

The Champion Season

Redefining, Reinventing & Rebuilding
Your Life



The Unique Nature of You
Champion Series

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The Pure Essence of Nature & The Unique Nature of You

Living Your Quintessence

We all have a unique giftedness which is known by Alchemists as our Quintessence – the star that shines within each of us. This star shines a light of authenticity and genius, and even though there are times in your life when this beautiful and unique light is hidden from view, it still remains a constant and defining element within you. Within this quintessence is found your unique authentic self – a genius that cannot be taught or learned, simply remembered! Your genius cannot be shared with the world by anyone else but you! By embracing it, you also embrace your unique passion and purpose. Once you begin to truly begin to seek this with your soul, your light of authenticity begins to shine not only within your inner world, but also radiates out into your physical world to create success and happiness.

Connecting to Your Authentic Self

Remembering your quintessence can be extremely challenging! Life layers our inner core with so many unwanted beliefs and values that we end up not knowing who we are, what our purpose is, and definitely not being able to recognise our pure essence. For some the journey of rediscovering this pure essence or authenticity can be so challenging and fearful that it simply never begins. For others, it means following a number of different paths that seem to lead to nowhere, or they end up going round and round in circles never really finding their way home.

Why must we live authentically?

Living our quintessence or authenticity is the key to finding true happiness and success! Living authentically really means living from a space where we are constantly expressing our unique gifts and talents. This in turn allows us to love what we do and do what we love. We are no longer living a lie by accepting a life that does not allow us to express fully the star that shines within us.

As children we expressed our uniqueness freely and we were never hindered by the thoughts or opinions of others. Slowly over time, well meaning advisors moved us in directions that were out of

alignment with our purpose and our passion. If we were not old enough or strong enough to buck the system and go our own way, very soon we found ourselves entrenched in a world where we simply existed and ordinary became the norm. Life became meaningless, mind numbing and boring. We lost the excitement and passion that can only be found by living who we really are! Our goals and desires simply ended up on that big heap of broken dreams.

Once we find the courage to step back into our authentic self, life takes on a whole new meaning. The lights come on, excitement builds, and we rediscover a passion that we thought had been lost forever.

How do we connect to our authentic self?

One of the best and simplest ways of achieving this is by connecting back to our roots – connecting to, and aligning with Nature. In truth, we come from the earth, 90% of our body is comprised of water, we nourish ourselves with the fruits of Mother Nature, and we are kept alive by the air that we breathe.

Ancient Wisdom

The ancient peoples of our planet lived and worked as one with Mother Nature. The Master teachers taught from the sides of mountains, beside great oceans or rivers. Nature Spirits gave freely of their signs and symbols, music, sounds, and rhythms, to assist the elders in sharing Truth. Their followers quickly learned to listen, connect and understand the lessons taught through the sharing of all that Nature Spirit had to offer. As these people grew in their understanding of how all things were interconnected, their lives reflected the harmony and balance that is a constant in the world of nature. By working and living in harmony with Mother Nature, the flow of life became effortless just as the tiny drop of water from an abundant cloud fell into the stream, journeyed towards the ocean, and then once again rose in the mists of a chilly morning to join the cloud from which it came. A never ending cycle of life!

The Spirit in Nature taught ancient peoples how to search for and find their place in the 'The Field' of infinite potential and possibility. The ancients also came to understand that it was a must to become one with all things and that going against the Laws of Nature was going against the sacred Laws of all that is. Understanding this, they protected everything that was around them. They respected and valued every tiny part of nature, and in turn, the spirit in nature provided for their every need. They ate of the bountiful harvests of the land, bringing health to body and mind. They grew in wisdom as they listened to songs of the wind bringing ancient messages from all corners of the Universe. They drank and bathed in the clearest, refreshing waters of the rivers which healed and renewed body and spirit. Learning to read the signs and symbols within Nature, they not only survived but flourished!

But living in harmony with nature, is not just for the ancients! It is also available to you and me in our 21st century.

In our modern day society, we have truly forgotten this beautiful connection with Mother Nature. So much emphasis is placed on producing massive profits; everyone trying to 'get' without giving one thought to the impact on the world of nature. The basic laws of working in harmony and balance have been forgotten as the greed for growing empires has been at the forefront of people's minds. But now with the changing of times and the chaos we see in our world with known systems breaking down, it is definitely time for all to once again make that connection to Mother Nature and the Great Spirit in all things.

So how do we begin to remember what we know to be true, and once again make that connection with Mother Nature and allow her to guide our journey through life? How can we stop pushing aside our Truth, and rediscover our unique authenticity and the longings of our heart? Well, Mother Nature has never changed, and still today, we too can tap into this same wealth of knowledge as did the mystics and seers of ancient times. We can commune with Mother Nature on a daily basis to discover the secrets to living an extraordinary life filled with health, wealth, happiness and golden success. As we take the time to wander through nature, we become the apprentice and Mother Nature becomes the teacher, mentor and coach of all that we are longing to remember.

The Energy in all things

Everything in this amazing Universe is vibrating with Universal energy ... including you and me! This Universal energy in nature is what I refer to as the spirit in nature! As we walk in nature and set an intention to ask and find the answers to our question, the vibration of our question is felt and captured by Nature Spirits, who then return to us an image or a message which helps us to unravel the confusion of our mind, bringing to us a very simple, yet always profound answer. The trick is to be open to these messages/lessons coming to us in ways that we often consider to be small or insignificant, such as a leaf, or a feather, or maybe a tiny bubble floating down the creek. We also need to be alert and ready to receive from the spirit of the mountain, the ocean or age old tree that stretches high towards the light and deep into the wisdom of the earth.

