

# Self Healing Handbook

## The Advanced Handbook of Soul Transformation

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This Book is dedicated  
to all BEINGS everywhere  
whose focus at this time  
is to FULLY embrace  
ALL THAT THEY ARE

In

UNITY

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Invocations and Statements in Alphabetical Order

Invocations and Statements in Book Order

## Subtle Energy tool designed for use with this book

This book originally started out as a manual that was the guide book used with a 'transformational' energy tool that I produced in the past. This tool held the blueprints and energies to boost the effectiveness of working with this book by about 10 fold (for most people) or more accurately the book acted as a guide to help users of the energy tool work with it effectively and get the most out of what the tool could do.

The original tool was called the 'Personal UNITY Facilitator' with another to boost collective healing called the 'Collective UNITY Facilitator'.

For this e-book edition I am producing a single tool that is a combined and extended version of both these subtle energy tools which will hold all that I have learnt since designing and producing the original to help you work with the Divine and this book here.

So, if you are interested in having something that compliments and boosts your effectiveness while working with the statements and focuses in this book then check out the books web site [HERE](#) for to read the web page that gives full details of this tool.

# PREFACE

This handbook was originally written as a manual and guide book to be used with one of the energy tools that I developed in late '96. At that time it was about sixty pages in length and contained all that I knew about transformation and embracing GOD CONSCIOUSNESS. In reality very little at that point.

The focused drive that I have to evolve myself automatically results in my being magically provided with all that I need to do this, the energies, the Divine support, the understanding and so on. This experience is then immediately passed on and incorporated into all the individual elements of my current role as a spiritual growth facilitator. In this respect, the Transformational Healing approach, this Handbook and the energy tools were always being continually updated. Such has been life for the last three years now. (Summer 1997 - Summer 2000).

What you hold now is probably the very final version of this book although I quite honestly cannot guarantee that this is so. I am happy however that it is more than enough to bring to completion one of the agreements with which I came here.

This book essentially gives you some idea of the movement I have made into my UNIFIED SELF while at the same time giving you access to the means that I used to achieve this movement. You could also say that it represents who I am and where I am at the point of its writing.

I could summarise this approach by saying that my whole being is hugely focused on evolving. I then openly ask for what I need to progress spiritually without expectation or preconceptions. Things then magically happen to facilitate me in this movement. You are presented with my experience and the explanations here in this handbook to facilitate you in the same way.

This book is also in a sense channelled but not it seems as others channel. The thousands of Divine consciousness' that have contributed to its content, structure and presentation have been continually changing and shifting over the last three years or so, in line with my own rapid evolution and soul growth. As this journey has proceeded I have then stepped into and progressively embraced more of ALL THAT I AM EVERYWHERE. In doing this I have found I am now often presenting (rather than channelling) what in the end I find to be MYSELF.

You will find it very direct, down to earth and extremely empowering. It will shake many of you and it will shock others. It will wake some of you up and others that thought they were awake will be somewhat embarrassed to find that the waking up is in fact just the alarm clock going off and it is now time to put the rest of the day to good use.

## AN INTRODUCTION

### 1.1. What is this Handbook Offering?

Many on this planet at this time are becoming aware that they are not living in ways that are best facilitating themselves. We could describe this by saying that we are out of right relationship with ourselves. When this is the case then we are automatically out of right relationship with all others as well as the Earth. Many are concerned with this situation and wish to find new ways of being and new ways of relating that are more honouring, empowering and freeing.

Relating in new ways and living in new ways involves change, this is obvious. What is less obvious perhaps is that we each have to take responsibility for WHO WE ARE and WHAT WE DO. In other words to change the world we have to change ourselves and to change ourselves requires us to look at our lives and ourselves with honesty. In essence, each of us is responsible for the reality that we create and it is YOUR current conscious or unconscious focus that manifests your life and all that you experience.

For 38 years I was not happy with my reality. What I was creating in my life was not in alignment with what I wanted in my heart or with what I knew and deeply felt was possible. At the same time it seemed the tools and understanding that would help me change and manifest a better reality, to make me happier and more content were few in number and inadequate for the task.

This is because we have time honoured models that keep us in fear, control, manipulation and so on. In all, we have shown ourselves to be very efficient at causing suffering on a large scale to our planet, each other and ourselves. That we do this is entirely obvious and observable to all those who wish to see it. However our greatest skills are the ability to look without seeing and to listen without hearing. We are experts at burying our heads in the sand, at keeping our eyes on our shoes as we embarrassingly shuffle along praying that no one will notice and hoping that if we are really lucky and wait long enough it will miraculously and magically sort itself out. This however will not happen.

We have many and sophisticated ways of justifying this position. So, for example some state it is GOD'S WILL and therefore it is not for us to interfere, little knowing that as we are all at one with GOD then it is by OUR WILL that this happens.

You cannot begin to change something you are in denial about. So, as long as you hide from yourself, as long as you keep your head buried and your heart sealed off then nothing will change. This is the TRUTH.

Those who came out of denial and took steps to adjust themselves had to pioneer and develop the tools necessary to do this. Because of this there are now a huge and steadily increasing range of energy systems, methods and approaches available to help people more effectively change and to be more of what they know IT IS POSSIBLE TO BE.

Changing your dysfunctional attitudes, your entrapping belief systems, your faulty mind-sets, your disabling conditioning and so on is very hard and requires perseverance and determination. Yes, we have to stop killing each other, destroying our environment, poisoning ourselves and so

on! However, to do this effectively requires that you first change yourself. This I know because this is what I have been doing now for many years. When you do this, then you are better able to manifest all that you desire; a more honouring reality, a freer society, a happier family and a united and secure world.

It has been and IS my DESIRE and my WILL to manifest a new reality here and SO IT WILL BE. If you choose to do the same and you want better ways to more effectively BE love, BE joy, BE happiness, BE united and so on then this handbook will help you do just that.

## **1.2. Who is this Book relevant to?**

**Who will get the most out of this book? Who has it been written for?**

Although I appreciate that this reality facilitates Beings with a range of agendas, this book is specifically written for those with an agenda at this time to embrace ALL THAT THEY ARE in UNITY. If you are truly interested in spiritually growing and more importantly to go ALL THE WAY, to meet the LARGEST part of WHO YOU ARE then you will find much of interest here that will help you to do just that.

