow you to get out of your system, what has been giving you some grief.

For instance when you are sad your vibration is on a lower frequency, but when you are in a good space your frequency vibrates higher. Music can help you to adjust your frequency and to do that you need to shift your energy, if you get up and dance that will help even more because you are breaking up the lower frequency energy around you.

If you stay stuck in the bad mood you're in or the lower energy you have around, it will continue until you change your thoughts or change your field by physically moving and doing something else, or being by yourself and going through some self analysis about what is triggering you. It's important that you

do this because this is going to be the difference of being in a bad mood for days.

Do anything, write about your feelings, paint, draw or go for a walk, put on music, pour yourself a cup of tea and sit outside, it's about breaking the energy up around you.

Music is very uplifting and will help you to stay centred and keep you in a good space.

REALLY LISTEN TO YOUR INTUITION, YOUR INTERNAL GUIDANCE SYSTEM IS NOT WRONG

I think we have all heard the word, intuition, which means being in tune with yourself, and we all have intuition, it's just sometimes we don't use it.

It really is your internal GPS, it navigates you from a more grounded place.

Our emotions are not our intuition, our emotions are definitely how we are feeling, but we can be clouded in our judgment from being emotional.

Our intuition is from a calm place, it is a feeling or a knowing that just stays with you, your intuition is from the quiet place from within.

It's from a centred space that your intuition comes, it's where you have a place of knowing.

We have all been in those places where we haven't paid attention to our intuition, a gut feeling you may have had regarding someone and it has come true, or a knowing that a person isn't what they portray themselves to be. I have realised the more I am quiet and listen the more my intuition speaks to me, when you start having conversations with people you start to get a sense or a knowing of why that person is the way they are.

When we analyse something to death, then we have lost our sense of intuition, because intuition doesn't need to be analysed, it registers with you very quickly and you might find especially around people, the more times you deal with the same person, the stronger your feeling gets with them or about them.

Tuning in is really the same as the word, in-tu-ition, so it's being in tune with yourself. When you start to use your intuition, you will start to feel calmer and with a feeling of calm comes a place of freedom.

When we are in tune with ourselves, we are resonating with our higher self, our self that comes with wisdom, the knowledge and that knowingness, that absolute resolute place you come from when you are tuned in.

When we become highly emotional we may block that centeredness of self and therefore our views can become distorted.

Practising what you feel with give you the courage to really pay attention to all that you are getting. Stay in tune with yourself, your guidance will honour you explicably.

PAY ATTENTION TO YOUR DREAMS

Dreams are visions infiltrated into your psyche by the spirit world I believe. They send you messages to get your attention to help you see things or give you clues on something.

They come through your antenna system when your body is relaxed, sleep state, to awaken to you something they want you to know. Sometimes the dreams may be self explanatory and sometimes they may seem cryptic, but I believe they are trying to get your attention for a reason.

You may go to bed after a day of someone being on your mind and you may dream about that person, sometimes I believe it's just to show you about the connection you have to that person, but I also feel Spirit are there to incite into you a message that you may need to know.

I believe we are connected psychically to the other side and this is their way of connecting back to you. You may have had something on your mind for a while and not know what quite to do about it, I believe the spirit world is here to help you heal situations, help with information and give you messages to help you feel at ease.

I also think that they come through your dreams because this a time when your mind is less active, your brain waves are at theta brain waves which is the sleeping brain waves.

So when you wake up from your dreams, its best to write it down and you will probably find there is a theme running through dreams that may make sense to you.

IF YOU BELIEVE YOU CAN THEN YOU CAN

This is one of those statements that some people find hard to fathom. I know I have in the past, but I also know it takes dedication to believe in yourself and it is something that has to be worked on in a consistent method of practice.

For some people it may be easy to believe in themselves, but for others it may not.

