

Mastering Excellence

Harnessing the Power within You



**Master Self - Master Life
The Book**

Dr Geraldine Teggelove

Master Self – Master Life

Creating new realities through Spiritual Fitness

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Introduction

'As Mother Earth opens her heart to the call of the Great Spirit, we all feel the murmurings of a love which gently expands our hearts with a mystical golden light birthed from unconditional love, compassion and joy. Breathing as one, we walk hand in hand into the dawning of a new world where dreams are simply a whisper away.' Geraldine

We can all feel it! We all know deep down that something profound is happening. The world is shifting and changing before our eyes, and life as we know it will never be the same. Part of us wants to return to those 'good old days' and yet hidden within the recesses of our soul, we know that this is not possible. Yes, change is happening at such a fast rate that we are finding ourselves scrambling for ways to simply survive. Forget about the thrive, as there doesn't seem to be a possible way of achieving the happiness and success that surrounded us a number of years ago.

If you are feeling anxious, stressed and totally confused as to how to cope with the change that is occurring, then you are certainly not alone. The goal posts that once stood firmly in place are now being constantly moved and shifted by those holding the reins as they too desperately try to hold onto what once was. Trying to keep up with these moves is impossible. Rather than attempting to chase after the goal posts, we need to find a new way of doing things – we need to find new goal posts that stand tall and strong and never change, never bend with the times, and always allow us to score in whatever way is best for each of us individuals.

The questions we now need to ask are: how do we cope with this incredible time of change? How do we find those new goal posts, and how do we learn to not only survive but also thrive in a brand-new world that is forming even as we read the words on this page? Believe it or not, there is a simple answer to these questions!

Learning to cope with this change and find the happiness we crave, is all about finding new ways of doing things. Yes, you've got it - new ways for a New World. For those ready to make the switch, then it is essential to become what I would describe as 'spiritually fit'. The truth of the matter is that growing your Spiritual Fitness is vital to you living happiness in a world that is unfolding into something we have never before experienced. Spiritual fitness is cardio for the mental, emotional and spiritual bodies! As with accomplishing anything, it does take ongoing commitment, and this is where many people stumble and fall.

I am sure we all understand what it means to be physically fit, health fit or business fit, and we also know what it takes to achieve great outcomes in these areas of our lives. But becoming spiritually fit, is a whole new ballgame. This game doesn't last for just an hour or two – this game lasts a lifetime! Whether we like it or not, we are all in this game of life and all playing

every moment of every day. So, I'm guessing it would make sense to get to know how to play well so as to reap the rewards of our efforts. This poses our next question: How do we become spiritually fit?

Our spiritual fitness hinges on getting to know who we really are, discovering our place within this Universe, and uncovering the Truth behind creating happiness and success. The next step is to learn how we pull all of this together within our own individual unique self. Wow! This sounds like a huge task, but as the saying goes, we climb a mountain one step at a time, and this is exactly what this book is all about. The 'Master Self – Master Life' book has been written with the intention to help you understand this unprecedented time of change and give you the knowledge and the practical everyday steps you can take to ensure you live the life of your dreams.

The steps shared here are based on what is taught in the Spiritual Fitness Mastery Club Program which is offered both online, and as a face to face workshop in many places around the world. Everything is based around the following 8 Universal Truths.

1. Everything is energy
2. Harmony between body, mind and spirit is essential to manifestation
3. Behind every effect there is a cause
4. Co-Creation is key to ongoing happiness and success
5. True power lies within the heart
6. Reality is a reflection of emotional states
7. Living the future creates the perfect present moment
8. All is one

The following chapters do not fall under the category of 'quick fix', but they definitely do appear at the top of the list for 'processes that create extraordinary results'! When it all boils down to it, it is always the choice of the individual as to how he/she experiences life. If you choose to live more of everything that this amazing Universe has to offer, then I humbly recommend you not only read, but also embody the steps shared within the pages of this book. Yes, it may be challenging and at times quite confronting, but if you are finding yourself in a not so positive space right now, then it is time to take action.

It goes without saying that any type of fitness takes effort, energy and an ongoing commitment to self. Once that commitment is made and set in stone, then you are ready to fully step into the game. The recommended use of this book is to take one chapter at a time and spend a

week reading, contemplating and completing the journal questions suggested. It is by using the book in this way that you actually allow your mind to accept the concepts, and your heart to embrace them.

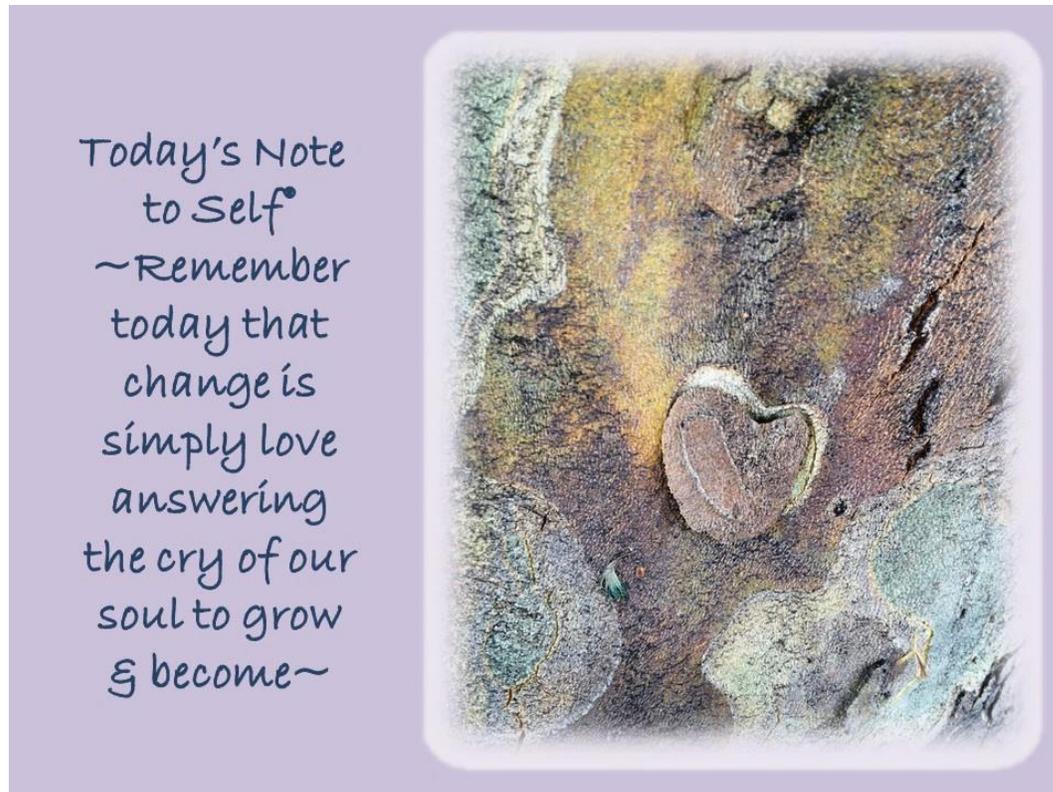
During the following chapters, insights into the wonderful world of quantum mechanics will be revealed, knowledge and understanding of metaphysics and universal principles will inspire you to greatness, and the wonderful teachings of Mother Nature will have your heart singing as never before.

May your life be filled with the light of love.

Geraldine

Chapter 1: Understanding the Change

Earth Mother Wisdom:



Today's Note to Self™ ~Remember today that change is simply love answering the cry of our soul to grow & become~

The one thing in this world that is constant is change – change is inevitable! Everything in Nature lovingly accepts and embraces change knowing that it is all part of the eternal cycle of life.

When you refuse to listen to the longings of your soul to grow and become, your world falls apart and disintegrates! You hear the whisperings of Spirit, you feel the tap on the shoulder, but you too often ignore these gentle nudges. As a result, things happened in such a way that you are forced to change – your world falls apart, your heart is broken, and your eyes are drenched with tears. But, within all of this, your soul quietly rejoices at the thought of new beginnings. By fighting against and resisting the change, you build your very own pyre, and finally find yourself sitting in the rubble wondering what on earth happened!

This beautiful image is here to assist your journey. The tree constantly sheds its bark to make way for a brand new, bright and shiny tree trunk to appear. It intuitively knows the time for change and discards the old bark in the most loving way possible. This beautiful little piece of

heart shaped bark brings to all who pass by, a truly wonderful and inspirational message. It had served its purpose over the past year or so in protecting the tree from the strong winds of life, but it was now time for change, and it was happily and lovingly moving on.

Perhaps it is time for you to question how you accept the changes that occur in your life! Do you accept them lovingly, knowing there are new and exciting opportunities awaiting you to unwrap and delight in? Or, do you try and push them to one side and continue on, refusing to accept that change is inevitable. Embracing change is a wonderful way for you to grow and become a more magnificent you. I (Mother Earth) am here to help you understand that change is just love answering the cry of your soul to grow and become. Today, if you hear the whisperings of change, then trust love to enfold and protect you as you step forth into the exciting possibilities that lie ahead. You are always loved.

Growing your understanding:

Huge change is occurring at the moment and we are all struggling to make sense of it and move with it. I am sure you are aware of the fact that life today is totally different to how we experienced life 20 years ago, or even 5 years ago. And just in case you are wondering if you are actually feeling these current changes, perhaps it would be good to explain some of the very common symptoms associated with what is occurring. The first big thing that many will be noticing is the turmoil either within their own life, or the turmoil that is going on around them in the world as a whole. For many, levels of anxiety, stress, and fear have sky-rocketed to levels never felt before. The emotional highs and lows are like being on a roller coaster ride that never seems to end. The outcome of this ride can find people at either end of a very big spectrum. It can be as simple as bursting into tears for no reason or screaming at the planet that they cannot take it any longer and want to get off. Be assured that if you are feeling these things, you are not going crazy, you are just feeling the effects of enormous change.

Many are feeling an urgency to complete tasks or to actually live on purpose. No longer are people happy to sit with the status quo, but always longing for more. They are awakening to the fact that their job is no longer satisfying and that they need to change so as to do what they love and love what they do. The fact is that we are all feeling different as our cellular structure changes in preparation for the New World that awaits. There is a desperate need for change with the constant feeling that there is more to life, being one of the main components. It is all about answering the longings that are rising up from within and these longings are no longer being willing to be pushed aside just to stay in an unhappy 'holding pattern'. We are becoming stressed by running around feeling like we must do something but we are not quite sure what!

Another aspect of this unprecedented change is the way time is moving so fast and we can't seem to keep up! Well, the truth is, time is moving faster, and no, you will never keep up if you continue to work in the ways of the old-world paradigms. Many of us are still running around at break neck speed attempting to achieve in ways that are very quickly becoming completely outdated and are wondering why we feel exhausted and just can't go on. Is it any wonder that we are living in a world where people are forever angry, and not taking responsibility for their own actions? Please be assured that there are answers and solutions.

It is amazing how our personal lives can often be a reflection of what is happening from a world perspective and vice versa. There have always been economic downturns, but nothing like the current down turns that we are currently experiencing! As large corporations are struggling and going under, we are feeling the ripple effect in our own personal lives, and often left reeling from the fallout! Business as we have known it, is certainly not a part of where we are headed as a race here on planet earth and will slowly disappear as we move towards a New World. Many are still working on the competitive plane rather than moving to the creative plane of thought and action. They are still trying to work in an old paradigm when there is a new world birthing within us and around us. We see the evidence of this in businesses that start building up and then simply fall away. It is time for us to accept that nothing is working as it once did!

Perhaps it is time for all of us to ask the big question – what is underpinning the changes that are occurring? If we begin to understand the reasons, then we can begin to understand that there are solutions which will bring us all into greater levels of happiness than we have never before experienced. Everyone is so caught up in the old paradigm, that they can't see the wood for the trees.

Understanding the changes that are currently occurring on our planet can be as challenging as the change itself. In brief, we are all within a process of moving from a 3rd dimensional way of living to a 5th dimensional way of living. This change is not only happening to us as individuals, but also to our planet Earth. Regardless of what we believe or think, we are moving into what many describe as the new Golden Age which is also known as the 6th Great Age in the history of our world. This occurs approximately every 26,000 years, and we have chosen to be here to experience all that it holds for us! This is all closely associated with the Mayan calendar which came to an end in 2012.

Now I am sure we all heard the hype around 2012, and particularly, 21st December 2012 when the Mayan calendar ended, and for some, the world was going to end! As usual, the media hyped it up even further in a very negative way sending more people into fear zone overload! So, for all those who are not quite sure of what has been going on, and for those of us who may know a little, hopefully what I share with you here may be able to allay any fear and help you to see that this is a very exciting time to be on our planet earth.

Thank goodness, we are now at a time in history when science, religion and spirituality are gently coming together, and better still, working together to grow in understanding of what is

occurring in this present time. Every year we come to a certain date in our lives which divides 1 year from the next - our birthday. Now, the day before and the day of your birthday represent the split between one year and the next. Well, 2012 represented a gigantic moment in our planets age. It was actually a dividing line between one Great Age and the next. This transition does not happen over-night! Many people thought that once we reached the end of 2012 that we would somehow be transported into this amazing new world, and when it didn't happen, they were left wondering what all the hype was about. The truth is, that the transition time for this new world order to appear is about 20 to 30 years, so we do have a little way to go!

What impact does this have on the world and us? Looking back in history, scientists can tell us that every time planet Earth has moved from one great age to the next, there have been enormous changes to planet earth. For the most part, these changes have not been good, but have been rather disastrous! Fortunately for us, we have been growing in awareness of what is happening, and so many of the population are waking up to how we can assist Mother Earth to enable a far more, gentle transition.

The New Age we are about to enter is described by leading spiritual experts as a time of peace, harmony, co-operation, creativity and love upon our planet Earth. As I said, whether you embrace this New World idea or not is up to you, but you would have to admit that living on a planet in this way would be simply amazing and holds great significance for all. It signals the beginning of a new level of consciousness for us as individuals, and our planet. The exciting news is that this is not a journey of starting over again and having to re-learn all the steps. It is simply a time to wake up to what is already embedded within us, and a time of remembering. Yes, we already know all that needs to be known but we have simply forgotten. Now is the time when we tap into this knowledge and grow our understanding by living it. This remembering is already happening within us! Have you noticed that you are being drawn to spirituality, or craving knowledge, or seeking out spiritual help that you have never looked for before? Yes, you are already waking up!

Obviously, if we ever hope to enter this New World, it makes sense that things have to change, with a Capital 'C'. Now this doesn't mean that if you make the necessary changes that you are going to disappear from the planet never to see your loved ones ever again because you have flown to a new dimension. This is something that many people are fearful of. It simply means that you are living and experiencing life here on planet earth with a whole new consciousness or level of awareness.

How this New World comes into being, really depends how we handle this change and whether or not we all work as one to bring about peace and harmony. It all depends on each and every one of us doing our bit to raise the consciousness of self and our planet.

My Personal Journey

Change has never really been an issue for me. In fact, if I am not in the process of creating something new and exciting, or moving house, or making some sort of change within my life, then it becomes a little boring. Outer, physical change is not something I find challenging at all. On the other hand, coping with 'inner change' is quite a different matter! I think this is why I pushed it aside for such a long time. Physical change is easy because I am in control of the process, and therein lies the problem.

Let me explain by sharing with you the time when I knew without a doubt that my soul tired of giving me those quiet gentle messages, and flung me headlong into an 'inner change' that would literally change the course of my life in the most amazing ways. We had lived at our property for 10 years, having built our business from the ground up. We had bought the 40acre property, which was bounded on one side by the Murray river, just as a semi bush block with no road, no power and certainly no home, but we had a dream to build bed and breakfast cottages. Over a number of years, we had built not only a magnificent looking property, but also a very successful and award-winning business which was frequented by guests from far and wide. Then it happened! Our business fell apart and I was sitting in the rubble wondering how and why. Looking back, we can always find physical reasons for financial meltdown. Probably the most significant for me was not being able to let go when I knew in my heart it was time to move on. I was extremely run down and very tired, but this was mine and we had built it from scratch, so how could I let it go to someone else? Well, sometimes the universe has a wonderful way of making things happen so you are forced to make a decision and move on to the next stage of your journey and fulfil the purpose for which you were born.

About the same time as we moved from Echuca to Melbourne to start again, Michael arrived home from his usual 8 months in Belgium, to spend a month or two with us in Australia. He was a road cyclist with a team in Belgium and had been living his dream of racing in Europe. It was always such a joy for Bill and I to have him home. Even though we knew it was what he had always wanted to do, and we supported him all the way, it was still very difficult having him living on the other side of the world as we both missed him so much. Well, this particular home coming was one for which I was certainly not prepared. As we drove from the airport, I knew he was trying to tell me something but wasn't sure how. Finally, he found the courage to ask, "Mum, what if I told you that I was going to now live permanently in Belgium?" I looked straight ahead and just about choked as I fought back the tears. Michael had met a beautiful young Belgium woman and they had decided to marry. All you want for your children is for them to be happy, but right now I was the mother who did not want to let go of her baby boy! A voice inside of me was screaming, "God, this is just not fair! Why oh why is this happening to me? How could I lose the property and then Michael as well? Just give me a break and tell me what it is I need to learn."

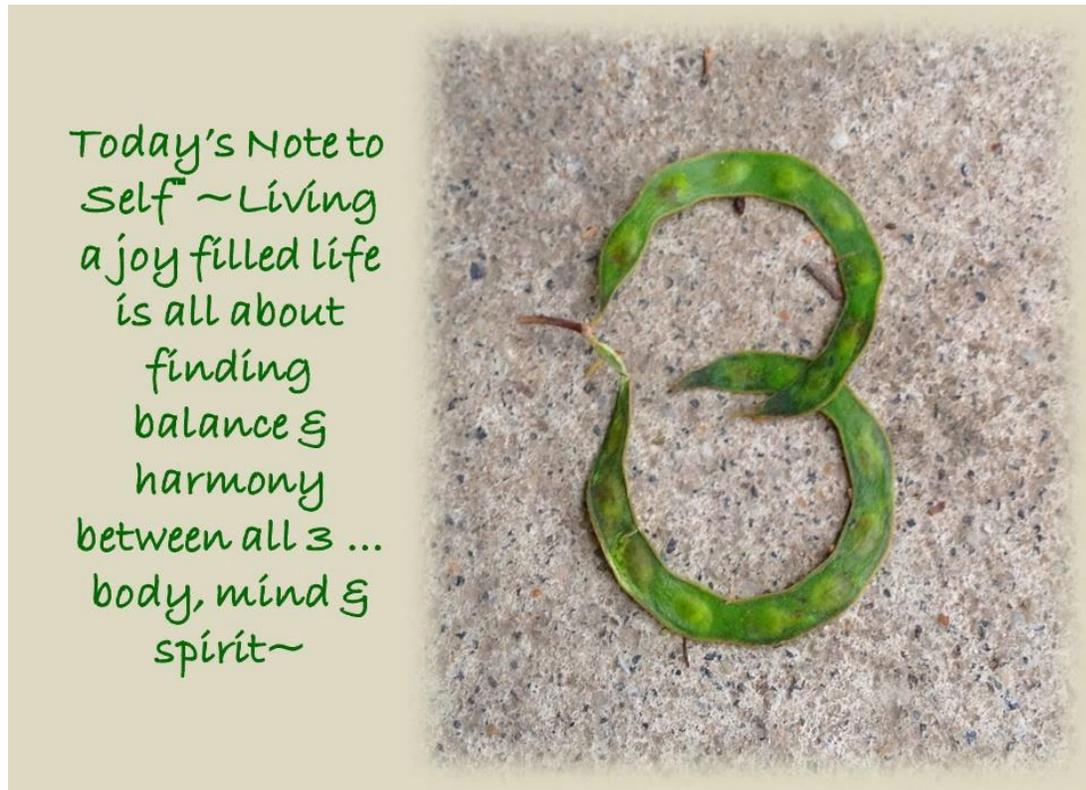
My whole world had fallen apart and I wasn't sure if I could go on. Each morning I had to force myself to get up and make the decision to move forward. The lessons were coming thick and fast as went kicking and screaming my way into facing the inner changes that needed to be faced, embraced and lived. I discovered that it is not until I let go of control, embrace inner change and become totally vulnerable that I can look beyond what is, and see the amazing opportunities which lie ahead. This is the moment when I discovered the answers to all those questions which had been lying dormant inside of me for so many years. It is when I finally 'let go', that I discovered the Truth of who I am and for what purpose I chose to travel this physical journey. This lesson can come to us in so many different ways. For some it is a serious health issue, for some the breakup of a relationship, for me it was financial meltdown. Just know though, that this story has an extremely happy ending!

NOTES:

Chapter 2:

Making sure that Body Mind and Spirit are working as one

Earth Mother Wisdom:



Today's Note to Self™ ~Remember today, that living a joy filled life is all about finding balance between all 3 ... body, mind & spirit~

Creating the perfect message for those searching for answers is such fun. In this instance, these 2 little seed pods assisted Mother Nature by falling to ground in the shape of a number 3. This number brings with it a very significant message. It not only reminds you of your emotional, mental and physical bodies, but is also a reminder of your creative potential and your divine nature. It symbolises your alignment with the spiritual energies that can help you achieve your desires. These seed pods symbolise the potentialities and possibilities that are there for you once you bring all 3 bodies into harmony and balance.

Those who spend time in nature, very quickly discover that perfect balance is Mother Nature's secret to creating happiness, peace and harmony amongst all things on your planet Earth. The balance between the day powered by the energy of the sun, and the beautiful restfulness and quiet of the darkest night! The balance of the seasons, which bring to the plant a time of rest

and rejuvenation, so it can once again bless your planet with the beauty and fragrance of the flower. She even knows that for the little bird, that if one feather should fall from a wing, then a feather must be lost from its other wing so as to maintain the necessary balance for a perfect flight.

Living in a physical body, in a physical world is not a simple or easy task! It is in finding harmony and balance between body, mind and spirit that you live in happiness, joy and peace. You may be living in a physical body, but you are essentially a spiritual being. Your body is a protective layer and must be cared for through nutritious food, rest, and activity. Please remember, as above, so below! Your Spiritual side must also be nourished so it can forever grow towards the light of understanding. As a physical being, you have also been gifted with a mind which is being constantly fed by your 5 senses and it likes to take control! Now the secret is to be mindful of, and balance all 3, and when you do ... Wow! That is when your life flows with ease and grace. You can do it! You are so loved.

Growing your understanding

To create our desires and bring them into reality, it is vital to have emotional, mental, and physical bodies working together as one. All three must be working in co-operation and harmony for us to turn energy into physical matter. If even one of these bodies are out of balance with the other two, then your desire is never going to be a 'happening thing'. In Truth, we have arrived with 3 distinct and all-important facets of self. The physical body allows us to experience this dimension - enjoy, explore, see, hear, taste, smell, touch, feel, act, learn, and grow. The mind allows us to think, gain knowledge, learn, question, to choose, and create. The third essential component in the creation process is spirit or emotional body. This keeps us connected to our natural state of being, to the past, present & future, and to the quantum field of infinite potential and possibility. If one these three components outweighs the others, or refuses to co-operate, there will be significant consequences.

When our body is allowed to rule our lives, the outcomes can be many and varied. I am going to touch on just a few here, but I am sure you will begin to get the picture so to speak. One of the most common outcomes of the body taking over is the obsession with body image. Many throw themselves into physical fitness at breakneck speed, becoming addicted to the idea that fitness equals beauty which will turn attract the love they desire. The outcome for others is an eating disorder which leads to being under-weight or over-weight. Another great sign that the body is ruling a person's life is the need to be forever working harder and trying to force things to happen through physical action. The outcome usually ends with frustration and guilt being the emotions of choice and experience.

When our mind is allowed to rule our life, we become focused on living in the past or worrying about the future rather than living in the only moment that counts – the moment of 'NOW'.

The mind loves to rule through negativity. It presents life in such a way that we see mostly the negative in life. We get focused on what could go wrong or who is to blame rather than checking on the part that we played within the experience. (More about this in the chapter on Cause and Effect) The mind loves to have us comparing our journey with others, and has us focusing in on what we have not yet achieved rather than building new and wonderful possibilities. With mind in control, fear, anger, depression, guilt and blame are usually the emotions of choice.

When our spirit is allowed to rule our life, we lose sight of why we are here and begin to live in the realm of spirit. Because of this, we become ungrounded and forget that we are here to expand the Universe not just through our spiritual growth, but also through our physical actions. This is a forever expanding Universe and we are all a small drop of Universal energy and as such we too have a natural urge to be, do or have more. This is a natural urge that will eventually surface regardless of how we try to suppress it. Quite often, those who allow their spirit rule, very quickly become 'wishful thinkers' and lose sight of the fact that there is always a physical action component to the creation process. The outcome will be an experience which inevitably includes disappointment, discouragement, doubt, and guilt.

When we bring body, mind and spirit together and assist them to work in harmony and co-operation, magic and miracle begin to happen. Once we create the essential balance and allow communication between all three, you can be assured that the manifestation of your dream or goal will follow. How does this happen? A very simple explanation is that firstly, the body enables the heart and mind to come together. The heart/spirit begins to inform your mind which is now open and ready to embrace vital information of what needs to be done. At the same time, the body begins to listen and feel the messages from both spirit and mind. Now that all three are listening and co-operating, the path ahead becomes extremely clear, and we have a knowing about what needs to be done. In short, life flows easily and effortlessly and synchronicities abound.

To enable all three to become the best of friends, we learn to embrace them, we learn to listen to their needs, and we learn how to respond to those needs. To create amazing outcomes in the area of creation and manifestation, it is the very wise person who figures out how to feed and nourish the spirit, the mind, and the body. It is great to be able to now share with you that through a great deal of trial and error, I believe that I have finally discovered the most simple, practical and effective ways to enable this learning to take place.

The Spirit

As our Spirit is the greatest part of who we really are, it makes sense that this would be the perfect place to begin. The spirit part of self is also often referred to as the heart, so please understand that if you read spirit or heart within this book, you know that they are one and same. In order to feed and nourish our Spirit, we must first recognise that it exists. Okay, now it is time to talk to your spirit! Yes, I said talk to it! This is always closely followed by listening to its

guidance and then trusting what it tells you. How do you hear these messages from the spirit part of you? It is all about connect through feelings and intuition, and often the best way to make this connection is through meditation. Now, although good for some, this doesn't necessarily mean sitting in silence in a room surrounded in candles with the smell of incense floating on the air. Meditation is a very personal thing and I urge you to find what is the best technique for you.

The goal is to feed and nourish your Spirit in such a way so as to live through the heart rather than the mind. When we begin to live in this way, we open the channels which enable the heart to inform the mind rather than the other way around. As the heart informs the mind with the steps to take, you will quickly discover that there is no longer a need to try to force things into existence. The exciting outcome becomes working less and achieving more. This all sounds wonderful but I am sure many are wondering how they can actually put this into action on a daily basis. All is about to be revealed!

As the world of Mother Nature follows a path of inspiration, connectedness, beauty, and unconditional love, it follows that nature is a reflection of our spirit self. And, as nature is always available to us, it only makes sense to connect into this wonderful world to not only learn the workings of our heart/spirit, but also hear its guidance. Mother Nature and Mother Earth provide the link between the physical self and spirit self. They provide the opportunity for our spirit to share essential guidance with us – guidance that we often miss. Both help us to express our feelings and emotions. Both help us to clear our minds, energise our whole being, and bring health to our body.

It is for these very reasons that I strongly urge everyone to spend time alone in nature. May I also humbly suggest that the music and the ear-pieces are left behind so as to be able to spend quality time talking with, and listening to your spirit. As I am sure you have already noticed, Mother Nature and Mother Earth combined, have played, and still do, a vital role in me growing my relationship with my spirit self. Every chapter includes the wisdom gathered from my time spent in nature. When I was attempting to pick myself up from the rubble of financial devastation, Mother Nature and Mother Earth were there to gather me up in their beautiful loving energy, and together they become my mentor and guide.

Every day whilst out walking or meditating in nature, I was given the images and the messages that enabled me to pull myself from that rubble, and walk with courage and confidence into the next season of my life. When I was so caught up in the fall out of my devastating experience and couldn't hear anything my spirit was telling me, through using Nature as a conduit, my spirit/heart was able to shine a light on every step that I needed to take which would bring me back to my natural state of being. It is my hope that you too will make it a priority to spend time out in nature so as to gather up this amazing wisdom and use it to help create the life of your

dreams. The messages may be different for each individual, but the love shared will always be the same.

I know I may seem to be harping on this topic, but it is only because I know the incredible results it can bring. The Truth is, the more time you spend quality time in or with nature, the more enlightened you will become. Nature energises our whole being with its pure, free flowing and high vibrational state. Spending time in beautiful natural spaces, places us in a positive state which encourages our mind to ease off on the negative chatter, and our body to open up to healing whatever needs to be healed. We gradually let go of fear and allow our heart to expand with more and more love – a love for self and of all things. A natural flow on effect of this state of being, is the raising of our level of consciousness. Stepping into this level of awareness sends out a message to all in the care of Mother Earth to assist and guide your journey. We have all known this Truth but are now beginning to remember that Mother Nature and Mother Earth have great love for everyone and everything in their care. With this in mind, there is only one question to ask of self, ‘When would ‘now’ be a good time to reconnect with your Spirit?’

The Mind

Our mind is a fabulous gift which enables us to create amazing outcomes in our lives. Learning to work with the needs of the mind gives us the ability to have it shape and mould the results that we desire. This is essential to our success. We have all experienced the outcomes that occur when the mind takes control and is given a free rein to organise and run its own programs. The mind always has this tendency to focus on the negative in life. It constantly feeds us with ‘the cup half empty’ philosophy rather than ‘the cup half full’. It is always questioning our every move and fills our head with all the reasons why we can’t achieve something or do something or be something. If we allow it to continue taking control, the fear in our lives grows bigger, and love and empowerment takes a nose dive in such a way as to disappear from view.

The good news is that there is a way for us to work with the mind, still allowing to have its say, but not allowing it to make the rules which bring about undesired results. The greatest blockages that keep us from achieving our goals and dreams is the fear and doubt that our wonderful minds like to place before us with every move we make. Therefore, the goal is to feed and nourish your mind in such a way so as to eliminate fear and doubt, giving us full confidence in our ability to create anything we desire! How do we do this I hear you ask?

The secret is in keeping the mind busy with learning and gaining knowledge. The mind is a very practical and the process-loving part of our being. It loves learning facts and figures with regards to whatever topic we are choosing as our focus. As spiritual fitness and the raising of our consciousness is the goal within this book and the Mastering Excellence program that runs alongside this book, then it makes sense to feed the mind all the facts and figures that align

with this particular topic. The very best way to do this is through learning about quantum mechanics. Not only does this keep the mind busy, but it also helps answer those all-important questions that raise their heads at some point in our journey of life - What am I made of? What is our world made of? How does this information impact my life?

And yes, the very best way to find the answers is by gaining a basic knowledge and understanding of Quantum Mechanics. In fact, it not only feeds the mind in perfect ways, but also brings about an awakening deep within our cellular structure. Through a study of quantum mechanics, you will find that all fear and doubt is eliminated within the creation process giving you the green light to create your desires with ease and grace. I would have to say that this has been a key component for me in the creation of my goals and desires.

What is Quantum Mechanics? In brief, it is a study of the building blocks of the Universe – cells, molecules, atoms, sub-atomic particles and a whole lot more. If you had an aversion to science when you went to school, you will be pleased to know that a basic knowledge and understanding of quantum mechanics is all you need with regards to becoming spiritually fit and raising your level of consciousness or awareness. I promise I will make this learning a simple process. For those who love all things science, I urge you to find books that can help you delve into this topic on whatever level is best for you.

Let's begin with 2 basic facts. Fact one – everything in this Universe is energy. Fact two - everything in this Universe is made up of billions and trillions of sub-atomic particles which are simply pure energy! Knowing how these little guys work is essential to you knowing and understanding what you are made of, what your world is made of, and how we all function in this amazing universe.

The Truth is that the whole of the Universe, including you and me, is made up of billions and trillions of these sub-atomic particles which are simply pure energy, and which behave in the most amazing way. Each are possibilities or potentialities of existence which come together as packages known as quanta packages. These sub-atomic particles come together to form quanta packages as they are 'observed'. The act of us 'observing' sub-atomic particles as a particular desire, instantly turns the 'possibility or potential' of these particles into that particular desire. In very simple terms, we control what they form. This is not a theory that has just been plucked from the air. No, this is now scientific fact! Can you now see the link between quantum mechanics and the creation process? This is such exciting information which will keep the mind very busy in figuring out the details.

From the work being done by our very clever quantum physicists, we now know that sub-atomic particles are under our co-control, and that we have the power to create any quanta package that our heart desires. Through our observation (through our thoughts and imaginings) of these tiny packets of energy, we are the cause or co-cause of everything in and around us. Knowing

that nothing can exist without our observation, it is vital to become aware of what we are observing. Another vital piece of information that science is now telling us is that once we remove our observation of a particular quanta package, it simply disappears back into the quantum field to once again become a possibility or potentiality. This certainly awakes us to the fact that to bring any of our desires into reality requires a committed focus.

You and everything your eye can see is made up of these amazing tiny sub-atomic particles. You are a quanta package with the power to create any type of quanta package you wish to express or experience. It is important for us to know that there is so much more to these amazing little energy packets. These are further facts which will help you really understand the vital role they play within our lives. Sub-atomic particles are multi-dimensional and exist in the realm where time does not exist. They can move instantly from one place to another, or from one object to another, or one state of being to another – yes, in an instant! I am sure you are beginning to see how quantum leaps are possible with sub-atomic particles having the ability to move from one place to another without the constriction of time.