It is also very applicable for those of you who have much trauma, issues, challenges, conditioning and so on to work through and resolve. In other words all those who are having a difficult time here. It covers a huge range of areas that are responsible for holding many people back. It also presents lots of tools and the understanding necessary to help people move beyond these.

It is also for all of those who are changing, who are evolving but want a better idea of what they are experiencing and why.

Although it is trite to say, it is also for those who wish to have a better understanding of the larger picture regarding what is happening on our planet at the present time. To be honest you will not understand what I mean by this until you have read all of this text. It is not about pulling information apart or putting anything down. It is about bringing as much as possible together in a more coherent, encompassing and honouring form - in essence to bring UNITY out of separation.

It is also written for all those working to facilitate others as Unity, Energy and Light Workers in healing and evolving practices and therapies. If you are one of these then it will help you to push your boundaries back and empower you to work in different ways perhaps more in alignment with WHO YOU REALLY ARE. I appreciate that many people can work blind (as it were), however I also appreciate that some are here to help present a broader understanding and a more coherent and aligned model which they may get from this book.

It is also for those who wish to have things presented in an easy going manner using every day language as much as possible. This straight forward approach coupled with the fact that I only present what I know from my own direct experience means that you more easily identify with what is being said with respect to your own life situations and can then relate to it on a much deeper level. Thus you have few escape routes from yourself.

## **1.3. General Information**

This time on Earth offers vastly accelerated evolution on all levels. This spiritual transformation is ultimately about moving fully into DIVINE UNITY. In the first instance, it is about achieving personal UNITY, to be UNIFIED within ourselves. From here, we can begin to manifest a COLLECTIVE UNITY, perhaps for the first time on earth. We can only start to do this when enough of us reach personal UNITY and then choose to take it further.

To move into DIVINE UNITY requires that you resolve all that causes you to be separate, both within yourself and without from your DIVINE SELF. It is about change and it is about LETTING GO. As you move into UNITY a phenomenal shift in awareness and consciousness occurs as you relate to yourself and others in completely new ways.

From my own experience, the best and easiest way to move through this process is to learn to work directly with the Divine. As you do this then the rate at which you evolve and change becomes progressively faster and easier and perhaps more importantly, you feel directly supported and nurtured while you do it.

All that is presented within this book is about my own direct experience of moving into DIVINE UNITY while being supported and facilitated by the DIVINE. My interactions with the DIVINE since being 'woken up' in early '95 have been extensive and continuous. The teams working with me have been and are continually changing. Part of this interaction has been to educate me with regard to the evolving and transformational processes happening at this time. This practical education has first and foremost been essential to myself in particular, as I seem to have arrived here with a tad more misalignments to sort out than others seem to have. Most of this education has been in my face and entirely unsubtle, it has been about my path and my requirements on that path to help me move into my GOD SELF, my I AM presence or UNITY - whatever you wish to call it. This ultimately, is what the transformation process is trying to facilitate within YOU. Nothing less than this will be considered a success.

As I work as a transformational energy healer and therefore facilitate myself and others to evolve by using energies directly, then this angle of approach (as it were) permeates this book. Each time I have resolved a more complex issue, moved on from a debilitating trauma or released another negative entity, then I hold the energy blueprint or shift of that change, that movement within myself. This enables me to then facilitate others to more easily resolve the same. Until an energy blueprint is generated then I am less able to facilitate others in that particular area.

My dogged determination to evolve has resulted in me continually moving into parts of myself already living within finer and higher energy layers. In doing this, I am then presented with the separations and misalignments that these newly embraced parts exhibit so that I may resolve them and bring them all fully into balance. I have been doing this continuously and with conscious understanding now for many years.

Although we will cover this in more detail later, it is important to understand that you are always filtering higher dimensional information through whatever limited understandings you currently hold. The more you hold onto what you think you know the less you can be moved closer to a more COHERENT truth.

As I have been enthusiastically willing to let go of my own favourite truths all the time then my understandings have been expanded and broadened very rapidly. In this respect, you will find much that is written within this document to be quite different to what I am aware is presented elsewhere. In essence it seems to bring together what is happening at this time in a much more encompassing, coherent and honouring form than has so far been presented.

The first half of the handbook sets the scene. It unifies all the possible areas of separation discussed in the latter half. It coherently brings all together, to give you a better understanding and overall awareness of the main game being played here at this time and the rules of that game so you can play it well.

It is essential at this time to present this information in this way as there is a need for many people to be made more aware of their Multidimensional connections and Divine heritage. At the same time understand that some can keep these details in the background and others don't need to reach these depths. It is each to their own.

I am here as a teacher, particularly to those people who are ready and willing to face ALL THAT

THEY ARE in SEPARATION to become ALL THAT THEY ARE in UNITY and who in so doing also have much difficult stuff to sort out. Although I am well aware that the majority of higher level (I repeat - higher level) day to day spiritual information being presented at this time is not the TRUTH, I am also well aware that this is because virtually none of us are capable of either understanding the truth or of actually recognising it even if it was placed directly in front of us with big arrows pointing at it. This is partially because it is impossible to present higher dimensional information and concepts in a three-dimensional form (rather a lot is lost in the translation). There are also inherent difficulties in presenting truths to people who are desperately clinging to faulty beliefs and conditioned mind-sets. Thirdly when you are truly focused on evolving then the highest priority your intuition and guidance has is to facilitate this rather than actually be truthful (more on this later). The information presented within this handbook is no exception to these challenges.

In summary, you have the possibility to be totally free, to be totally released from all misalignments, conditioning and dogma to be WHO YOU TRULY ARE in UNITY. This is not imagination or fiction although it may seem so to some. ANYTHING that tries to hold you or persuade you to be less than YOU TRULY ARE has to be seen for what it is - LET IT GO. There is no one way and there is no single person with all the answers. The Second Coming is YOU, it is each and every person that chooses to wake up and aid in the transformation of themselves and this planet from its fear based dysfunction into UNCONDITIONAL LOVE. You have been trained and conditioned to accept fear and stifling limits for so long that you take these illusions for reality - THERE ARE NO LIMITS except those YOU choose to hold to.