I think where we can all fall down is when we are trying to achieve an outcome and it is just not happening for us, so that is where we give up. Consistency is the key to belief, if every day you are inspiring yourself, you are creating a space within your head that you feel you are going places, whether it's something you're are working on or its someone you're in a relationship with, whatever it may be. But each day as you work on the task, you are bringing yourself closer to what you are desiring, then you will find the belief in yourself has been built from a strong foundation. The key component to belief in yourself is trust within yourself and to create trust with yourself, then you have to show yourself everyday that you matter and this in turn leads you to act and do things that stimulate that trust for yourself.

When you have built a firm foundation of this then you build belief in yourself. Some people may have grown up with that already at the fore front of their life. But if you are anything like me, there was very little belief in myself, which came from a culmination of varying beliefs, thoughts and experiences.

Once you start to work with yourself on switching these off or around, you start to understand that it is just a matter of consistency within yourself to keep telling yourself that you are capable of anything you put your mind to, the results will show up as evidence of that belief, and if for whatever reason things haven't panned out the way you wanted, don't be despondent, just keep going and eventually you will find things work out for you.

NEVER JUDGE A BOOK BY ITS COVER

As humans we all come with different traits, different personalities, and different ways of looking at things, different appearances and different understandings of things.

When we judge others about any of these things, we also judge ourselves. By judging what you see in others can lead you to only looking at things from your own perspective, so therefore you don't have an overall view on things, which can keep you one eyed about things. It is ok to see people as different but when you come with an opinion of others, you come from a place with no understanding of why people are the way they are.

Each person is made up of external experiences, beliefs and emotions that have been shaped over the time of their lives. There are a multitude of reasons why people are the way they are. At any given time they may experience all sorts of emotional ups and downs and without knowing it, it shapes the way they think, be or act. When we decide that a person should be the way we see things we may be coming with a lot of perhaps misunderstanding of the person, before they have a chance to say who they really are.

When we judge it is obvious that we lack a real comprehension and understanding. When we judge we misinterpret a person with only a conclusion that has come from outside experiences. When we stay open we allow people to be who they are and allow them to unfold on their own journey. Time spent judging others is best spent working on ourselves, we will feel better for it.

ABOVE ALL ELSE LOVE YOURSELF

It took me a long time to do this. I never knew what it even meant. It seems like one of those clichés "love yourself" but it's not about something vain.

Although it is always honouring yourself in how you see yourself, what you do for yourself, what choices you make that make you feel better about yourself and that you give to yourself to improve your life, so you feel empowered and not disempowered.

For instance if you have always put people before you and wonder why you feel depleted inside, it's because you don't honour yourself first before others.

These feelings you get are all signs that your emotions and your body are trying to get your attention, and they want your attention because you aren't doing what's right for you. It's like you get put on notice and until you pay attention, then and only then you will feel different.

Don't be scared to be you. This journey we are given is a precious one it is a work in progress, we are all just in this washing machine of life together and it's important that you don't mistreat yourself. Mistreating yourself make look ok on the outside, but you can never escape how you feel. It's with you always, you may bury things for a while maybe most of your life, but you won't escape yourself. It will show up in the next experience you have or the next person you meet and something may trigger that sadness or that guilt or that shame, something will stir within you. If you become aware of what is going on, then you can start to understand why it may keep happening. Once you become aware, you can then start working towards becoming more empowered within yourself. It takes practise to not fall back into the old ways of feeling and being, but the benefits will far outweigh any hesitation you may have.

The key is being consistently committed and as you do this, you form new patterns, new thoughts and new beliefs. The highest work or job you can have is working on yourself and whilst there is no monetary gain, there is a thing called a lifetime gain and that pays big dividends.

FINDING STILLNESS

In our chaotic and hectic lives there is a time and place that needs to come in to just pull back. To actually sit and find some stillness, it's a lovely thing to do it quietens your whole body, your body will become less restricted, you'll feel your muscles drop which allows you to breathe more deeply, it's like you feel your body drop down into the sleep state. It needs to feel this so it can recharge again, that is why we need to sleep, we want to recharge, repair, let go of, relax our whole system. Our nervous system becomes highly charged if we don't find time just to be still.