One extremely important piece of information to embrace and understand with regards to sub-atomic particles is that they are powered by Intelligence. This Intelligence is the Mind of the Source or God which is working together with our ‘individual’ minds and the ‘individual minds’ of the rest of the Universe. This topic is discussed in great detail in chapter 11.

Once we truly get our minds around all of this, we can now see how every outcome or dream or desires already exists. When spiritual teachers and guides would tell me this, I must admit I never truly understood how this could be possible. Through a study of quantum mechanics, I now understand how anything and everything is already there for us to choose and bring into our reality. It is also exciting to know that regardless of who we are or where we are right now, we can work with the sub-atomic particles, what the ancients described as Divine Substance, and change an experience of lack and limitation to one of abundance. Yes, we are definitely co-creators with the Source which is the Divine Intelligence that powers the particles. Perhaps it is time to dive into those wave patterns of possibility & potential, and begin to live a whole new experience of life – one of our choosing! When would ‘now’ be a good time to love and nurture your mind?

The Body

As we awaken to the idea of a New World and a new dimension, the body will find it quite challenging to keep up with the physical changes which are accompanying our shift in consciousness. Our bodies, even though physical and seemingly solid forms, they are actually the smallest part of who we really are. These magnificent outer physical structures which house our mind and spirit, enable us to enjoy the thrill of a physical experience. The physical body

provides us with the opportunity to experience and express all facets of living in a third dimensional world. It provides us with our five senses, and it allows us to express emotion.

Most importantly, it provides the vehicle through which we can learn the valuable lessons found within life's challenges and struggles. We all came to this planet to experience the thrill of a physical journey, and to fast track our soul growth. Our main goals were to be happy, to share our unique giftedness through doing what we love and loving what we do, and to embrace our natural urge to expand the Universe in beautiful and creative ways. If have chosen to be here on Planet Earth at this time in the history of the planet, then you are certainly in for an interesting and challenging time!

In this time of transition from one dimension to another, life is certainly keeping us on our toes. Moving from the familiar third dimension to what is described as the New Golden Age – the Age of Aquarius – our bodies are going to be tested to their limits. If you are experiencing finding it really difficult to cope with life, then you are dealing with one of the many symptoms of moving dimensions. For many, nothing seems to work anymore, and feeling unsupported, and abandoned in many cases, is a very common indicator of being immersed in the shift. Exhaustion and anxiety will sometimes seem to be overpowering, even leading to feeling as though you cannot go on any more. It is important to understand that these are all symptoms of the transition, and these will eventually dissipate and make way for a brand new and joyful way of living.

Our bodies are awakening to all the feelings and emotions arising within us, and we must learn to give these attention and unconditional love. It is of vital importance to really take care of our bodies at this time, as radical transformation can certainly take its toll. We are 'waking up' and our bodies are feeling it through aches and pains, exhaustion and even flu-like symptoms. If we wish to come through this transition victorious, then it is time to feed and nourish our bodies in the best possible ways. First and foremost, we must love it! Regardless of our notions of what the perfect body is meant to be, this is the body we have created, so this is body we must accept and love. When we are putting ourselves down in the body department, it is always a good idea to remember that we are made in the image and likeness of our Source or God and that this Source does not make anything less than perfect.

If you have never done this before, now is the time to talk to your body and listen to its needs and guidance. I always like to ask my body what is behind the obvious. I ask my body to share with me the reasons for my gaining weight, or feeling tired, or feeling sluggish, and the body always responds with the reasons, and from there I can work out the solutions. Although essential to helping our bodies cope with this time of transition, it is not only about feeding and nourishing it with healthy foods. It is also about filling it with positive emotion on a daily basis. This can be done through the simple act of laughing as often as we can. Laughter truly is a wonderful natural

medicine. Add to this regular exercise, plenty of rest, and enormous gratitude for all it does for us on a daily basis, and our body will be returning the care and attention by helping us feel lighter and brighter in so many ways.

By honouring our body in these ways, our body will honour us. It will open its secrets with regards to how it works, the way it heals, and how it loves to love and nurture us through our journey of life. Taking care of our body at this time will enable our beautiful body to fulfil its role in carrying us into a brand New-World. Through recognising our unique and magnificent one of a kind quanta package, we will be well on our way to becoming a powerful co-creator. When would 'now' be a good time to love and nurture your body?

Having discovered how to feed, nourish and nurture the three parts – spirit, mind and body – it is time to invite our body, our mind and our spirit, to a 'getting to know you' meeting! We get to choose the time and the place. Once we bring all three together, we enable the harmony and balance required to create our desires and bring them into reality. There will be a clear channel between heart and mind, allowing the heart to communicate new ideas and opportunities to the mind, and the action required by the body will flow easily and effortlessly.

Personal Journey:

Aligning and balancing body, mind and spirit for me came down to one very simple task. Understanding on both an inner and outer level that unless I could learn to love me, then life was always going to feel out of balance. The lesson was staring at me every time I looked in the mirror and saw faults, or pushed aside a compliment, or put myself down, or a hundred and one other ways in which I found fault within self. The Truth is, without learning to love myself, my emotional, mental and physical bodies were never going to be able to work together for the greater good of me.

I think we would all agree that the very best experiences in life are those not necessarily shared by others, but by those we have personally experienced. All the things that we have discovered and learned, and the wisdom we have gained such as what brings us happiness, what creates peace, how to laugh, how to cry, how to overcome challenges, what love means and how to infuse our lives with this beautiful energy. It is one thing to hear about all these things from others, but it is quite a different thing to actually experience this ourselves. Me, finally learning to love self, came in the form of a number of lessons which I would love to share with everyone in the hope that what I discovered may assist others in finding the courage to also love their own magnificence.

Why is it such a difficult task to love self? From a very early age it had been ingrained in every tiny cell that it was wonderful to love others, but not so good to love self! Loving self was only ego and vanity, and somehow the real meaning of self-love got lost in the maze of winning points to salvation. Well, this was how it was for me as a child and young adult, and I' am fairly

sure that it was the same for many, many others. This paradigm was so ingrained in my DNA that I knew it was going to take effort and time to remove it, and replace it with the true meaning of loving self. But, I also knew that it was something I really needed to do.

Why? I was so tired of not feeling the freedom to live the real me. The freedom to do what I love and love what I do. The freedom to live my unique magnificence. Now was the time to begin imagining being able to express my freedom fully and freely! This is something that money cannot possibly buy. I discovered that this was a Truth that I had to find from within, and then live in my outer reality. I also longed for the sensation of self-love that flows from the heart - that feeling of true empowerment. You quite often can't even find the words to express this power, but from personal experience, you certainly know when you have achieved it! Nothing holds you back from living life to the full and more! No more lack of self-esteem or self-worth as both of these have been replaced with the most powerful knowing of who you really are and your place within this amazing Universe. This is not an ego filled power that yells at the world 'here I am' but a power which flows quietly through all you do, and be and say!

I had been working so hard at growing my spiritual knowledge and understanding, but I knew there was still a missing ingredient. Within all my study, I found that if I could actually embrace self, my energy and vibration would shift in amazing ways and I would become a magnet to wonderful outcomes -as if touched by magic! It only makes sense really, because when you begin to love yourself your life shifts into happiness, and out of happiness is born success! You start to attract anything and everything that will bring more happiness into your life because this is the way the Universe works.

I would have to say though, my biggest reason for embracing the concept of loving self was to fulfil my cravings for a well- balanced life. My life was way out of balance and every part of me was shouting this fact from the rooftops! From somewhere deep inside me, a 'knowing' was rising. Living a beautiful balanced existence where life flows easily and effortlessly is all about learning to love self. It was time to take care of myself and only do what felt good and didn't tax the body, the mind or the heart. Through loving-self I was about to create a space that nurtured me and all of my dreams and desires.

It was time to take action! I must admit I only took little baby steps at the start, but slowly I began to embrace this concept with every part of my being. Where did I begin? I started by forgiving myself for any so-called mistakes or mishaps in life! It was time to stop beating up on myself, leave the past in the past and step into the now. I could no longer continue to drown in a sea of unforgiveness of self, but understand that what's done is done! I couldn't change what had happened, but I could certainly create an amazing future and I knew where my energy was best spent! We all have things that we wish had never happened such as the words spoken that we wish we could take back, or actions taken that we wish we had never taken! It was now time to love myself enough to let them go! You see, when you finally forgive self, the colours seem brighter, the air seems lighter and your heart grows bigger and warmer, and dreams

come rushing towards you at break neck speed, because dreams love a lighter, more positive, happier and forgiving nature.

My next big step was not just a big step but a huge one! Learning to say 'no' when I wanted to say 'no', and 'yes' when I wanted to say 'yes' has been one of the most difficult tasks to achieve! In other words, I had to learn to speak my truth to myself and others. Part of this was mustering the willpower to say 'no' and 'yes' when it suited me! Now this is really willpower 101! So often, I would say 'yes' to something and then go away and beat up on myself for saying this one little word, because I knew in my heart that I wanted to say 'no'! And how many times had I been given an opportunity to say 'yes' to an opportunity, but didn't because I was too scared of failing?

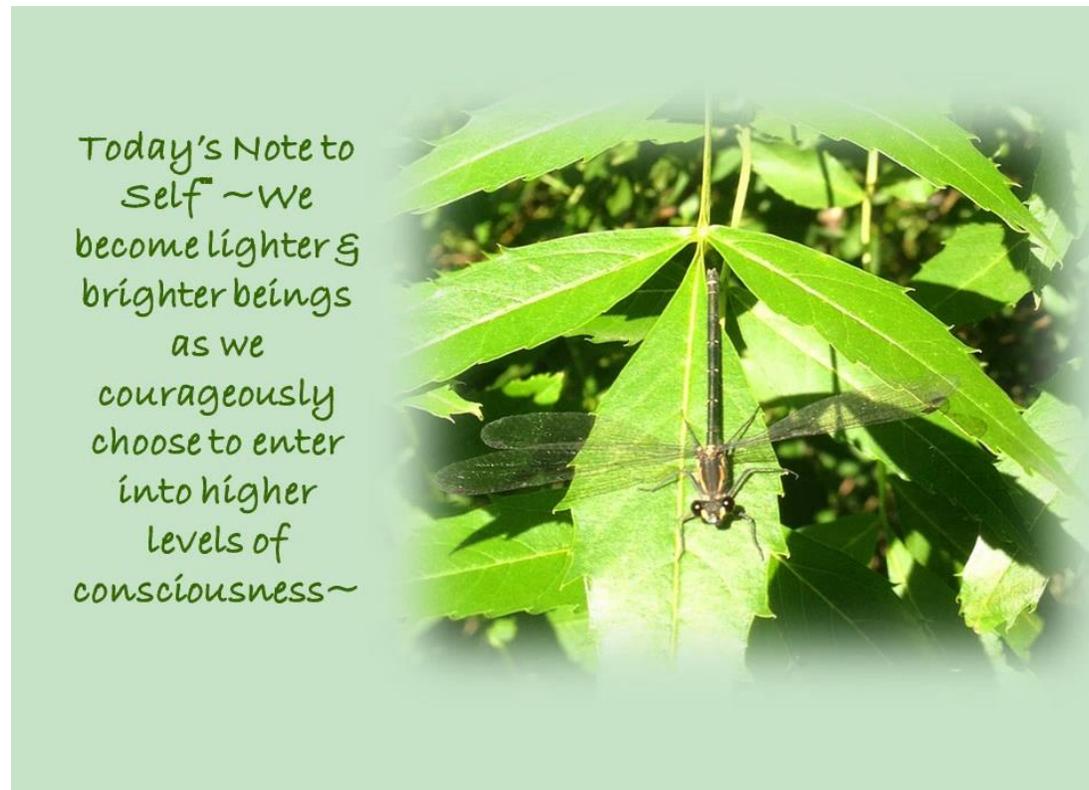
This naturally led to me giving up on trying to be perfect at everything! I think this started way back when I was a little girl. It seemed that the only way to get attention was by being really good at things, so that's when I set in place a pattern for the future that truly became such a huge burden. It was bad enough when I was a teenager and a young adult, but once I got married, well the rot really set in! I was trying so hard to be the perfect wife, the perfect mother, the perfect music teacher, the perfect chef, and on and on it went. The silly part was, that once I gave up trying to be perfect and impress others, I actually began to enjoy everything so much more than before. Things seemed to flow easily and effortlessly!

I had finally begun to listen to my mental and emotional bodies, but there was still one part of me that needed my attention – my physical body. It was time for me to listen to the needs of my body and react to these needs in loving and caring ways rather than doing something only when my body yelled stop! When I finally began to love myself, I was brave enough to ring the office and say honestly, I am not coming in today because I need to take a rest, and I know if I don't take this day, I could quite easily be away for several days. The response was always extremely positive. The other step I took in taking care of my body was to kiss goodbye to the guilt and give myself permission to eat yummy things at least once a week. This was my zag day, and this was so much fun.

Have I perfected 'loving self'? Certainly not, but I must say that I am loving the 'work in progress' a little more each and every day. I am also pleased to say that my body, mind and spirit are now working in a far more harmonious way as they communicate their needs and I actually listen.

Chapter 3: Consciousness

Earth Mother Wisdom:



Today's Note to Self™ ~We become lighter and brighter beings as we courageously choose to enter into higher levels of consciousness~

Did you know that the dragonfly has actually been on your planet for over 180 million years? This is truly an amazing feat. Dragonfly begins its life in water and lives in that realm for 2 years before moving into the realm of the air, and taking on the form that you physical beings recognize. Dragonfly symbolizes your journey into the light of all understanding.

It is such an exciting time in the history of this galaxy as your planet moves into a new dimension! So many of us have been gathering to not only witness, but to also assist you and Mother Earth, with the extraordinary changes that are taking place - the birthing of a new Golden Age. It is an extremely challenging time, but we are here to encourage you and assure you that by embracing an ethic of co-operation and love, the labour pains will be eased, and together we will bring into being, a glorious new way of life. A life that you have always dreamed of but have never truly experienced on your planet Earth.

Dragonfly has appeared to bring a message of hope and inspiration. Dragonfly knows only too well the trials of living between realms! It lovingly works in harmony with both the spirit of the water and the spirit of the air! Dragonfly also understands the courage and strength needed to

go through a transformation which enables it to become the most amazing, magical creature that glitters with such glorious colours as it captures the sunlight within its wings. This metamorphosis only comes about by working in co-operation with the Great loving Spirit which is within all things - a loving, peaceful, and joy filled Spirit whose greatest wish is to see all things creating within a vibration of harmony and love.

The magic of dragonfly is the power of light. Dragonfly is a reflection of the possibilities that lie within each of you as physical beings upon planet Earth at this time of incredible change. A time when all are being asked to grow and mature into the mystical light of harmony, co-operation, peace and love. We lovingly urge you to embrace this message, and by doing so, you will also be embracing Mother Earth, and together you will quietly and softly guide your beautiful planet safely into a glorious Golden Age. You are so loved!

Growing your understanding:

There is a metaphysical term which says, 'look up'. This means to lift yourself out of living with negative thoughts, words and feelings, and into a place of love, peace, joy and gratitude. When you live with these thoughts, words and emotions, you are 'looking up' or raising your consciousness to a higher energy level. When we do this for ourselves, we are actually affecting the consciousness of the whole world, because others catch this beautiful vibration and change without even realising it. So just imagine how much good you are doing for our planet when you begin to 'look up'. Going through this transition time is truly a challenge as each and every one of us feel our boat rocking through stormy seas. The planet is also going through very challenging times as Mother Earth groans with labour pains as she gives birth to a brand-new world.

What is consciousness? Consciousness is a word that is constantly being used by people who are so-called 'in the know' when talking about the changes that are currently happening. The problem is, I am not sure if those who have just begun their spiritual growth really understand what this means. The fact of the matter is that there are as many definitions of consciousness as there are jellybean flavours in the world. I am going to focus in on the meaning that I feel is pertinent to what I am sharing in this book. I also believe that the definition I share really sums up what consciousness is all about.

Consciousness is a fundamental force within the universe. Scientists and spiritual teachers tell us that we are surrounded in consciousness, we are immersed in consciousness – we are consciousness. I believe consciousness is best described as 'awareness'. It is being awake to self and the Universe. It is either being aware of or becoming aware of what we are made of, what the world is made of and how we use this information for the betterment of self and the world in which we live. Even by simply reading and assimilating the information given in the previous chapters with regards to change, body, mind and spirit, the quantum field, sub-atomic particles,

and quanta packages, the reader will be growing in his/her awareness of self and the world. Consciousness is also being aware of and awake to deeper aspects of self, and then being able to express these in daily life such as knowing and understanding that we are connected to everyone and everything. This is discussed in great detail in chapter 20.

Now that we have a definition of consciousness, the next question is usually centred on what it means to raise our level of Consciousness. It is one thing to be given the knowledge, but the real change to our lives begins to happen when we actually begin to understand the information. The difference here is that knowledge is simply knowledge – understanding is embodying that knowledge and living it. This when we truly begin to raise our level of consciousness. We not only wake up to who we really are, wake up to how we operate within this Universe, and wake up to the power we have to co-create what we experience in life, but we use this knowledge and put it into action to create amazing results in our lives.

Sometimes these changes can be quite challenging, but from a personal point of view, so worth the effort. Raising our level of consciousness effects everything we do and how we do it. No longer do we wander through life questioning our less than positive results and wondering how we can change the outcome. By raising our level of consciousness, we have the answers out our fingertips and can use this knowledge to form our dreams and bring them into reality. Naturally, this newfound awareness effects our families, our workplaces, our communities, the planet on which we live and the Universe as a whole! The very best way to give to the world and make it a more beautiful place for all is to raise our level of consciousness.

There are many different types of consciousness but for the purpose of assisting everyone in understanding the current changes happening to planet earth and her inhabitants, it is best if we focus on just the following three. I will begin with what is referred to as ‘everyday consciousness’. This is the part of self that we use on our daily activities. ‘Everyday consciousness’ sees everything as separate from everything else, which is a very third dimensional way of viewing life. Unless we become consciously aware of when we are working from this particular part of self, we cannot move from one state of awareness to another.

Then there is our ‘unconscious awareness’. This is awareness that is built up over time. It has incredible influence over, and governs much of what we do at the conscious level. This is where we have stored away everything from past experiences such as our beliefs, perceptions, values and so much more. Every experience that we have chosen to embrace will have had an outcome that has been filed away in our unconscious filing cabinets. Once again, it is very important to recognise our unconscious awareness and how it is playing out in our lives. The question to ask of self is, ‘How many of these beliefs and perceptions need to be overhauled and thrown out? How many of these are blocking me from experiencing new and more vibrant ways of living?’ Only you can define, acknowledge and refine your unconscious awareness.

Our ‘Super-consciousness’ sees everything as one. In other words - Unity Consciousness - which is a fifth dimensional way of living. Superconscious is all about seeing everything as it really is.

Simply energy - one very large pool of energy! When we work at this level of consciousness, we are embracing the fact that we are one with all things. We finally see how we are all linked to each other and the field. We now understand that we are connected to and create from within the quantum field where true creativity is available to all. This is where we get to work with our intuitive powers in fabulous ways, and where we access what we know as Divine inspiration and guidance.

How do we raise our level of consciousness? This can happen in many ways but I can only say from personal experience that it is much better to choose a pathway rather than be thrown into it! Life experiences have a wonderful way of assisting our growth but so often these are presented to us in the form of challenges and struggles. Although this seems to be the most popular choice for many, it is certainly what I would consider the more difficult path to take! If you feel you have learned sufficient lessons through experiencing tough times, then perhaps it is time to choose a little more wisely when it comes to raising your level of consciousness.

A great way to start this process is through focused learning such as reading appropriate material, attending workshops which you feel drawn to, and taking time out to go within and meditate. It is also a great idea to find spiritual teachers who can help and guide your journey into what you might consider uncharted waters. Listening to guidance is wonderful but always be aware of holding onto that which feels right and perfect for you during this time of transformation.

The greatest way for anyone to raise their level of consciousness is to become aware of when they are living from the head or living from the heart. This incredible shift that is currently underway is all about living through the heart. The ancients knew without a doubt that this is essential to our transformational success. As spiritual beings, we have always known this, but we have gone through a very long time of sleeping and forgetting. It is now a time of awakening – a time to remember that living through the heart is the only way to go! The heart is also the home of our emotions and by becoming consciously aware of our emotional states of being and choosing those that are positive and uplifting, we can positively affect the magnetic fields of our planet and the Cosmos. At a more personal level, living through the heart enables coherence or conversation between the heart and the mind. This is explained in more detail in the chapters devoted to the mind and the heart.

Another wonderful way to raise our level of consciousness is to consciously live love, live compassion, live gratitude, live kindness, live happiness, live joy, live peace, and any other beautiful state of being. A very practical way of putting this into action is to begin each day by moving away from the very third dimensional thought of ‘what can I get?’ to asking an extremely fifth dimensional question – ‘what can I give?’ As we take action on this one little question, we create incredible shifts on both inner and outer levels. Looking at life from this new perspective takes us into the heart where we can truly feel love, compassion, joy and peace. As we align with these beautiful feelings, changes begin to occur at the cellular level of our being, and we are automatically lifted into lighter and more powerful vibrational states.

Personal story:

Recognizing significant milestones along the pathway to transformation is different for each individual who has dared to step out with the courage and commitment to find Truth. Many people experience these milestones as huge 'aha' moments, but for me, it actually took a series of events (three to be exact) before it finally dawned upon me that I was, without a doubt, slowly but surely unveiling the real me. Obviously, Mother Nature had been conspiring to bring about experiences which would help me to wake up to what was occurring, and accept the changes.

It all began with an encounter with a butterfly in the early hours of the morning. As the sun rose, her magical beams of light reached into the clouds and touched them with a magnificence that took my breath away. I stood there for quite some time watching the ever-changing colours and patterns that filled the sky as the wind joined in the fun of creation.

I had been so caught up in this wonderful display of light, that I hadn't noticed something even more beautiful occurring at my feet. There, in the middle of the pathway was a little butterfly struggling to take its last breath. I gently lifted it onto the grass where it would not be trampled on by others walking or riding bikes, and sat quietly watching its last physical moments here on planet earth. As if to say thank you, it slowly opened its feeble little wings for the very last time, breathed one more breath, then closed its wings and it was gone. How blessed was I to be present in that precious moment of time, and to witness such a miracle. No wonder the sky was filled with such glorious light. It was honouring a beautiful life and calling it home.

It was in that moment that something stirred inside me and the world stood still - I was hearing the spirit of this beautiful little butterfly. She was explaining to me that this physical life does eventually end, but it is the transformation from the struggling caterpillar to the magical butterfly that really matters. It was time for me to break free of my cocoon and birth a brand new magnificent me.

Nothing could have prepared me for my next mystical encounter! The wisdom filled eyes spoke to me in such powerful ways, and I felt a shiver of magical excitement vibrate through my body and deep within my bones. It was Saturday, and as I woke with a start, my bleary eyes could just make out the glow of light stretching itself into the day. It didn't take long at all for me to discover the reason for Mother Nature's early morning call! There in the middle of my path lay a beautiful fox. As its body still felt warm, I realised that it had only just passed from this earthly plane and on to the mystical land of spirit. Whilst I sat on the pathway stroking this amazing animal and giving it a blessing of peace and love, I asked if there was a message it wished to share with me.

The answer didn't come in that moment, but two days later as I sat by the edge of the creek watching the water gently flowing across the rocks, out of bushes appeared another fox. It quietly made its way down to the water to drink, then lifted its head and gazed across at me with its soft yet piercing eyes. Being only a couple of metres away, I was spellbound and could not move a muscle. The fox was obviously not in a hurry to leave, and as I slowly relaxed and opened my heart to this beautiful animal, the message flooded in loud and clear!

The fox is a very holy animal who is one of the great teachers of ancient wisdom, and protector of these teachings! Traditionally, the fox knows how to dance on the old bones of the ancestors in order to re-awaken the ancient sacred teachings that may have been hidden or lost over time. It has the most extraordinary energy around camouflage. It is all about knowing when to hide, and when to come out into the light and share the knowledge that lies within you to all those seeking answers through the wisdom of nature spirits.

The fox brought a clear message to search deep into my sacred memory bank and dance lovingly through its files. It was time for me re-awaken ancient knowledge that had been lying dormant for so long, and to once again give birth to this unique part of me. My third and final encounter happened two weeks later.

After a long week of work, we decided to down tools and head for a nearby National Park to wander what we Aussies call the bush tracks, and breathe deeply of its peace and serenity. The silence was amazing, and only disturbed by the beautiful melodies of the birds which flitted along the tracks to guide our way. Then out of nowhere rang the clearest, most magical song that seemed to send ribbons of music dancing through the trees. Once again, I was stopped in my tracks, and then treated to the most enchanting sight – a lyrebird! To actually see a lyrebird in the wild is something of a rarity, and here I was experiencing this amazing moment in time.

The lyrebird has the unique ability to remember the sounds of the bush from hundreds of years ago, and it hands on these beautiful sacred sounds to its young. The lyrebird's melodies assist in connecting us to ancient knowledge so as to bring the new clarity and direction to our lives that we have been seeking.

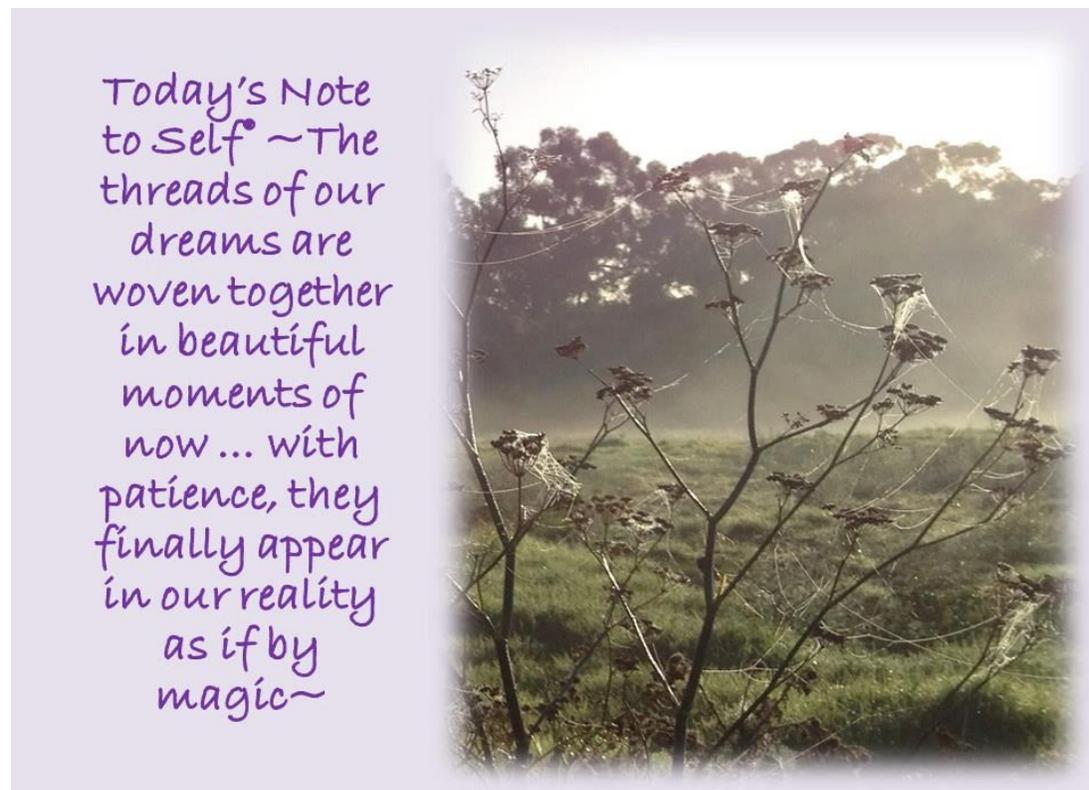
Suddenly, I was overcome by emotion - a very strong emotion that I couldn't quite explain. It felt like sadness, grief, joy and bliss all rolled into one, and all I could do was sit beneath the trees and allow sacred tears to fall. An unfamiliar energy was surging through me which felt amazingly good – clear, sparkling and empowering. I was entering unknown territory, and the brand-new feeling I was experiencing both excited and scared me. It was in that moment that there was truth to my suspicions, and it finally dawned on me that I was birthing a brand new me.

Have I found lifting my levels of consciousness challenging? Yes, I certainly have! One of the most difficult things to deal with has been the feeling of loneliness within the journey.

Sometimes I feel like I am in the middle of a desert with no one to guide me or share the experiences that I encounter. At other times I can be in a crowded room and still feel those same feelings. What I have now realized is that embracing transformation means discovering self and if this means going through some rather lonely times, then so be it. I have realized that I don't need to share my stories with others, I just have to enjoy those wonderful moments of self-discovery and give enormous gratitude for all that is unfolding in this 'now' moment.

Chapter 4: The Truth about time

Earth Mother Wisdom:



Today's Note to Self™ ~The threads of our dreams are woven together in beautiful moments of now ... with patience, they finally appear in our reality as if by magic~

Living in the 'now' moment is how all in nature experience each day. Each moment becomes an extension of the moment before and the moment after. Light and darkness are simply reminders of when to rest and play. Nature does not experience your concept of time. Please embrace the message shared by the spirit of the spider and allow it filter through your 'now'.

All through the early hours of the morning, a little spider worked its magic, producing yet another miracle for our physical friends to see, marvel at, and ponder! Each thread woven with

patience and love ... each thread drawn together to form the most glorious design that glistens with perfection in the morning light. All in nature sighs with a breath of gratitude and awe at its beauty. This little spider understands that to accomplish something so magical takes living in the moment ... in the now ... creating through the heart, and allowing the Great Spirit to smile upon and through its work. This is most certainly the way in which to birth and give life to something truly magnificent. This little spider also knows that by building a web that is well formed and strong, it is creating the perfect channel through which all its needs and desires are met.

Perhaps it is time for you to ponder the precious moments within your life and the webs you are weaving! Living in fear of anything takes your focus away from what can be found in each and every precious moment of your life. But, to spend time taking in the wonders that surround you, forms a most beautiful web that draws to it all that you need and desire to manifest your dreams. Just imagine the magical dreams you will create when you take the time to listen to the wisdom that blows to you on the wings of the wind, when you soak up the energy and power of a sunbeam, and see the glistening of a single raindrop. When you can discover and embrace these moments, you are living in the 'now' and, you are designing a magical web that is both beautiful and powerful. Today, take the time to mend the broken strands within your web, and begin weaving magic. You are so loved!

Growing your understanding

The Truth is that TIME is simply an illusion! Time flows in all directions at once - past present and future. This is quite a difficult concept for us to get our heads around and really understand. We have lived by the clock from the moment we arrived on this planet. Your parents chose when you would be fed and you learned very quickly when three or four hours had past and you were ready for the next meal. Then you were taught bedtimes, get up time, playtime, reading time, and on and on it went until your life was well and truly determined by a watch or a clock. The older you became, the more that watch or clock began to rule your life.

Perhaps now is the perfect time (pardon the pun) to explore the true meaning of this concept that has taken hold of our lives. Let's begin with some facts. Time is more about calibration rather than fixed amounts. Sometimes when we are having a really great time, we experience time going really fast. Then there are those visits to the dentist when we experience time happening in slow motion. Yes, time is constantly changing. It is simply the method we humans have invented in which to contain particular events or happenings in our journey of life. In fact, we have now contained life so well that we even have it down to days, minutes, seconds and fractions of a second.

This containment of time has some positive aspects, but it also has some not so positive aspects! From a physical point of view, time certainly has purpose and meaning. It helps us

organise society in such a way that there is some sort of order rather than complete chaos. Imagine what it would be like if all buses and trains decided to run at the same time, or people chose to go to work in the middle of the night rather than during the day when the office was open for business. It just wouldn't work and systems would break down in all directions. Time also helps us understand particular types of motion such as how long it takes to move from one place to another so we can plan our excursions in an orderly fashion.

From a metaphysical aspect, time has one huge drawback! We get so contained within certain lengths of time that we lose sight of the fact that time really is an illusion. Einstein has helped us understand that our past, present and future all happens in this moment of 'now'. All our goals and dreams are already available in the quantum field right in this moment of 'now'. For the most part, the only issue is that we don't really believe this is possible. As we move through life, our containment of time begins to rule our lives to such an extent that we begin to believe that time is real. We begin to believe that certain steps must be taken and processes followed before we get to experience wonderful results.

Our spirit self – the greatest part of who we are - is certainly not designed to be contained within physical time structures. It loves nothing more than to roam freely out there in the quantum field with no time restrictions tying to yesterday or tomorrow, but simply enjoying the 'now'. It particularly loves doing this when our physical bodies are sleeping which is when we truly experience 'no time'. All those amazing dreams we have moving from one country to another or one event to another in the blink of an eye. Our astral travels always happen in the 'no time' zone. Yes, our physical bodies may get oh so comfortable living with time restrictions, but our spirit is always roaming free within the field where time does not exist.

If we can embody the understanding that everything that can possibly happen or be created in the past, present or future are actually all happening or running at the same time, we will become the creators of miracles. We will learn to reach into the quantum field, where time is non-existent, and draw to ourselves whatever we desire. The field only knows – Here, Now, Always - right now!