Also know, that ALL THAT YOU ARE is responsible for what you experience in this reality. If you are happy with what you are experiencing here then great. On the other hand, if you are having an intense time, feel that something is missing or that life is not as good as it might be then perhaps it's time to bring yourself more understanding of why and what you can do to change it.

So, if your reality has been moulded into a fear shape by your traumas, issues, beliefs and conditioning then take a step towards playing a different game. There is no better time than NOW. Also remember there is absolutely nothing that cannot be undone, reversed or reclaimed, this is what I do daily and what you can do too.

I honour and respect you on your own path, with your own diverse origins, skills and purposes. There are many ways for each of us to explore and gain more understanding of ourselves, to clear our stored pain, fear and suffering - to move into Joy, Love and Honour. Follow the heart of your BEING. All will be well - ALL IS WELL.

## **1.4. The Aims of the Handbook**

Overall it aims to provide you with high quality, practical information in a down to earth, coherent manner relevant to all those who are truly focused on moving fully into WHO THEY ARE in UNITY - their DIVINE SELVES. As part of this the following points are relevant.

- This Handbook is about the NOW and about getting you live in the NOW. You can find many publications at this time focussed on presenting very interesting and unusual multidimensional information or details concerning predictions or future projections and others that are informing people about ancient wisdom or spirituality. Although all this information is very important in raising awareness, establishing affiliations and in helping people move beyond limited beliefs and models of reality, much of it can be summed up as "what if?", "what was" and "what might be" and ultimately has nothing at all to do with BEING IN THE NOW.
- You have within you a GOD CREATOR, you can choose to continue exploring being separated from that part or you can BECOME IT. Whether you do this or not is entirely up

to you. We not only let you know that this is the TRUTH but we give you some tools so that you may explore this for yourself.

- We are trying to empower you to not only playfully explore beyond all your limits and all your belief systems but to actually then go and stand in the unknown and take up residence there. Each of you can do this - if you so choose.
- We are trying to get you to understand this is not the time to give yourself away but rather it is the time to BRING YOURSELF BACK HOME ultimately and essentially to your DIVINE SELF.
- We encourage you to drop all of your preconceptions, all your understandings and all your belief systems. ALL OF THEM! We are decidedly keen on this, as it is NOT possible to BECOME your DIVINE SELF without stepping fully into the unknown. For example, ancient wisdom is perhaps limiting in its nature, relevant to another time and another point on the cycle. However you won't find that out unless you are willing to LET GO OF EVERYTHING.
- We help you to take responsibility for yourself. We tell you that it is not about projecting love out to others and trying to change things 'out there' but about you loving yourself, which is about YOU getting to who YOU really are WITHIN YOU. Only when you do this, does true, lasting and Divine change start to happen 'out there' - not before.
- We tell you more about how it really is. It's not about saving the Earth; it's about saving yourself. It's not about moving into the fifth dimension, but about you moving into GOD CONSCIOUSNESS. If we were to say that this is easy then we would be lying. If we were to say that at this time it is not particularly difficult then we would be telling the truth.
- So, to sum up. If you want a soft and fluffy guide that is going to give you a nice comfort blanket and help you avoid yourself then this is definitely not for you.
- Finally it's also a guide for energy healers everywhere who want to have more understanding about the truly important aspects of transformational energy healing and the requirements needed to work with energies that are truly evolving and unifying in a fundamental sense.

I hope you enjoy reading this as much as I have enjoyed being dragged backwards through the hedge of my issues and traumas (metaphorically speaking of course) to be brought frighteningly close to my DIVINE SELF.

## **1.5. What is the Basis of this Approach?**

When we ask for something with FOCUSED INTENT the universe must try and manifest these requirements - this is a basic UNIVERSAL LAW. Most of us however don't appreciate that this is how things work. Our faulty belief systems and conditioning all conspire to keep us separated, disconnected and struggling, out of touch both with our DIVINE NATURE and those who could help us reach it. If we were TRULY living as the DIVINE BEINGS that we TRULY ARE then life would FLOW without fear, expectations or judgements (to name just a few of the characteristics).

However, gaining the help and support of Divine Spirit is the most powerful tool at the present time to facilitate our Spiritual growth and development. This is so, because in reality you are the DIVINE. You have just temporarily lost your membership account number and multidimensional address details.

So, how do you reconnect and become ALL THAT YOU ARE in UNITY? How do you achieve this? Well, firstly you have to try and put to one side all the beliefs, everything that you think you know about Spirit and the Divine and cultivate an attitude of openness, an attitude of 'let's see' without expectation. Then with determination and focus you ask Divine Spirit to work with you. For me,

intent used in a pure and honourable way means to ask the Divine for help in our commitment to becoming our DIVINE SELVES.

The bottom line then is; ASK AND YOU SHALL RECEIVE. It sounds so simple and in theory it is, however in practice most of us find it quite difficult. For example apart from those of us who think of ourselves as too unworthy to ask for anything, we don't know how to ask, we don't know whom to ask and we don't know what to ask for. This handbook has been written to facilitate this in the following ways:

- It teaches you how to invoke Divine Spirit with honour and integrity.
- It covers in a comprehensive and yet simple way the many different areas of separation that you may need to explore with the DIVINE so that you may fully embrace change and in that way spiritually grow and evolve.
- It encourages you to go ALL THE WAY, to move fully into UNITY as this, relatively speaking is an easily achievable goal AT THIS TIME. *YES IT IS.*
- It provides many statements of intent, also called the UNITY CONSCIOUSNESS activation keys, for you to use that will have Divine Spirit working with you specifically on the areas you have asked to target.