What most people are looking for in their lives, is peace and meaning. When you operate from within a calm state, you let yourself become relaxed you are able to look at situations from a calm place, not a stressed state. You become

more aware within yourself, your not so agitated, if challenges arise you have a much more level head on you so you can make better decisions. Become kind with yourself, become more loving of yourself, what used to matter will not bother you anymore, anything trivial that irritates you will start to be seen for what it is. You will literally purge anything that feels foreign or unworthy for your body and mind to take on. When you reflect you start taking an inventory of your life, what has worked, what hasn't, what you believe in, and what you need to let go of.

You persevere with things that mean something to you, you become less critical with others and yourself, you see where you need to improve things in your life. You steer your life in the direction you want it to go, you don't just become a product of your life, you are your life.

Apart from the mental and emotional side of becoming still, there is also the health benefits, it lets your body vibrate at a higher frequency, which is a flow on affect for positivity in your life. It lets you become the master of your own destiny and allows you to have control over your mind and emotions.

Let stillness become your drug and let it help repair your body, your emotions and your mental stability.

BE AWARE OF HOW MUCH ENERGY YOU GIVE TO OTHERS

Because science can now prove what Energy is, it becomes all the more real to pay attention of where you put your Energy and who you give your Energy too. For most of my life I can see that I constantly gave my Energy away.

At times I never even knew I was doing it, I did not know that is what can happen and had no concept of what Energy was. When I started attending classes about spiritual development I became very aware about how Energy works and how Energy can be depleted, when you are around negative people. I became more aware of how I felt and how I felt around certain people. I noticed as my awareness expanded, I moved away from certain people and it wasn't because they were bad, it was because I had grown spiritually and I needed to learn more about myself, so there was a lot of soul searching going on, what I need in my life at that time and where my life path lay.

By being on my own too helped me go inwards and I realised everybody has had a place in your life, everybody has played their part. Certain parts of me had been let go of, therefore certain relationships did the same, I was moving more into my true self, and so therefore my Energy was in a new direction.

If you get too caught up in other peoples troubles without letting them help themselves, then you become a by product of their Energy, in other words you become entangled in their issues if you don't have clear boundaries for yourself.

Giving guidance or advice lets them come to their own conclusions and lets them become empowered from any advice they may have taken on from you.

People need to learn and grow through their experiences, so when you let people go through what they need to go through, instead of jumping into save them all the time, then they will grow through their own adversity. It is simply needed for them to grow and perhaps move into the next phase of their life.

Saving people does not save them, it makes it harder for them to let go of what needs to be let go of and for them to arrive at their own destination from their own experiences.

Don't get me wrong everyone needs someone they can rely on to support them, but you don't want to become their saviour especially if they keep on making the same mistakes, they have to learn through hardship or through grace, either way it is their Energy, they will change through their own experiences this will become paramount if they want to move forward in life.

DEATH AND HOW IT SOFTENS YOU

I know this may not fit with what a lot of people may think, but please hear me out.

As we know when someone dies, it hits us hard, they are no longer in the physical form, the shell of their body has dissipated, but their spirit lives on. We become attached to that person over a life time they are with us in an emotional sense. When the chord of attachment breaks as in death, it creates a death within us. We think we can no longer function and it hits us hard. Any emotional connection to someone is extremely hard to let go of.

I know when my Dad died it hit me like a tonne of bricks. I was only 35 and I had a lot of grief. As I have walked this spiritual journey, I have become a lot more awakened about myself and one of the comforting things I know, is that my Dad is always with me, just in a different form and so when I look at why death softens you, it is because I know on a spiritual level, my Dad never left, he just left his body.

If you make regular contact with a deceased, you will find they will be present in your presence. To have that knowing that your loved one has never left, they just left the physical body makes it easier to accept them not being physically present. When you see it from this perspective it makes you see death in a softer way.

Our loved ones want us to prosper and thrive and to enjoy and fulfil our time here on Earth, they don't want us to suffer with the guilt or the sadness year after year. They want you to live your life through joy not sadness.