Establishing a great working relationship with time is very simple, but can be quite a challenge. It just takes living in the 'Now'. Rather than spending our time worrying about what happened yesterday or what might or might not happen tomorrow, we focus on what is happening within and around us right now. Why? Because 'Now' is the only time that exists. By making the decision to live every 'Now' moment, we are getting the very best from life. Focusing on the yesterdays or tomorrows blocks us from seeing the ideas and possibilities as they open up to us right now. Someone could be offering us a wonderful opportunity and we would not even be able to connect to it because our mind is far away pondering things that no longer matter or may never happen.

I love the saying, 'the present moment is an amazing present you give to yourself!' Being ever so grateful for this present moment with all that it holds you get to experience all that you have

created through your states of being, your thoughts, your words and your actions. Even if you don't particularly like this moment, then change it, but give gratitude for what it has brought you, because condemning the present moment will only have you continuing to experience the same thing over and over again. Yes, what you resist, persists!

Embracing the 'now' has so many benefits. It enables us to stop dwelling in the past. I am sure we all understand that 'remembering' not only creates that illusion of time, but it can also have us revisiting a great deal of pain. All we need to do is embrace the lessons learned from the past, and leave the rest. We can also benefit from not constantly day dreaming about the future as 'waiting' also creates time, and often, a great deal of unnecessary stress. When we step into the 'now' we are no longer remembering or waiting but simply observing and experiencing. In Truth, everything happens 'now' - we remember our past 'now', and we vision all that we desire in the 'now'.

The Universe/Source uses the present moment, and only the present moment, to bring the people, ideas, opportunities, and all those magical hints to assist the manifestation of our end results. So why would we want to be caught up in the past or the future and miss all of these?

The concept of time is linked to consciousness. We are the ones who create time, and we are the ones who decide how slowly or quickly we get to turn our goals and dreams from a vision to a reality. By expanding our health, happiness, success, love or any one of a million states of consciousness, we get to experience more great outcomes associated with these. By growing our level of consciousness, we get to see, feel, hear, taste and touch so much more of what the Universe has to offer. We begin to experience the true meaning of timelessness, and the timeless self.

Knowing that time is an illusion and that time does not exist in the quantum field, the age-old issue of whether or not to set dates and deadlines around the manifestation of our dreams becomes very clear. If time does not exist in the quantum field, then anything can be accomplished in the blink of an eye. Absolutely everything already exists so why would we put a date on the expected arrival of a result. The time between our setting an intention and the 'end result' showing up in our lives really depends on our level of readiness to receive, as nothing is difficult for Source. Dates and deadlines just encourage fear and doubt. Then our minds take over building all these images around the fact that nothing seems to be happening, which in turn creates more of 'nothing's happening'! This immediately puts us into a state of wanting which always slows things down. Simply hold your vision in your heart and know that it will arrive in the perfect way at the perfect time.

In constantly growing our understanding around time and embracing the concept of timelessness, we stop restricting ourselves to a certain way of things happening. In other words, we stop ourselves from getting caught up in the 'HOW'S'! Instead, we begin to understand that there is no such thing as 'not enough time', and in our relaxing and allowing things to unfold, we open ourselves to receiving faster. We begin to live in the 'now' and stop

judging people, our success, our health, our wealth, our relationships from our past experiences, but simply live every moment in a state of joy and gratitude!

Personal story

I always imagined that experiencing a timeless state would be one of those amazing moments of my life when I was lifted from this earthly realm to experience the euphoria of, I am not sure what! Over time I have discovered that for me, that this state has presented itself in small moments of bliss. These moments always seem to appear when I am least expecting them, and sometimes at quite inconvenient times I might add! Please let me explain.

Being on Radio is a passion of mine, and having my own weekly radio show is like a dream come true. Just recently when I was on air, I had what I would describe as one of my coagulation experiences. All was running smoothly and it wasn't until the last segment of the show, when I was having a short break whilst a song was being played, that things began to happen. With a minute to go before returning to the microphone, suddenly I felt this incredible tingling sensation right throughout my body. I knew my body was still sitting on the chair, but part of me was elsewhere. The joy I felt was indescribable and tears of absolute bliss streamed from my eyes. I could hear in the distance that the song being played on my radio show was nearing the end and I needed to somehow literally pull myself together to complete the show.

Then as if by magic, I was jolted back into the chair and was fully aware of what was happening just as my producer counted down the time to my speaking again. I guess it wasn't really magic, but my conscious mind reminding me of my body and bringing me back into the physical realm. I have never been one for astral travelling or focusing on leaving my body to explore other realms, as I believe I have come here to expand and grow through a physical experience. There will be ample time to live the spirit life when I return home! In saying this, I often feel as if spirit is offering me the opportunity to expand my horizons into unknown dimensions in a simpler form, and in a way that allows me to feel safe and secure.

There is one other place where I experience timelessness on a regular basis - when I am alone in the bush or the forest. I find the energy to be so powerful, and I love to get lost in the vibration that flows between the trees. The mirage of shimmering light seems to beckon me to join in its playfulness. I find two ancient trees and quickly drag a fallen branch between them so I can sit and soak in the energy flowing back and forth. Sometimes this is all I experience, but then there are other times when once again, the magic happens! It is as if my body fades away and I can no longer feel the normal sensations of being physical. Rather than experiencing numbness, I become so alert and so alive, and the songs of the birds around me are crystal clear and ever so beautiful. In fact, it is as if everything around me is dancing to melodies so beautiful that they could not be of this realm.

On one such occasion, as I closed my eyes, everything turned a brilliant shade of iridescent blue. Then four of the brightest stars appeared like beacons in a sky filled with tiny crystals. It was as if they were the four anchor points which held everything else in place. From the centre point of these appeared a light which slowly grew in its brilliance until it filled the entire cosmic space. Then, in what seemed an instant, I was back feeling my body simply sitting between the trees, but in actual fact it was quite a considerable time.

Unfortunately, these moments pass nearly as quickly as they arrive! My thoughtful mind brings me back into my body and grounds me in the physical. As short as these experiences may be, I am ever so grateful for each and every one of these magical moments.

NOTES:

Chapter 5: Cause & Effect – the flow of energy

Earth Mother Wisdom



Today's Note to Self® ~Remember today, we are at cause of everything we experience – we send out ripples of energy that return to us multiplied~

The duck is the guide to mystics and seers, and its message here is loud and clear. It is helping you understand the ripples of energy you create with every thought that you think and every emotion you feel. It is reminding you that these vibrations continue out into the spheres of the Universe magnetizing themselves with like energies and finally returning to you multiplied.

We in Nature Spirit ask you to close your eyes for one precious moment in time! Relax and allow yourself to slip gently into the beautiful world between realms. The realm which allows you to find a beautiful balance between your physical world and the world in which dreams are formed and created. It is a place where you move and dance within the golden ripples of positive creative energies without any thought of limitation. All in Nature constantly moves within this state ... the leaves dance and laugh with the wind as they skip through the air, rejoicing in the changes they experience from tiny green bud to crimson leaf. Every tiny droplet of water

shimmers and dances within the sunbeams that stretch across the stream, and stars twinkle with delight as they dance with the magnificent energies of the endless ebony skies. And Mother Nature smiles a truly loving smile.

You too have the power to create your own unique dance of life - far beyond what you are currently experiencing. Becoming aware of how you cause the physical reality you are experiencing, is the key to living all that you desire. When you allow yourself to drift between realms you discover your Truth. You discover that all has been planned and orchestrated for you in total love. There is no need for fear or thoughts of lack, for you are always loved and looked after. As you slow down and rest in this inner knowing, your mind begins to dance a beautiful dance as it connects to, and moves in time with the loving rhythm of your heart. Everything shifts and changes as you begin to shape the Universal energy around you and within you in positive ways. We lovingly suggest that you never stop dancing within this creative force as you cause ripples happiness and success. You are so loved!

Growing your understanding

The Law of Cause and Effect is the first Law of the Universe. This is a law that we must all get to know and understand as it is the prime law that runs the Universe. Every teacher down through the ages has taught this Law in many and various ways such as, you reap what you sow, you get what you give, what goes around comes around, there is a consequence for every action you take, or they have simply stated it as karma. Truth, whatever we give out through our thoughts, words or actions always comes back to us in one way, shape or form. We can never escape the effects of what we have caused.

There is another fact with regards to this law that needs to be explained right up front. Without this essential piece of information, we can be left wondering why it seems to be working for others but not for us. The key is in the fact that we must always give in order to get! It is not the other way around. The giving must always come before the receiving as this is how the law works. Many will say that they will give once they are in a position to give or when the universe has delivered what they desire. It just doesn't work this way, so our job is to figure out how we can first give so that we can receive.

Quantum physicists are now proving this law to be true. They are showing us how this works on a physical/scientific level. Through a study of an aspect of quantum mechanics, namely the workings of sub-atomic particles, we begin to see how we can actually predict an outcome when we understand this law and combine it with what is explained in the following chapters of this book. The key to creating the outcomes which we truly desire, is growing our consciousness around who we are, what we are made of and how we are at cause of everything we experience. This is no longer what many people thought of as 'airy fairy garble', but is actual scientific fact!

We can never escape the law of cause and effect because it is at work within every nook and cranny throughout this amazing cosmos. In fact, it works every time – all the time! This law never ever fails, so you cannot sit on the fence thinking you will some how take time out or maybe even escape its workings. Knowing these facts, it makes perfect sense to expand our consciousness in such a way as to align everything we do with this law. This also gives us the ability to predict outcomes. In our material world, the goal posts seem to be forever moving as people in power attempt to control outcomes to suit their monetary needs. We cannot possibly keep up with the changes that are occurring all around us without what I call ‘insider information’.

Understanding and working with the universal law of cause and effect is ‘insider information’. It enables us to move past all the physical rules and regulations put in place by those attempting to control our physical world, and put us back at the driving wheel of our life. Working with this law, we can now confidently put our goal posts firmly in place where we want them, and know that they will always be there regardless of the changes that are taking place around us in today’s competitive world. This is such an exciting Truth! This is the fastest way to create anything you wish to be, do or have in your life.

In Truth, we are either moving forward into more positive outcomes or backward into greater negative outcomes. In other words, we are either moving forward into greater levels of consciousness or backwards into lesser levels. It begins by understanding that everything in this Universe is energy. This also includes very thought, word, emotion and action. Everything is not only a package of energy, but also has a particular vibration. As we think or speak or feel or act, we cause an outward movement of energy and vibration. These ripples of energy or vibrations continue an outward movement, and believe it or not, they eventually return to us.

I am sure we all remember as children jumping in puddles and causing ripples of water to spread through the puddle and spill over the edges. This is exactly how our energy vibrations work. We think a happy thought and vibration of this thought ripples through us and spills out into the area around us, but it doesn’t simply stop there. No, these vibrations continue on and on through everyone and everything. This is a little like what is known as the butterfly effect – what one person causes on one side of the world can eventually be felt by others on the other side of the world.

It is imperative to become consciously aware of this law as we are always harvest what we sow. We experience great results when we are focused on the positive, and in the same way, things get worse when we choose to express negativity. When we give out anger, blame, resentment, greed, injustice etc, I guarantee it will come back to you multiplied. In the same way, when we give out happiness, joy, compassion, kindness, love, peace, etc, we are ensuring that our life will be constantly filled with more of the same as they return to us multiplied. We must become aware of our thoughts and emotions, and stop them in their tracks if they are anything less than positive.

The questions which will help us to safe guard our outcomes: What are my dominant thoughts and emotions? How am I treating others? Do I judge and criticise? Do I blame others? If my thoughts, words, emotions and actions have been in the negative zone, what do they need replacing with? By knowing the power of this law, you can accurately predict the future by looking at what you are thinking, speaking and feeling 'now'! Every single thing you are experiencing has been caused by you and only you can change it. Yes, you have the power to turn this around if you are not happy with the reality you are currently experiencing. Simply choose to say goodbye to the negative aspects of life and invite in the positive.

The law of cause and effect is often also referred to as the Law of Compensation. I like this name as it helps us understand that when we work in harmony with this law, we are always compensated for our efforts. Everything returns to us multiplied. We not only get what we have given out or cause others to get, but it comes back to us multiplied! Let's take the example of smiling at people as we walk down the street. In many instances, this causes others to smile back at us and so our happiness expands.

Now, imagine if the street was crowded and we continued to smile and feel happy. Just imagine how many people will catch that smile and feeling of happiness and spread it out even further. All those vibrations of happiness rippling out into the universe and eventually returning to us from all those people we have caused to feel happy. By law, we experience a multiple of what we cause others to experience. We are being compensated for our actions as everything comes back to us in even bigger and better ways. It is like receiving a bonus payout! This law works not just for happiness, but the same goes for wealth, success, health, love, peace, and anything else you can imagine. Cause someone else to become what you wish to experience, and you will definitely feel the effects in your own life as well.

The very best way to begin to live this law is to be 'real' with where we are right now. Be totally honest with ourselves as to how we are currently feeling, thinking and acting towards self and others. Don't try to gloss over anything, but instead, see things as they are, and if we don't like what we see then choose to make the necessary changes. This is all about becoming consciously aware of what we are experiencing and looking behind it to find the cause. In undergoing this self-examination, it is important not to feel guilty about what is in the past but simply accept it for what it was and move forward. Now that we have become 'real' about life, we can now begin to live by design ... deliberately! It is simply a matter of choosing what we wish to experience more of, sharing this with others, and knowing without a doubt that we can achieve our desired outcomes.

Personal story

In everyday conversation and during workshops, people often ask me what happened to cause our financial meltdown. Before I had embraced Universal Law and understood the workings of

these laws, I would try to explain by giving them all the usual excuses for people losing their money. In truth, I was never really sure of the reasons why, and so I had to think hard to come up with answers that made sense to others who were obviously trying to make sure they did not make the same mistakes. Everyone was very kind and caring and were only too happy to listen to my sad tales of woe.

At the time, I really looked for and loved the sympathy extended by others. Looking back from where I am today, I now realise that this was definitely the very last thing I needed. In fact, back then I absolutely loved my daily pity-parties whether they were either a party for one – namely me – or with any poor soul who was happy to listen and join a chorus of ‘I love feeling sorry for me’! It took a very brave coach to finally stop me in my tracks and make me see what I was actually doing to myself, and the reality I was creating. I had already begun my journey into discovering how the Universe works and how I am connected to its laws, but was so deeply entrenched in my loving the sympathy that I hadn’t quite put two and two together so as to relate this knowledge to me and my life!

Yes, a very slow learner! As my coach took me back through time, I began to see how I was now living the effects of long-term negative thoughts and feelings around money. It had actually begun way back in my childhood when I had constantly heard talk of how hard it was making ends meet, and that money was always in short supply. I had obviously taken this to heart and began to live according to the exact same beliefs and perceptions. Please let me say that I certainly don’t blame anyone or resent anyone with regards to this, it was just an experience that I chose to live and continue to express throughout my life. Money continued to create problems within my life as I insisted on living my lack mentality.

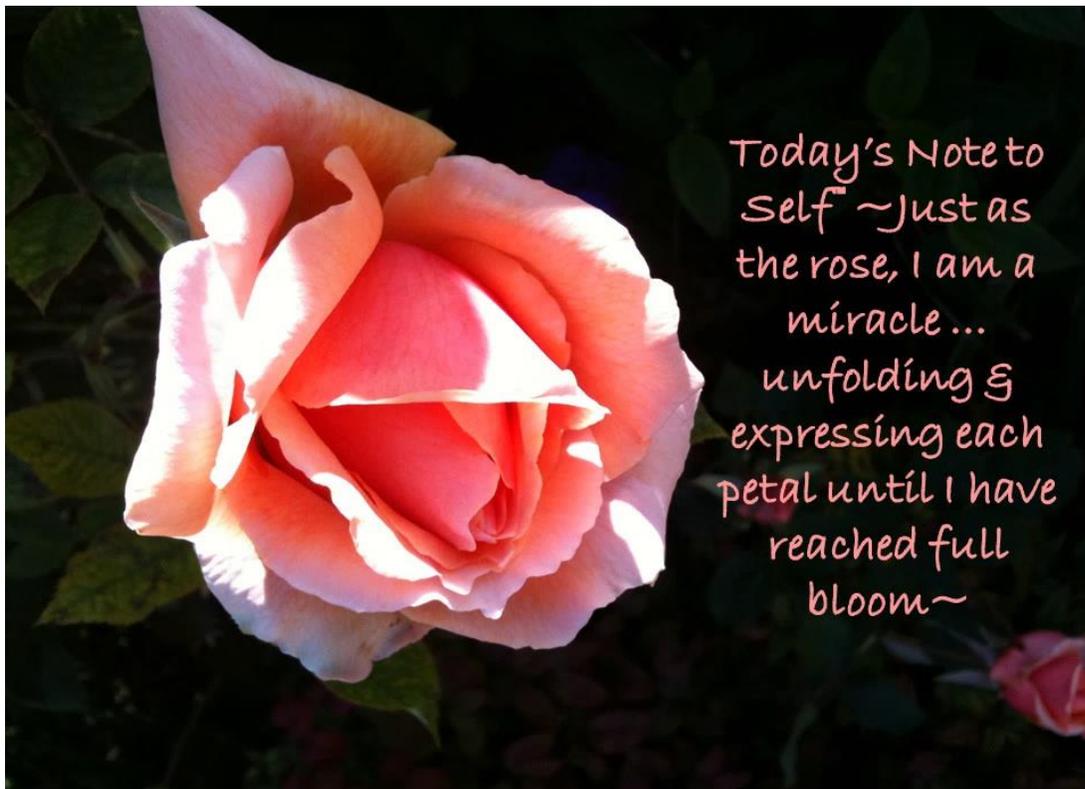
The final meltdown of our finances brought things to a head and made me look to find the cause and fix it. Slowly the real reason for our finances to come crashing down around us came to light, and I then became determined to change all those old worn out beliefs and perceptions that had kept me from living the life of abundance. I can’t say I was an over-night success, but I am pleased to say that lack of money is no longer the issue it once was and we are now living completely debt free, and loving the fact that we always have plenty for all that we wish to do.

In the process of learning and embracing the law of cause and effect, I now consciously create my day knowing and understanding that every thought that I think and every emotion that I feel today is causing what I will experience tomorrow. I love taking a few moments every morning to set my intentions for the day which always includes being, and experiencing happiness. Once you know this law and how it works, there is no turning back. No blaming anyone or anything for all that surrounds you. As I take responsibility for my thoughts,

emotions and actions, life becomes exciting as I plan all the fabulous outcomes I wish to see happen within me and around me – yes, life is amazing!

Chapter 6: The greatest part of you

Earth Mother Wisdom



Today's Note to Self® ~Just as the rose ... I am a miracle unfolding & expressing each petal until I have reached full bloom~

This pink rose is one beautiful example of the miracles occurring in the world of nature each and every moment. Its exquisite perfume symbolizes the pure essence of you. The rose understands that miracles unfold in their own way and in their own time. As a physical being we suggest you use this magnificent flower as a metaphor for you and your life. Connect to the spirit within and allow it to guide the unfurling of your giftedness. This process may require a little patience, but we in nature promise it is worth the time and effort involved.

We in Nature Spirit see every moment in every day as an extraordinary event - what you physical beings call a miracle. To us, the journey you call life is an ongoing creation of miracle upon miracle. The journey of the sun as it rises in the sky at dawn sending out the most

magnificent beams of sparkling light, travels across crystal blue skies, and then paints that same sky with the glorious colours of pink, orange and scarlet red as a signal for all in nature to take a time of rest. The journey of a dragonfly beginning life as a tiny creature living in the water realms, and then transforming to taking its place on land and displaying the most spectacular wings that fly at speeds beyond comprehension for such a tiny creature. The journey of a rose from a plump little bud, slowly and gently unfolding each and every petal, giving off a perfume which gives you a little taste of heaven, until it reaches full bloom. Just another beautiful miracle occurring right before your eyes. Yes, once you begin to seek out miracles in nature, you will begin to see that you are surrounded in them.

We in nature would like you to see yourself as a miracle. In fact, we see your journey through life as one continuous marvel! Your ability to breathe, to see, to hear and to smell is extraordinary. But best of all, you have been given the gift of free will to think and to make choices in every precious moment, giving you the ability to create magical dreams. You have the ability to not only see miracles around you, but to actually create spectacular miracles in your life! We in Nature Spirit urge you not to waste this magical power, but to begin using it right now! Decide on your miracle, set the intention, take action, have faith and trust, and then watch it unfold in the most extraordinary ways. You are the creator of miracles!

Growing your understanding

When we are asked to describe ourselves, we usually give a description of our physical body. Things such as height, the colour of our hair and eyes, our skin tone and maybe even weight! For many, this is where it ends, but in actual fact there is so much more to us than our physical body. There are three part to all of us – body, mind and spirit. In this material world, the body takes centre stage with everything geared towards how we look, the clothes we wear, the shape of our body, the food we eat, and then of course, we are judged accordingly.

In becoming the designer and builder of our very own reality, we really need to get to know the facts about who we are on the inside as well as the outside. In other words, not just the physical body, but also the mind and the spirit. In this particular chapter we are going to focus in on the greatest part of who we are which is the spirit self. We will look at the mind in a later chapter.

We are all made in the image and likeness of the Source/God. In fact, we are perfect in every way as God or the Source does not make anything less than perfect. Sometimes this is rather hard to believe when we take a look in the mirror or when life becomes really challenging, and we begin to blame ourselves for not being good enough or wise enough or smart enough, and on and on it goes. The problem here is that we are judging self on everything physical and losing sight of the fact that we are, above all, individuations of Source Energy or God. I am often reminded of this Truth when walking beside the lake early in the morning as the sun is rising

over the tops of the trees and shining on the waters below. The sun creates those thousands of tiny shimmers of sparkling light which seem to dance across the top of the lake. This is Mother Nature's way of helping us see and understand that we are tiny particles of light in a huge ocean of light – individual unique beings, but still part of the same energy that flows through all things. We are spiritual beings having a physical experience, but always powered by a Divine Intelligence which is the Mind of the Source/God.

Our spirit is the part of self that exists in the quantum field. It is eternal, existing across space and time. We are always spirit, but sometimes we choose to wrap ourselves on a physical body to live a physical experience. When we choose to complete that particular life experience, we then simply return to our spirit state. With this in mind, it follows that our spirit lives in the realm where time does not exist. In this realm, we are totally conscious of the fact that there is only the eternal 'now'. It is hard to imagine, but it knows our past, present and future, right now. What's more, our spirit knows exactly what steps we will take, the people who will assist us, the events that will happen, etc, according to what we have chosen for this particular physical journey. I am guessing, with this information, it would be wise to stop telling our spirit self what to do, and simply listen to the advice it happily shares.

We listen to our spirit self through intuition and feeling. Our inner oracle or intuition is there to be listened to, and felt. It is constantly sending messages of guidance in a variety of ways, but unless we have learned the art of listening and watching, many of these messages will just get lost in our 'busyness' of life. As our intuition also works through feelings, it is important to get in touch with these sensations coming from our spirit self, and then learn to quickly decipher the meanings. It is very easy to think that feelings and emotions are one and the same but they are not. Emotional responses are formed by us whereas, feelings come directly from our spirit self. Feelings are far more subtle within the body than emotions, and are something we connect to rather than what is created as an outcome from a physical experience. All feelings are there for a reason, and by tuning into these, we can really guide ourselves into fabulous outcomes without all the struggles or challenges along the way. Always remember that our Spirit Self knows everything, so making sure that we attune ourselves to the mentoring and guidance that is being offered, is paramount to achieving success!

We are also multi-dimensional beings with all aspects of self, existing at the same time. This is another concept which is quite difficult for us to understand. Because of this multi-dimensional status, we have everything at our fingertips – all the time! We have the ability to choose which aspect or expression of self we wish to experience right now. We can choose to be happy or sad, a failure or a success, feeling downtrodden or empowered, or anywhere in between these states. They are all different points on a spectrum of many possibilities available to us. As all of these exist simultaneously, the choice is ours - which will you choose?

If we are not happy with what is currently happening in our lives and we wish to change the experience, it is simply a matter of changing our consciousness! By expanding our consciousness from one of 'not having' to one of 'having everything', we change our reality in amazing ways. When we raise our level of consciousness, we not only know that all we desire is already waiting for us in the quantum field, but we finally begin to understand how we can turn the idea into matter and start to live it. We know that we can become that which we wish to be. It is so life changing when we finally come to realise that we have draped our spirit self in capes that are not serving us in positive ways. These unseen capes have been the tools which have enabled us to experience more parts of self here in this physical journey, but if we wish to manifest our goals and dreams, it is time to remove them and start living our natural state of being.

Just as all things on this planet earth, we are a quanta package of sub-atomic particles filled to the brim with infinite potential and possibility. As amazing physical beings, we get to choose our experience of life here on this planet through concentrated observation. By getting clear on what we wish to express and experience, and then observing this vision with body, mind and spirit, it will become a reality. In order to do this successfully, we must take care of body, mind and spirit so as to have them working in harmony and co-operation with each other. Please always remember that we are 'unlimited' spirits who have chosen to take on a body and a mind. We are not a body and mind who also has a spirit, and by becoming consciously aware of all three parts, we allow communication to flow.

All our desires come from our Spirit Self, which is why it is paramount to create a wonderful working relationship with the greatest part of who we really are. In knowing this, we can now confidently bring those desires out of hiding, accept them, honour them, and embrace them. As we allow our dreams to shine their light into the world, the wheels of the Universe start turning in magical ways so as to ensure these dreams are delivered at the perfect time and in the perfect way.

Personal story

We have three beautiful children who have now grown into wonderful adults. Each has taught me so much about self, and have changed my life in amazing ways. They have also tested me to the endth degree many times over. Those of you who are parents will understand what I am talking about. There are those times when they will come and pour their hearts out, and then there are the times when you can't even look at them sideways or you get into trouble. They want you, and they don't want you, and we as parents have to figure out which one it is at any given point in time.

I still remember clearly, having a conversation on the phone with our older daughter. It wasn't what you could call a calm, loving mother-daughter chat! No! It was her crying loudly on one end of the phone telling me that she didn't want me to try and fix the problem, but just wanted me to listen (which I thought I was doing). But she just wanted listening without comment! Even though the children may not see it, as parents, we do the very best that we can with the knowledge and experience that we have at that particular point in time. It would be great if we could begin our parenting with the depth of wisdom that we have by the time the grandchildren come along. But there again, it is so often in the growing that we find the joy of living.

So back to the phone call! When I finally calmed myself, and our daughter, and finished the call, I sat down and decided it was time to write a song. I really wanted it to be a song which captured the messages which are deep in the hearts of all children, and are crying out to be heard. The words flowed easily and effortlessly and included the following: Love me please, no matter what. Listen to the message below my tears. Please cheer me on even if it's not what you thought I should be doing. Allow me to fail as it helps me to grow. Please accept me for who I am, and let me live my dream.

With the writing of the words and the music, came such a huge outpouring of emotions. It may have been the voice of my children, but more importantly it was the voice of the child within me desperately wanting to be heard. No matter what the age, we still hunger for the acceptance of who we are, love to be heard, and though we have allowed others to lock it away, we still have the strongest yearning deep within to live our very own unique dream.

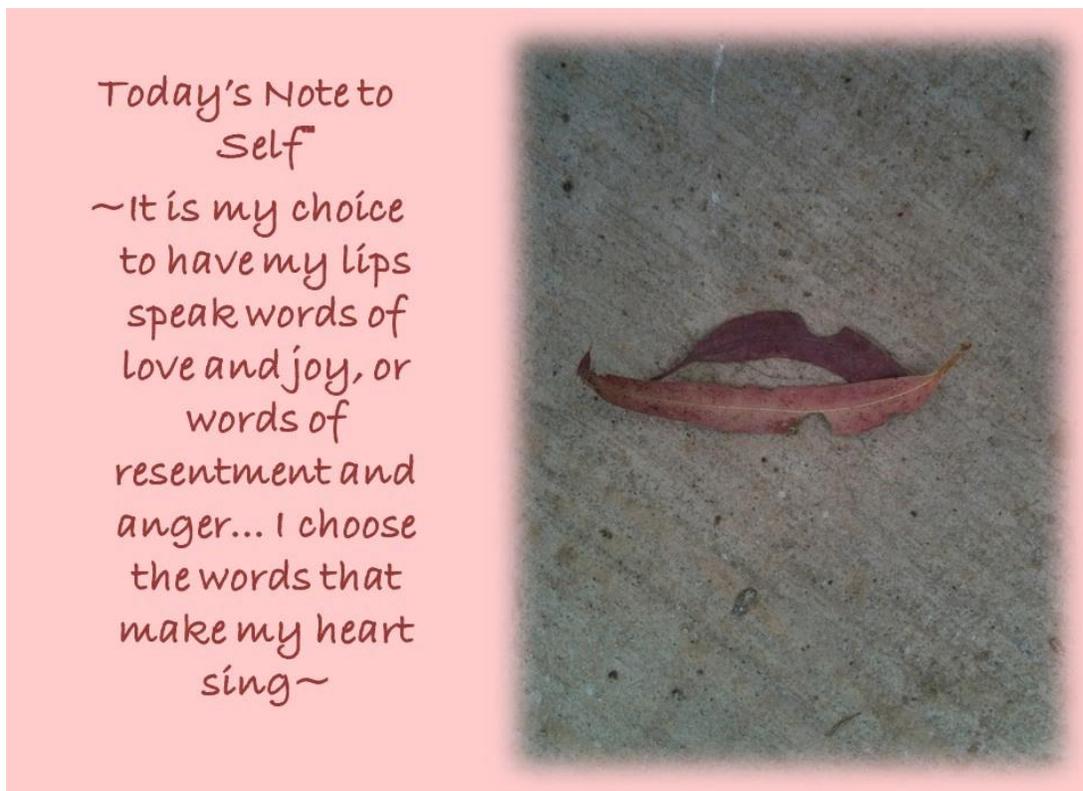
As I look back on this time, I now understand that it was not only the inner child wanting to be heard, but it was also my spirit- self calling to be recognised and embraced. It could no longer be pushed aside, but insisted on being heard. For me, this meant returning to what I loved to do as a child. It was only here that I could find my unique giftedness and begin to retrace my steps back to now. The two things that really made my heart sing as a child were music and being out in nature. I constantly collected feathers and leaves and beautiful pebbles and anything else that I could carry home. I would sing with wind, and the butterflies, and the birds, and the clouds, and anything that I thought could make music.

It is truly amazing how life comes around full circle if we allow it too. I now look at my life through the eyes of my spirit self and see that it was right. My life is filled with the messages from Mother Earth and the lessons she has shared with me in my adult years. A life-long dream to compose and record my own songs has now become a reality. These and many other wonderful things have happened since I chose to live according to the desires of the greatest part of me – my spirit self. No longer do I live by the expectation of others. So next time you come across a crazy woman talking to birds or dancing with the wind, or taking photos of puddles, please just smile and remember that this could possibly be me!

Since I have stopped pushing aside my Truth and have started really living my unique authenticity and the longings of my heart, life has blossomed in miraculous ways. May I lovingly suggest that you too find your one of a kind brilliance, and light up the world with happiness and joy.

Chapter 7: How the Mind works

Earth Mother Wisdom



Today's Note to Self™ ~It is my choice to have my lips speak words of love and joy, or words of resentment and anger... I choose the words that make my heart sing~

In many ways, leaves are the unappreciated wonders of the physical realm, and yet, leaves offer gifts beyond measure. The life-giving breath offered from the spirit of the leaf to all physical beings, the awe-inspiring beauty displayed in colours which cause you to pause and admire, and the shade given to protect you from the heat of day are just a few of these magical gifts.

These two little crimson leaves bring a message that has the ability to literally change your life in amazing ways. Before this message is shared, it would be good to simply take a moment to

contemplate the workings of Mother Nature and how she has managed to have these leaves fall in such a way to form the shape of lips or mouth. Ponder how the wind blew at the perfect time and from the perfect direction, to enable two little leaves leave the safe harbor of the tree, float to the ground and fall in this exact way. Ah! How wondrous it is!

Let me now share their message. Every thought that you think and every word that you speak creates the world in which you live. This is a huge statement, but one that it is oh so true! If you take this one step further, every thought that pops into your mind, and every word that flows from your lips carries with it a certain vibration. This vibration ripples its way out into the Universe, attracts to it things of the same vibration, and then returns to you multiplied!

This works in the same way regardless of whether you are speaking uplifting words of praise, happiness, love or appreciation, or words of anger, resentment, blame or jealousy. Many do not understand this Truth and continue to wonder why life is such a challenge and a struggle. The great news is that you always have a choice regarding the thoughts you think and the words you choose to speak. Today, make the decision to choose words that make your heart sing with happiness!

Growing your understanding

The mind is one of the most powerful tools we have in the creation process. It can be quite confronting when we first discover that our reality is simply an extension of all our thoughts. Every thought that we think is eventually expressed in our experience of life. I guess we can simplify this by saying – our life is what we think! This concept can be quite challenging when we first discover that it is a Universal Truth. At the same time, after we have picked ourselves up off the floor, it can be such an exciting awakening. At last we have a way to bring to life all those desires that have been lost under the weight of dream-crushing patterns of thought.