## 1.6. How Effective is it?

At a certain point you will understand that how long it takes becomes largely irrelevant as it is the process you go through to regain yourself that is important. However up to that point people seem intent on wanting marker points or guarantees. The only guarantee I can give you is that it is the most exciting journey that you will ever undertake, that at times you will regret starting it but most of the time you will marvel at how easy it is, how much more you like yourself and how much more confident you are becoming. Having said that, for those who really do insist on some markers then here they are:

- Your core beliefs, conditioning and faulty mind-sets can make you less than open to working with your Higher Aspects and everything else that is represented within the Divine. For many of us these are the first areas we need to work with, so that we are more open to let them in before they can start to help us.
- How much negativity and how much trauma do you have to release? How many issues do you have to resolve? How many lost soul parts do you need to embrace? This is different for each of us, we all have different challenges and we are all coming from different places some with less to sort out, some with more.
- From my own experience then, the most important factors that govern how fast you can grow and change relate to the following:
  - How willing are you to LET GO of everything?
  - How easily can you open to and embrace the DIVINE and our Higher Aspects?
  - How much focus, intent, perseverance and determination do you have to reach your goal?
- 'Divine' Spirit are those Beings, energies and your Higher Aspects that are much, much more in alignment with GOD or UNITY CONSCIOUSNESS than you are here. Their nature is so honouring that they will simply not intercede on your behalf unless you ask them to. So, YOU MUST ASK to invoke the highest and the best to solicit their help on your behalf. We state emphatically - don't imply be implicit, don't assume be assertive.



- The rate at which I am resolving my own issues and so forth is in direct proportion to the amount of transformational energies that I can draw to myself. Another way of saying this is that it depends on how much I can embrace my DIVINE SELF, how much I will allow myself to BECOME that. As this comes with practice, openness and determination, it takes time. Even now I sometimes have to meet with a group of transformational healers so that together we can draw in enough energy to resolve individual challenges that are impossible to do alone. So, bear this in mind.

How long is a piece of string, is the best answer that I can give here. It depends on what you are here for, how much you have to clear, what agreements you have to clear your stuff in a particular way and so on.

If, when actively working with this handbook you feel that nothing is happening or that you are stuck then find a healer to work with or better still get an initiation into a transformational energy system so that you can facilitate yourself or consider getting a PERSONAL UNITY facilitator energy tool (See back of this book for details). If you do go for an initiation, then choose an energy system that is actually transformational and evolving rather than just healing or relaxing or you may become disappointed. Energy healers focused on truly evolving will be intent on empowering others to facilitate themselves to grow independently.

## **1.7. Statements of Focused Intent - Getting Started**

### **The Structure of Statements**

Throughout the handbook you are presented with Statements of Intent which we also call KEYS to UNITY CONSCIOUSNESS or GOD CONSCIOUSNESS. These are fundamental to this approach of working with the Divine. The more focus or attention you can give these statements or keys the more effective they will be. When you use them try to hold the intent of what you want as much as you can. Know within yourself that what you ask for is simply DONE. At the end of the day it is your intent that will take you to a particular place, to manifest a particular reality. While the level of focus you provide to this intent determines how quickly.

Each statement is itself a key in that it is a way for you to access energy blueprints. It is these energies that facilitate and support you to change at very deep levels. An example of one of these keys follows:

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'From my Heart and with all my Being'

'I invite Divine Spirit to give me everything I need to change my conditioning, my mind-sets, my attitudes and my habits so that they are in alignment with my true positive, spontaneous, intuitive, creative and effortless nature. I ask for this now - and so it is - Thank you.'

These statements you should say clearly and with intent in your mind (or verbally if you prefer) to get the desired effects. Don't rush them. The more intent you have as you focus on them, the more powerful will be the results. All the statements in this handbook are ones that I have used myself at different times on my path. I have done my best to ensure that they are suitable for anyone to use in an unmodified form. You may feel that you require other statements that are more in tune with your conceptions and your way of doing things. If this is the case then feel free to modify and or create your own which you intuit are more suitable for you to work with.

The majority of statements presented throughout the handbook are structured in the following format:

## **An Invocation:**

This invokes Divine Spirit. This is the ever present Divine, including your SOUL SELF (your I AM presence) and Spirit Guides, Teachers, Guardians and Healers, your multidimensional mates and transformational energies. It activates and strengthens your connection to them and brings their presence and energies to you.

## **A Focusing Statement (or Statements):**

Here you are asking Divine Spirit to work with you in a specific, defined way. In effect you are asking the Divine to creatively sort things out for you. This they will always attempt to do when asked. As all the statements are directed to the Divine and not to the physical, emotional or mind states they can be thought of (in a very loose sense) as structured prayers. Sometimes you have just one statement to provide the focus, at other times there will be multiple statements each targeting a different area.

## **Using the Statements**

These statements are structured in such a way that you feel as if you are asking for help from outside of yourself. This is deliberately so. We present it like this because many people through the accumulation of negative conditioning, faulty mind-sets and so on could not accept that they could help themselves and therefore they need external support. However, as you move closer to your TRUE SELF and become more confident and secure then you will find that this changes. When this stage is reached you find that you are working more and more with your Higher Aspects and WHO YOU ARE from other existences and other levels. You will then be more accepting and embracing of them (YOU) and be confident of your ability to facilitate yourself more. This is a natural part of the process.

It is important when doing any energy or deep developmental work that you specifically ask for help from Divine Spirit in a secure and focused way. Beings that are from the Divine levels are totally honouring and will strictly honour the rules of this environment that you are now choosing to occupy. For example, we have free will here. To an honouring, aligned Being it would be unthinkable to give help unless it was freely asked for. They cannot make any assumptions about what you may desire and they understand fully that there is no right or wrong in any way. So, although you may be subjecting yourself to extreme suffering or steadfastly holding to obvious untruths, it is of course your right to do so and to try and stop you from doing this would to them be a gross violation of your right to explore that choice. This then effectively means that they cannot do anything for you unless you sincerely invite them to.

This was confirmed when we found that people using older handbooks, who then gained access to a newer one, were being strongly guided to work with all the new statements. In effect the Beings want permission to work with them in these new developmental areas, sometimes there

was a feeling of desperation and urgency, as if they had been waiting impatiently for the opportunity.

Another important facet of inviting Divine Spirit properly is that if you keep things loose then you may attract lower level Beings who are not so fussy about following the correct principles. Yes! They may help you in a good and honouring way, but then on the other hand they may not. They are less likely to help you in alignment with your soul essence and your soul roles here.

Finally, if you are truly intent on moving fully into your DIVINE and LOVING SELF and therefore working towards embracing the highest and most honouring principles then you should be intent on attracting only those who can help you align in this way - why take chances.