So even though we need to grieve, it is about letting go of the attachment bound in the physical dimension and it is important to realise that the spirit or energy of your Mum, Dad, Sister or brother have never left you. Talk to them on a soul level, you will find yourself getting messages from them, if you really pay attention, they love you beyond the grave, they are inter dimensional souls who came to incarnate on the Earth with you and to leave when their time of being physically present was up, but they never leave the realm of that dimension that we all are in, the spirit realm.

Rejoice with them, they are waiting to have conversations with you, they are waiting for you to connect with them and above all else live your life, they will live through you, don't despair. Sometimes you may get a feeling that someone

is around you, you may get goose bumps all over your body, I often get that feeling and I always get a feeling of a spirit or energy down the left side of my body, because I talk to the spirits a lot.

Death is merely ending our suffering on the physical plane. We grow old with our knowledge and wisdom and then we must move on to create space for the next generation. They are there to uphold the knowledge and wisdom to carry through unto the dark time, this is why it is there, so the learnings can be taught throughout the generations. Fear not precious beings, you will never succumb to the atrocities that was once feared – a black Earth- your light has been gilded and lifted to become saviours to steer the ship so to speak and turn her back to the light. She has been passive/aggressive for too long. Now she is coming back to passivity. Fear not death, it is rebirth from the physical dimension to the spirit dimension.

We are forever with you in much gratitude and love we honour you with the work you continue to do to the turn the ship around and head true north

And so it is

Blessed Be

We are the Consciousness of one

(That was something that came through as I was writing)

CONSISTENCY

Consistency is the act of being consistent. Anything we want to achieve we have to become consistent at doing it to strive towards a goal, towards your purpose, towards anything you want to achieve has to be done in a consistent manner.

Big dreams, small dreams, anything that you decide you want is built through consistency. My habits were not consistent, in some instances they were but others they weren't. I know I feel I have fairly consistent now. My life has always been about everyone else, so now I have built myself up I have consistent steps I take everyday just for me. There is no blame for anyone or for me being the way I was, I see it as a process, but now I am being consistent to me.

I enjoy the process of unravelling me as a person, I enjoy the pride and enjoyment I get when I engage in my consistent habits. I feel my unravelling of myself has come with me being consistent with what I want because I have finally found me. I have worked on myself and brought myself into focus. I have spent years doing higher learning spiritual guidance and it has brought the focus back to me becoming the best version of myself. My habits have fallen into place because I like myself now.

Consistently working on yourself creates the basis of the strong foundation of who you are, and who you are evolving into. Consistency makes your experiences come to life.

If you can decide what you want to give your time to in a consistent manner, then you will always be working on yourself and engaging yourself into areas that mean something to you.

ARE YOU A PROCRASTINATOR?

Oh yes I have been the best person at this job, I have had it down to a fine art at times, and why would this be.. You ask?

When you cannot find yourself in the things you like to do in life, when you don't take charge of your life, when you don't focus on something that gives you meaning and when your mind is filled with confusing thoughts then you tend to procrastinate on things.

I also found that in our marriage, Glenn has always been the one who was in charge, took the reigns so to speak and I followed along behind.

There comes a time in life, when your children have left to start their own lives, which can leave you wondering who you are, because your life was dedicated to raising children, working and being Mum to everyone and a wife to your spouse, which may not have left you much time to know who you are.

I did not have a relationship with me, I had a relationship with everyone else's needs which left me at times feeling a little lost and confused and not in control of my own destiny.

It took me a long time to learn about myself and to work through a tonne of fears, self doubt and other experiences that have happened in my life that created problems.

Life can be like that, life just zooms along and before you know it, you are older and wiser, but left feeling perplexed.

Sometimes you are being so many things to others that you forget to be there for you and as time moves on you feel like you have not even got to know yourself.

It is just now in my fifties that I am truly at a place that I can call my own, and it did not come from moving from one life of Mother to the next day into being who I am.