The Universe takes all of our thoughts and turns them into physical matter. It is vital to understand that it does not simply select some thoughts and leave others. It all happens according to, and in alignment with, the length of time we hold onto them and believe in them. Once this is clearly understood, we can begin to delete thoughts before they become too entrenched and begin to appear as outcomes. The trick to using your thoughts within the creation process and bringing faster results, is to make sure your thoughts are clear and focused. Constantly changing your mind or going back and forth, about your end results will definitely slow down the process. Never lose sight of the fact that today's thoughts are creating your future results.

Words also have incredible energy and power as they are an extension of our thoughts – we turn our thoughts into words. By speaking them out loud or writing them down, we add

enormous power to our thoughts. Each word now becomes a quanta package sending out energy and vibration into the field and becoming a magnet to attract back to us what we have thought and spoken. As many a wise person has suggested, words cement our thoughts, so it is essential that we really do think before we speak! If it takes a little while for us to put this into action, then it is good to actually listen to the words that flow from our mouths, so as to make a judgement as to whether they will produce a positive or a negative result.

There is knowledge and understanding that is essential to ensuring that our thoughts and words create miracles in our lives. Knowing and understanding without a single doubt that all we desire is there for us within the quantum field allows our thoughts to be positive and filled with belief. The lack of doubt entering the picture, ensures we always remain calm as we use our thoughts to create fabulous results. Our mind will jump into all that can go wrong once fear and anxiety enter our realm of thought.

In chapter five we looked at the law of cause and effect and how this impacts our lives. When dealing with our thoughts, it is vital to never focus in on the effect, but always turn our attention to the cause. We can always change the cause by changing our thoughts, which will then change the effect or the results we see in our reality. Our wonderful little monkey mind always loves to spend time telling us why it won't work, or what can go wrong, or how it is going to be the same as it has always been. By taking control and steering the mind into new and better ways of thinking, we produce new and better outcomes.

Transforming our lives in amazing ways takes looking at everything from a whole new perspective. I always love to suggest that when looking at our physical, and mental aspects of self, that it is to always good to look behind what is in front of us. To put this another way, we need to ask ourselves, why are we having this particular thought and where has it come from? By seeing your thoughts from a new perspective, it is a great idea to find 'the thought behind the thought'. These are the thoughts that you have held in place over a long period of time, and now they have embedded themselves within your unconscious mind as beliefs or perceptions about life.

The very best way to uncover what is behind what is front us and change those hidden thoughts that are ruling our results is to discover how our mind works. This is life changing information! Many people have many ideas as to how the mind operates, but rather than complicate the matter, I am going to explain the mind in a way that will assist the co-creation process we are working on within this book.

We will begin with the Conscious Mind which is the 'thinking' mind. It uses the brain, and can only hold one thought at a time. This very clever and important part of our mind cannot multitask when it comes to thoughts! Our conscious mind identifies and draws information from our five senses, and then analyses that information so as to make decisions. It decides as to whether or not it is going to delete a particular thought or hold on to it. Let me give an example. We are out doing the shopping and as we enter a particular section of the shopping

centre we smell coffee. Now our conscious mind draws on that smell of coffee and begins forming thoughts around it. We begin to think to ourselves, 'a cup of coffee would be really great about now, but do I have time as I have an appointment in about half an hour?' Some minds will immediately delete the thought of having a coffee, but other minds will allow the thought to linger until the thought becomes so strong that those people will stop and purchase one. This is how the conscious mind works, but understand clearly, we always have the choice to hold onto to a particular thought or dismiss it. The final piece of information we need to know about the conscious mind is that it has no memory.

It is now time to meet our Unconscious Mind. This is truly an incredible part of our mind. It is good to imagine it as a huge storage unit or filing cabinet where it stores and organises every piece of information about our lives – for this lifetime, and for all other lifetimes we have lived as physical beings. It literally stores and organises all of our memories, and stores and maintains our beliefs and perceptions around life. This is where our habits are formed and placed on file so they can be drawn upon whenever we need them. It is the home of our emotions, so any thought that enters this part of our mind can be enhanced with powerful emotional states. The unconscious mind also runs our body in ways such as keeping our heart beating, our lungs moving in and out as we breathe, and pumping blood around our body. It also preserves our body by sending the necessary healing agents to the parts of the body that have been injured and in need of healing.

When getting to know the workings of the unconscious mind, we really need to understand how much it enjoys serving us. It loves nothing more than to make sure that everything we have placed in its filing system, is used to produce appropriate outcomes. When I say appropriate outcomes, I am not saying that it chooses positive over negative, it simply brings us exactly what our thoughts have been over any period of time. Whatever we feed it, the unconscious mind goes to work to bring a matching result. This works every time, all the time. And unlike the conscious mind which is brain based, this part of the mind operates at the cellular level!

How do we work with the conscious and unconscious minds in the best possible ways so as to ensure we are experiencing our end results? First, we must understand how we program the unconscious mind so we can change the unwanted programming, so it can then go to work on serving us in more positive ways. Every time we hold onto a thought for any length of time, it moves from the conscious mind down into the unconscious mind. The more we think the same thoughts over and over, the stronger we embed those thoughts. Our results will most definitely be an exact reflection of those long-standing thought patterns. These then become our automated beliefs and perceptions about life. If we are constantly immersed in any negative thought patterns such as fear, anxiety, anger, or blame, then our results will mirror these. It is imperative that we shift to positive thoughts so that we can enjoy positive outcomes.

Science is now showing us that we can change our unconscious programming so as to produce the results we desire. It is simply a matter of re-wiring the brain so as to change the neuron pathways. This can all be done through the power of intention. Long term thought patterns and beliefs create strongly connected neuron pathways, but it is certainly possible to unplug these connections and make brand new ones. We want to disengage from the old unfulfilling ways, and produce long term empowering neuro-connections that take us quantum leaping towards our dreams and desires.

A simple technique that has worked for me:

1. Become very clear on a thought pattern or a belief that has been holding you back from stepping into your desire
2. Now become clear on a replacement for this thought pattern or belief
3. Set the intention to create a new neuron pathway or neuro-net connection
4. Engage the whole of the brain
5. In your imagination, use whatever feels right for you to clear the brain of the old thought pattern or belief such as sweeping it out with a broom, or washing it out with a hose, or having a spinning top clearing everything in its path.
6. Now see the old neuro-net disengaged and swinging freely
7. When you are ready, flick an imaginary switch and have the neuro-net engage with your new chosen thought pattern or belief
8. Sit with this, holding it firmly in place, whilst connecting it with your heart by filling it with positive emotion

Personal story:

I spent my childhood living within my imagination. In fact, my imaginative world was more real than the world in which others lived out there day to day existence. As much of my day was spent alone, I had many imaginary friends who were only too happy to listen to my stories and join in my many adventures, even though all these adventures took place within a few hundred metres of our home. This make-believe world was so real to me, and I lived it with every one of my senses and with every part of my being. In hindsight, it was my real world, and through my eyes, the world in which others existed was completely unreal.

Over time, that 'unreal world' began to worm its way into my imaginative world until it finally over powered it, and that beautiful space was now being filled with untruths and twisted perspectives. My heart often tried to remind me of what was real, and urged me to return to my imaginative way of living, but my mind had taken hold and was not about to let go of its control. As the years went by, the only times I returned to my make-believe world was story time with our children, or with classes of younger children I came in contact with as a music teacher. We would all get so involved as the story unfolded and the world which was embedded in stress and anxiety would gently fade into the background – that is until the school bell would ring telling us it was time to finish.

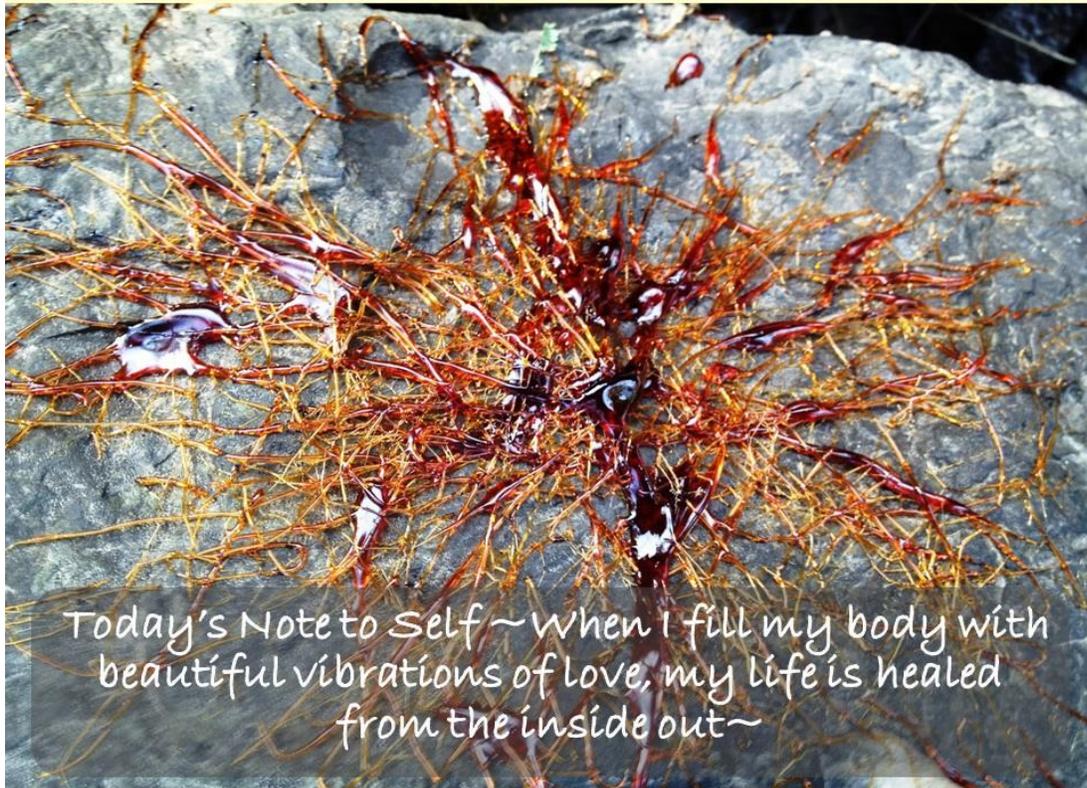
The workload that always comes with being a wife, a mother, music teaching, and running a business, was all consuming. My mind was constantly on full alert and happily telling me of all the things that could become problematic, why certain issues were going to become challenging, and how I was not going to cope. I can honestly say that it was, move over imaginative world, because now it is time for stress, anxiety and fear to run your life! My wonderful mind was in full swing and having a lovely time telling me all that had gone wrong, all that was currently going wrong, and all that was going to go wrong in the future. The sad truth is that I let it have its way because I did not know how to go about taming it.

Then finally my big 'aha' moment arrived. Can you imagine walking through most of your life with the dimmer switch turned right down, and then suddenly someone turning up that switch so that your eyes are blinded by the light? Well, that's exactly what it was like the day I discovered the workings of my mind! I discovered that it was not only controlling everything that I did, but it was also controlling the outcomes I was experiencing. This was a lightbulb moment like no other, and one that has continued to change my life in the most wonderful ways.

I still remember the day that I sat watching videos (yes, I said videos, and yes, I am showing my age) with eyes and ears glued to the screen. Never before had I heard about the workings of the conscious and unconscious mind, and little did I know the impact this understanding was going to have on every facet of my life. From that moment, day to day living returned to being what it was meant to be – happy and exciting. Re-training my mind did take time and patience, but it was really worth the effort. I could now happily get back to my imaginings, and use my thoughts to make these a reality. It was such a fabulous feeling to once again sit in the driver's seat of my life and steer it towards my dreams and desires.

Chapter 8: Working within the Heart

Earth Mother Wisdom



Today's Note to Self ~Remember today, when I fill my body with beautiful vibrations of love, my life is healed from the inside out~

Let me explain a little of this image so as to assist you in understanding a very powerful message. This is a rock beside a creek, and on this rock has fallen a rather large lump of sap from the tree above. As it fell against the rock it splattered in all directions. Little strands of golden magic have gone out towards all corners of the universe – a sensational metaphor to help you understand how you send your thought and feeling vibrations out into your planet and beyond. When these come from the heart in love, you heal yourself and the world, and we are all so grateful.

The Spirit of the tree and the Spirit of the rock are so excited to be bringing you this image today! They have been planning together for quite some time, the perfect picture, the perfect time and the perfect message. Both had to wait until the water levels of creek subsided so that the rock could bathe in the warmth of the early morning sun. Then the earth understood your longing, the birds heard your song, and the blossoms felt the opening of your heart! Everyone then worked together in harmony and love to bring you the most unique and magical message!

Such a spectacular image of vibration, and when kissed by the golden rays of the sun ... oh my, how we all rejoiced!

You have the opportunity to create this image in your physical life every moment of every day! As you think love, speak your physical words of love and feel love, you are performing feats of magic. You are designing a pattern of vibration that captures the hearts of all that is, has been, and ever will be. Your life will now be in alignment with the ever-expanding flow of love! The love that forms mystical mountains, etches a course for meandering rivers, and paints the most glorious colours of a sunset across the horizon. Just imagine what it will do for you! You are so loved!

Growing your understanding

Living in the sacred energy of the heart is the absolute essential key to opening the door to experience our new world or new golden age of Aquarius. The heart does not see separateness but only Unity. The heart has the ability to 'see' through the physical to embrace the sacred light that shines within all people and all things. It observes but never ever judges, having compassion for all peoples and honouring the journey they have chosen. Heart love is unconditional love and forgiveness, and is constantly immersed in a state of gratitude. Since ancient times the heart has been at the centre of most spiritual beliefs, and has been recognised as at the centre of our physical being. Spiritual teachers have taught that the heart connects us to the Divine Mind within all things, and because of this Truth, it is our source of wisdom and insight. Without a doubt, the ancients recognised the heart as the home of all emotions.

Within this particular time in history, what do we now know about the heart? Adding to all we have been taught down through the ages from a spiritual perspective, new scientific discoveries tell us that the heart forms and beats before the brain is formed. We also now know that the heart has its very own brain, nervous system, and intelligence. It has the ability to process information and make decisions. It is also important to note that the heart has a huge electromagnetic field which is a hundred times stronger than that of the brain, and is up to five thousand times stronger magnetically. The heart is definitely the most significant organ of the body in more ways than one.

Everything in this Universe has an energy field that surrounds it. This field is in the shape of a donut with energy constantly circulating from above and below all at the same time. It is called a toroidal field of energy. Now, not only do we have a toroidal field around our body, but we also have an extremely powerful one surrounding and working through the heart. Having this knowledge about the heart is vital when it comes to understanding and working within the creation process. Through this field, the heart sends out signals to the body that affect us

mentally, physically and emotionally. It also affects our interactions with those around us and everything connected to earth.

The heart is the powerhouse of the co-creation process. It is the control centre of manifestation, and when we become attuned to this fact, we begin to hear the messages sent from our heart to our brain. Once the mind accepts that it is no longer in charge, it happily relays to us this life changing information. We are no longer reliant on a mind which loves to tell stories and have us focused on why things are not going to happen. Instead, we live through our heart which knows the exact steps needed to produce a successful outcome. Now, knowing and understanding that the heart is the centre of Unity consciousness or our new dimensional way of living, it is probably a good idea to sit up and listen.

The mind is the centre of duality, which means that our results will always include both the positive and the negative. Yes, we will always end up with both sides of the original intent, and experience both sides of the coin. Doing things this way, as I am sure we can all see, is both restrictive and counter-productive. The issue here is also that the mind creates through logic. It creates using thoughts, always following from one step to another, which can consume a great deal of our time, effort and energy. Just imagine working with a process that cuts out the need for duality!

For many years we have been taught that our thoughts create our reality, and they do, but there is a better way! The Heart is the solution. It bypasses duality and logic, and creates through feelings and emotions. Not only that, the heart uses dreams and images to build the picture of our desire, and then fills it with empowerment, happiness, success and whatever emotion we choose to boost the creation of an amazing outcome. Through this powerful organ, we have direct access to the quantum field where our every desire is just awaiting our recognition and our ability to move it into matter. Working in this way opens the communication channels between heart and mind.

There are a number of key components of our emotional system that we need to understand to find success. The best place to begin is with the fact that every emotion we experience effects the rhythmic patterns of our heart. Negative emotions such as stress, anxiety, anger, or fear will result in chaotic heart rhythm patterns. On the other hand, positive emotions such as happiness, joy, peace, and love produce rhythm patterns of harmony and balance. When we find ourselves in those negative emotional states, the mind takes over, begins to tell us stories and creates illusions which seem so real. Stress, anxiety, and fear begin to rule our lives. In these situations, chemical reactions begin to occur which cause the body to produce an acid which eats away our cells. I guess it is stating the obvious when I say that this causes enormous wear and tear on the body and more often than not, results in disease.

Now that we understand the impact of negative emotional states, it is great to know that positive emotional states create positive changes in all facets of our being. They cause the production of a hormone called oxytocin or love hormone which goes to work on every tiny cell of the body to heal whatever needs to be healed. Positive emotions expand the heart in such beautiful ways that communication between heart and mind flows freely and easily. This process is called 'coherence'. This in turn allows for the heart to send messages to the brain which is now open and listening. In that moment, everything changes and our mental, emotional & physical bodies begin to work as a whole. Our spirit self is finally given the opportunity to do what it does best – guide us into our true desires.

Working within and through the heart brings with it so many added benefits. Immersed in positive and uplifting emotions, and with heart now taking charge, we begin to work at a whole new level. Now with the heart and mind working in a cohesive state our ability to focus, problem solve, and recall are at an all-time high and getting better. We think better and become far more creative with ideas, and ways to achieve great results. Our health and well-being improve in such a way that we are feeling far more energised and alive. Life becomes exciting in ways we never thought possible – we live in a state of wonderful!

Knowing all of this is one thing, but actually taking the action to step out of negative emotional states and move into those that allow us to live through the heart, can be quite challenging. Sometimes it is easier to live with what we have become accustomed to rather than stepping into change. But the truth is, to live a new reality requires changing mentally and emotionally. The good news is that there is a way to make the necessary changes, but before I get to this, it is important to understand that our emotions are an incredible human gift. Regardless of whether we see them as positive or negative or anywhere in between, they are all good. Emotions help us to see clearly what we are creating and what we wish or do not wish to experience. In every situation during our day, we get to choose how we will react emotionally, and therefore what we will experience.

Making the shift to live in the heart always begins with an emotional self-examination. By using the Emotional Barometer chart, check out where you are currently sitting in all areas of your life. It is not until you take an honest look at your emotional status, and then own these emotions, that you can finally begin the journey upward towards those states of being which land you in happiness and success. Time to check and see where you are currently sitting, and what you really want to be experiencing. Now you have an emotional starting point, and a clear end goal. If you are unhappy with your current emotional state, you always have the choice right now in this moment to change it by choosing something more aligned with your heart. No one else can do this for you, but if you wish to create change in your life, then choose you must!

Learning to live through the heart takes time and patience. I would love to share with you what I did to help make this shift. I always now begin my day by meeting it and greeting it through my heart. Throughout the day, I take time to become consciously aware of whether I am living in my mind or my heart. This is a very easy task as I know that if I step into resentment or blame or any other negative type emotion, I am definitely in my mind. Judgement of people or events or circumstances is definitely the biggest block to creating the change. My advice is to commit to letting go of any type of judgement. When I become aware of allowing my mind to take control, I take a moment to release what needs to be released, and as quickly as I can, move into giving gratitude which brings me straight back to my heart.

Another great way to settle back into the heart is simply by taking the time to focus on your breath. By focusing on long, slow breathes in and out, you move the attention from the stress or anxiety that builds when the mind tries to take control. As you continue this type of breathing technique, you return to those wonderful harmonious heart rhythms which bring about coherence between heart and mind. In turn, this once again opens the communication which results in fantastic outcomes.

One final tip is to always imagine your dream or desire flowing from your heart to your mind and not the other way around. In our New World, the heart is central to creation. This is how it has always been but we have simply forgotten. Now is the time to remember and awaken to what we already know to be Truth. Your heart is your guide!

Personal story

The day we arrived at our home in Kilmore, we were greeted by two of the most stunning blue and red coloured parrots. One even flew down from the tree and landed right in front of me on the balustrade of the veranda. We were so excited to be in our new/old home, and it was a wonderful feeling to have nature embracing our move from the city to the country as well. These beautiful parrots have stayed in our garden and often enjoy the fruits of our labour by eating the fruit as it ripens on the trees and the vines. I am very happy to share – as long as they don't invite all their relations!

The parrots and I have built up quite a bond over the last couple of years. So much so, that they often accompany me, flying from tree to tree, as I go on my daily walks. These walks are my time of meditation and contemplation. If I am longing to know the answer to a deep and meaningful question, I ask all in nature to show me the answer in an image. It must be shown to me in such a way that I can't miss it, and the understanding comes in loud and clear. This means that I am often taken off track to some wonderful little spaces tucked away from the eyes of the world. It also means that I find myself crawling over rocks, making my way through muddy water, and climbing over fallen trees to find what I need to see and photograph.

I am always surprised and absolutely delighted with the images, and the messages which follow as downloads through my mind. On this particular occasion, I was asking Mother Nature to help me understand the concept of what it was to have an open heart. I wanted to know why this was important and how I could embrace the idea and live it. With these thoughts in mind I set off along the bush tracks knowing that an answer would appear. As I turned to make my way home again, I was told to head off the track and up through some trees that I had never really taken any notice of before now. In the middle of these stood a tree that looked anything but alive – bare trunk, bare branches and nearly ready to topple over.



I knew this was where I was supposed to be but could not for the life of me see how this could possibly be helping me understand the concept of an open heart. As I stood there wondering, I was told to look up! And there it was! At first, I could not believe my eyes. At the top of the tree was the image of a parrot, obviously created over time by the elements taking their toll on an aging tree. I was just so excited to be looking at the most amazing image cleverly carved by nature – and it was a parrot! Finally, I pulled myself together and asked what did this have to do with an ‘open heart’? I was politely told to look a little closer, and sure enough, there was a huge gaping hole right where the parrot’s heart would be.

After having taken my photo, I found a log close by, pulled it over to the tree and sat listening for the message I knew would follow. When we first met the parrots at our new home, I thought they had flown into our lives, but in Truth, we had entered their space and yet they had welcomed us with so much love. These beautiful birds had opened their hearts to us just as the image in the tree was showing me. In fact, the parrot symbolises speaking Truth from the heart. The parrot brings guidance with regards to communicating from the heart through the words that we speak. It helps us to reflect on how the words that come out of our mouths, feel to the person listening.

To live with an open heart is to become unconditional love. An open-hearted soul is one who is welcoming and accepting of all who live on this planet, is compassionate and kind, and whose heart sings with the joy of simply being alive. In that moment, I felt extremely humble as the significance of this message gently landed in my heart. I had such a great deal to learn and embody on a daily basis, but I knew my feathered friends would always be there to guide and support me. Just to let you know, the parrots are still in our garden and we chat almost every day – and I am so grateful.

Chapter 9: Connecting to your Intuition

Earth Mother Wisdom



Today's Note to Self™ ~Remember today, that within me lies a magical gift which holds the answer to every challenge, worry or fear I may face ... my intuition~

Did you know that blue feathers symbolize your connection with spirits, communication, and protection? They also symbolise psychic awareness and correspond to the third eye or 6th chakra.

Putting blue feathers along your physical path is one of our favourite things to do! Especially those lovely bright blue feathers from your beautiful parrot friends! And yes, they are messages for you to grab hold of with your hands and your heart ... messages that remind you to tap into that inbuilt oracle ... we think you would maybe call it a GPS ... which you carried with you when you arrived on planet earth, but sometimes forget about as you walk your physical journey. This very precious gift is known as your intuition.

Intuitive messages can be anything from just the slightest of feelings, to a strong sign or a message that comes in loud and clear. Your unconscious mind is very persistent. It will keep sending you messages until it finally gets your attention. Sometimes it begins as a tiny hunch or a vague feeling and is then usually followed by an idea or intuitive message. These intuitive messages can often be found in Nature; an idea popping into your head, seeing a clear picture of what you need to do, hearing a message, getting a deep inner knowing of the steps you need to take... or finding a beautiful blue feather. We as Nature Spirits are working closely with your inner oracle, assisting you with answers to all your questions, but you need to be looking at, listening to, and feeling what is going on around you in any given moment.

Intuition is that inner voice calling ... if you listen with all of your senses, we guarantee an answer will come. You are truly loved!

Growing your understanding

It is so easy to get caught up in the what I refer to as the 'stuff' of life - you know, all those things that have to be done now, or all those things we didn't quite achieve yesterday that we are now beating ourselves up about. It can also be the things we wish to achieve in the future but are worried about how we are going to do it. There are also the people and the circumstances that keep rolling around in our mind and take up enormous space and energy, so much so, we don't have a great deal of space or energy left to be able to hear those exciting, inspiring and truly creative thoughts and ideas that will send us flying forwards towards fabulous results.

If we can learn to tune out from all this unwanted and unnecessary 'stuff', we clear the channels to be able to 'Tune In' to our intuition and hear amazing advice and fantastic guidance. By doing this, we clear the runway for a fabulous take off! So how do we tune out from all that is going on around us so we begin to tune in and hear what we need to hear. First thing to do when we begin to work on re-uniting ourselves with our intuition, is to set aside a certain amount of time to focus on this activity. This can be anything from 10 minutes to an hour, but I strongly urge you to set this time into your daily schedule. Once you have rediscovered this amazing gift and taken time to practise using it, it won't be long before it goes into automatic pilot and you will be constantly 'tuned in'.

The next step to take once you have set aside time to 'Tune In' is to work out your INTENT! Set a clear intention of what you wish to do which is, tune out from all mind chatter, tune into your intuition, and listen to its guidance. I know this might sound a little crazy, but think about it. When we set a clear intention, our unconscious mind sets to work immediately to help us achieve this. It also brings what we wish to achieve right to the forefront of our minds, and silences the unnecessary chatter. So yes, as simple and crazy as it may sound, it is of huge importance!

Now that the time has been set aside, your intention is clear, it is time to choose the perfect place. It is a great idea to take yourself to a favourite place which is restful and brings to you a sense of calm. This may be a corner in a room where you love to sit and read or relax. I suggest if it is at home, you take the trouble to set it up as your intuitive space or corner. You may even like to have a candle, some flowers, a salt lamp, a favourite picture or rock or feathers or whatever is special to you.

Why do we do this? Well, once you do this, every time you return to this space, you are training yourself to tune out and tune in just by being there. We are creatures of habit we physical beings, and it is amazing how we automatically do certain things once it has become a habit! It is just like when you get behind the wheel of your car and your mind goes into automatic drive as you work the gears and the brake and the indicators. This happens as soon as you step into your car. Well, it is the same principle at work when you set up your Intuitive corner or space. After a certain amount of time, as soon as you step into that space, you automatically begin to tune out and tune in!

Once you have set up your space, sit comfortably and relax your body into the chair. Take a few deep breaths in and out and allow your mind to clear itself of all the stresses it may be chatting about. When you feel the channels are clear, ask your question and then simply listen! You do not have to ask the question several times or create several different ways of saying it. One time is quite sufficient, and then LISTEN! If the answer does not come immediately, don't get up in a huff and say your intuition is just not working, as I used to do! Quite often it is easier for your intuition to give you the answer a little later in the day in a form that you can easily see and understand! Now, I am very pleased to say, I can ask and hear or see or feel the answer straight away, but it did take some time for me to get to this point. So, don't rush the process! Just trust without a doubt that your answer will come.

My favourite place to tune out and tune in, is surprise, surprise, out in nature! This can be in a park, a garden, the bush or forest, climbing a mountain, beside a river or lake, or beside the ocean. Once you are out and walking, it only takes 5 to 10 minutes for you to begin tuning out of all the issues or struggles, or challenges that surround you, and you begin to take in the clearest energy that is everywhere in nature. This beautiful energy automatically helps you to

be re-energised and become a very clear channel for spirit to work through you. When I talk here about spirit, I am talking the 'spirit self' that is you, communicating as your intuitive gift. Some may understand this as talking to God or the Divine Mind. Please make sure you are connecting in a way that feels right and perfect for you.

It is in this beautiful atmosphere connected to nature that you then take the time to ask your questions and wait for your intuitive mind to respond. Listening is the key! Now, what if this is what you absolutely love to do, but for some reason or other, cannot get to the ocean or the park or the forest, and you don't have a beautiful garden. The answer is simple! You have another amazing gift which happens to be your imagination! It can take you anywhere at any time. Just go to your quiet place in your home, close your eyes and using your imagination, take yourself to your favourite place in nature.

Let's do it right now! Make sure you have your question ready to ask. Okay, close your eyes, take a huge breath in and then let it all the way out, and as you let it out, I want you to feel all your stress and worry to leave your body with the outgoing breath. Once relaxed, I would love for you to teleport yourself in your mind's eye to your favourite beach. Are you sitting or walking? Look out across the water and focus on the waves rolling in and out. If you can't see them, then you may be able to hear them or smell them or taste the salt in the air or feel the warmth of the sun or the cool of water. Use all the senses that enable you to experience being at the ocean. As you focus on the waves rolling in and out, allow your worries and stresses to filter into all the outgoing waves and feel your whole body becoming clearer and more energised.

Feeling totally at ease and relaxed, ask your question and listen for the answer. See it or hear it or feel it rolling in on the waves. These are the common ways for people to receive messages. Now trust the very first thing that comes! If you are not sure what it means, then simply ask, 'what does this mean?' and then wait for the answer! It takes a bit of practice to get in touch with your intuition and to read the signs and messages, but after a while it will become a natural part of your decision-making process. Anyone can do this as we all have intuition.

If you are struggling with your connection, using divination cards can be of great help. Cards are fabulous tools that even professional readers use to assist with their readings. Cards help prevent the ego or the mind from taking over as they connect directly with the unconscious mind rather than the thinking mind. The cards you choose will always give you guidance, answers and solutions, or amazing clues as to the path you need to take. How can you be sure it is your intuition and not your imagination?

Your imagination is always an active response – you will be working on it! Your intuition on the other hand, is a passive response which simply flows. As you become accustomed to the way in which you receive messages, you will notice that they always come to you in a certain way, and there will be a pattern. It is vital to be aware of the first thing that comes to you – first word,

first feeling, first image – as this is always your intuition responding to your request. It is always a good idea to set up a specific space for readings. The process is simple - clear the mind, calm the body through your breathing, bring your awareness to your heart, and be of pure intent.

Next step is to shuffle the cards allowing them to absorb your energy, and whilst doing this, set your intention of what are you intending to achieve. Always make it clear and concise, then allow your hand to choose a card/s - not your mind. Place them face down in front of you, turn the cards over one at a time, and listen with your heart allowing the messages to come. The key to a successful reading is to completely trust what comes. No 'second guessing' but simply trusting that the first word/thought is the correct one.

Perhaps you would like to use the following as a suggested way of doing a short reading for self or for others. It is amazing how this works every single time!

- What does my heart truly desire right in this very moment?
- What is holding me back from stepping into my heart's desire?
- What do I need to focus on in order to move forward?
- What will the probable outcome be?

Personal story

Blue feathers have always played a significant role in my journey of life. As a child, I would pick them up and carefully carry them home as if they were extremely special cargo. At that point in time, I certainly did not fully understand their significance, but knew the feeling that they created within me. I am a firm believer that we can read all we like about the symbolism of certain objects or things in nature, but it is what we personally feel, and the messages that these things convey to us as individuals, is what really counts. I always like to check in with myself before running to the books!

For me personally, these amazing feathers always appear to herald times of great joy. When I am out walking and in a wonderful state of happiness and connecting to everything around me, a blue feather will appear. It is as if spirit is dancing beside me and letting me know that my heart is as light as a feather when in my state of joy. These feathers also appear in those times when I need to understand that I am not alone – that there are many in spirit who are ready to assist as soon as I make the request.

In those moments when I have dropped into fear and despair, and my heart has been screaming for help, there in front of me will be a beautiful blue feather. This beautiful symbol became even more a part of my life when we were struggling through our financial issues.

Around the time of selling our property and moving to Melbourne, we happened to have a wedding anniversary. As money was pretty much non-existent at that point in time, I was wondering how we could possibly celebrate this very special occasion, and had pushed it from my mind.

Fortunately, Bill had not! He called to say he would be picking me up after work as he had a few things he needed to do and thought I may like to join him. I did think it a little strange that there had been no explanation of where we were going, but put it down to him being in a rush. A short time later, we were in the car and on our way. It did not take long for me to realise that the car was headed towards one of my favourite places which happened to be this enormous parkland with a lake at its centre.

Out of the boot of the car Bill pulled the picnic rug and a bag of goodies. Unbeknown to me, he had somehow found enough money to buy one small bottle of orange juice, a packet of dry biscuits, and a very small block of cheese. So, with the rug laid out on the lovely soft grass, and a small glass of juice in our hands, we were ready to celebrate our wedding anniversary in the most wonderful restaurant ever! We talked for what seemed like a few moments, but as the sun began to sink in the sky, we realised that it had been several hours. We had been remembering so many wonderful times and so many other wedding anniversaries – and this one, we decided, was one of the very best.

On our return to the car, Bill expressed his disappointment at not being able to buy me the usual bouquet of flowers to say Happy Anniversary – and that is when it appeared. There on the grass right in front of the car was lying the most brilliant blue feather. As one, we looked at the feather and said, 'happy anniversary'! This was the most wonderful magical surprise, and gift from all in nature. Yes, blue feathers appear making it very clear that spirit is always in the midst of special occasions helping us celebrate the moment.