## **1.8. What are Energy Blueprints and how do they work?**

In essence, the more times something is done the easier it becomes to do it again. An energy blueprint is created that represents each new concept, resolved challenge or new creation. The first time is the most difficult as the energy field of that change is not available. However when something is done once then the energy blueprint of its creation is available to more easily manifest the same. Some examples of this are:

- It took a long time and many failures before someone managed to climb to the top of Mount Everest. Now we have tourists virtually strolling up in an afternoon.
- It has been noted that when birds started to peck at the top of milk bottles to get to the cream this first started somewhere in the south east of England. It took less than a day (apparently) for birds as far away as Wales to start doing the same (The distance between these places was much further than a bird can travel in that time).
- The best example is of a new compound made by some chemists many years ago (I cannot remember its name). This substance was a liquid and was used in laboratories around the planet. However someone who was looking at its structure from a theoretical point of view decided that it should be a solid. Within a week this substance became solid everywhere around the world, even where it was stored in sealed bottles.

In the same way, the greater the intent that someone has to transform and the more conscious they are of doing this then the easier it becomes for others to make the same changes.

Early on when I started to shift my own issues, traumas and so on, I was consciously aware that I was collecting energy blueprints. It took me a while to understand what this really meant. This is why I would find myself glued to a seat for days at a time while I consciously released one entity attachment after another, each one different and each one getting more difficult. Each resolution is held within me as a blueprint or energy route cut for others to use (if they so wish).

In this way I have blueprints for thousands of different entity releases, energy releases, integrations, soul retrievals and so on and so on.

These are available for you to access while you read this handbook. Your success in doing this will depend on how open you are and how much focus and determination you have. In essence, the PERSONAL UNITY facilitator energy tool (see back section of book) coherently holds all of these blueprints (and more) each cutting a clear energy route so that your own processing and transformational journey is made faster and easier.

## 1.9. Working with the Handbook on a Regular Basis

I would advise that you read the whole handbook from beginning to end, basically so that you have a good working knowledge of its overall structure and also some understanding of what you can expect. I know for some of you that asking this will be too much. If this is the case then do what is right for you that will facilitate you effectively on your own path - there are no rules.

The handbook should be worked with actively to bring about transformation and change. Use your intuition (or communication with Divine Spirit if you are using an energy tool or use a dousing method if that is your way) to find out which sections you should work with today.

1. Start by opening the handbook at the contents section at the beginning of the book. Then feel or ask or intuit, if there is anything that is in your highest interests for you to do from this chapter at this time that would facilitate your movement into DIVINE UNITY?
2. If you get a 'no' then move on and ask the same for each subsequent chapter.
3. When you get a 'yes' then check off each sub section within that chapter in turn and ask, "is this the section I should work with?". Keep doing this until you find the first section that you need to work with today. You can be creative about how you track down what you need to do.
4. Once you find today's choice turn to that section and take it from there. Most sections just give one statement, others provide many statements so you will have to check each one in turn to see which is relevant for you to work with NOW.
5. When you have found the first one then ask if there are others to work with. If this is so then continue until you have identified and worked with them all.

An alternative is to use a similar process with the "List of Invocations" provided at the beginning of this book.

This is a practical handbook, it is not about using your head or mind, rather it works by calling on the Creative Powers of the Divine to initiate changes with respect to what you ask for, sometimes in weird, wonderful and totally unexpected ways. If used regularly it will fully support you in clearing and moving you closer to your DIVINE SELF at an ever-faster rate.

I would set aside some time each day or every other day to work with the handbook with focus and intent. For most of my own sessions I sit in a comfortable seat usually with my back straight and also occasionally on a cushion cross-legged in a meditating pose. However, if for example standing seems appropriate to you then great - do what feels right for you.

Some people find they can open the handbook at random and have the right choice. Others are using their own statements and doing things in their own way. Honour what you need and what feels right for you. You will find that sometimes you need to work with the same activation statement every other day for a period of time until it has done its work. Sometimes working with just one statement is appropriate while at other times you will use many at the same sitting. Follow your guidance and your inner feelings on this.

By actively using the statements you are building up a relationship with your Higher Selves and Divine Spirit. You will over time find yourself working with parts of yourself that you did not even imagine existed. Let go of all expectations. In particular, do not expect to be able to fully understand or to rationalise what happens.

Remember to LOVE and HONOUR yourself as you work towards bountiful joy, abundant love, peace and tranquillity. Support yourself in doing this.

# **1.10. Some Symptoms that you may Experience**

## **Categories of Symptoms**

Processing and transformation can result in a variety of symptoms; cleansing, releasing, clearing and so on. Sometimes this can be quite dramatic, most of the time it's not. It is however all part of the healing and evolving process. There are, in loose terms six different categories of symptoms:

### **Physical:**

Healing which allows the body to release toxins can result in symptoms such as: a thick headache, diarrhoea, running nose, sweating and feeling thirsty (mainly flu and cold symptoms).

### **Emotional:**

When trauma is being dealt with or stored unexpressed emotions are being released from this or previous lives, then various emotions may be experienced. These can include: anger, bitterness, fear and terror (including sweating, churning or upset stomach, sharp headaches and perhaps bodily tremors), confusion, impatience, insecurity, anxiety, guilt, shame, frustration, anguish and sadness as well as others. If you start experiencing these symptoms - remind yourself that they do not relate to the HERE and NOW but that they are old stored feelings that have been tying up your energy and are now being released. It is useful to bring yourself back to centre when you are having a lot of old stuff coming out. As part of this you may feel like crying and if you do then you should - I have cried enough to fill a couple of Olympic sized swimming pools over the past few years. If it's got to come out then its got to come out - so LET IT.

### **Energetic:**

When bonds, cords and ties are being broken either as energy or psychic attachments as well as vows, contracts and so on then you may experience energies moving within you. In rare cases, this can be as full body shaking which for some can be localised to legs or arms or head (teeth chattering for example). Occasionally people feel sick and disorientated.