It came from putting all those experiences gleaned from wisdom, from spending years working on myself through self help books, from attending seminars and researching the internet to find something that I really love to do, which is writing and photography and understanding yourself at a higher level a higher consciousness, which have been great tools for me to use.

We all go through life in our own way through the experiences we create. Everyone's route will be different, some may have it all together and have found their path a fairly easy one, and others may trudge a harder path. As long as you feel like you are showing up in your life and giving it a go, then you will find things that inspire you and this then allows you to find where your true value is in your life.

A procrastinator will find every excuse they can to hold themselves back, because they have a belief about themselves that keeps them stuck, which may be that they feel they can't achieve because they don't feel they deserve what may come from it, so they hold themselves back.

Challenge yourself about those beliefs, I still to this day have to challenge myself about certain things, and when I have a really serious conversation with myself, I find that I am in resistance to something. You know something has to be done, but you just don't get motivated to do it, because the story you keep telling yourself involves some pain or whatever it may be, but the outcome is worth it, so those self talk times are really beneficial.

To break the old beliefs, is to question yourself about it. It was created by you and it can be destroyed by you too. This is where educating yourself on what beliefs you hold and the power they hold over you, will let you see that it is just a matter of working through them and retraining your brain.

For too long I held a subconscious mantra, I can't, I'm not good enough, it won't work. I had to change that to build my confidence in me, because nobody else is going to do it. Everything falls back on you, you are responsible for everything about yourself.

Free yourself and empower yourself and by doing this, you let go of that old belief that keeps you procrastinating.

FEELING REJECTED

All of our feelings that we have are completely real and come from somewhere. We don't just wake up one day and feel rejected, hurt or sad, so the root cause is the catalyst to help us identify where that feeling comes from.

Rejection has been a part of how I have felt at times, I think when you open your heart to people with good intentions you don't expect to get smacked in the face with feeling inadequate or of people taking advantage of you.

There can be many experiences from early childhood that can cement that feeling of rejection into your subconscious, not feeling loved, conditional love, feeling like you can do nothing right for some people are all valid feelings.

When you notice these feelings and it starts to create a lot of pain or frustration in your life, then it may be time to have a look at what the triggers are that keep coming up.

Feeling rejected is another form of self sabotage, you feel you are not good enough for that person, so you reject yourself in the process. You may start to think that no matter what you do nothing will appease this person, or you may start to believe that what they say about you is true.

Self care and self love is the only thing to bring you back to yourself in a loving way. You cannot do anything, or rather control how another person feels about you, but you can control how you feel, so then you take charge of your own self healing. You also decide who you want in your life and who does not belong there.

There comes a point in time that you have to accept the way people are, it may be time to move on from them and not have them in your inner sanctum.

Work out your triggers about why you take on rejection and why it makes you feel hurt.

You may have felt unloved by your Father and the boyfriend you have finds you too needy, therefore he finds you smother him. Wanting to be loved is what the trigger is and understanding and working through that will help you alleviate your need for people to love you through your despair.

Work on your own self love, tell yourself loving things, and don't allow anyone's negativity to come into your space, you will find the people you are around who empower you are the ones to share space with, they will not come from a negative space because they themselves are already empowered.

The only person that is in control of your emotions is you, so you have the choice to create change within yourself and that is the most powerful part you can play.

WHEN YOU WANT TO GIVE UP ON LIFE

There are times in our lives when we just can't see the woods for the trees and we just give up.

The receptors in our brains pick up on the nebulae that swirls around and our whole body reacts to this stimulation, thoughts that rush through our head create more angst for our body, we react to what we feel. It takes a lot of power and mental control to help stop the flow of that stimuli to change its direction or change course to balance it out.

That is why it is important to catch ourselves as we are going through the process. We react to every single cell sending us signals, if we are unaware that those signals can cause us to become weak in our thought process and in our body, then we shut down the vital channel that stays open to create a new sensation and a new way to be and feel.