Feathers truly are our spirit self, helping to guide our path through their beautiful mystical intuitive messages, and I am truly grateful for the gift given with bountiful love.

Chapter 10: Your purpose for being here

Earth Mother Wisdom



Today's Note to Self™ ~Remember today, to leaf gently through the pages of my heart, for it is there I will find my purpose ... a purpose that has the power to change the world~

It is a natural instinct for all in nature to move towards that which serves its needs in living its unique and one of a kind path or purpose. Consider your spectacular Monarch butterfly with its inbuilt compass that enables it to fly thousands of kilometers to seek out the perfect habitats in which to be nourished, to breed, and to continue its beautiful cycle of life. Flying huge distances to spend the cold winters resting together in the perfect climatic conditions in the forests of magnificent mountaintops, they choose to serve their needs regardless of the time or effort it takes. Consider also the millions of creatures that roam the land you call the Serengeti - how they travel so far and risk so much to find the perfect place to birth their young, to find lush feeding grounds, and the essential watering holes. How courageous is their journey and how firm is their intent!

When you arrived on planet Earth, you brought with you, unique gifts that only you could bring to this world. Packaged within this uniqueness was the understanding of how you would share your unique gifts and talents to create a more beautiful space for all peoples to enjoy. Now is

the moment, yes, now is the time to search deep within your heart, gently leaf through its pages to discover the gift that can only be shared by you!

It is time for you to follow the example given by nature. Love yourself enough to take the necessary time to explore the depths of your heart, and when you do, you will find the signposts which help you to navigate your way to the reason why you came. The greatest expression of your uniqueness is found in every tiny cell of your body – it is the gentle, hidden essence that flows through every part of your being etching a mystical imprint that only you can share with the world. It is the very brave amongst you that courageously peer through the mists of the physical realities to discover and embrace this truth. It is in discovering this truth that you are empowered to create a brand-new identity - to engrave your unique footprints upon the sands of time, and to create and share an individual expression of service within your community – your passion and your purpose. You are so loved!

Growing your understanding

We all have a purpose for being here and when we find that purpose and embrace it - it is then that we truly begin to live our natural state of being! What is 'purpose'? in a nutshell, our purpose is what our Spirit Self has chosen to do whilst in this physical life time. It is always of a higher consciousness, and always leads into being of service to others. Our purpose is more about what we feel within us rather than about the material world around us, and once embraced and embodied, will bring great joy to our lives.

We can always tell when we are out of alignment with our purpose. The symptoms appear in a number of forms but the most common are; feeling unhappy with life, living in a rut, a knowing deep within that there is something missing from our lives, asking, 'Is this all there is?', and never feeling truly abundant in certain areas of our lives. Another very common occurrence is a wake-up call with financial issues, health issues or relationship issues which force us to take a look at our lives from a whole new perspective.

So, what is our purpose? Every single person on this planet has a unique and 'one of a kind' purpose for being here, and this purpose will naturally align with a number of common Truths. We are all here to honour, rejoice in, and give thanks for our oneness with the Source/God/Great Spirit. As we are all created in love, we are here to love and be loved. Our purpose is to be happy doing what we love and loving what we do - this is key to living our very own unique purpose. This is living our natural state of being, and if we have chosen to immerse ourselves in this state, we will be experiencing what many would describe as living heaven on earth.

What keeps us from knowing our purpose is often caused by us looking for something beyond what already is! The mind takes charge and continues to tell us all the reasons why it could not

be that simple. It keeps us from knowing what is really true and so we push it aside, push it down, push it under, or anywhere that we can possibly push it rather than seeing our purpose for what it is! Consequently, we begin to live what is expected of us, or try to live what sounds good or looks good on paper rather than seeing what is within us. We use the excuse that it just has not been the right time, and yet the reality is often that we haven't found the courage to face up to it and do something about it.

Everyone has an over-riding purpose which is like a thread woven through all other purposes. If you are ready to find your purpose, step into it and live it, then the number one step is to figure out what you do that makes you happy! Ask yourself these questions:

- What in life brings me the greatest joy when I am 'doing'?
- What are my unique gifts & talents?
- What brings me the greatest satisfaction and stirs my passion?
- What do I dream of doing?
- What do I love to learn about – my special interests?
- What do I love to share with others?
- What little messages or not so little messages am I constantly receiving?
- What is my story? (Words to describe: healing, forgiveness, unconditional love, happiness, creativity, sadness, poverty)
- What 'life' qualifications do I have or what lessons have I learned that may help someone's journey?
- What would someone tell others about me?

Yes, your purpose is whatever makes you happy doing and is always connected to your unique giftedness. It is what you came here to do, and I guarantee that, even if can't see it, your family, location and circumstances are always perfectly in alignment with your purpose. It is time for you to understand that this is the 'why' behind everything that you do. This is the 'why' you came, and what creates the passion within you. It creates the music within your heart and allows you to sing your own song.

Once you have written the answers to all the previous questions, you can then gradually bring all your answers back to one or two very succinct sentences which describes what you are here to do in this particular lifetime. This will become your 'Purpose Statement'. I always suggest having this printed out and beside you as you work so as to make it very easy for you to match all your actions with your purpose. Please remember that it does not necessarily have to be

something huge and world changing. The next step is to embrace it, own it and live it - even if it is the complete opposite of what you are currently doing!

Now comes the big question! Now that I know what my life purpose is, what do I do with it? With this wonderful piece of knowledge, you now begin to create from a whole new level of consciousness. The heart takes control of your steering wheel, and you naturally begin to align with Universal energy. This enables the flow of inspired work which I am sure you can understand is a totally different energy and vibration to something that has been suggested by others or what you think you have to do. Inspired work is that which is created through you by the Spirit which is within you, and is something which is created through your heart rather than just through your mind.

When you have finally relaxed into living your purpose, the steps you take will come through connecting with intuitive feelings and ideas. You will become aware of those magical synchronistic happenings in your life, and you will feel immersed in the flow of Universal energy. This energy naturally magnetises you to your unique audience. You are now ready to sing your song to the world, and the world is ready to listen. Living on purpose and creating your life through inspired work will always be far more successful than any other work you may do.

From this moment on, everything you do must be in alignment with your unique purpose. This includes all thoughts, words and actions, and if it doesn't align – it doesn't get a game!

Personal story

There comes a time in all our lives when we arrive at the fork in the road. Standing at this fork is definitely one of the most difficult places to be! We must make the choices and decisions which either keep us tied to living a less than satisfying existence, or enable forward movement towards what makes our heart sing. This is often likened to taking a path of safety or a path of faith. The path of safety will bring somewhat satisfying results, but it is in following the path of faith that we discover our true essence and how to live an extraordinary life.

Eighteen months had passed since we had moved to Melbourne in an attempt and put our lives back together again following the financial devastation. Both of us were now gainfully employed and we were successfully executing our plan to pay the rent, meet all our everyday needs, and pay back debt. At long last, all was going well!

My role was to teach 3 days a week at a nearby school, and to continue my studies in metaphysics. I was determined to discover how we had found ourselves in this mess, and more importantly, how we were going to get ourselves out of it! If there were hidden secrets as to workings of this amazing Universe, then I was going to find them and endeavour to work with them to turn our lives around for the better. Every spare moment was filled with learning and

growing spiritually, and every spare cent was spent on study material and courses that helped me to rediscover skills as an intuitive and healer. Life was ever so busy but ever so exciting!

In addition to my study, I had also found a community of people who were on the same path to finding Truth. It was wonderful to become involved in the gatherings and the metaphysical lessons that were offered. Every time I stepped into the building it was like a home coming celebration that spoke to my heart and my soul. What's more, there was a whole library of books and programs just waiting for me to devour. At this point in my development, little did I know that just around the corner!

It was at recess time when a message came from the principal of the school asking that I pop by her office for a chat. I was too busy preparing for the next class to really give it a great deal of thought, but was hoping that it was not to say I was no longer required. To my delight, it was the exact opposite! I was being offered a fulltime permanent teaching position which only required me doing a little extra study to upgrade my teaching qualifications. This was, I must admit, quite surprising to me, but my response was equally surprising to the principal! I asked if I could have a little time to consider what had been offered. So many question marks rang loud and clear as she kindly agreed to my request.

My head was full of all the reasons why I should accept the offer that was before me – fulltime work that would bring in a regular income, no more worrying about paying the bills, and a job that I was good at and found satisfying. So why was my heart not singing for joy? It knew only too well that this would mean the end of me living my Truth as a spiritual being on a journey of discovery. The school embraced a religious belief that was not in alignment with all that I had become! Was I prepared to give it all up for a pay packet and a secure job? Or was I ready to sift, filter and sort to find and follow what I knew best served the discovery of my pure essence? I had now reached the fork in the road, and the choices and decisions I made from this point in time would have a profound effect on my life forever.

I chose to let go of my teaching position, and follow a path of faith – a decision I have never regretted. I bravely chose to continue my quest to find the pure, unique essence of me!

Chapter 11: Co-Creation is the key

Earth Mother Wisdom



Today's Note
to Self® ~There
is an eagle
within each of
us ... an eagle
longing to gift
us with the
miracle of a
long-awaited
dream~

Today's Note to Self® ~There is an eagle within each of us ... and eagle longing to gift us with the miracle of a long-awaited dream~

This striking feather comes from the powerful wing of a wedge-tailed eagle. It is here to symbolise the Great Spirit that lies within all things. When the Great Spirit is recognised and embraced as a creation partner, your dreams are given wings to soar.

We in Nature ask you to close your eyes for one precious moment in time! Using your imagination, we would like you to feel and hear the beating of two very powerful wings coming towards you. Within the beating of these wings there is only love, strength and a deep knowing. These are the wings of an eagle! In an instant you find yourself lifted onto the back of this most beautiful and spiritually powerful bird, and carried high into the sky to soar on the currents of winds which whisper gently into your heart the ancient secrets of north, south, east and west of this glorious Universe. Higher and higher you rise as if reaching and stretching into the realms of spirit for those long-awaited answers! The sky becomes that magical ocean of glittering possibility which calls your name and, with the softest murmur, breathes life into all your dreams. As the eagle turns its head to one side, your whole being is mystically transformed into

experiencing your planet through its very powerful eyes. You see your whole life with laser vision and clarity! Yes, you see your Truth! You are a magnificent being who has the ability to transform your life and your world by simply being you, and finding true happiness is your only purpose! You must now hold on tight as the eagle dives towards the ground and swiftly gathers what it needs to build strength for its continuing journey. With this exciting move comes the knowledge that you to must always ground yourself within your physical world as you stretch upward towards the light of understanding. As with the eagle, by connecting to both the spiritual and the physical, you will find that beautiful balance which nourishes your body, mind and spirit. This journey was filled with the intent of assisting you to discover the ancient secrets that lie within you right in this very moment. You are a powerful co-creator, and the eagle or Great Spirit that is within you is waiting to help you fly like you have never flown before. You are so loved!

Growing your understanding

The previous chapters of this book have all been focused on assisting readers to get to know who they are, what they are made of, and how they operate within this wonderful world. Now, it is time to discover how everyone can become the most amazing co-creator, and ensure that their desires become a reality. In other words, over the coming chapters I will be sharing the step by step Co-Creation Process that we can follow so as to manifest our goals and dreams. It is time to learn this process from a New World perspective rather than what we have attempted in the past.

Often when the word ‘co-creation’ is mentioned, we tend to place our focus on the ‘creation’ part and forget about the two small letters at the beginning of the word – ‘co’. These two letters are there to emphasis the fact that there are two parties involved in this process, rather than attempting to create all by ourselves. And yes, both parties have an equal share in the process – different tasks, but equal share. These two little letters, namely ‘co’, also suggest that a good working partnership requires working co-operatively and in harmony with each doing their required tasks. The ‘Creation’ is the bringing together all that is necessary in order to design and make, or manufacture, a desired outcome.

We all have this wonderful partner in the business of manifestation, and that partner happens to be God, or Source, or Universal energy or whatever name feels right for you. This is a co-creation partner who not only plants the seeds of those beautiful dreams within us, but also goes about helping us to turn those dreams into physical matter. God knows all those tricky parts in the process such as the how’s, the when’s, the what’s and the where’s. When we stop stressing and worrying about all of these details and allow God to go ahead and put all of this in

place, we can spend our time on the less tricky steps needed to fulfil our role as co-creation partner.

Our understanding of the nature of God is often formed by those who are not necessarily aware of the real facts. If religion and church played a significant role in our upbringing, then it is only natural that our understanding of God will be heavily infused with these teachings. In most cases we will have learned that God is the creator of all things, and is the Divine Intelligence behind the workings of the cosmos. Often though, we have been led to believe that our creator sits in judgement of all that we do, and then hands out favours or punishments according to the choices we make.

In order to become a co-creation partner, we need to deepen our understanding with regards to the Source of all things. We must understand the true nature of God, beginning with a knowing and understanding that God is always present in everything, everywhere - the Intelligence that is within every tiny sub-atomic particle. And, contrary to what we may have been taught, is nothing but pure unconditional love. There is never any judgement or blame – simply love for everyone and everything. In fact, this Divine Source plants the seeds of desires in our hearts and minds, and then leaves it up to us to decide whether or not we wish to live them or let them go.

God's loving energy is all about the creation and expansion within all things within our world. This creative energy is always working whether we know about it or not. The secret is to ensure that we are expanding into positive outcomes rather than those that lead us down a more negative track. We have all been gifted free will or free choice around everything that we choose to be, or have, or do, but within this, we must remember that God is also the designer of the Laws which govern the Universe. It is the very wise person who makes choices and decisions which are in alignment with these Laws. I am sure we all understand the effects of the not so prudent choices we have made in life! Yes, it is good to remember that every cause will naturally create an effect.

The Truth is that we have been made in the image and likeness of God and that we are the co-creator of our reality of life. Knowing this, it makes sense that a great relationship with our co-creation partner is essential! Please understand that I always use the name God when referring to my co-creation partner. Many people get so hung up on this name that it keeps them from forming this essential relationship. If the name 'God' does not sit comfortably with you, then may I humbly suggest that you find another word to describe your partner, and move on! A great place to start is by asking the following questions of self and writing down the answers. This exercise ensures you not only have a definite starting point, but the answers will also help in the formulation of a new understanding of where to from here.

- Where does your relationship currently stand?
- Are you harbouring old wounds around God?
- Are you still allowing past experiences stand in the way of getting to know God?
- What has been your perception of God?
- What is your current perception of God?
- Do you see yourself as separate?
- Do you already have a great relationship with your Co-Creation partner?
- If not, when would 'now' be a good time to introduce yourself and get to know your partner?

There are many ways that we block building our relationship with God. As I mentioned earlier, it is caught up in misunderstandings from a religious upbringing which led us to no longer being open and accepting of the true nature of God. The biggest blocks though, come in the form of not understanding the co-creation process, and not knowing how to live in alignment with Universal Law. The lack of knowledge in these areas most often lead to all the challenges and struggles of life which tend to leave us wondering if there really is a God at all.

Establishing a relationship with your partner or reconnecting is really a simple process. It can be found within six words – understand, recognise, embrace, praise, honour and love. Understand that you are a little drop of God energy. Recognise God by seeing the goodness, beauty and oneness in all things – including self. Embrace God by loving and having compassion for all people. Praise God by rejoicing in and giving gratitude for the wonderment of our planet and the Cosmos. Honour God by honouring your true and authentic self, and love God by loving self. Always remember that when we put down self, we put down God!

The Key to successful Co-Creation is found in understanding the role that each partner plays in the process, learning to only play your role, and having complete trust in your amazing partner. Each role is explained in detail throughout the following chapters.

Personal story

Sometimes I get so caught up in the magic of the moment that I miss the message that lies hidden behind what is in front of me. It was the most beautiful winters day with a crystal blue sky above and the sun shiny its warmth into the bones of the Earth giving relief and comfort from an extremely frosty morning. I was off to visit our daughter and family who live a couple of hours from home. The trailer was hooked up behind the car as I was to pick up a piece of

furniture which was to take pride of place in our office. Just as a little aside, Bill had given me lessons in rope tying before leaving so as to make sure the cabinet actually made it home in one piece! Yes, tying ropes in certain ways is probably not one of my strengths but I was determined to prove that I could do it and do it well! I was about to get an A+ in furniture moving!

Determined not to be interrupted by traffic on the highway, I decided to take the back roads where I could still focus on driving, and at the same time, get lost in my wonderings. I love the time driving to and from anywhere as it gives me the contemplation time I crave. As usual, my thoughts were filled with questions! In this instance, I was going back and forth with how I could get to really understand and live 'Oneness' at a much deeper level, and how I could explain 'Co-Creation' using a wonderful example from Mother Nature. I am pleased to report that many wonderful insights came floating in as I journeyed towards my destination.

The real excitement occurred on my trip home. I had successfully tied the cabinet into the trailer, and believe me, it was not going anywhere! I was happily sailing along enjoying the beautiful day when I happened to look up into the sky – and there they were! Two magnificent wedge tailed eagles were just above me. And what do you do when you see such magic? You pull over to the side of the road and simply watch in awe. I turned off the car and stepped out onto the side of the road to get a better view. It was amazing! Both were simply gliding on the wind currents, but as I looked, I noticed something really extraordinary. It is what I would describe as synchronised gliding – both gliding in their own perfect circle, in complete harmony with each other. If it were airplane pilots, I am sure they would have had to train for hours and hours to accomplish such perfection. And yet, here were two magnificent eagles performing this awe-inspiring feat with only the wind currents as their guide – or was it?

Watching closely, it became apparent that a mystical bond was enabling these two beautiful birds to fly as one. Not one wing flapped, neither bird missed turning at the perfect time, and so the synchronised eagle sky dance continued for quite some time. As they circled in the sky, they slowly spiralled up higher and higher until all I could see were two tiny specks way above me. Talk about the eagles floating on the wind currents, I certainly floated back into the car after this wonderful experience and drove home with a beautiful song in my heart. I guess at that time, I was so overcome by the experience that I totally and completely missed the message that was being given to me.

As I climbed into bed that night, a wave of knowing flooded through me. The eagles were downloading their message and I was now listening. Their enthralling sky dance within the currents of the wind was the perfect metaphor for the process of 'co-creation'. Each bird enabled me to see what can be accomplished when we work as one with our co-creation partner – namely God. When we work in perfect harmony with the Infinite Intelligence that lies within us, we synchronise our hearts, our thoughts and our actions which enables us to perform our very own sacred dance of life. It is in this state that we spiral to great heights where anything and everything is possible - every dream becomes a reality.

Let's take a closer look at this amazing metaphor that Mother Nature was providing. Each part of the 'eagle sky dance' has symbolism and meaning and by getting a greater understanding of these parts, we can increase our understanding of the whole to a much greater extent.

Eagles: These majestic birds hold incredible symbolism. In this instance, I would love to focus in on Illumination of Spirit, and Creation. Many ancient cultures believed the eagle symbolised the Great Spirit or God. Its ability to soar to great heights but still be connected to earth helps to further understand the meaning of 'as above – so below'. When eagles appear in your life, they have powerful messages to share. They ask that you allow your heart to guide you and be open to opportunities you never dreamed were possible. These opportunities will present themselves when you least expect it. I also mentioned a focus on Creation – and in this instance, Co-Creation. Eagles often fly into our lives as a reminder that we are never alone in the creation process but always connected to our creation partner the Great Spirit who is within all things and is all things.

Two: When looking at Co-Creation, the number two obviously holds great significance. These two eagles were helping me to see the significance of working in co-operation and harmony with my partner in order to create the magical outcomes I so desire. One eagle represented the spirit within me, and the other represented the Great Spirit. In reality, each of these are one and the same – I am in God as God is in me.

Circular flying pattern: The circle always symbolises our eternal state of being. We live within a physical body, but the greater part of who we are is spirit which is eternal – never ending spirit. Often, we get so caught up in the physical struggles of life that we lose sight of the Truth. We may have chosen to live this lifetime on Planet Earth, but in reality, we all eventually return home to our spirit state of being. If we can get our heads around this concept, we can then understand the senselessness of focusing on the struggle rather than simply getting into the flow of life and allowing the process of manifestation to unfold.

Spiral: The spiral holds great significance within sacred geometry. Both eagles slowly spiralled upwards towards the sun symbolising our upward spiral as we grow in awareness of self and the universe. This spiral, as with any spiral, is never ending. It is the eternal growth that we experience as our spirit self seeks out new awakenings which allow us to embrace and shine our light as it is meant to shine.

Wind currents: there are times in our journey when we feel as if we are 'in the flow' of life. Things simply fall into place without us having to work at making it happen. We feel so good as every tiny detail simply falls in to place and our desired outcome becomes a reality. This is often referred to as being lucky, but the truth is that you have been working in co-operation and harmony with your co-creation partner – you have been gliding on the wind currents of dream

creation. The eagles were helping me to understand how I need to place myself within these currents and trust in the outcomes.

Gliding: Working with wind currents allowed the eagles to simply glide without expending any effort or energy. How often do we believe that by working harder or longer hours will enable us to achieve successful results? This is a myth that needs to be exposed so that we can embrace our spirit power which is way more powerful than our physical actions will ever be. As symbolised by the eagles, we too can spread our wings and glide into our heart's desires.

Sky: the beautiful crystal-clear blue sky not only symbolises, but is actually part of, what is often referred to as the ocean of infinite possibility and potentiality. These two magnificent birds were gliding through the quantum field or as the ancients called it, Divine substance in which all our dreams are there awaiting our recognition and nurturing. How often do we look up into the sky and marvel at its beauty, but let's be honest, how often do we see it for what it really is?

NOTES:

Chapter 12: Clearing the emotional body

Earth Mother Wisdom



Today's Note
to Self
~Sometimes
it takes
stretching
deeply into the
muddy waters
of life to find
the hidden
emotional
gems which
will ensure a
free flowing
journey
ahead~

Today's Note to Self ~Sometimes it takes stretching deeply into the muddy waters of life to find the hidden gems which will ensure a free-flowing journey ahead~

This waterhole has been formed by flood waters. Beside the water stand beautiful trees with their roots being washed and nourished by the waters that are lapping around them. Rather than turning up their toes, these roots are stretching down deep into the water, way beyond what physical eyes can see.

I (Mother Earth) would love for you to remember the times that you have come upon those muddy waterholes (you know, those challenging times) of life and did all that you could to step around them, or over them, rather than actually stepping into and through them. All those times of trying to avoid what you really needed to experience to grow and become. This only meant that you met those same muddy waterholes again and again until you were brave enough to face them head on and dive in! These trees are growing tall and strong as they drink from the knowledge and wisdom of life.

We in Nature Spirit love muddy waterholes. They actually make it so much easier for us to gather the nourishment needed for us to grow strong and create such beautiful sights for your physical eyes to gaze upon. You see, it is not necessary for us to work our way into the soil

seeking out the food that keeps us healthy and sparkling. The muddy waters carry with them all the wonderful gifts that they have gathered in the journey from upstream to where we sit waiting to enjoy such bountiful goodness. It is then that we stretch deep into those muddy waters and reap the benefits of such a wonderful banquet.

Yes, in your physical journey, you will certainly encounter muddy waterholes, and it is our suggestion that you embrace them fully and completely. If you can wade in, and just drag one foot after the other, you will be amazed at how clean those boots will be as you step out on the bank on the other side - how your heart will sing, and your eyes will sparkle with new life.

We will be with you all the way giving encouragement and cheering you on your way. The trees will breathe into you such magical breath, the birds will sing the sweetest songs that will help to lift those feet a little higher, and the sun will shine a mystical energy deep into every cell of your tired body that will assist you to take just one more step. We know you can do it! You are so loved.

Growing your understanding

This step of preparing to 'Let Go' of the Emotional Baggage that keeps us from creating our desires, is absolutely life changing and creation changing. Why do we need to address the emotional baggage we all carry? This is key to aligning our mental, physical and emotional bodies which, as you know from previous chapters, is essential to the manifestation of our desires. It is a must to have all three working in harmony and co-operation.

Perhaps it would be easier to understand why it is important to let go of the emotional baggage we all carry, if I share with you what happens if we choose to hang on to it. Not letting go blocks our path to true freedom, and keeps us from experiencing joy, empowerment, health, wealth, loving relationships. Negative baggage is a heavy burden because its energy is extremely dense. Many do not understand that this weight is a burden which really only effects the person who is carrying the load. Hanging on to it does not have any effect on those who we believe have caused it in the first place. We choose to hang on to it or we choose to let it go!

As explained in chapter five, we are at cause of every outcome in our lives, so it goes without saying that holding onto negative emotion will eventually create more challenges and struggles in our journey of life. In fact, if continually held over long periods of time, not letting go of our negative baggage will definitely see us experiencing serious lack and illness. I do understand from personal experience that it can be quite difficult to take off the back pack and unload those rocks which weigh us down, but I promise it is so worth the work involved. Later in this chapter I will share with you a number of very simple techniques that work.

Now you understand what happens if you make the decision to keep carrying that heavy load, but what about the benefits of saying goodbye to it all? Letting go puts you back in control of

your life. Just imagine the vacuum created in which to nourish brand new dreams, once all that 'stuff' has gone. The clearing out of all the unwanted baggage enables transformation, which in turn, opens the way to higher levels of consciousness. It also opens your heart to unconditional love and compassion which are essential to moving into a fifth dimensional way of living. Puts you back into the flow of manifestation, and opens the floodgates to the abundance of this world so as to experience greater happiness and success.

Here are three important facts that are certainly worth contemplating whilst in the decision-making process of freeing ourselves of all the negative emotional stuff which is keeping us tied to the past, or the future. First, entering the fifth dimensional realm definitely takes letting it all go! We cannot possibly become the 'light being' that we need to be if we are still burdened with the negative emotional outcomes of people, events or circumstances. Second, it is a fabulous and exciting fact that healing our emotional body, enables the mental and physical bodies to heal as well. And third, mental, physical and emotional healing must take place before we can be truly guided by our Spirit Self.

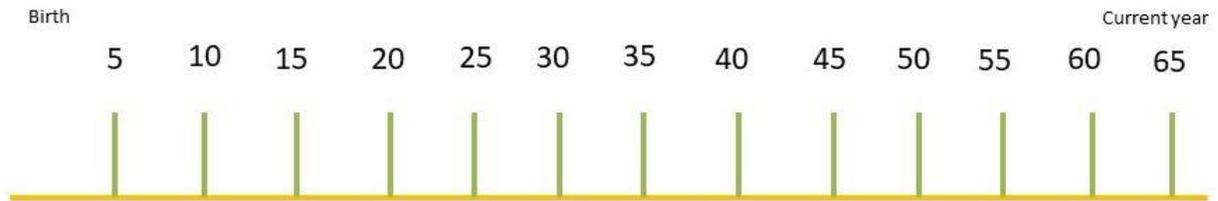
When working on our emotional wellbeing, it is great to remember that all emotions are good. Each one helps us to figure out what we want to feel on an ongoing basis, and which ones are better left alone. It is becoming consciously aware of which emotions we are constantly immersed in which is vital to creating great results. Most of the energy we expend in a day, is emotional energy, and due to the fact that emotions provide the jet fuel within our desires, it is important that we fuel them in very positive ways. Our results really do hinge on our emotional status.

Where to begin? Make the decision and set the intention to finally free yourself from the negative emotional baggage associated with people, situations, and circumstances from the past and the present, and also include those things that are creating fear or anxiety regarding what may happen in the future. In doing this, it is vital to be real and be honest with self as to not leave one tiny stone unturned.

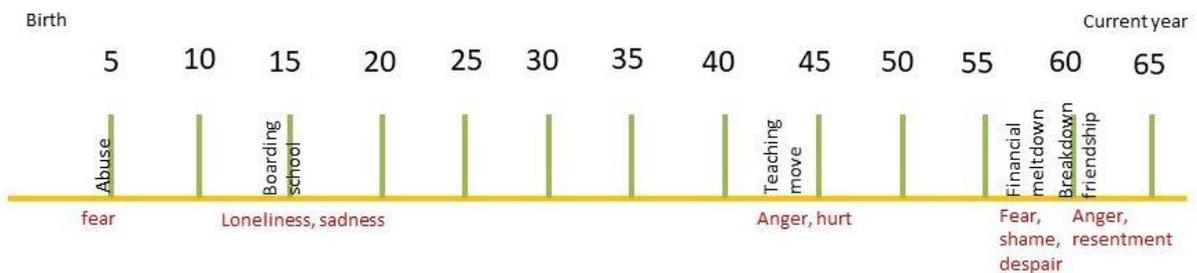
It is amazing how this process will bring things to surface that have been hidden away for years and years. I always suggest starting with the big three which are fear, anger and guilt. Be aware that anxiety, stress, doubt, frustration, despair, powerlessness, and grief are the emotions that are either formed out of fear, or are moving towards creating fear. This also applies to anger which is closely connected to criticism, judgement, blame, resentment, hatred, rage, and revenge. In the same way shame, jealousy, resentment, insecurity, and unworthiness can either lead to or come from guilt.

For this section, I would like to explain the next few steps on a far more personal level by using the word 'you' rather than 'us'. Having made the decision and set the intention to set yourself free, the following process will help you work out what you have chosen in the past to cause the

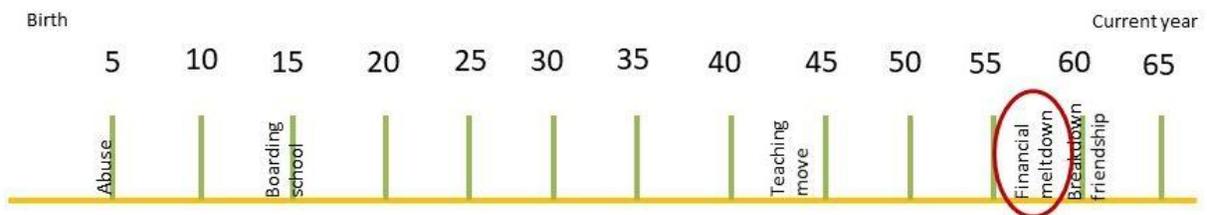
affects you are currently living! Find yourself a nice large sheet of paper and set out your personal timeline in five-yearly increments as show in the diagram below.



Next step is to mark on your timeline any person, place, event, or circumstance that brought about fear, anger or guilt.



You may need to check back to the previous paragraph to remind yourself of all the other emotions attached to these. Now, circle those which are still causing a negative emotional response as shown in the diagram below.



Once you have finished your circles, take each 'circled' person, event, or circumstance and ask yourself these questions:

- Am I ready to accept that I chose this experience?
- Am I ready to heal emotionally?

- Am, I ready to hold only the gems and let go of any negative emotional response I may have been harbouring?
- Which emotions best describe my feelings in regards to this?
- What was the true purpose of me choosing this as an experience in life?
- What is the hidden gem that I have never truly recognised or embraced?

Don't forget to write out your answers!

To make this process smooth and uncomplicated, I will give you an example of how I answered these questions using my financial meltdown as my topic:

Am I ready to accept that I chose this experience of financial disaster? **Yes!**

Am I ready to heal emotionally – holding only the gems and letting go of any negative emotional response I may have been harbouring around my financial meltdown? **Yes!**

Which emotions best describe my feelings in regards to this? **Fear, anger, guilt, despair, shame**

What was the true purpose of me choosing this as an experience in life? **To awaken to my true purpose in this season of my life**

What is the hidden gem/s that I have never truly recognised or embraced? **Courage, opportunity for new life, deeper relationship with self, spiritual growth**

It is the answers that you give for the last two questions that reveal your hidden 'Gems'. They help to bring clarity to your purpose for living, and also help you make sense of how you operate in this world and why. These answers will often open your heart and mind to a niche market which will have you soaring to happiness and success. Your final question: When would NOW be a good time to let it go of all my negative baggage?

Taking the final step to release and let go requires a great deal of courage and commitment. This is not a task for the faint of heart, but making that decision to dive into the murky emotional waters can be made a great deal easier when you remember the following facts. You are at cause of everything in your reality, and whether you admit it or not, it was a choice you made. Any other person involved in your story was there to help you experience your choice. Understand that you are embarking on a process of release for no one else but you, because this 'letting go' is vital for you to get back into the flow of life.

In using any of the following techniques, it is good to know a few common action steps before you begin. Always find a time and place where you can feel safe and be alone. If the task seems too big to handle on your own, then only use the support of someone you can trust. Make sure your intention is clear before you begin. On completion, you will know if the technique has been

a success when you return to the memory of the event, or the circumstance, or a particular person, and no longer have an emotional response. Always check back on this before moving to another issue.

Technique 1 - Forgiveness:

As Bob Proctor often says, 'Refusing to forgive is like taking poison and expecting someone else to die.' A truer statement has never been made! The inability to forgive creates disease, which is caused with the build-up of acid produced within the body by anger, blame, hatred, guilt and any other number of negative emotional states. Forgiveness of self and others is vital to getting back into the flow of health and abundance. What's done is done, and the wise person understands that what is in the past is best left in the past. The events of the past cannot be changed, but holding onto them can wreak havoc in the present and the future.

The 'fireside technique' is a great way to assist with the forgiveness, and the letting go, of anything that we may have been finding difficult to release. All it takes is the writing on pieces of paper all the people, events, circumstances that are no longer serving us. These pieces of paper are then set on fire to burn whilst saying the following affirmative statement. It is a great idea to watch the burnt fragments of paper fly up into the atmosphere and back into the quantum field – this gives a fabulous sense of release.

Affirmative statement of release:

I willingly release the thoughts and things that have cluttered my heart and my mind.