### **Circumstantial:**

When issues are speeded up life can become very intense and chaotic providing you with the situations and interactions to help you resolve them and move forward. Sometimes life situations are engineered that mirror or correspond to circumstances or experiences from other existences on other levels and dimensions so that as you replay them they resolve issue and trauma causes. This is often the case with ME for example.

### **Transformational / Spiritual:**

Raised awareness; becoming more intuitive and knowing. Starting to have access to your past existences and / or your Higher Aspects. Feeling energies working within you. Feeling presences - accessing spirit - seeing or hearing and so on. Extreme fatigue may be experienced due to energy re-balancing when you are in the process of integrating Higher Aspects.

## **Bodily Consciousness Anxiety:**

We have come across a number of symptoms that relate to how the relationship is changing between the body consciousness and the soul or spirit at this time. For example:

- There are some people who are on the equivalent of twenty-four hour call out to facilitate the transformational process on different energy levels. They spend a large proportion of their time in their multidimensional forms. Your human vehicle or body self is used to a more stable symbiotic bond with Spirit. The norm on this planet for a long time has been a solid body presence and continuous relationship with the Spirit form unless threatened by severe illness or death. Those out on regular multidimensional journeys are experiencing various anxiety symptoms; rapid weight loss and gain is one; disturbed sleep or no sleep and extreme thirst are others.
- One person found that he had background feelings that related to death. When he explored this in depth he realised that part of his journey will mean that he will live for perhaps thousands of years. Again this was causing the body to issue reactions with respect to this shift from the norm.

These new ways can be very disturbing for the body. In a sense our bodies have to adapt to these new situations, but in the mean time they can develop symptoms due to this unfamiliarity and anxiety.

## **Inner Guidance**

It is important that if you are working actively with this handbook then remember to consult your inner guidance about both the areas to work on and the timing. If you have a strong connection to Divine Spirit, are up to your eye brows in challenges and have a strong focus to resolve them, then sometimes enthusiasm and or panic can override intuition and common sense. I know as I've been there and almost got the masters diploma.

Sometimes the imbalance that you are feeling IS YOUR HEALING and you need to ride it out. It may also be that other cleansing and clearing has to be done before dealing with what you consider to be your main challenges or that Spirit is increasing your inner energy in preparation for the next phase - TAKE IT EASY. Sometimes it may be appropriate for you to do nothing for a week or a month to catch up with yourself and this is fine. Sometimes too much of something is not sensible. Learn to enjoy the whole process. You will have a fine adventure exploring yourself in totally new ways, while discovering and accepting your Multidimensional and DIVINE NATURE.

## **1.11. A Final Word**

This handbook has been increasingly written from ALL THAT I AM in UNITY. It is based totally on my own experiences working with the Divine as I facilitate movement into my own GOD CREATOR SELF. For as long as I can remember I have never been interested in beliefs, I have always wanted to find things out for myself directly, through my own experience and this is how it has been for me for many years now.

It is impossible for me to express what this journey has meant to me. It is impossible for me to make you understand what it has been like for me. I could have filled many books with interesting stories of my multidimensional experiences and Divine adventures but they would have been a distraction to you, they would do nothing but hold you back. This is why all that is presented here are the tools and aids that allowed me to activate and sustain my own journey together with the quality information and understandings that arose during it as this is the absolute best that I can do to help you have success on yours.

I am working with people who have very deep misalignments as trauma, issues, conditioning and so forth particularly from the higher levels, soul birth and beyond. In other words hard core stuff. The main keywords that would accurately describe them are: fearful, insecure, anxious, frustrated, impatient, suppressed, not speaking up, not speaking their truth, lacking in confidence and having feelings of unworthiness. Many of these keywords I would have used to describe myself just a few years ago. This to me is the whole point. As I have resolved my own issues and traumas then I am cutting an energy path for others to do the same. So we have, by and large found ourselves moving fully into security, confidence, fearlessness, patience and so on as we resolve our challenges, become more empowered and step into freedom.

This approach is of course just one of many, it is a true approach in that it is the culmination of my own experience and I know that it works for me and many that work with me. If this approach attracts you, if it excites you (even if it also frightens you) then that is a sign that perhaps you have much to gain from merging with it for a while.

As you read this through, you will come to appreciate that I am not pulling any punches, you are told it as it is. If you are avoiding yourself, hiding from your issues, your dark side, your traumas, your non honouring behaviour and attitudes then this handbook is designed to give you that essential kick up the backside to get you moving and start doing something about it. It is also designed to shake up the huge number of Light Workers out there who are still clinging onto old energies, agendas, understandings, affiliations, methods and systems and who are hiding from their fears, dark side and so on. In doing this they are not only holding themselves back but also all the others that they are here to facilitate. It's time to REALLY get moving people to change into a higher gear and it's time to do this now.

There is stillness and peace in silence,  
In the breaths between the worlds,  
We each have our journey  
And our lessons to learn  
Your path is yours alone  
And you have inside you  
All that you need to travel it.  
My path is mine alone  
Chosen by me that I may learn  
Neither is better,  
They are simply different.

**Bren**

# EMBRACING YOUR DIVINE SELF - WHAT'S INVOLVED?

## 2.1. An Introduction

How the unfolding planetary transition affects you depends on this life's mission goals as well as the agenda you have decided upon to complete them (that is, what are you here to do and what schedule you have to do it?). For most people this transition involves working in two very different areas and quite often this is being done simultaneously. I use the term PROCESSING to describe what is required to help you move beyond anything that YOU are clinging to and won't LET GO OF as well as anything that is clinging to you and won't let you go. We could also describe these as ISSUES PROMOTING SEPARATION. I use the term TRANSFORMATION to describe everything required for you to accept and embrace your Higher Aspects and ultimately to help you step into ALL THAT YOU ARE directly.

## 2.2. What is involved in Processing?

By this we mean what is required to resolve issues, traumas and karma, to release negativity and break attachments. Anything and everything in fact that is holding you back. Let's look at these now:

### **Resolving original trauma:**

Anyone who has experienced trauma on a higher energy level such that the trauma has constricted his or her soul expression in any way may be here to resolve it in its entirety. This trauma will almost certainly have expressed itself as negative karma on this level, thus requiring this to be resolved also.