Opening the channels of communication with the spirit in nature is just like starting a conversation, but there are certain things that we can do to enhance our ability to connect with its energy and vibration, and hear its messages loud and clear. As I said, it is all about energy! If the river is clogged with rubbish, its energy is not free flowing and the water lies stagnant until Mother Nature pours forth her cleansing rains to push aside the debris, and allow the river to once again flow freely. It is exactly the same for us! If our lives are clogged with rubbish, such as negative thoughts and words of

lack and limitation, then we block the flow of Universal energy through us and our power of listening to Nature Spirits is hindered. In short, we stop ourselves from hearing the messages that can literally change our lives!

The most powerful secret to aligning ourselves with the heart energy of Mother Nature is finding time to sit in the stillness of the moment, and breathing deeply of her wisdom. It is in those quiet moments between our breathing in and breathing out that we will discover the Truth of our authenticity.

To ensure the best possible outcomes, there are some simple things that we can do to clear the channels of communication. By following these suggestions, we ensure that our eyes will see the signposts, our ears will hear the messages, and the journey towards our golden success will be swift and smooth.

Capturing the messages

Clearing the Channels:

- Begin each day with 3 beautiful deep breaths of the life giving breath given to you by the spirit of the trees! This is best done out in nature where the air is fresh and clear, and where you capture the powerful energy of all that surrounds you. To do this effectively, inhale deeply whilst you slowly count to 4, hold this breath for the count of 4, and then slowly exhale until every drop of that breath has gone – repeat this method 2 more times. This exercise clears your lungs of stale air and refreshes every cell of your body allowing it to be re-energised for the day ahead.
- Return to nature! Spend time walking in nature and contemplating everything from the vastness of the sky to the smallest particle of dust in the earth beneath your feet. Remember, everything you see is filled with the same Divine Spirit that flows through each of us. As you leave the worries and stresses of yesterday, and the day ahead, you open wide the channels of communication and allow nature Spirit messages to flow easily and effortlessly.
- Take at least 5 minutes to give enormous gratitude for all that you are and all that you have! Gratitude is a power packed emotion which opens your heart to giving and receiving from Nature Spirit. It has a mystical energy all of its own which, when used on a daily basis, can bring to you your dreams and desires in the blink of an eye. As you walk, give thanks for every leaf, cloud, rock, bird, and butterfly! As you do this, each will respond by carrying your vibration of gratitude out into the quantum realms where it will be received and multiplied, and returned to you a hundredfold.
- Fill your life with the emotions of joy and happiness! This can be such a difficult task when you are facing challenges which seem insurmountable, but it can be done by focusing on just

one moment at a time. Begin by lifting yourself into these emotions whilst out walking. Even by setting the intention to feel happy while you walk, Nature Spirits will connect to your energy and lift your vibration even higher. Before long, you will only need to think about going for a walk and you will begin to smile!

- Eat natural fruits, grains and vegetables! Once again, you need to remember that all the foods you eat and drink are also filled with Universal energy, so what you put into your body affects your energy levels and your vibration. When you constantly consume processed food filled with saturated fats and unhealthy sugar levels, you clog and poison your energy system making you lethargic and sluggish! You inhibit the flow of high powered, life changing messages from the Spirit in nature, but by consuming healthy food you will naturally have a healthy mind, body and spirit.
- Be mindful of the quality and quantity of the water you drink! 90% of your body is water, so it only makes sense to drink water which is clean and clear of any chemicals which may be added to your city water supplies. Drinking lots of pure water plumps up the cells allowing your body to glow, and your true beauty to shine through!
- This last suggestion is probably the most important of all! The wisest of people know, that to sit in the stillness and listen to the heartbeat of the Great Spirit within our very own heartbeat, is the golden key which unlocks the door to all of our dreams and desires. It is in the stillness that we open the channels to hearing the long awaited answers to all our questions, and it is true that just 15 minutes of meditation a day will change your life in ways that you would have once looked upon as miraculous. The wonderful news is that you can do this just by living in the moment as you take your walk in nature; let go of your everyday thoughts and just focus completely on what you see, hear, smell and feel around you.

Tapping into the messages

As you set out to spend time in nature, state your question clearly, and then set the intention that Nature Spirits will guide your eyes to see and your mind to hear the message and the lesson. As you walk, something will catch your attention and will cause you to stop and take a closer look! Regardless of how insignificant you think it may be, spend a few moments focusing on what has drawn your attention, clear all the mind chatter, and truly listen to what Mother Nature has to say. It may come as a single word or an idea that seems to just pop into your head, but no matter how simple it may seem, do not dismiss the message because it will definitely have a profound meaning for your life. Remember, to see or hear the messages from Mother Nature is really a very simple process which simply takes an open mind and a listening heart.

The next important step is to apply the lesson to your life!

If at all possible, it is a good idea to take a photo of whatever your eyes have been drawn too. This gives you the opportunity to study the image and refocus on its message whenever you have a spare moment to do so. You can also write the message as an affirmation for the day or the week which will ensure the embedding of its positive impact on your unconscious mind. The longer you focus on positive images, thoughts and words, the more engrained it becomes in your way of life, and the better your life becomes. I know that if you can learn to follow the guidance from Mother Nature, then all will be well!

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