I bless and release her/him/and the event to their/its highest good and me to mine. (Must be said with heartfelt meaning)

Technique 2 - The Release Process using music:

I would have to say that this is my favourite and most successful way of saying goodbye to anything that has required my forgiveness. Music is the sacred geometry of our Universe. With everything having a vibration or sound, music acts as the bridge between the physical & the spiritual realms, and it is now documented scientifically that music heals body, mind and spirit. The exciting news is that we don't even have to understand how it works for healing to take place.

The steps to take are quite simple. Become consciously aware of the circumstances, events, or the people, that really 'stir up' the negative emotion within, and begin to journal the details. Write down very clearly which emotion you wish to release. The next step is to find music that connects with you, and brings an emotional response to the negative emotion you are wishing to heal. Now, in your heart and mind, return to the cause and allow yourself to sit in the

emotion. Give yourself permission to cry, scream, yell or whatever is needed, but make sure you remain with the emotion until it simply disappears. All that is left to do is to give gratitude for all it has brought to your life, and for your release of this negative emotion.

Technique 3 - Checking in on your emotional needs:

Meeting our emotional needs is paramount to our lives. We are constantly seeking out those people or circumstances which can fulfil these needs, regardless of whether they truly serve us or not. The six human emotions which are love and connection, significance, certainty, variety, growth and contribution, can be fed in either positive or negative ways. The problem is that these emotional needs must be met, and we must choose how they will be fulfilled. There is a great deal of potential either way, but once again, it is the wise person who will seek positive solutions.

To ensure you are feeding your emotional needs in positive ways, look at the emotions you have circled on your timeline and ask yourself the following questions:

- Which emotional need is my negative reaction associated with?
- How can I now ensure that this need is met in a positive way?
- If I take this action, what emotions will I then be experiencing?

One small piece of advice here is that all our emotional needs are met when we live in alignment with our life's purpose.

Personal story

After having finally put a halt to my wallowing, I made the decision to get to work on whatever had to be done to move forward with my life. This was a very slow process as I gently lifted myself out of the negative space which had become my regular mode of operation, and back into a far more positive state of being. I knew without a doubt that part of this process involved taking a long hard look at what had been going on at the emotional level, but this was something that I had been avoiding like the plague! It just seemed all too hard as it meant revisiting some very painful memories and moments in my life.

During this time, I had also taken the step to find work as an emergency teacher in a number of schools in the area. This brought in much needed money to help with the paying of the rent and putting food on the table. Some days were easier than others, but it was good to have a focus other than our financial situation. Working in a classroom full of energetic children certainly has a way of lifting you out of 'woe is me' and placing you firmly in 'I need to keep these children challenged and occupied or I am going to have a big problem on my hands'!

One thing about being an emergency teacher, you can always be assured of having duty at recess and lunch! Dealing with the regular squabbles that occur in a playground filled with children is not always a favourite part of teaching duties, but one that must be attended to. One particular lunch time duty is firmly embedded in my mind! I had lost track of time as I wandered the playground repeating my positive affirmations, and attending to the children's needs, and then I heard it! I heard music that was about to change my life! The song that was ringing out across the playground to tell the children it was time for classes to recommence, stopped me in my tracks.

I felt my heart bursting with emotion – feelings that had my eyes filled with tears. It took all my power to pull myself together and make it through the afternoon classes. As soon as the bell rang at the end of the day, I raced to the office to ask the name of song which had been played. Apparently, the recording was quite new and nobody seemed to know much about it! Sometimes I am ever so grateful for technology! When I arrived home, I ran to the computer and found a recording of the song which I then began to play over and over again. With each listen the tears flowed and for the first time I actually sat within the painful emotions that I had previously tried to push aside.

It was if my whole body cried - cried the sacred tears that needed to be shed! I was finally exploring and embracing the negative emotions that had been hiding in the deepest recesses of my being. No longer was I ignoring these feelings, but accepting them as an essential part of who I was – a spiritual being experiencing a physical journey. Regardless of the emotion that surfaced, I bathed myself in its energy and recognised that it too was one sacred part of the whole me.

I am not really sure how long the process took, but sometime during that life changing night, the tears ceased flowing, and the sadness and fear simply dissipated. I had swum the murky emotional waters, faced the emotional dragons, and had risen from the experience a changed woman. At last I felt empowered to face the world with a whole new perspective on the challenges I had been experiencing. The idea of negative emotions controlling my life was now just a memory. Instead, a knowing that all emotions are good and play an important role in the growth of a new level of consciousness was firmly planted in my unconscious mind. And my heart sang a brand-new song of love, peace and happiness.

Chapter 13: Your End Result

Earth Mother Wisdom

Today's Note to Self ~ My heart speaks the powerful language of my secret desires ... it is the gateway through which I pass to step into my dreams ~



Today's Note to Self ~ My heart speaks the powerful language of my secret desires ... it is the gateway through which I pass to step into my dreams ~

Rest comfortably for a few moments in time. Take a deep breath in, and as you breathe out allow all the stress you are carrying in your body to be released. Now, love yourself enough to relax comfortably and peacefully into this precious moment.

Deep within Mother Earth, her heart beats steadily with a loving rhythm which pervades the planet, and is offered to all her inhabitants freely, without judgement ... and only in love. All in nature sings happily to her beautiful unwavering melody of love. Gaia opens her heart, and so continues the ongoing cycle of giving with love, and receiving in abundance: as she vibrates love, all in nature responds with spectacular gifts of beauty, abundance, strength, harmony and balance. Mother Nature knows the secret to living a peaceful, happy and successful life.

Your doorway to entering fully and embracing the ocean of infinite potential and possibility in which all the desires of your heart exist, is very close at hand. You hold the key to this doorway within your heart. To feel the vibration of majesty emanating from the mountain, the happiness in the song of the bird, the harmony in the rhythm of the ocean, and the spectacular awe in the

beauty of a sunset, is to connect to truth. Every desire is an inspiration birthed within your heart and gifted to you by the sacred Source energy. You will find the instructions to create this desire carefully sewn into the very fabric of your life.

As you rest in the sacredness of this knowledge, begin to feel love and expand that love out from your heart in all directions. Hold this feeling knowing without a doubt that your desire is already at completion. Now bathe in its glistening, never ending stream of good. Slowly bring your awareness back to where you are sitting and breathe 3 beautiful deep breaths in and out. As you gently open your eyes, please know that without a doubt ... you are so loved!

Growing your understanding

Emotional release as described in the previous chapter is essential before moving on to the next step of settling on a true desire, or what I refer to as an 'End Result'. By releasing and letting go of all the emotional baggage, we create a beautiful vacuum in which a new 'end result' can blossom and grow. Understanding that the Universe abhors a vacuum, it is vital to fill that space created through release as soon as possible or the Universe will do it for you!

So, time to choose an 'end result'! What are 'End Results'? 'End results' are desired outcomes that are birthed in the heart and planned in the mind. In other words, an 'end result' is a burning desire. No point in having a 'kind of' desire, or a 'maybe' desire, or 'that might be nice' desire. No, it must be a definite, powerful desire! The stronger the desire, the greater power it carries with it to become manifest in your life. I call these desires 'End Results', because they set your mind thinking in the right way and in the right direction. After all, if you don't know where you are going, then you will have no idea where you will end up!

Calling it an 'end result' also means that we are totally focused on the outcome and not on how we are going to get there. We are always guided with regards to the steps we need to take, but our main task is to focus on the outcome of our desire – namely, our 'End Result' and only our 'End Result'! A true end result is one that comes from the heart, and is something emotional, tense and powerful. If it is all of these, then it will definitely carry with it the power to succeed.

Every desire or end result that dawns within our heart, comes from the Source of all. God's greatest desire is to grow and expand goodness in this world. When we have a desire, it is God tapping us on our shoulder and encouraging us to embrace the natural urge that lies within us – the urge to expand and grow. Once we have put aside the excuses, it is then the perfect time to bring those 'end results' to the table and begin to work on them.

It is great to know and understand that Source/God/Great Spirit is always supportive of our 'End Results'. With this understanding firmly planted within our hearts and minds, we give ourselves permission to always dream big. In fact, it is really important to set our 'end results'

higher or beyond our current reality, and once we reach our desired result, we immediately set a new higher one. If we fail to do this, we will find ourselves in an uncomfortable comfort zone, and stop the necessary growth for further amazing results to appear.

With a very clear understanding of the fact that we never have to know the 'how's', it is time to choose and place attention or focus on one 'end result'. Remember that this must come from the heart and be grounded in the heart. It can be either a material desire or an emotional desire. Everyone knows what is best at an individual level. It is an absolute must to always begin with the end in mind and not even consider how it may unfold. The guidance will come in wonderful ways.

Begin by writing out this 'end result' in detail. It is important to include what you see, hear, taste, touch, smell, and most importantly the feelings involved. Next step is to create a 'Heart Vision Board' which becomes a visual of what you have already put into words. The more ways we experience our 'end result' the more we bring it into the material world. Place an image or a statement of your 'end result' in the centre of your board and then surround it in all the detail. Make sure that you add the emotional outcomes if you are focusing on a material desire. Look at, read and begin to live your 'end result' every single day, and always give gratitude for already having it in your life.

If you are still questioning whether or not you have chosen the perfect 'end result', it is a good idea to ask yourself the following questions. If the answer is 'yes' to each of them, then you will definitely know you are on the right track.

- Is my 'End Result' in alignment with my purpose?
- Will doing this bring me joy & make me feel good?
- Does this serve others?

Personal Story

I could write pages on the 'End Results' that have appeared in my life after following the Co-Creation Process explained in the pages of this book. However, after contemplating the topic in hand, I have chosen to approach this from an entirely different angle. If we have chosen to place ourselves in the flow of Universal energy, then desires, or what I like to call 'End Results', are going to naturally pop into our hearts and minds, as it is these that enable us to enjoy life in more beautiful and magical ways.

I had a number one very special secret dream or 'end result' tucked away in my heart, but, for the all too common reason of not believing it was possible for me to achieve it, that 'end result'

stayed locked away for many, many years. Finally, after quietly whispering it within my heart for many moons, my spirit decided it was time for me to step up, own up to, and honour this dream. This time, the whispers turned into loud messages that could no longer be ignored. It was time to bring my secret 'end result' out into the open and begin to live it.

Even though the possibility of creating a successful outcome had shivers of excitement running through my body, the thought of actually having to take action on my desire, was quite a scary moment. As I stepped bravely into the idea and began to unravel the possibility, something inside of me stirred, and a new knowing filtered through – it seemed as if making the decision to embrace the possibility, opened me to new wisdom. I knew in that moment that there was a better way of approaching, what I had perceived as, a very challenging task in a way that fear was replaced with hope and optimism.

I had to let go of control and allow a higher power shape and mould my desire. For me, who had always liked to think she was in the drivers' seat of life, this was certainly going to test me on so many levels. I am pleased to say that I am very good at following instructions, so hand it over I did! As I followed the guidance from my heart, it slowly dawned within me that the real desire was not about the material outcome, but more about how the 'end result' would make me feel.

Yes, I certainly wanted to live in the material reality of my desire, but more than that I wanted the amazing feelings of happiness and joy it would bring to me and my life. For the first time since childhood, I immersed myself in the 'end result' through feeling and emotion. Every day I played music which sent tingles of happiness through me, I connected to the happiness in nature as I walked my daily walk, and I made sure that I set time aside to laugh a big beautiful laugh!

By not holding onto the outcome, but simply trusting that it would be shaped in perfect ways, all that was left for me to do was happily take the action steps when guided by Spirit. This was how it was meant to be – my desire flowing through the spirit realm gathering up all that was needed, and me grounding it in the physical through the action I was guided to take. I excitedly watched the magic within the threads of life. It was as if mystical golden threads flowed from my 'end result' touching whoever and whatever was needed to bring it into the material world. A beautiful web was being woven with happiness at its centre. I am now enjoying my 'end result' ... and already working on the next!

Chapter 14: Becoming what you wish to experience – State of Being Earth Mother Wisdom



Today's Note to Self ~Remember today, when I choose happiness above all else ... streams of magic flow from everywhere to lay a carpet of joy at my feet~

Autumn is the most magical season in the world of nature. As the leaves happily embrace the process of change, the beauty of their colour speaks so many messages of Truth to the world. In this instance, we chose to cover the pathway with shades of yellow and gold, and then whispered messages of happiness into the hearts of all who chose to pass this way. In our world, yellow is the colour and symbol of happiness.

Always, always remember... the deeper the valley, the greater the view from the mountaintop! We are here to assist your climb, and we do this by providing you with an endless supply of magical moments of happiness. These can be as simple as a tiny mushroom dotted with the morning dew, the whisper of the gentlest breeze through the trees, the song of a tiny bird at dawn, or the glorious colours of autumn leaves. Your task is to step, even momentarily, away from the memories of the past and the worries of what might be in the future, and recognise the joy that surrounds you.

We strongly suggest that you begin by practising this for just one moment a day. And then, when you are ready, step up to two moments a day and so on and so forth, until you are having so many of these 'happiness' moments, that you are filling your whole day with that amazing emotion of joy. From making the decision to practise for just one tiny moment a day, happiness now flies to you on the wings of the wind to dance through your heart. Happiness sings to your soul in every breath that you take. Happiness melts in the sunlight to form a golden carpet at your feet. And the whole of Nature celebrates your courage and your magnificence! Today, in this moment, find something that brings you happiness! You are so loved!

Growing your understanding

The first step to experiencing your desires or end results is to know and understand the vital importance of your 'state of being'. To simply 'BE' whatever you wish to experience, is the fastest way to create your dreams and desires – it is actually First Cause in the co-creation process. If you wish to experience love, you must first 'be love'; if you wish to experience happiness, you must first 'be happiness'; if you wish to experience health or wealth then you must first 'be health' or 'be wealth'. This is how it must be for whatever you wish to express and experience in your life. It is definitely not a matter of trying to get something - it is a matter of making the decision to 'BE'!

This can be quite a challenging concept to get our heads around and then actually put into practise in our lives. Once we understand that the outer state of our reality, or what we see is happening around us, is a clear reflection of our inner state of being, then we begin to sit up and take notice. It is great to know that by simply changing our state of being, we can change our reality from what we don't want to be experiencing to what we do want to experience. It is important to understand that our state of being is directly related to our feelings and emotions, and these feelings and emotions play out in our physiology and our thought patterns. Everything begins in the heart and then moves out through the body.

The fact of the matter is that we cannot get anything before we first 'be' it, so we best learn how to create a state of being. This is quite an easy process! You simply choose what you wish to experience, and then 'be it' – right now. For example, if you are sad and wish to be happy, it is no good waiting for someone or something to come along and make you happy. One person or one event may create a tiny glimmer of happiness, but that will very quickly fade and you will once again be back feeling sad. Creating ongoing happiness needs to be created within you, through your state of being. You have the choice to either 'be happy' or 'be sad'! This is just one example of a state of being. The same can be said for whatever state you wish to live on a daily

basis. By choosing to change your 'state of being' and stepping into it right now, you will most certainly change your world and what you experience as your reality.

'Being' is instant action whereas attempting to create change through thought takes so much time, effort and energy. The truth is very clear - fastest way to initiate the change you wish to see in your life, is by changing your state of being. Okay, if you have chosen what you are going to BE, the very next step in this process is to align your body, mind and spirit with your new state. Begin by setting your Intention to BE your 'End Result'. An intention is a very powerful statement felt in body, mind and spirit which immediately forms a quanta package.

Having set your intention, it is time to place your **attention** on aligning your heart. Even the simple placing of one hand over your heart will assist this process. Next is to become consciously aware of your desire/end result within your heart and filling this beautiful space with the emotional outcome you wish to experience. Sometimes it helps to use memories, or music, or images to help build the emotion you wish to express.

Now feel your heart expanding as you connect to your desired emotional state. Know that by taking this action you have immediately opened communication between your heart and your mind, and messages will automatically begin to flow. These messages will be coming directly from within the quantum field through your spirit self, and will be filled to the brim with exciting new and inspirational ideas and opportunities which will move you into a whole new way of living.

Having brought the heart into alignment with your new 'state of being', it is time to work on your mind. Aligning your mind is all about using your **imagination** - a truly incredible gift and a powerful force. Your imagination is the tool you use to design the blueprints of your life, and as you build these images in your mind, you build your world! God or Source Energy then takes and uses these mental images to form what you experience in your physical world. The saying, 'Be careful what you wish for', is ever so true because you get to experience all of your mental images. This helps you decipher which you like and which you do not! It is also very important to remember that you get to experience your choices with all their effects and consequences.

Your imagination really does give you the ability to go wherever you wish to go in life, but it is essential to feed it every day with only what you wish to see happen in your life. Use clear, colourful and compelling imaginings because the Universe or God gives exactly what you image. No more – no less! Build your 'end result' or quanta package in your mind, then write it out on paper. You can also build a heart vision board which will assist in focusing your energy.

The heart and mind are now in alignment with your chosen state of being, but what about your body? So far, it has all been attention and imagination, but with regards to the body, it must be

about **elevation**. What do I mean by this? Aligning the body takes elevating your physiology from living lack to living abundance. Your body now has to take on your new state of being by stepping into the role – shoulders back, head held high, smile on your face, walking every step with excitement and purpose. Become consciously aware of when your body is out of alignment with your chosen state of being and change it! The key to reprogramming your body is repetition, so it is essential to practise this every day at a specific time.

Make yourself a poster that states: To BE is to live what I wish to experience – this creates miracles in my life!

Personal story

As most of you will have read, a number of years ago we went through a little ‘hiccup’, as I like to affectionately call it, where we lost everything financially, and a little more. Bill often says to me, ‘If that was a hiccup, please don’t ever tell me that we are about to burp!’ Life was a struggle as I attempted to come to terms with the state of our finances. Losing all our money was really just the tip of the iceberg. It was the emotional roller coaster that accompanied the loss which created some of the most challenging moments of my life. The guilt, the shame and the fear surrounded me in every moment of every day.

The most difficult times were the very long nights when sleep seemed to completely evade me. Anxiety and stress took hold of my life as I continually worried about how we were ever going to survive as we moved into the more mature years of our lives. Each day was a struggle as I came to terms with such a lack of money. Each day I looked in my wallet and wondered how I was going to put food on the table – let alone how we were going to pay the rent.

After 12 months of wallowing, and what seemed non-stop crying, and a truck load of tissues, I woke one morning thinking to myself that how I was feeling just had to stop! I decided in that moment that things just had to change as I just couldn’t continue to live in such a negative space. I also knew without a doubt that the only one who could bring about this change was little old me!

With a determination that I had not felt in such a long time, I took a deep breath, dragged myself out of bed, stood in front of the mirror, and declared to myself there and then, that regardless of what was going on in my life, I was going to be happy. ‘Oh my goodness’, I thought, ‘now what am I going to do? How on earth can you be happy when surrounded by debt and a feeling of hopelessness?’

Well, the first decision was simply to be happy regardless of what was going on around me in that moment of time! Did I do this successfully? Certainly not! But what I felt was possible for me at that point in time, was begin with 5 minutes of happiness each day where I put to one

side the depression and the fear, and infused my whole being with feelings of joy. Yes, this was going to be a very slow recovery process, but at least it was a beginning step.

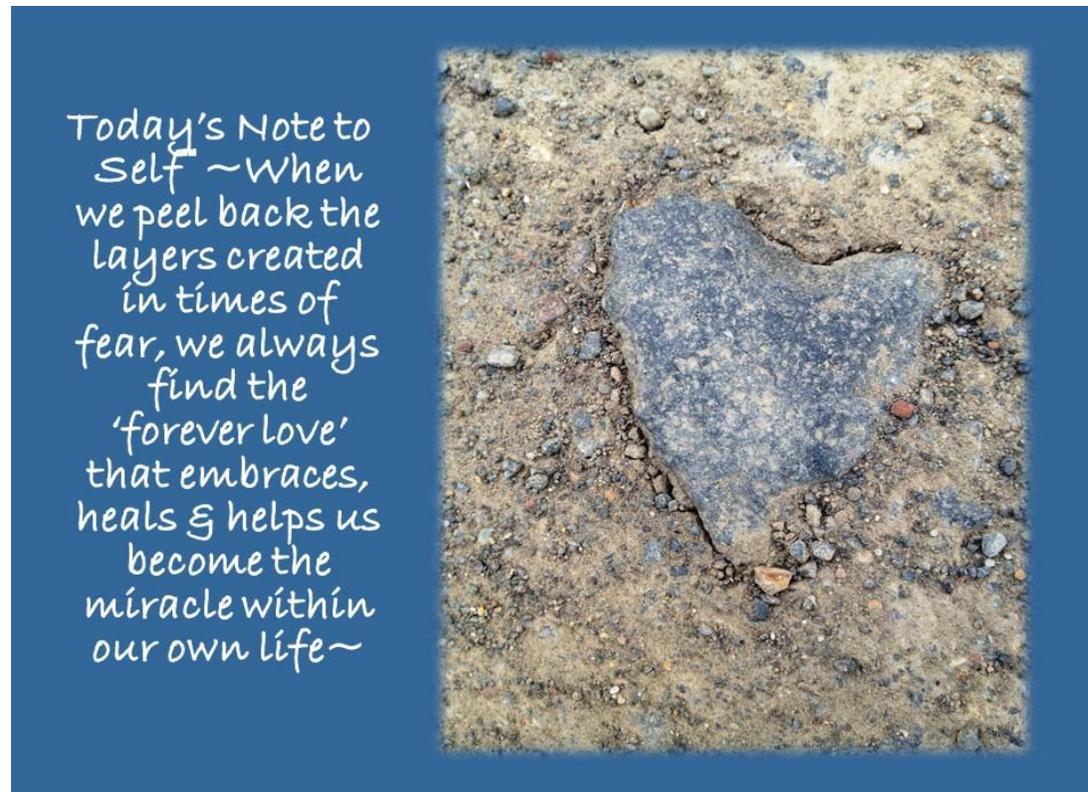
Each day I would play music which had, in the past, always made me feel happy and want to dance. I would sing at the top of my voice, and as I did, the sadness seemed to fade into the background, and my heart felt a little lighter and brighter. As I grew in confidence, the time was extended from five minute to fifteen minutes. Then as I grew into greater levels of happiness, the time was extended until I was now feeling happiness for the majority of the day.

I constantly looked for things that would expand these feelings. Everywhere I walked I set myself a goal of finding at least three things that made my heart sing. No longer was I riding the emotional rollercoaster of negative thoughts and feelings. The track finally seemed to even out as I slowly moved into a constant state of being happy. It was truly wonderful to see how life changed in miraculous ways. As I raised my levels of happiness by stepping into 'Being Happy', once again, money began to flow into our lives, and the anxiety and stress disappeared.

NOTES:

Chapter 15: Rules & Regulations

Earth Mother Wisdom



Today's Note to Self™ ~When we peel back the layers created in times of fear, we always find the 'forever love' that embraces, heals & helps us become the miracle within our own life~

The guidance from the spirit in nature is often hidden from view of the average person. It takes a watchful eye and an open heart to see and understand the messages presented. This heart shaped rock surrounded in soil and pebbles holds very powerful symbolism. Often in life, when the time is right, physical beings are forced to scrape away the built-up layers of rubble to expose what has always been there – the Truth of who you are. The rock shows that you have been created from love, and you continue to exist through love. Surrounding this rock is all that symbolizes the challenges and struggles you face on your journey here on planet earth. With courage and assistance, you can remove the layers that have formed through fear and expose the beautiful Truth – there is only love.

When the owl sends out its last haunting call before the dawn, and when the darkness gently softens to allow creatures of the night a time of sleep and rest, these are the times when you can best experience the spirit realms; the veils are thinnest between the physical and spiritual worlds. Look closely into the cool rising mists of the early morning, between the branches of the

trees, in the ripples of the stream, and within the palest light that announces dawn. It is here you will experience the exquisite dance of the nature spirit world. They dance to the music of all that surrounds them; a rhythm and melody only felt and heard by those who have opened their hearts to a purity of compassion, a purity of service, and a purity of love. Nature Spirits understand the pure essence that lies within all things, and celebrates its presence.

Nature Spirits not only work tirelessly to create a beautiful planet for all to enjoy, but are also ready to share their mystical wisdom with those ready to step into their light. To help physical beings recognize their presence, nature spirits appear in many forms such as a brightly coloured leaf, a feather softly floating on the breeze, or a beautiful butterfly landing gently on your sleeve. Each is awaiting your request for assistance, but cannot act until they are asked. Why? Because they will never interfere with your free will, the choices that you make, and the creation of your journey. But once you ask for their help, they are there in an instant. We lovingly suggest that if you are feeling very brave, you may wish to tiptoe out just before the dawn, whisper your request on the air, and then watch the magic unfold during your day. Nature Spirits are here to guide and help in your quest for answers and solutions. You are so loved!

Growing your understanding

Once you have chosen a true emotional desire, plotted a very clear vision of this on a heart map, and embraced a new state of being to match, it is the perfect time to deepen your experience of living in the heart.

The more we can attune to the heart, the more we open the channels of communication between heart and mind. The messages coming from the heart can be clearly heard, seen and felt as the guidance flows easily and effortlessly. We begin to really become accustomed to how it feels when our heart speaks – and we begin to listen more closely and take notice of what it is saying. The messages from our guides and mentors in spirit are also heard way more clearly. We begin to create, love life, succeed, and live happiness as never before.

Emotional baggage definitely blocks these lines of communication. It creates a static that stops us from hearing the messages our heart knows will help us turn imaginings into physical matter in amazing ways. Now that this emotional baggage has been addressed, and the appropriate steps put into place and actioned, it is the perfect time to turn our attention to another area of life that can cause not only static, but move us to a whole different wavelength. Yes, time to turn our attention to the beliefs and perceptions we hold around self and life.

I like to refer to these as our self-built rules and regulations. Why? Because, whether we are consciously aware of them or not, they rule our lives, and regulate our outcomes or results. These are the responses to life that we have placed on automatic pilot within our unconscious mind, and then live by. Those self-built rules and regulations that we have set in place during the course

of our lives, now control the invisible gateway between what we desire and making them a reality in our lives. Every single rule and regulation whether large or small, has been built from love or built from fear. There is only love or fear, and all other feelings and emotions stem from one or other of these.

In Truth, there is only love, and fear is simply an illusion. Try telling that to yourself when things get tough and you are facing a significant challenge. This is why it is so important to be constantly growing in knowledge and understanding around love. It is good for us to remind ourselves on a daily basis that Source energy is love, the whole of the universe has been created from love, and love is the glue that holds it all together.

Remembering that we are tiny drops of Source energy, helps us realise that we have also been created from love. We also know that love is experienced and expressed in and from the heart. Knowing these facts, it only makes sense that we learn how to move out of our heads and get back to living in the heart. We have always known this, but have simply forgotten. Time for us to re-awaken to the energy of the heart if for no other reason than the fact that love conquers fear.

Fear is such an insidious emotion which eats away at the very core of our being. If we allow fear to rule our lives, our dreams and desires will always stay way beyond our reach. Fear comes from a lack of knowledge and understanding of who we really are and the power we have to make the necessary changes to our self-built rules and regulations so as to stop fear in its tracks. Fear dims the expression and experience of love because it has not originated in the heart. It has been created in the mind and then expressed through the body. The sad reality is that most of our self-built rules and regulations have been created in fear.

When do we build our Rules & Regulations? Most often, it is during moments of extreme pleasure or pain. To make it easier to find the answer to this question, it is necessary for us to return to the timeline, the creation of which was explained during chapter thirteen. Revisiting the people, events and circumstances as marked on this timeline, not only gives us insight into the emotions that were experienced, but these will also hold the key to the rules and regulations that were chosen in that moment for the protection of self. It is vital to understand that the rules and regulations we put in place were neither good nor bad. We chose them because it was the only way to ensure that we would be protected from the pain associated with the same or similar experiences.

To uncover our rules and regulations, we begin by checking back to our timeline and asking these two very important questions: What rule or regulation did I build in that moment? Is it a rule or regulation that I still live by today? Let me give you an example of what I discovered when I went through this process. I will use my experience of childhood abuse to explain the rules I built and held for many, many years. Through these very challenging, lonely and extremely confusing

times, my focus became one of figuring out how and where I could hide so as to make myself as invisible as possible. As a child, I was told that parents loved you and were there to protect you from harm, and yet here I was experiencing parental love in a way that was completely foreign to what was being taught. In my world, love was hurtful – people said they loved me but it was really only to get what they wanted. Yes, my thought process brought me to a very different conclusion about love. In that moment I set into place brand new rules and regulations which I felt would always protect me. What were these? Always keep a distance between self and others and don't allow anyone get too close, and never ever allow myself to be vulnerable.

These new rules and regulations had a huge effect on the way I lived my life. For many years I continued to hide from the world in some way, shape or form. I was constantly aware of keeping people at arms-length so they would never get to know the real me. My husband Bill was the one and only exception to this rule. I am certain that our meeting and connection had been planned long before we arrived on planet earth, and I felt this beautiful and trusting love connection the day we met. Over time, as I raised my level of consciousness around self and life, I am pleased to report that these rules and regulations have now been brought back into balance again.

If creating a beautiful new and exciting reality with an abundance of love and happiness is a top priority, then it is time to uncover our personal self-built rules and regulations around life. These really are the barriers we place between self and our 'End Results'. Always understand that we have been given free will for a reason. We can use this gift to look at our old rules and then choose to let go of those that are no longer serving us. We get to take down the barriers and replace old with new.

There is a simple step by step process to ensure we enable this to happen. The first step is going back to our personal timeline and working out the rules we set in place. Step two is to now ask, 'Is this rule still serving me, and is this rule standing in the way of me experiencing my 'End Result'?' Next, take a large piece of paper and draw a line down the middle. Now write out your old rules on the left and your replacement rule on the right.

A clue to successfully uncovering our rules and regulations is understanding that, not all, but many of these have been set in place and embedded deep into our unconscious minds during our childhood years. The common ones are those attached to love, relationships, happiness, success and money. We may not see the outcomes of these rules for many years, but eventually they will show up in the results we experience. My suggestion is that we look at the events, people or circumstances that we have marked on our timeline, and then ask our spirit self to make it clear when we decided on the rule that has helped in the creation of the experience.

The key to having this process work is understanding that all our rules are simply consciousness. Each is a quanta package – a parcel of consciousness. By knowing and understanding this, we can take the final step in the process of replacing the old with the new. Remember that every outcome already exists within the quantum field – including our new rules and regulations. We also now understand that we create our results through the process of observation, and once we remove our observation of something, it returns back into its original state of simply being a possibility within the field. Taking the final step requires our acknowledgement of the old rule, thanking it for all it has done for us, recognising it as a quanta package, and then slowly and gently removing our observation of it.

It is so important to understand that if a particular rule has been with us for a long time, then we have built a strong relationship with it. By trying to force the immediate removal of the rule, it will definitely fight back and attempt to stay in whatever way it can. We produce a much smoother release if we simply suggest a separation and see it moving off to one side. This now opens the way for us to start observing our brand-new rules without any interference from the old. Trusting the process, and continual observation of the new rules through the use of affirmations will very quickly have them set in place.

Personal story

After years and years of growing personally and spiritually, I thought I had experienced quite enough of the challenges and struggles of life. For the most part, I thought I had handled all of these in a way that brought a greater understanding of my inner self, my connection to the One Mind or Great Spirit, and the quantum field. Well, that was until I stepped into my hidden rules and regulations!

Amazing dreams and goals had become a reality in the most magical ways as I embodied my 'learnings' and put them to action in my life. Yes, life was wonderful and I was basking in its light. Beneath this success still lay the natural urge to be more, have more and do more! Remember, as we are made in the image and likeness of our creator, this is natural urge which lies within Universal energy, also lies within each of us! There is no hiding from this powerful force, so regardless of how I felt things were going in my life, I was being prompted to experience greater levels of all that I desired.

It was towards the end of the year when I heard and felt the voice of change. I knew without a doubt that this change involved simplifying all areas of my life. I also knew without a doubt that this would have the flow on effect of simplifying the energy within me and around me making it lighter and brighter, and yet at the same time, deeper and more mystical. The problem with we physical beings is, when we feel we are on what we would refer to as a 'good thing', we really don't want to go changing the formula! Change takes us out of our comfort zones and forces us, once again, to re-vision all that we are doing and figure out what needs to go and what is worth

holding on too. This was one thing I wasn't sure I really needed to go through at this particular point in time.

Over the following weeks, I threw the idea of 'clearing out' the unnecessary extras to the wind and focused on getting on with the business at hand. If only it was this easy to ignore the workings of Spirit! Slowly but surely, things began to grind to a halt and regardless of how I tried to continue, I felt as if I was being thrown into an unknown darkness. I was being given a clear message on a daily basis, to step out of life and consciously re-assess where everything was leading me, and what my true focus needed to be.