### **Resolving issues that originate on the higher levels:**

Most of us have had (and are having) many higher level existences in energy environments which do not hold to the karmic laws. However, although there is less and less separation the closer to Source we get, we can still become unbalanced and hence experience separation to a greater or lesser extent at any level. We can pick up debilitating issues from how we personally dealt with situations as well as from accidents, traumatic events and our soul birth environment as well as from soul parent misalignments. These issues are much more important to resolve as they are from higher energy levels and are therefore more deeply impressed on our Being. Quite often we have chosen to enter this karmic environment specifically to have presented to us our higher level issues in a more defined, immediate and concrete way so that we can gain the experience we need to deal with the original fully. An example:

- Let's say that in an existence on the higher levels you lost your family in an accident that



destroyed your home and you barely survive this situation yourself. Here you could be badly affected by the trauma of the situation itself, the memory of it could affect you on a deep level. With regards issues, perhaps guilt that you were the only one to survive and loss because your family is gone. Taking this further, if your home was in an isolated area and you were hurt, perhaps you suppressed the grief so that you could focus on surviving after the accident. In following existences you would perhaps find it very difficult to allow yourself to be close to a new family. You may find yourself feeling afraid of losing them, without any understanding of why. In loss situations you find that it is hard for you to feel grief - again without knowing why. To resolve all of this, you would have to accept and let go of the original trauma, the pain and suffering, the fear and confusion, the anguish and so on. Then you would have to let go of the trapped grief and allow it to come out again to free yourself and allow yourself full expression. In doing this you would lose the fear of being close to your family and the feeling that you may lose them would recede.

I am aware that the high level environments are totally different from our own and concepts of family, places and so on have to be taken very loosely as given in the above example.

## **Resolving dualistic and karmic issues:**

Those of us who have delved deeply into this Karmic environment fall into this category. Any reaction or way of being either towards oneself or others that was not fully honouring has to be brought back into balance (at some point). Your re-occurring negative life patterns will be presenting you with your issues and traumas in an effort to facilitate you to deal with them. You also have to deal with any duality aspects (male / female and so on) that are out of alignment also.

## **Releasing yourself from Personal Conditioning:**

This is conditioning or ways of relating that are to do with interactions that become ingrained between yourself and others as an individual. We pick these up within all existences and all environments on all levels. Many also have deeply embedded personal conditioning arising from soul birth and soul family interactions.

## **Releasing yourself from Collective Conditioning:**

This conditioning arises when Beings gather together in groups. Such as in family, community, culture, country and so on. Many would call this collective consciousness but it is in reality collective conditioning. These energy fields permeate all levels of creation. They are taken on through larger environmental and situational interactions within family, group, culture, civilization and so on. These are often initially taken on from within the soul culture environment that you are created within. They are more difficult to identify and deal with as they are often taken for granted.

## **Breaking all limiting Attachments:**

We also have to break all limiting attachments and contracts that are binding us to separation. Releasing negativity is part of this also.

## **2.3. What is involved in Transformation?**

This is about anchoring your Higher Aspects and forms to who you are here, this allows you to

take on their characteristics and energies. It is about moving more and more into ALL THAT YOU ARE in UNITY - your DIVINE SELF. This involves trust, determination and the willingness to LET GO of all that YOU ARE NOT. It is all about moving completely into UNCONDITIONAL LOVE, a state of BEING, a state of FLOWING, UNITY and ACCEPTANCE.

It sounds easy, but understand that you cannot move into your LARGER SELF without relinquishing your smaller selves. The slight problem with this is that most of us identify quite strongly with these little parts making it difficult for us to leave them behind. We are used to them, they are very comfortable, like an old glove or well used pair of shoes. This part of the process can make you feel as if some part of you is dying. A small number of people literally do feel as if they are dying.

Transformation involves moving into and embracing your Higher Aspects on a more or less continuous basis. We are moving back up through all that we are to become UNIFIED and WHOLE. As we are bringing in these Higher Aspects then our understanding, awareness and consciousness changes to take on the Higher perspective and alignment from that level of existence. At the same time as any particular Higher Aspect is being merged all misalignments that it holds must also be dealt with.

There are also those who out of fear, resist their path. This can result in long term illness and debilitation and an increasing sense of isolation and loss.

## **2.4. The Transformation movement - From a range of Perspectives**

You can look at the transformation process from different perspectives or angles or stages. For example, this could be with regard a movement from resolving misalignments from dense to light environments or from resolving core issues first and then conditioning later. Let's give these a closer look:

### **Issues & Trauma from Karmic and Embodied Existences:**

People who start to resolve their miss-alignments generally start by resolving those they hold from within the lower levels. These are cleared to open the way to access and resolve higher level and therefore more deeply held issues and trauma.

### **Original Trauma and Issues from Higher Levels:**

Once the lower level processing is cleared and reduced higher level miss-alignments are able to filter through for resolution. This process continues until all is cleared.

### **Clearing Ancestral, Cultural and Soul Conditioning:**

Leaving behind all personal and collective patterns that are restrictive, controlling or manipulative. Again these can originate on any level. The higher they come from the more ingrained they are.

### **Personal and Collective Transformation:**

Becoming ALL THAT WE ARE, embracing and anchoring all our aspects and then re-aligning them

to manifest UNITY within ourselves and our culture.

In summary then, most of us have all four major layers as presented above to deal with as part of our life mission. As the energies on our planet change, they make it more and more difficult for people to hold onto issues, traumas, conditioning and so on as these are not in alignment with their TRUE, DIVINE NATURE.

## **2.5. The Different Commitments being made to Processing**

Most people who have started to partake of this spiritual growth process are by and large only dealing with their own individual miss-alignments. Some, however are processing beyond their own personal arenas and dealing with shifts on a larger scale. Whatever we are doing you should remember that processing here causes releases and re-alignments to be carried out on many different levels and sometimes all the way back to SOURCE. Lets look at the different choices being made with regard processing:

### **Personal Processing:**

Most who have started this journey are concentrating on ironing out their own little and large bumps of misalignment that they hold with respect to their Divine Selves. Again, as we have said earlier, we each have to plumb different depths or layers depending on what is required to do this. Most people would call these areas Karmic, however for many, that level is only the beginning as most issues and trauma seem to originate from much higher levels well beyond the Karmic layer that we currently occupy.