One way to create a change is moving your body, it breaks up this junk DNA spurt that can happen and allows the blood to flow to vital organs and allow the nervous system to change course, and in other words it takes it away from itself. Otherwise we stay stuck and caught in a continuous cycle of non committal to our well being, which serves no purpose to the well being of you.

If you are at a point that feels beyond what I have just spoken about, if you are feeling depressed, anxious or even suicidal, then it's imperative you seek some counselling of some form.

Knowing that you are not the only in this world going through traumatic, grief stricken and painful situations and that at some point or rather, we all can experience these situations and that there is help out there for you also.

To heal is the answer and to do that you must enlist in people that can help you, otherwise you are trying to battle your demons on your own and that can be very challenging at times. In this day and age, people have become more open with their feelings and also more receptive to not feel any sort of shame for saying how they feel.

Talking to others about what you are going through, will help you see things from a different perspective and help you to understand that nothing you experienced through a traumatic situation has to be your story for the rest of your life.

Releasing guilt or shame or whatever it may be, will enable you to heal faster and will also enable you to create a stronger foundation for yourself.

It is only what we go through, that we grow through it and life is challenging and painful, but there is always help out there, so never think that you are alone.

VALUES

Do you run your life by a group of values that you adhere to? Does it make you despondent when you see people have lost their values, when they have to inflict pain on others?

If your values are like your compass point, then at some point you need to hold yourself accountable to true north, in other words hold yourself accountable to what you value.

In servitude to others, this becomes more so, because when you take the time to understand what you bring with you, these values go out into the World. When you shine your spotlight, others get attracted to your light, you show others what you stand for and who you want to be.

Your values define who you are and with no definition of yourself, then you cannot hold yourself accountable for the things that you do.

If we want to raise the standard of human values, then we need to practice them on ourselves first and then go out into the world to show what the standard is to others.

If you think about what you value in your life, then you mould yourself around this and begin to live your life from this place. Your life is more directed from here and then you become in charge of your life and not life dictating to you how things will be.

Make a list of what you see as Values to you and sit and think about each one and how they will impact your life in a positive way, once you become aware of this then you will make decisions based on what your list of values enabling you to become more empowered in yourself.

MENTAL WELLBEING

I believe we are now in a pandemic of mental wellbeing. We see now in the World, humanity is stressed at great levels that is creating all sorts of mental instability, which can take on any form, and end up affecting the body.

You give your body enough stimulation through stress and your body will start to break down.

Your body was not designed to be taken advantage of, or taken over by this constant influx of stress. Mental Capability is being tested daily through our children, through us as Adults and throughout our Planet Environmentally.

An Aboriginal article I read says that if the land is sick, then the body is sick. Everything is interconnected, so at some point the affects of climate change have an effect on us, the affects of working too many long hours, have an effect on us if we are not doing something to counteract that.

Once our mental capacity is tested, it releases endorphins into the blood stream and the fight or flight hormone kicks in.

Our thoughts create our reality, therefore it we are in a constant state of flux, and then we are highly charges. Our capacity to think clearly gets challenged

and therein lies the problem. If we don't take time out for ourselves and disconnect from this busy world we live in, we end up at the Doctors office, being prescribed drugs that are used to help keep the body regulated, which become ineffective because they do not clear the cause of the problem, they just keep a band aid on the problem.

Through a decluttering of the mind, through some down time, through some time of self analysis and through a regular injection of self love, your body will be kept in check and will self regulate all the medicine you need, because your energy will come from a higher frequency and it is this frequency that regulates what you allow into your body or not.

When you allow low frequency energy in, you find yourself struggling to maintain your status quo, but when you bring in a much more elevated state your mind is clear, you are in harmony with your body.

All the chattels you house within are in good working order and your life is flowing at a much easier pass.

Anything that is of a lower frequency, anger, suffering, guilt, sadness etc keeps your energy low, but as soon as you switch to a higher frequency then you become more joyful, more engaging, everything becomes more meaningful, your rapid rate of response is more creative, more loving.

“The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently”

-Pema Chodron

Jennifer Joy

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