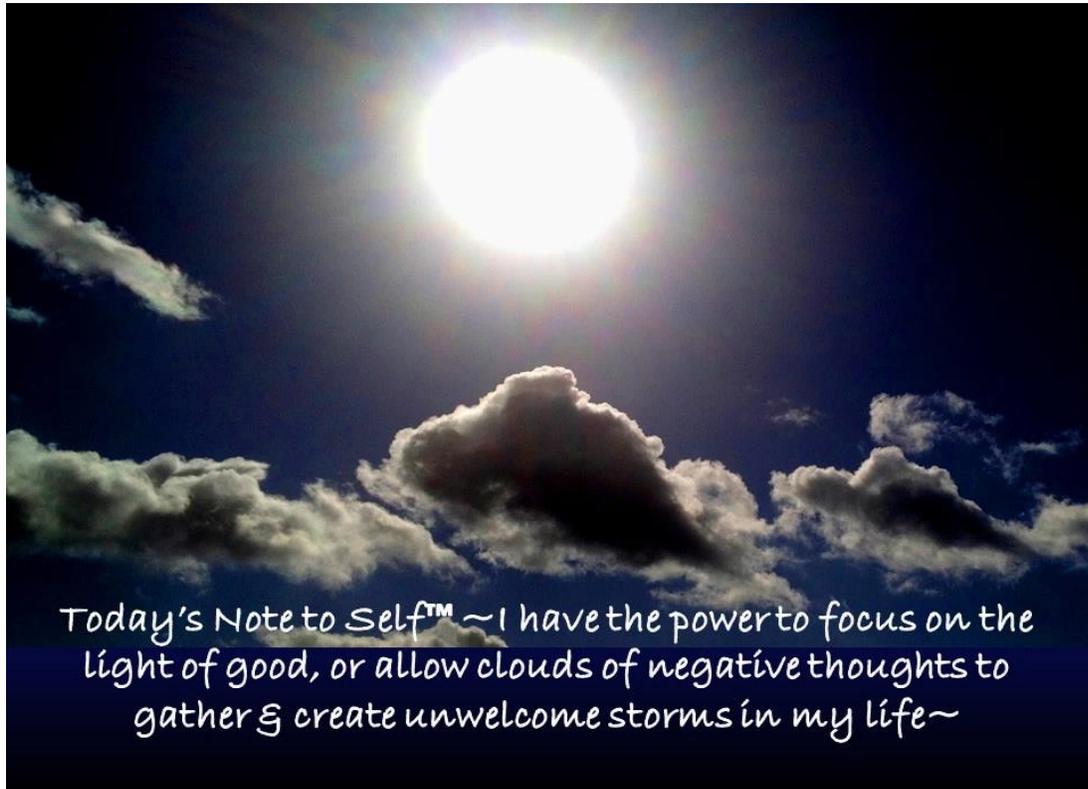
It was at this point that I felt like I was simply hanging in huge void with nothing but silence as my constant companion. The silence, of course, was of my own doing – I simply needed to begin listening to, and feeling the messages hidden within the emptiness of all that surrounded me. As I stretched my mind and my spirit into the darkness asking for guidance, I knew in my heart that this was one time when I had to make a huge decision. Was I going to let go of all the last remnants of the old ego and continue my journey of transformation, or was I going to fold under pressure and say goodbye to revealing the wonders of my inner gold? I also understood that this was going to take courage and determination, but I had come this far, and for me, there was no turning back.

In hindsight, making the decision to continue was quite simple. Living the decision was a completely different matter. The falling away of everything in the previous weeks turned out to be a prelude to what was about to occur! I freely admit that as I continually rose and fell through the mists of time and space being cleansed and purified, I cried buckets of tears and did quite a deal of screaming at the Universe – 'why'? Within a matter of 4 weeks, which seemed like an eternity, I experienced illness, the loss of websites, and very nearly the will to continue.

Then, in one beautiful moment of complete vulnerability, I finally decided to do whatever needed to be done to find out what on earth was going on. My body relaxed like never before, and I had this knowing that all was well. A message came through to 'look behind all that was in front of me'. Yes, it was time for me to re-discover the rules and regulations that had been governing my life and get to work on replacing those built on fear with those surrounded in love.

Chapter 16: Using the Thoughts and Words that really Matter

Earth Mother Wisdom



Today's Note to Self ~I have the power to focus on the light of good, or allow clouds of negative thoughts to gather & create unwelcome storms in my life~

If you take the time to look up and connect to the sky, it will always have inspiring messages to share. The sun represents Source energy which powers our Universe. Clouds not only represent your thoughts floating in and out of your mind, but they can also form such amazing images which hold life transforming messages for you to see. The clouds in this image are the perfect representation of your thoughts which can be lit up with the light of Truth, or be dark and menacing if infused with negativity. When you allow negative thoughts to build up in your mind, you will not only see and feel the storm brewing, but you will also experience it reaping absolute havoc in your life in disastrous ways. I am sure many of you can relate to this.

Holding onto negative thoughts is something foreign to Mother Nature. In fact, Nature knows nothing of negativity. But part of your physical experience here on earth is to come to understand the meaning and the reason for having negative thoughts, and what part they play in your life in creating your reality. Negativity is certainly not a bad thing! If you do not experience the negative, then you do not have the wisdom to choose what you truly desire.

The most important thing to understand is that you have the ability to change your thoughts in an instant. We strongly urge you to do so if a negative thought enters your mind. You see, once you hold onto a thought over a period of time, it is then embedded into your unconscious mind, which promptly goes about helping you to experience more of the same. Once you have embedded the thought, you as a physical being have the tendency to add some very negative emotion which makes it even more potent.

Now, due to the fact that your unconscious mind is only there to serve you, it makes sure that it puts everything into action to make this thought/idea a reality in your life. If it is a negative thought, well, before you know it - wham, the wind blows, the lightning flashes, the thunder rolls, and you are left tattered and torn and wondering why has this happened to poor little old me! I want you to understand that you are such powerful beings, and that through changing your thinking, you can create anything you desire. You are so loved!

Growing your understanding

How do we begin to think beautiful, amazingly positive thoughts, and start to change everything around us so our lives reflect the peace, happiness, success and an abundance of prosperity which is the right of every person on this planet? How are we going to rid ourselves of unwanted negative thoughts - especially if they have been there for quite some time? I know some of mine had been there for a good 50 years or more! There really is only one place to begin and that is by setting the intention to change what needs to be changed. This is a firm decision to do whatever needs to be done in order to experience all those wonderful dreams that have never come to fruition.

Okay, the decision has been made so what's next? Begin by setting up a few structures in which to work. Any successful person will happily share the fact that initial start-up structures are crucial to creating fantastic results. In changing our thoughts and words from those that bring nothing but frustration or fear to those that result in happiness and success, we definitely need a framework in which to begin.

This starts by suspending any disbelief that you may have around the fact that you can actually make the change. Many people begin this process, but then give up! Remember, for most of us, it is a process which takes consistent and persistent effort. Time to wrap up your disbelief in a neat little imaginary package and place it on a shelf somewhere so if you need it down the track, you know where it is and you can bring it back into your life if you think this is necessary.

Becoming consciously aware of what you are thinking and speaking is of vital importance. It is so easy to live unconsciously, and this is what most of us have been doing all our lives. Is it any wonder that our thoughts have run wild! Start checking yourself on a regular basis by asking, 'What am I thinking right now?' With regular thought checks we can begin to align our thoughts

and words with the Truth of who we really are. It also helps with those age-old words that suggest it is wise to think before we speak. Our immediate response to recognising negative thought patterns is to want to immediately send them packing. The trick is to accept them as wonderful learning experiences, thank them for being a part of our journey, and then gently go about changing them. Fight against them, and they will definitely persist.

Another essential element of your start-up structure is the creation of a 'delete' button. Once again, this is an imaginary button in your mind. It is one that you have complete control over and can click at any time of the day or night. When an unwanted thought jumps into your mind and tries to take up residence, it is the perfect time to click the delete button on the negative thought. Now, replace it with something funny or joyful that brings an immediate smile to your face like doing a triple somersault, dancing on a cloud, or eating a never-ending block of dark chocolate!

With our framework built, we are now ready to move old thought paradigms aside and bring in the new! As was discussed in chapter seven, the Truth is that our reality is an extension of our thoughts, and life is our thoughts expressed. The Universe expresses all of our thoughts into physical matter. It does not simply select some thoughts and leave others. The Universe takes all those thoughts we hold onto and believe in, and creates a reality to match. We can always predict our future by looking at the thoughts that have been rolling around in our heads over the past few days. Imagine if we have been thinking the same negative thoughts for years. Is it any wonder that we constantly experience these unwanted recurring outcomes?

Most often than not, these thoughts become the words we speak as words are simply an extension of our thoughts. Words have incredible energy and power because, as with all things within this Universe, they are quanta packages of consciousness. We add power to our thoughts by speaking them out loud or writing them down. Every time you speak your thoughts out loud you are cementing them into place and building your results in bigger and better ways.

Knowing and understanding that every thought and word is consciousness, and that what you observe must grow, it is time to align your thoughts with your 'End Result'. Ask yourself, 'What are the thoughts that will align me with my emotional desire?' The key to this is to always have your thoughts take you to your happy/peaceful/loving/successful/healthy place – the place that feels right for you. Once you have made a list of these new thoughts, super charge them by speaking them out loud. Words which describe your Truth have life, intelligence and power. You actually breathe life into your thoughts once you speak them.

As you speak, your mind gets to hear what it is thinking. Consciously listening to yourself can be revealing, but consciously speaking your thoughts can be extremely revealing! If you don't like what you hear, now is the moment to change it! There are three fabulous ways to think the thoughts and speak the words that really matter. The first is through the use of affirmations which truly are mantras of power. These are statements that we repeat over and over. The word 'affirm' means to make firm, and we certainly want to put our new positive thoughts and words

firmly in place, so what better way than to use affirmations. In fact, we have been using affirmations all our lives, but we have not been consciously aware of them. Some of these have been positive, and many have been negative. Only you will know what you have been constantly affirming as true in your life.

The two most powerful words to use at the beginning of any affirmation are 'I AM'. I AM is actually the name of the Source of all things or God, and in saying these little, but extremely powerful words, you are recognising God or the Source in your life. The exciting fact is that everything you attach to 'I AM' you bring into your reality. By starting your affirmations with these two words, you are not only recognising your oneness with the Source of all, but you are also cementing the oneness you have with your end result.

Let me explain a little further. If your emotional end result is 'happiness', then by affirming I AM HAPPINESS, you are stating Truth. You are announcing to the world that you may have been away trying out other options such as anxiety or fear or anger, but you are now back and ready to become one with your natural state of being – happiness.

The second way to think the thoughts and speak the words that really matter is to weave kindness and compassion through all that you think and say. Finding the goodness and the light of spirit in every person and situation becomes an effortless task when we remove all thoughts and words associated with judgement or condemnation. When we focus only thoughts and words which uplift and empower, we speak from the heart. Anything other than positive is always coming from the mind, which as we know, loves to spin us stories created out of fear.

Thinking and speaking Gratitude brings to life the creative forces of the Universe and miracles follow. Is it any wonder then that gratitude is the third and perfect way to create thoughts and words that really matter? As with all other feelings and emotions, gratitude provides a flow of energy. I am sure we have all experienced those times when we have been overcome with feelings of gratitude. The type of appreciation that even creates tears of happiness to brim from our eyes.

As we experience those beautiful circumstances or people or events that cause us to express gratitude not only generates a feeling of joy, but also a feeling of worthiness. It opens your heart and enables every moment of your life to become precious, and never forget that the more gratitude you express, the more wonderful people and circumstances you attract to appreciate.

The concept of appreciation and gratitude suggests a 'state of completion'. As we have learned in chapter seven, the subconscious mind does not know about time. Giving thanks for your 'End Result' tells the subconscious mind that it is already here and happening which causes it to get to work immediately to create exactly what you are being grateful for. You know that when you thank someone for a gift given, it is usually because you have possession of the gift now. This is exactly what you are saying to your unconscious mind, and it certainly does not want to be seen

as not serving you. This flow of receiving followed by thankfulness is already a program that exists in your subconscious mind, so let's use it.

To align your fabulous new thoughts and affirmative words to the other steps in the co-creation process, simply think, breathe, love, and speak your I AM statements woven with compassion and kindness, and give enormous gratitude for what is and what is to come.

Personal Story

The many changes that seem to happen when we decide to take a spiritual journey of discovery, are often very subtle. Sometimes, 'subtle' gets thrown out the window and the understanding really hits you front and centre! I had been immersing myself in reading whatever books I could lay my hands on so as to satisfy this incredible appetite I had for knowledge around how I could get my life back on track in the aftermath of my money meltdown. I knew without a doubt that this was centred around changing my thoughts from those of lack and limitation to brand new thoughts of abundance and prosperity.

The books made it sound so simple and easy! It was just a matter of replacing the old with the new. When you are in the midst of disaster, believe me, nothing is ever simple and easy. After a number of failed attempts to move the old paradigms to one side and focus on wonderful new and exciting thoughts of living in my very own paradise, I very nearly gave up. It was all too difficult, and the stories I read of others experiencing amazing changes in their lives through the use of thought power, seemed like fairy tales.

Following the reading of yet another book, I decided that not everyone could be just making up stories of wonderful recoveries, and that I would give it one last try. This time, I thought that it might be a good idea to shift my focus from money to healing and see if this would make a difference to my results. I must admit, I was very caught up in the whole 'not having any money' idea, that it was probably going to take me quite some time to change my internal programming around this particular subject. So, rather than have another failed attempt at manifesting money, I chose instead, to use all that I had learned to heal my body. I figured that if I could at least get these principles working in one area of my life, I could then direct these same principles to healing my financial life.

Decision made and time to get things happening! First things first – which part of my body was I going to heal? The following day I was on recess yard duty at the school where I was teaching. The little children love to walk around with you chatting about anything and everything. One little girl took my hand and then looked up at me and asked why I had those horrible bumpy things on my hands. She was actually referring to the warts that I had had since I was a child. There was my answer! I was going to heal the warts and have clear, beautiful wart-free skin.

From what I had read in my now library of books, I knew that warts were all about a lack of self-love, self-worth and self-esteem. This was something I had struggled with all my life, and from the number of warts that covered my hands, my self-esteem must have been pretty much non-existent! Even though I was very good at so many things and had won so many prizes for music, speaking, sporting activities and scholastic achievements, the struggles of life had still held me back from loving and accepting self.

The thoughts that I held and the words that I spoke about myself, had all headed me down the track of experiencing the not so pleasant things of life. Armed with these truths, I set off home that day with a determined spring in my step. I knew without a doubt that if I could change the way I thought about myself and stopped putting myself down through my words and actions, I would change my life. The solution was to simply learn to love myself for who I was, then the warts would certainly disappear.

The journey home gave me time to come up with a course of action and set it in motion. This consisted of 'facing the dragon' head on, and then replacing my old belief with a brand new one. As I had also learned, it takes courage, time, effort and energy to see the old paradigms dissipate, and embody a new belief that is uplifting and life enriching. I was up for the challenge, and began an affirmation regime that would assist my healing. I also began to see and feel my hands healed – every time I washed them or played the piano or began to write, I saw my hands clear and beautiful.

Believe it or not, six weeks later, all the warts had gone – yes, every single one of them! Now the disappearance of the warts was wonderful, but this was really only the outer proof of what was changing internally. I was putting into practise some very simple techniques to heal my emotional self, and the outer manifestation of this healing was the clearing of my hands.

I had set about changing my thoughts and my words from 'put downs' to 'put ups' and I was reaping the benefits. This was all so exciting as I knew that I could use the very same principles to create more amazing outcomes. I discovered that any outer circumstance that we are finding challenging is always tied to first, an inner emotional need that has not yet been recognised or satisfied, and then to how we think and speak. Since then, I have used this same technique many times over to achieve wonderful results.

Chapter 17: Taking the Right Action

Earth Mother Wisdom

Today's Note to Self™ ~Tuck your dream within your heart, nurture it with feelings of joy, move your body into action & watch the magic unfold in beautiful ways~



Today's Note to Self™ ~Create your dream within your heart, nurture it with feelings of joy, move your body into action & watch the magic happen~

This beautiful pink poppy, unfolding its magic on the world, is sharing its wonderful wisdom with regards to taking appropriate action in the co-creation process. Poppies symbolise restful sleep which allows you to recover from the necessary physical activity that takes place in your world. Metaphysically, this also helps you understand the necessity for times of quiet contemplation when manifesting your desires. Action is good, but only when you know what action to take! A time of rest allows spirit to work its magic and bring to you the messages which guide your path. May I lovingly suggest that just as spring follows winter, creative ideas will spring from times of quiet listening to the whisperings within your heart.

We in Nature have a little giggle sometimes at the way physical beings struggle with manifestation. The process is not complicated when you look to nature as your guide. As the young bird first makes its way to the edge of the nest and looks out upon the enormity of the world for the very first time, it does not ask the question 'can I', but stretches out its wings and expects to fly! As it takes to the air for the very first time, the bird never doubts its skills in the

area of aviation; its ability to successfully lift off, to work with the currents of the wind, and then to land safely back on the branch it calls home. You see, the secret to its amazing achievements is its reliance on its inner guidance system to chart the perfect journey. This same system is also used to gather food and find that life-long mate with which to share the journey. Simply put, it knows its intention, expects to fly and taps into its intuition for the necessary guidance needed to succeed.

It is now time for you to let go of all the, what we call 'wondering if's' (you know, the wondering if it is possible) and grab hold of this secret with all your heart. In doing so, you will begin to live in a magical world of serendipities; a magical place where miracles meet you around every corner and in every precious moment of your day. Life becomes an adventure filled with happiness and excitement. Today, we want you to build your dream within your heart, fill it with intention, hold it with the expectation of receiving, and allow your inner guidance system to chart your course. The results will astound you! You are sensational!

Growing your understanding

It would be wonderful if, in the process of creating our desires, we could simply sit and wish them into reality, but there is one step that cannot be left out of the equation and if it is, then success will always remain beyond our reach. Taking the right action is the final step in the process of co-creation. It is the action which enables us to receive all those exciting 'end results'. This step can be a little tricky. It is all about finding that beautiful balance between doing too little and doing too much! The only way to work this balancing act is by taking all the knowledge and understanding that has been shared throughout the previous chapters in this book, and living it. By getting to know who we are, what we are made of, and how we operate within this Universe, we can then take all the pieces of the puzzle and put them together in such a way as to create fabulous results in our lives.

The truth is that we are not quite evolved enough as yet to be able to create the success without some form of action, but it must be 'right action'! Yes, there is definitely a right way to taking action, and this is where many people come unstuck and fail to reap the rewards of all their hard work. It all begins by remembering that we are working with our co-creation partner which happens to be the very best business partner in the whole of the Cosmos. This super-powered partner definitely has a finger on the pulse of everything throughout the Universe. It only makes sense that we would connect into this super Intelligence and power to ensure obtaining perfect results.

It is also essential to remember that within this co-creation partnership that we all have our part to play - God can only do so much and you can only do so much, but together you can create anything your heart desires. By taking the right action we are opening the gateway to

receive all that is on offer. Knowing this Truth, it is definitely time to learn what action is necessary and how we go about it. We can all do this by following a simple 5 step formula:

1. Build it in your heart
2. Create your state of being
3. Then build it in your mind: thinking
4. Follow through with your words: speaking
5. Take right action with faith and certainty

All of these have been explained in great detail in previous chapters but I will give a brief outline once again so we can refresh our memories. The first step is to build you 'end result' within your heart, making sure that it always has an emotional component or outcome. Once this is firmly entrenched in your heart, it is time to feel it and love it as many times a day as possible, and create a heart map to assist with this.

Second step is to create your state of being. This means getting all of your body involved in the outcome. Changing your physiology to mirror your heart's desire is vital to the process. People around you will begin to notice a difference as you begin to look it and feel it in every cell of your body. They may not know what you have decided to manifest in your life (and I would advise you to keep it this way) but they will certainly see the difference and may even ask questions as to what you have done, or what's going on.

Third step is to build the image of your end result with your mind, but all the time making sure that your heart is involved. This is accomplished by using your imagination. Now that the mind has an image, it is the perfect time to train it to align all thoughts with this image. The mind does love to wander into the realms of negative, so you will have to become expert at deleting any thoughts that do not support your end result. It really is a matter of training your mind to listen to your heart's happy feelings and respond in positive ways.

Fourth step is to follow through with your words. This really means thinking before you open your mouth to speak as words have incredible energy and power. You certainly don't want to add power to any thoughts that are in the process of being deleted. Speaking words of kindness, compassion and love through the use of affirmations is the most effective way to re-program your unconscious mind from the rules and regulations that have moved you away from achieving great outcomes. Over time, these powerful words will have your new program on auto-pilot – now that is a result we all wish to experience!

Fifth and final step is to take the action which is filled with faith and certainty. Faith and certainty are hugely important! In fact, so important that they have the whole next chapter devoted to them. In the meantime, you now know that action enables you to receive, as it provides a means by which the Universe can express our desires in the physical. Action does not create, but allows for the receiving and experiencing of your 'end result'. It really only requires a small amount of devoted time each day to enable you to receive what you have already created in your heart and mind. There is an unwritten rule to follow here: the 80 – 20 rule. Eighty percent of the creation of our desired outcome happens in the Universal realms of the unseen, and only twenty percent is action taken by the individual!

Now that you have the five-step formula to follow, perhaps it is time to make the decision and act. It is important to remember here that there is no such thing as try - you either do or you don't! The Universe will always honour your resolve to take action and will respond in kind. If you are not currently living your preferred outcome, all you really need to do is to start now with these five steps as your guide. I love to see this as 'living backwards in time'! The unconscious mind does not know or understand our physical time. It is firmly placed within the quantum field where our physical time doesn't exist! The more we build the picture and live our 'end result' through our heart, the more our unconscious mind goes to work to make it a physical reality.

How do we 'live backwards in time'? We start acting as if our 'end result' has already happened. This sounds just like visualisation doesn't it? But there is a big difference! When we visualise, we tend to look towards the future and see it as the future rather than as right in this very moment. When we live backwards in time, we actually step into the future today and then look back towards now. To really do this well, you need to have an understanding of the fact that there is no yesterday, today or tomorrow, but simply this very moment where everything that we desire already exists as a possibility, and all we need to do is claim the possibility and begin to live it! No more projecting into the future, but living the future today, right now!

We start acting 'as if' in our heart, in our state of being, in our mind and with our words. We start acting as if it is impossible to fail! Believe me, once this becomes habitual, all the action steps that need to be taken will be clearly shown to us. Messages regarding these steps will come through intuitive feelings. We must also become consciously awake to people and signs, and always act on what shows up. The secret to experiencing great results with this process is to never ever become impatient as Divine Timing is always at work.

This brings us to the role of our co-creation partner! Simply put – all the how's, the when's, the who's and the what's. There is another natural Law of the Universe at play here. We can rely on God for our substance, or we can rely on self. If we rely on God, then everything we need will always be supplied because with God, nothing is impossible! But if we choose to take control and rely on self, then we must totally rely on self. It is important to understand that if we choose to

take over the reins and be in control of everything, then if we get stuck, God will not answer when we scream for help! Something to really contemplate!

The questions to now ask; who has been in control of my creation process and has this been working for me? The quickest way to find out is to continue with these questions and be totally honest with your answers. Do I love to plan everything to the last detail? Do I like to know exactly who is doing what and when? Do I need to have it all figured out before I start anything? Is it my way or the highway? Okay, so here's the thing! If great results are what you seek, then it is time to 'Let Go and Let God'.

This is not about having to give up on your 'end results'. It is not about having to do what the Universe wants you to do, and it is definitely not about handing everything over and doing nothing. It is all about understanding our role in the co-creation process, and knowing the Universe can only do for us, what it can do in and through us. By working in alignment with the natural laws of the universe, we build our knowledge and acceptance of the fact that everything will appear at the perfect time and in the perfect way.

Letting go and letting God is not as difficult as it seems. We set the intention to hand things over, take time each morning in meditation to ask what we need to do, and then listen to our intuitive guidance throughout the day or at night through our dream state. It is important to follow the guidance even if it doesn't make sense or you are not sure why! Always be open and ready for people or events to appear in your life – particularly out of left field because this is how Spirit loves to operate.

Personal story

I will freely admit that, until about 10 years ago, I was a control freak. I loved to have everything planned, organised and basically accomplished, before I even took one step forward! Yes, control freak to the extreme! Then it finally happened – the moment in time when I realised that I was not in control, never really had been, and was never going to be. If I wanted to live a happy and successful life, there had to come a point when I understood that the only way to achieve this outcome was to become vulnerable and hand things over to a much higher power. The letting go of control happened one fateful day when, sitting on the floor in sobbing mess, I asked if someone out there in the worlds beyond what my eyes were able to see, could please come and take away the pain. I also stated that I was prepared to do whatever I needed to do to have this happen.

Now, I am sure you have heard other stories such as this when a cry for help was immediately followed by something miraculous. This was not the case for me! In some ways I felt a little let down that I didn't see flashing lights or feel my body quiver or at least hear a voice from above,

but perhaps in hindsight, the silence was a much greater lesson. I had been so busy working on my own trying to make things happen for such a long time, I think I may have stunned the spirit world into silence! It was within that silence that I was able to hear my own words, reflect on what I had said, and then make a firm decision to act on them.

Letting go of the reins certainly had me floundering. This concept was all so new and I was totally confused as to what I was supposed to do or not to do. There were times when I literally sat back and did absolutely nothing, hoping that the Universe would somehow just land things at my front door. Did this work? Definitely not, so then I tried doing lots in all directions but this failed as well. It was time to find the balance and figure out the action which was going to bring results. The light finally turned on when I discovered that I had a co-creation partner and that together absolutely everything was possible!

From that moment on I have always handed things over and trusted in the process, only taking action when being guided to do so. This has certainly taken a great deal of practice. There have been many times when I have had to pull myself into line and stop myself from trying to force things to happen. Now, when it feels right, I do whatever needs to be done and then wait for the next steps to be shown. I know this sounds so far removed from the normal way of doing business in this world, but to me it is the only way to go. My workload has halved, and the time spent on creating results has become way less than it used to be, and yet the results truly speak for themselves.

Taking massive action can certainly be over rated, but taking 'right action' wins every time. Let me share an example. Having lost our house in the meltdown, I was always longing to once again own our own home. It was my greatest heart's desire to experience that beautiful space in which to nurture self and family. At that point in time, I could not see a way that this could possibly happen. Regardless of the circumstances around me, I decided to put into action the process which I have explained in this chapter. I birthed the vision in my heart, built the image in my mind, wrote out a very clear description of the house and the garden that surrounded it, and then took the only action that I knew I could take which was to start looking at houses in the area that we loved.

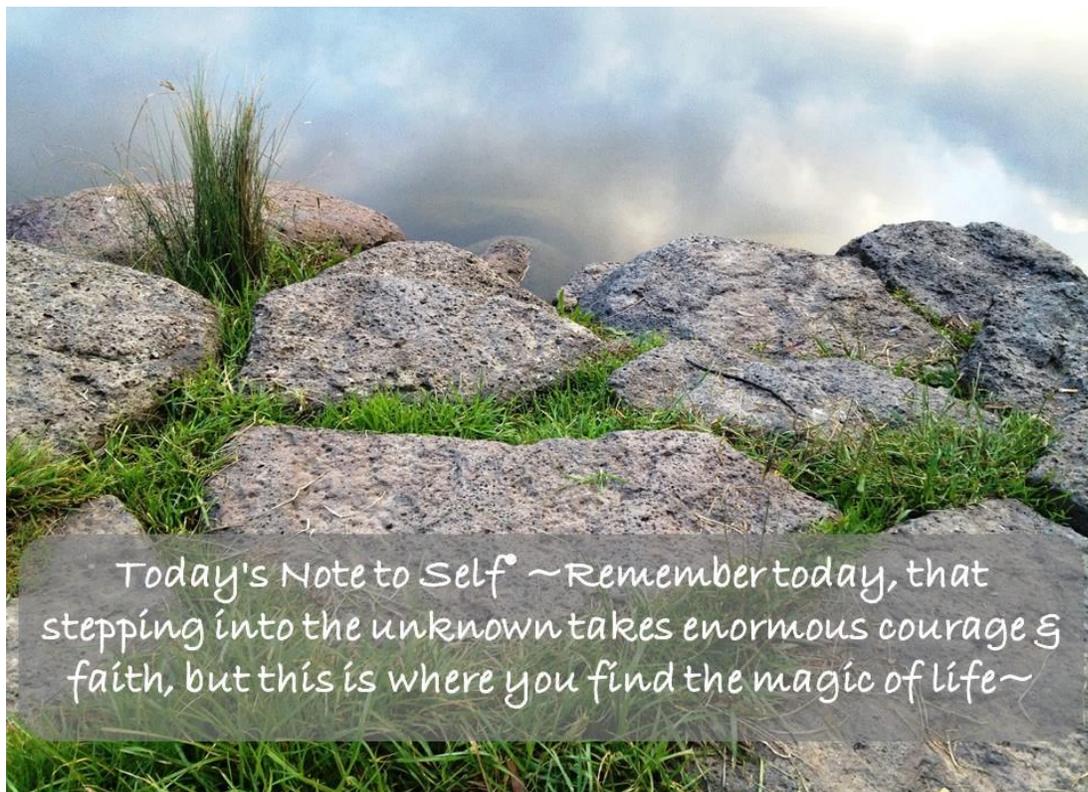
I wanted a house on the side of a hill with aged trees throughout the property, and a creek at the bottom of the garden. And, just for the grandchildren to play on, could I please have a flying fox between the trees? There were lots more details but these were the main items on my list. Now that the list was in place, I began to live 'backwards in time'. Every day I would pretend that I was living in this home and garden, experiencing it with all my senses.

In the following three months, amazing things began to happen. Family offered money so we had the deposit to purchase a property. On one beautiful day, Bill and I went to meet the agent in the area we were hoping for, and there it was – a house on the side of a hill with the most beautiful

old pine-trees lining the driveway, a creek running not quite at the bottom of the garden but only a three minute walk away, and would you believe it, a flying fox already built between the trees. By the way, the cost of the house was the exact figure I had included in my description. I was absolutely speechless! My heart was pounding with excitement not only for the fact we had found our home, but also that the process had worked in miraculous ways. I had learned that by letting go of control and working alongside my co-creation partner, I could live the dream – and I am so very grateful.

Chapter 18: The key to forming dreams into matter – Faith & Certainty

Earth Mother Wisdom



Today's Note to Self® ~Remember today, that stepping into the unknown takes enormous courage and faith, but this is where you find the magic of life~

So often physical beings pass by rocks without even a thought of the power that these quiet and unassuming rocks hold within. Rocks are the unknown and often misunderstood historians of planet earth. They are filled with Mother Earth energy and a knowledge that can only be gathered over millions of years. They teach what physical entities have forgotten over time.

They teach the importance of sitting still in this moment of now so as to capture its essence and magnificence. Rocks also symbolise faith and trust. They share with all the importance of having total faith in the workings of the Divine Mind in and through the whole of the Cosmos. This force is the loving certainty that flows through all life. Gazing at this image, one would not be wrong in thinking that this photo was taken by someone standing on the edge of a cliff. In Truth, these beautiful rocks have been placed on the edge of the lake, and it is the reflection of the clouds in the water that make it look as if you are standing looking out across a cloud filled sky.

Living in your physical world takes enormous courage and commitment each and every day. We are constantly in awe of how you deal with your experiences and work your way through the challenges and struggles that appear. It would be very easy to stay in your 'comfort zone', and just follow a path of safety to try and achieve your dreams and goals.

But there is a far more exciting and fulfilling road to travel - the path of Faith! This is not a blind Faith, but a faith built on an understanding of Universal Law, and of your inner Truth. The Faith we speak of, is the Faith you have when you understand that you hold within you the power to create worlds. You understand that with each step the way will be shown, and along the path of Faith you will experience the magic of life; you know, those precious moments when you jump with all your might and land safely on the softest clouds filled to the brim with tiny miracles of joy and happiness.

And yes, when you first begin this journey, (and often along the way) it may very well feel as if you are jumping from the edge of a cliff not knowing where you are going to fall! Please remember, that the spiritual side of you holds the GPS to living an amazing life, but you need to turn it on for it to work! You are truly admired by all in Spirit!

Growing your understanding

The final step in the co-creation process is one that many find a difficult task to perform. But, this is actually the glue that holds the whole of the co-creation process in place. What is this incredible glue? It is living with faith, trust and certainty that whatever you have selected as your 'end result' and have begun to observe with your imagination, your mind, your body and your emotional states, will appear in your reality. It is very much like doing a jigsaw puzzle and then gluing it in place rather than letting all the pieces scatter if somebody bumps the table, or happens to flick the pieces out of place. By pasting all the pieces onto a board, you now have the complete picture in place and it is not going anywhere.

These are the final ingredients we add to the co-creation recipe, and without these three, our 'end results' may never appear for us to enjoy. You see, when we embrace and embody faith, trust and certainty, we are sending the go-ahead signal for the Universe to set things in motion. We have turned on the green light which tells the universe that it is time to get to work because we really mean business. In taking on our role within the co-creation process, we understand

that wishing or hoping does not produce the results we desire, but holding everything with faith and certainty ensures a fabulous outcome.

In fact, certainty is a state of being which we must practise on a daily basis until it works on auto-pilot. This can take time if we have been prone to stepping into worry and doubt, but this is one area in your life where persistence produces huge dividends. Faith and certainty actually affect the outcomes of all other states of being. For example, if we choose happiness as our state of being but we begin to doubt that this is possible, then naturally, achieving a happy outcome is going to be quite a challenge. But, if we choose happiness as a state of being and we are certain that we can achieve it, the outcome will most certainly be happiness in abundance. We can create anything with faith and certainty as our allies.

Understanding the type of faith and certainty we need can be a little confusing. There is what many would call blind faith. This type of faith is usually more often than not, simply a hope or a wish which then becomes a pleading. This blind faith works sometimes, but because it is often accompanied by worry and fear, the success rate is very low. The thing we need to understand is that this Universe is an impersonal Universe which constantly operates according to certain laws. Now, whether we know those laws or not, they are still working within our lives and if we allow worry and doubt enter the equation, then success is pretty much doomed. When it comes to the Universal Laws, everyone is treated the same way - no exceptions!

Faith built on understanding is a whole different ball game. By building knowledge and understanding around who we are and how we operate in the Universe, we can then align with Universal Law. We can also have total faith, trust and certainty within our role in the co-creation process, and begin to take the right action to enable the manifestation of all our 'end results'. I have a 'Certainty Equation' which goes like this:

Certainty in knowing that before you even ask you have received

- + certainty that everything is already in the field
- + certainty of how the co-creation process works
- + certainty of how the laws work
- = the manifestation of your 'end result'

When we have a faith built on understanding, then faith becomes trust, trust becomes certainty, which then becomes a knowing. What is a knowing? It is a feeling about a fabulous outcome that is in the very fibre of your being. Through 'knowing', we become our end result.

Knowing leaves no room for questioning, it does not entertain doubt or fear, and it enables us to live our 'end result' right now.

There is one sure fire way to create a blockage in our efforts around manifesting our desires, and that is the 'It's just not happening' syndrome! When this enters the picture, faith and certainty have left the building. Doubt has taken hold, and fear has definitely entered the picture, and we are now in a state of 'not having'. And the outcome in this scenario is 'not having'! This the law of cause and effect at work in our lives. 'Not having' also has a number of first cousins. Namely – wanting, wishful thinking, nothing seems to be happening, trying, and if only! All of these put us into a state of not having whatever it is we desire and keep it that way.

The way to not engage in conversation with all these 'cousins' is to persist, persist and persist with raising our level of consciousness around faith, trust and certainty. Persistence definitely builds faith, and it builds certainty. We need to persist even when we feel it is time to give up because our desires are usually just around the next corner. It is a great idea to use 'I AM' affirmations to grow our belief and certainty. When these are built on understanding we allow for Expectation to become part of our being.

Now that we have created a fabulous 'certainty state of being', we can then truly expect our desires to become a reality. To expect our end result, is an outcome of certainty, and expectation builds momentum within the wheels of the Universe. So, what do we do if we are expecting something or someone to arrive in our lives? We prepare for the arrival! This is often referred to as digging our ditches. This sends a message to our unconscious mind and the universe to really get a move on and put into place everything necessary for a great result.

Expect your results to often appear in unexpected ways, or many would refer to as 'out of left field'. Personal experience tells me that outcomes never seem to happen or appear in ways we expect. I guess Spirit has a million and one ways to bring our desires to us, so why not deliver in miraculous and magical ways. An expectation of receiving in a certain way only holds up the process, so it is wise to simply let go and let God deliver in wonderful ways. The Great Spirit has its finger on the pulse of all possibilities, and always makes sure it is the very best outcome for all involved, as Spirit always works for the good of the whole.

All that is left to do is to give gratitude because giving appreciation and gratitude suggests a 'state of completion'. We must always remember that our unconscious mind does not know about time, so the simple act of giving thanks for your 'End Result' tells the unconscious mind that it is already here. We all understand that when we thank someone for a gift given, it is usually because we have already accepted the gift and we are holding it in our hands. This concept of receiving and then saying thank you is something we learn as children. Taking this a step further, if we know with certainty that our desire is already ours, then giving thanks is

simply confirming our knowing. With faith, trust and certainty embedded into every cell of our bodies, we become the creators of miracles.

Personal story

I was raised in an extremely Irish Catholic family where the rosary was said every evening after dinner, and Mass on Sundays was part of our weekly routine. Regardless of my religious upbringing, I always had a very close connection to what I referred to as God. There were many times when I questioned the beliefs and rules that were embedded in Catholicism, and rather than being scolded for these beliefs, I was fortunate to have a mother who quite often agreed with my way of thinking, and quietly suggested that I continue to believe what I felt was true, but keep it to myself! You see, we had our grandmother living with us at the time, and she definitely did not agree with my way of thinking, and certainly did not want to hear about it. She believed that not keeping to the party line rules definitely meant you would not be enjoying the pleasures of heaven, but suffering in the fires of hell.

Regardless of my total disbelief in much of what I was taught or heard at home or in church, I am very grateful for this upbringing as it gave me great food for thought, and even as a child, I was always contemplating the ways of God. I always believed that God was a totally loving God, and found great peace whenever we had a chat about things – which was quite often I might add. My God was mostly found out in nature, and I loved to have my conversations sitting in the tops of trees or riding my horse, or simply playing in my make-believe world. Under the star filled skies were probably the times when I felt closest to my Source.

I guess it is no surprise as to which type of faith most of the family members found themselves entrenched in and wondering why God was not listening or answering their prayers. Their blind faith was most often filled with anxiety, worry and doubt, which of course, ended in prayers not being answered. The results were explained away with telling everyone that it was in God's hands and there was absolutely nothing they could do.

As time passed and I ventured into the study of metaphysics, I discovered that we really do have choices and that we can create very powerful outcomes if we know how! Not only that, but I also discovered that there was a formula that could be followed to enable this to happen. Many, many times I have put this formula to the test and every time, it has resulted in amazing results. Was God included in this formula? God most certainly was included each and every time, as I made sure that I handed over the way in which my desires would manifest into my life. My faith had moved from blind faith to a faith now built on understanding.

It was not long after we had lost everything that our son Michael left for Belgium to pursue his career as a road cyclist. He was still quite young and as parents, we were wanting to go and visit

just to make sure that he was in safe hands, and living in comfortable surroundings. The problem was that we did not have money to purchase flights or accommodation or anything else that we may need to make the trip. Now more than ever I had to trust in the process of co-creation. I did not want to be the mother who could not afford to visit her son to make sure he was being well cared for.

The first thing I did, after checking out the cost of fares and accommodation, was set my intention for the required amount of money we would need to make the trip. I followed through with all the steps within the process. To help us live backwards in time, Bill and I would drive to a place where we could watch planes taking off and landing, and imagine ourselves on the plane headed for Belgium. We then told the family that we were going to Belgium to visit Michael – which really tested my faith, trust and certainty. But, if we were going to trust the process, we simply had to believe and take the necessary steps to ensure success.

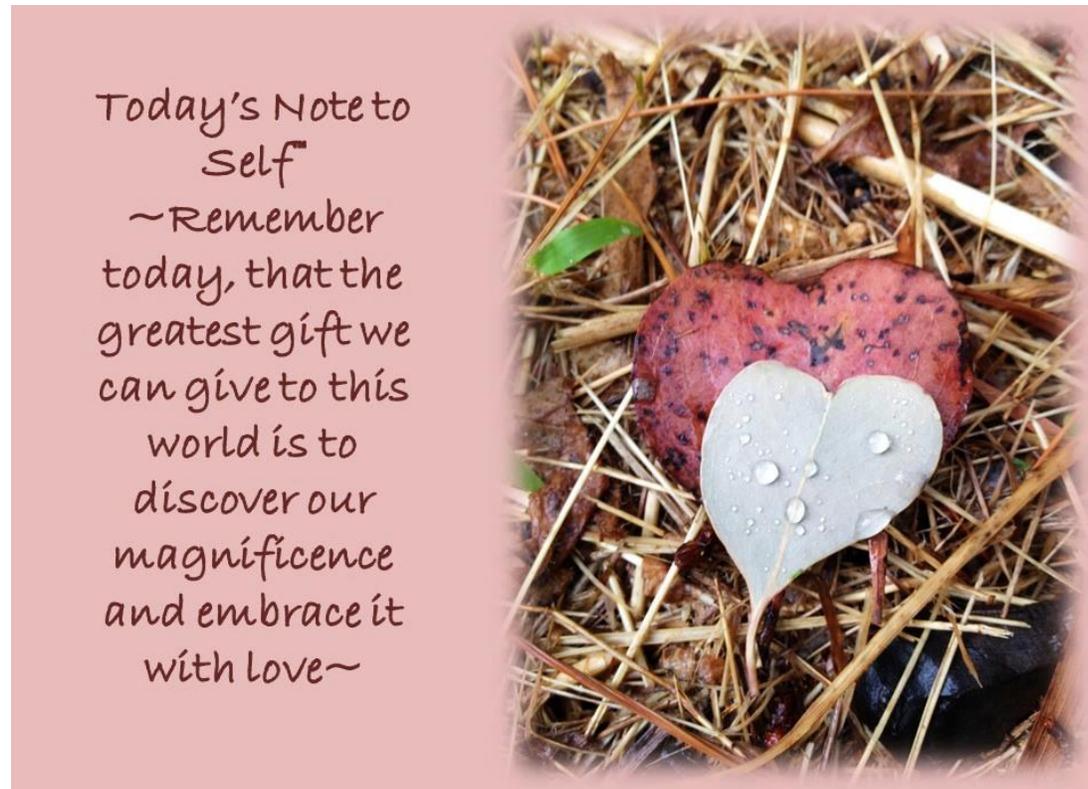
Now that I had things in place, it was time to dig my ditches! I took out a suitcase and began to pack what would be needed whilst away. Then, as I knew it was going to be very cold in Belgium whilst we were there, I went out and bought myself a lovely warm pair of gloves. Every step was bringing me closer to my desire becoming a reality. Every day I lived backwards in time by looking at photos Michael had sent and placing myself in Belgium.

Imagine our excitement when the money appeared and we were able to book our flights. Yes, we finally arrived in Belgium and was greeted by Michael and a number of his friends at the airport. We enjoyed the most wonderful two weeks spending time getting to know Michael's host family and many of his friends, and watching him race. It was sad leaving, but I knew without a doubt that whenever we wished to return, we could, simply by putting into action the creation process formula. How sweet it is to be living what we initially hoped was true, but now know with certainty that it is Truth for all.

NOTES:

Chapter 19 – Self-Worth

Earth Mother Wisdom



Today's Note to
Self
~Remember
today, that the
greatest gift we
can give to this
world is to
discover our
magnificence
and embrace it
with love~

Today's Note to Self™ ~Remember today, that the greatest gift we can give to this world is to discover our magnificence and embrace it with love~

These 2 little leaves help you to see the difference between a heart that is filled with self-love, and the heart that is not! The heart at the back is worn, covered in blemishes and brown in colour, whereas the little heart in front is green and fresh and has the tiniest drops of rain resting comfortably on top of it. These little drops of rain symbolize the cleansing of this heart with love.

An ocean of tears has been shed by the broken hearts that have traveled your planet since physical beings first walked on Mother Earth! Many times over, we have urged scores of beautiful souls to stand in their power and re-discover the mystical Spirit that lies within each and everyone just longing to be recognized and embraced. This magical energy connects to and responds so beautifully to love. A love that completely envelopes the hearts of those longing to see their own magnificence and rejoice in their uniqueness, and yet also sees the oneness and connection to all things. These are the hearts that truly understand that loving self is the spark

that lights the candle of happiness which shines into the darkest recesses of the soul and enables physical beings to fly towards their desires.

In every moment, nature is expressing its uniqueness to the world. It displays its magnificence in so many enchanting ways that sometimes it even seems to take your breath away. But it is in the mystical space between your breathing in and your breathing out, that you rest and feel the beauty and the love which nature expresses in ways unknown to physical mind or body. It is in this stillness that you come to know the sacredness of life itself - you come to know the meaning of love. This is the purest love given to all upon your planet. A love so strong and so powerful, and all embracing! Once you understand and embrace this love, you will no longer feel unworthy, or as you say, not good enough, but you will stand upon your mountain and sing of your uniqueness for all the world to hear.

Yes, it is time for you to lock away the feelings of being unworthy or undeserving, and understand that the Great Spirit never creates anything that is less than magnificent! You are part of the Great Spirit's creation and are therefore seen as nothing less than the most beautiful gift to this world. Now is the moment for you to open the door to your heart and allow it to be washed by the cleansing flow of self-love. With each drop comes healing to every tiny cell of your body which in turn sparkles with health, wholeness and an unmistakable beauty. Rest in the healing light of self-love, soak it in, and embrace it fully. We wish to see you shine! You are so loved!

Growing Your Understanding

Lack of self-worth is one of the greatest problems facing ninety nine percent of our current population who are suffering from ongoing issues! That is quite a big statement to make, but it is also very true! I see this constantly in so many people that I meet, and the reason I can recognise it, is that I have experienced this very same problem for many years. Even though I am working on it constantly, I am still finding that I have to sometimes grab hold of myself and give a good old shake to wake myself up to the truth. The issue of a lack of self-worth must be addressed within the individual before he/she can possibly move to the next level of awareness.

What is Self-Worth? Self-worth is all about the value people place on self. Basically, what they think of self, and the image they have of self. In Truth, how others define our value will be a mirror image of how we value self! The outcomes of not valuing self are many. On one hand it often leads the creation of bullies wanting power over others, and on the other hand it results in what could be best described as 'needy people'. Lack of self-worth can lead to the break-up of relationships as people look for love in all the wrong places. Not feeling worthy of earning a substantial income often leads to financial issues, and health conditions occur as people sink into the negative emotions that surround a lack of worth.

Regaining or building self-worth is really all about knowing who we are at the core of our being and understanding our true worth. In Truth, we have been created in love, we are surrounded in love, and we are immersed in love. This Universal love is steeped in wisdom, understanding, compassion, kindness, and total acceptance. We are seen as perfect and one-of-a-kind individuals, who have arrived on this planet with a purpose that can only be fulfilled in our own unique way.

The problem is that at some point in our journey we decided that we were not up to standard - not worthy or deserving of considering the fact that we are uniquely magnificent. This led to also taking on a belief that we were not worthy of all that this Universe has to offer us. Then, as often happens, one thing leads into another, and we chose to believe that we had to work hard at life to become something or someone special. Taking on this paradigm of low self-esteem usually began at a very early age when we were taught that it was vain or somehow wrong to love self. In other cases, we were put down so many times that we began to believe that we were not good enough and never would be!

Probably the worst offender in the lack of self-worth stakes, was not understanding our higher connection with Universal love which constantly flows within us and around us. With a lack of knowledge and understanding, it was only natural to look outside of self for solutions. We thought that if we took complete control of our lives, made determined plans and forged ahead, we would somehow make it. This was all fine until it didn't work out and we were left feeling like a complete and utter failure, and once again, the self-esteem took a beating. A repeated pattern of this behaviour simply meant that our self-worth continued on a downward spiral!

So how do we turn things around and begin to build our self-worth to the levels it was always meant to be? A great place to start is by pinpointing the time we took on the rule that kept us from living our Truth. It is important to look at the circumstances and the people involved in assisting us in putting this rule in place, and then check to see if this rule is still playing out in our lives. As we go through this process it is essential to understand that any lack of self-worth is old energy, and a habit which has been embedded into our unconscious mind. Once this is recognised, we can stop fighting with who we really are, release any unwanted habit, and then focus on what we can do rather than what we can't.

At the core of our being we are spirit, we are an individuation of God, we are love, we are light energy, and we are a powerful co-creator. Growing self-worth is essential to growing awareness and consciousness, which in turn assists in the creation of our desires. Knowing who we are, lifts the veil that hides our true brilliance and beauty, and enables us to trust in our own ability to achieve. How do we release the old paradigm and embody the new? The greatest way to lift

your self-worth is to simply open your heart, and allow yourself to be totally immersed in the love of Source energy, and trust completely in its magical and mystical ways of bringing your desires into reality.

As you own your Truth you will begin seeing yourself as a special one-of-a-kind individuated spirit, and know without a doubt that you have unique gifts and talents. Accepting this moves you into understanding your value within your own life and within the Universe. Just imagine how you will serve the world when you embrace your true value! Only you are in charge of expressing the real you.

Time to check where you are currently sitting on the 'Self-Worth' scale? Check the emotional status that is in alignment with your level of self-worth.

- Simply the best joy freedom empowerment
- Boy, did I nail that! passion happiness
- I'm good at what I do expectation belief
- I'm beginning to shine optimism
- I'm doing okay hopefulness
- Never or not good enough doubt frustration
- I'm worthless guilt self-blame resentment
- I can't do anything right discouraged dejected
- I'm a total loser despair fear

A fabulous activity to help you move up the self-worth scale, is writing out all your unique gifts and talents. Begin by listing your 'outer gifts'. These are usually related to your occupation or the things you love to do such as teacher, musician, mother, actor, scientist, technology whizz, business magnate, speaker, and the list goes on and on. Having completed the list of your outer gifts, it is time to work on your 'inner gifts'. These are more to do with your inner positive emotional states, how you make others feel, your intuitive gifts, your healing abilities, your wisdom and anything else that seems to flow from your heart to uplift and inspire others.

Now that you have begun this wonderful list, rather than finish here, look at your unique inner talents. These are a little more difficult to describe, but I am sure if you contemplate the idea, you will very quickly find these beautiful hidden gifts. This is all about how you operate within your world - how you connect intuitively, how you embody your uniqueness and thrive, and your personality traits. There is just one more facet of you that will put the icing on the cake so

to speak! Knowing your Power Values enables you to lift your level of self-worth to even greater heights.

Your values are the powerful inner driving forces behind all that you do. These are the values that are etched on your soul and give you your passion for life. Without values, your life has no real meaning or purpose, but with values, there is order. Every individual has his/her very own unique set of values. The way in which you live out your values determines your emotional state of being and what value you place on you.

Uncovering your Values puts the magic back into your life. As you begin to understand how they drive your behaviour, you clearly see why you do things the way you do. This vital information assists you in making important decisions around your career and your personal life. You discover how your values have the power to create happiness or emotional pain, and you very quickly become aware of where and when you are out of alignment. Often, you have to be prepared to let go of the values you think you must have, to make way for the Truth of what they really are!

The quickest way to get to the core of your values is to ask yourself two questions: What are the things that really annoy me about other people or the things I cannot cope with in others? And, what are the things that I continually criticise in others? They may not understand why, but the very first thing that people do is criticise others who do not hold the same values. So, for example, if you love to have a tidy workplace and the person next to you does not value tidiness, a very natural response is to get annoyed with their work habits and criticise them. This is a clear sign that one of your values is neatness and order.

Having written down your 'value list', it is time to go through each one and ask of yourself some extremely important questions - Am I currently living these values? If these values are important to me, how much value am I currently placing on them? And, what will it mean to my self-worth if I don't allow myself to align with these values? To work in alignment with your Values so as to change your reality, you must know them, embrace them, work with them, and honour them.

The Value of You is the combination of knowing, who you are at your core, your Unique Giftedness, and your Values. Only you can bring the real you into the light and allow yourself to shine. Only you have that very special ingredient the world needs right in this moment. You have been chosen, so how will you respond? The 'self-worth' facts are clear! You are the magician in your life, and you are the magician's wand. Your value is found in how you express your uniqueness in the service of others.

Personal Story

When I decided it was time to start my own mentoring business, there seemed to be an endless list of what was needed to be put into place. At the top of this list was finding an appropriate name that would brand the business in such a way that it would stand out in the crowd. I consequently spent hours and hours pondering the many ideas and suggestions that came from so many well-meaning friends.

So many names were written down, contemplated, studied and tried. Some were great for a particular product, but did not really describe the business as a whole. Finally, after weeks of decision making, I settled on a name that I felt was the best choice. The domain name was purchased and the website built. It was wonderful to know that I was up and running. As the business began to grow, other names were added to brand particular facets of the business.

Not once did I ever consider using my own name as part of the branding equation. To me at that point in time, my name was just my name and not really worth any prominence. Besides, what would people think of me if I actually put myself out there as actually having something worth sharing? I certainly didn't want to be perceived as putting myself on a pedestal or as seeing myself as being someone extra special. Obviously, I still had quite a few lessons to learn when it came to understanding the concept of self-worth!

I was always very good at hiding behind what I thought were wonderful brand names for me and my business. Even when I first began with my Radio show I hid in the shadows behind the name 'Nature Spirits Speak'. Now in fairness to myself, everything that I did and still do, has a great deal to do with my connection to Mother Nature and her teachings, but it still wasn't really being me! Oh my goodness me! Here I was assisting others in their spiritual development and I still had such a long way to go in my own development. I had the knowledge but had still not really embraced or embodied the fact that I had so much wisdom to offer.

Then a couple of years down the track a light bulb moment finally had me realising that I needed to step up onto my very own stage and be totally me. I took a couple of months off work to re-brand all that I was doing, which included re-branding my Radio show to Geraldine Teggelove Live. So why was this so important? Let me explain by telling you of my very own personal experience with regards to this! My radio show was then running at around the 5000 downloads per month as 'Nature Spirits Speak', but within 6 months of my re-branding, it had jumped to over a million downloads a month! I just couldn't believe what a difference it made simply being me. This is just 1 example of what happened after I made the decision to brand everything under my name. I guess I was now owning my uniqueness and my own one of a kind giftedness rather than hiding behind all those other brands. I wasn't changing any of the things that I had always been doing, it was simply giving myself permission to step into the light and offer myself to the world.

For such a long time I didn't really believe in myself, or what I had to offer in the way of products or services was worthy enough to put it out there. As I have slowly built my understanding of who I am and why I am here, my belief has grown and I now know without a doubt that what I have to bring to the world is perfect. This is true for every single being on this planet. It is not vanity or bragging, but simply an acceptance of Truth!

Chapter 20 - Oneness

Earth Mother Wisdom



Today's Note to Self™ ~Remember today, we may be individual bubbles of energy, but we have all been created from, & are enfolded in, the energy & vibration of our Source ... we are one ~

They may be tiny bubbles rising up through the water, but they tell of a powerful Truth which is at the very core of all knowing. As they break through the surface of the river, these bubbles of energy herald the birth of another physical being on planet earth. Each forms its own shape and size within the waters of life, and yet each has a knowing of the fact that it is one and the same.

It is a small packet of energy floating within a huge expanse of life-giving energy. Let us explain a little further.

A loving breeze vibrates through the tree on a warm autumn day, allowing the seedpod to break free of the branch and fall to the ground where the sun gently unzips the pod and the seed excitedly begins a new phase of its life. The vibration of the tiny seed is heard by the soil which quickly responds with nutrients and moisture, and slowly but surely its roots sink deeply into the earth and small green shoots stretch into the light of day. Nature Spirits embrace, with a loving knowledge and understanding, of what the saying, 'we are all one', means - working in co-operation and harmony, and bringing peace, happiness and joy to all.

So many physical beings on your planet are still under the illusion that they are individual beings who are quite separate from everyone and everything. This could not be further from the truth! All things are created from, and are sustained by the Divine energy of the Great Spirit. All physical beings are immersed into the infinite ocean of possibilities with a free will to create and grow into the desires of their heart, but they are all still connected by energy and vibration. Every tiny whisper of love from your heart, every delicate hand stretched out in service and every tender offering of gratitude, vibrates out into the Universe and affects all things upon your planet, and the cosmos! So today, remember your connection, and in your mind and your heart, dance with the stars, fly with the wind and float with the feather down the creek. You will be bringing the most magical change to your planet, and to your life! You are so loved!

Growing Your Understanding

Understanding your connection or oneness with all things is quite a difficult concept to figure out and live. Our third dimensional understanding has us believing in the illusion of separateness. The only connections we have come to accept are those we create through relationships with people or the things around us. The idea that we are connected to all things is such a foreign concept that it often takes a near death experience for us to realise this Truth.

'Oneness' is most often a concept we grow into as we come to discover that everything in existence is one large family existing as one, breathing as one, operating as one and creating as one. In fact, we are as everyone we meet. We came from the same Source, we are made of the same energy, we have the same magnificence, and the very same creative power. We have been designed and created through the one Divine Mind or Divine Intelligence, we came into existence through the one Source, and we continue to thrive within the one set of Universal Laws.

And yet, within this oneness, there is the unique oneness of the individuated spirit which is you or I or any other spirit birthed within the Cosmos. We are all at the centre of our own unique Universe, and we are the 'one' that creates our view of our world. We are the one that chooses

what we wish to express and experience, but within this oneness we are never alone – we are always connected to all. This connection can be seen as threads of energy or frequency flowing in and through all things and binding them together as in a beautiful cosmic dance of never-ending light and sound.

How do you recognise your oneness or connectedness in everyday life? It all begins with a growth in awareness. It is all about watching how the circumstances and events of life seem to flow from one thing to the next. Growing a conscious awareness of the synchronicities that occur in everyday life really helps – the people that show up, the books that seem to appear at the right time, the billboards that draw our eye with a message that is just so perfect, or the whisperings from Spirit that guide us to be in a certain place at a certain time. Then there are those moments when we know that telephone is about to ring, or someone is about to press the doorbell, or we know without a doubt what another person is thinking or feeling. This is telepathy at work in our lives, helping us to experience our oneness with all things.

With a new awareness of ‘oneness’, comes a huge responsibility to live accordingly. Knowing how all things are connected on an energetic level, we must come to understand that every thought we think, every word we speak, every emotion we feel, and every action we take has an effect on everything around us. Oneness literally means that when we judge others, we judge self, or when we judge self, we judge others – this is how ‘oneness’ operates within this Universe. The same goes for blame, resentment, or hurt. Every single thing we do has an effect on every single entity around us. The great news is that the same applies for happiness, joy, love, peace, and any other positive thought, word, emotion or action we may express in our day to day life.

My humble advice is to always make a conscious effort to live each day through the heart. In this way, we can be assured that we are aligning with all good things. We will be creating the most magical connections, and a stunning light filled dance within the spheres. Can you imagine how even the thought of living this way has already shifted the energy within you, and the brilliant threads you have woven into the fabric of this truly amazing Universe.

Personal story

This whole concept of ‘oneness’ has haunted me for many, many years. It has been a passion to grow my understanding and awareness of this Truth. Finally, my seeking formed an answer which I loved. Spirit gifted me this story in which I was the student and ‘oneness’ my teacher. It is my heartfelt wish that this story also helps you grow your awareness of the ‘oneness’ of all.

A story of Oneness

The student looked up at the teacher and asked, ‘Can you show me a way to understand the ‘Oneness’ of all things?’ This was a heartfelt longing which had been brewing within the student

for some time. The teacher contemplated this question for quite awhile, and then turned to the student and said, 'I love the question you have asked, but it is quite difficult for you to understand this concept living in this reality'. The teacher once again paused as if searching for something that would satisfy the student's curiosity. Without speaking, the teacher's eyes gazed upward towards a tiny raincloud which had appeared in the midst of a magnificent crystal-clear sky. As the student also observed and contemplated the appearance of this cloud, one single droplet eased its way to the edge of the cloud, took a deep breath and began its free fall through space towards earth.

The student watched with awe as this one drop slowly and gently fell from the sky. Strange feelings began to move through the student's body - feeling and experiencing the one drop in so many different forms. These sensations grew stronger as the student stepped out of the physical body and became totally immersed in the consciousness of water – the smell of the air just before it rains, the sight of a magnificent waterfall as it races down the mountainside, the taste of a cool drink of the freshest water straight from the stream, the raindrops dripping from the giant trees within the rain forest, the mist rising from the river as the sun stretches into the morning sky, and even the fluid surrounding the embryo within the mother's womb.

The teacher turned to the student and said, 'You see, feeling creates Oneness – this is Truth'. As the student pondered the words of the teacher, this Truth settled, and a new knowing was gently awakened within. The teacher spoke again, 'As we feel into the consciousness of the one drop through all our senses, we are feeling into the consciousness of all drops of rain regardless of their form – we are experiencing all aspects of God'.

The awareness that fill the student's heart in that moment was simple yet profound! The One Drop is God – the Source energy which is in all things.

As the One Drop continued to fall, all in nature watched and waited with such delight. Time stood still and silence pervaded the world. It was as if the whole of the universe was honouring the message given by this one tiny droplet of water.

When the One Drop finally landed in the stream below, the teacher turned again to the student and asked, 'What do you see?' 'Ripples and rings', replied the student. 'Yes', said the teacher, 'but what else do you notice – listen with all your senses'. As the rings and ripples stretched wider and wider, the student felt the frequency in nature begin to rise. The river welcomed the One Drop with love and appreciation. The birds began to sing such beautiful songs in honour of its arrival. The frogs croaked a happy chorus, the flowers gleefully opened to the sun, and all in nature smiled.

As the ripples and rings widened even further, the frequency rose again and again. The wind shifted a little and swirled in a spiral as if to help the frequencies rise back up to the sky to

where the One Drop began its journey. The wind helped the student understand the connectedness of all things through frequency and vibration. The student's heart swelled with a feeling of all-consuming love, and a knowing that feeling creates certain frequencies or vibrations which then continue to ripple out from our being.

Truth had been revealed – One Drop is all we need. We are all that One Drop creating rings or ripples of frequency or vibration. One Drop – one being – one person thinking, speaking or feeling has the power to change worlds. Every single thought, every single word, every single feeling is connected. All things ripple out into the next. As we stretch into this awareness, even to beyond our known world and into the unknown aspects of the Universe, we will fall into the loving arms of 'Oneness' where we will experience pure consciousness – pure love! We fall into the loving arms of God.

What's Next?

In Truth, the process of transformation is definitely an ongoing process which we will experience many times in this lifetime, and continue to experience over many, many lifetimes to come. It would be wonderful to think we could simply make one big effort to go through the necessary changes, and then not have to visit this process ever again. And I guess, you do have the choice and the free will to do just that! The one tiny problem with following this line of thought is that we have this incredible natural urge to expand our awareness within an ever-expanding cosmos. In order for us to ensure great results, we have a constant inner calling to step into higher levels of consciousness which require ongoing transformative measures.

Now, having a proven method for initiating and achieving change at your fingertips certainly puts you in the driver's seat of your life. Once you become the sacred observer of all that is occurring both within and without, and tune into the signs and signals of something stirring, you can simply and easily put this process into action. No more confusion or frustration around not knowing what to do or how to do it. As the voice of change comes calling, you can readily step into what needs to be done and move forward with courage and confidence into a perfect outcome.

It is in the changing of the seasons that you will most often feel and hear the voice of transition nudging you to move from one state of consciousness to the next. I am not talking here about the climatic seasons, but the seasons of your life. So often you want to hold on for dear life to what has been, rather than accept and gracefully go with a growth in awareness. Your mind is screaming no, but your heart is gently whispering yes! The greatest wisdom is expressed by the one who can cut the strings holding them to the past, and begin to weave new and beautiful strands which stretch into the future.

Changes in career, relationships, family structures, health or finances can herald a brand-new season for you to embrace. Exciting opportunities will appear when you are open to flowing with the tides of change, and mastering self and mastering life will be the natural outcome.

The decision to embrace change is admirable, but in doing so it is very important to maintain balance. Moving from one dimensional way of living to another can become an obsession which completely rules lives. The pursuit to reveal what lies within and to create the most wonderful outer results can become a driving force both night and day.

This is not essential in growing your awareness around who you are and how you operate within this universe. You can happily go about performing all your necessary daily tasks, and still find sufficient time to spend on implementing the ideas suggested in this book. It is so important for you to strike a balance between grounding yourself in your physical everyday life, and stretching into the quite often unknown or unexplored spiritual realms of self and beyond.

Constantly remind yourself that this is an ongoing process. As you peel away each layer that dims your light of awareness, you simply find another waiting to be explored and removed. It is great to know that with the constant removal of layers, the desire for higher levels of enlightenment ceases to remain a distant dream, and slowly becomes a reality.

This then begs the question – what is the point of even trying if you just have to keep peeling layer after layer? The answer is really quite simple. You arrived on this planet knowing full well that you were going to be studying at the ‘university of physical life’. This was a fabulous opportunity to be honing your already acquired skills, and learning so much more. You were excited at the prospect, understanding that the outcomes would not only allow you to experience physical bliss, but also bring you into closer communication with the source of all creation.

The greatest advice I can offer with regards to mastering self and mastering life comes in three parts. The first is to embrace each step as you come to it without fear or trepidation, understanding that the process of change is a natural function of life. Fear can very quickly erase your dreams and leave them smouldering in a pile of ashes. But, when you turn and courageously face this dragon, which keeps you from experiencing complete happiness, it will very quickly slip back into its cave and disappear from your radar.

The second is to constantly remind yourself that life is not a race to be won, but only to be experienced. Life is definitely about the journey rather than the prize on the finish line. In actual fact, there is no finish line. Each life journey is made up of a multitude of tiny spirit inspired pathways leading to a relatively unknown destination. If you try to rush the process, you may miss the one golden thread that weaves happiness and success through your unique web of life. Stopping off along the way to take in and enjoy the view is one of the best gifts you can give to you – particularly when out in nature!

And my third snippet of advice is to laugh often at yourself and life! Taking your journey too seriously can have disastrous effects on you attaining satisfying results. The field in which you live and expand and grow is a playful field. This quantum field is one that loves to bring you magical and mystical surprises in the most wonderful creative ways. Solutions to your problems will often appear out of left field (pardon the pun) in ways you never dreamed were possible. So, become the soul that expects to experience 'playful' and that is exactly what you will receive.

My greatest wish for all who find themselves reading this book can be found in the words of the song: *My Wish For You* from the album, *Wishes From My Heart*.

I wish for you sweet tears of a joy that's breaking through

I wish for you the heartache of tender love so true

I wish for you the struggle that makes you grow within

I wish for you the pain, the birth of all your dreams

I wish for you the hurt that makes you fight on through your fears

I wish for you the valleys to see the mountaintops so clear

I wish for you the journey that finds your spirit deep

My wish for you flows from my heart with love and joy and peace

Geraldine Teggelove