### **Contracted processing for specific others:**

Some people have a contract or role during this incarnation to process for others. This is done from a choice made on a higher level. Although there are many healers for example who out of conditioning and faulty beliefs are taking on others' negativity, issues and so on, this is not what I mean. Those who are doing it out of a higher level choice are very unlikely to damage themselves. Those who are doing it because they have mothering, self-esteem, responsibility for others, sacrificial or other issues are not doing themselves any favours.

### **Processing for ALL:**

Again this can be part of your mission profile. So, you may have a contract to release negativity and so on not just from yourself or specific individuals but for all. In the same way, when your issues, traumas and associated conditioning are so deep that they permeate many areas of creation, then as you resolve them this automatically makes it easier for others to spontaneously do the same. In these circumstances it is virtually impossible to separate your stuff out from others.

### **People with little to Process:**

These are the baggage free people, they have either had no or only a few incarnations within a dualistic / karmic environment or they are adept at not picking up negative Karma. They also have no or very little higher level trauma to deal with.

## 2.6. Characteristics of moving closer to your DIVINE SELF

From experience, many of the following life and awareness changes hold true as you move into your DIVINE or GOD SELF. This is confirmed by my experience of those that I work with who have a focused intent to move into their DIVINE NATURE. Those who don't have this focus exhibit fewer of these characteristics. You are always free to choose what you want.

- You become progressively less fearful, more secure, centred and confident, you become much more comfortable within yourself and about yourself.
- You start to move into doing things that you want to do, rather than what you have been conditioned to do, have done to gain approval or done to fit in. These are no longer a viable option.
- You increasingly stand up for who you are. This results in you becoming less and less tolerant of non-honouring environments, situations and relationships. Quite a high proportion of people take on different jobs and a reasonable number are able to finish relationships that have prevented them from being themselves, are restrictive, violent, game driven or controlling. Some have found their soul mate.
- You move into a greater level of acceptance and find it harder and harder to make judgements about yourself or others.
- You become less and less controlling and reactive, more open and much more in tune with yourself and able to flow with life rather than against it. You find yourself naturally forgoing expectations and preconceptions to live in the moment.
- It becomes easier and easier to let go, to drop barriers, to put down the armouring while at the same time being less affected by difficult and stressful situations, people, relationships and so forth than in the past.
- You become progressively less and less dependent on others to give meaning and confirmation to your life, as you gain this meaning and confirmation from within yourself.
- You become more aligned with your soul essence and soul mission as well as your soul qualities, talents and goals.
- You move more and more into joy, humour, happiness, delight and so on. However this is more in a full being / feeling sense rather than a heart localised sense.
- Some of you will find that the veil over consciousness will be raised, gently opening you to expanded awareness experiences. As part of this you may take on a multidimensional awareness in both your thinking and feeling, making you more aware with time of your higher dimensional selves and multidimensional nature.
- You will have a much deeper communion with Spirit, a deeper flow with all that is, making it easier to recognise and flow with a Spiritual directive (your inner guidance) with more awareness of your inner wisdom and intuition.

However, a warning. If you truly want to reach your GOD SELF and move fully into your DIVINE NATURE then you cannot do this by focusing on any imagined Divine quality characteristics. Yes, in doing that you will probably manifest these traits and perhaps learn quite a lot in doing so, but you still won't be any closer to standing in your DIVINE SELF. We will discuss this in more detail later.

## THE LARGER PICTURE - A QUICK LOOK

### 3.1. Parameters of your Current Reality

This reality is SPECIFICALLY designed to help us realise WHO WE ARE by allowing us to explore all facets of WHO WE ARE NOT. This is the bottom line. Within this there are different routes and agendas that help people in this self-exploration. Most likely you are here at this particular time as part of your soul's overall programme to regain its DIVINE STATE. The parameters of this reality such as Karma, Duality, Focused Consciousness, Non-Remembering and so on are perfect to help us to resolve traumas, issues and conflicts that bind us to a state of separation. As we resolve our separations then this effectively and automatically takes us closer to a state of DIVINE UNION.

I will now describe some of the parameters of this reality so that you have a better idea of what they are and how they effect your awareness and understanding of yourself. So, here goes:

#### **Duality:**

Duality as it is presented here is nothing more than a system that highlights and amplifies any imbalances that we may have within any areas that present themselves as opposites. The main areas of polarity that some of us are endeavouring to bring into balance are: ( male, masculine <> female feminine ) then we have ( negative, bad, evil <> positive, good ) and finally we have ( child, playful <> adult serious ). Whether you are aware of this or not it is a fact that when you are in perfect balance you contain within yourself and accept all of these aspects equally. When you make judgements, when you choose to diminish one or favour another then you move out of balance within that area of yourself. The amplification of these polarities here gives us more opportunity to resolve issues in these areas. For example:

- On the higher levels you exist as a pure energy Being and there are no separate forms identifiable as male and female. The one form holds both and in most cases these polarities are so balanced that thinking of them as separate would be unimaginable. Lower energy soul form layers that allow a greater identification of male and female may then have a hermaphroditic form that presents external characteristics that make the feminine and masculine features more identifiable. Existences such as this Earth one offer polarisation of these opposites to such a degree that two completely separate forms are manifest.
- Although people can often understand that being fully balanced means total acceptance of their masculine and feminine characteristics they cannot quite come to the same understanding about being balanced in their positive, good and negative, evil aspects. Balance means balance, unity means unity, neither is about denial or avoidance or judgement.

# **The Illusion of a Past, Present and Future:**

Here we have time (as in movement), here we have space (as in distance). Strangely enough this tends to fool us into thinking that we have a past and a future when in truth this is not so. We just choose to view it this way. On most other levels, everything happens more or less simultaneously - there is no time or space, only NOW.

## **Isolation:**

We have all had many existences, many other lives and with a huge lack of respect for the majority of belief systems, most have not even been on Earth. Most people have spent only a fraction of their existences here. We are all multidimensional Beings, simultaneously residing in environments we can barely imagine much less understand from our current human based perspectives. Which for most people, means that they are very much more than they think they are. Although these other levels are an intimate part of who we are and Higher Aspects of ourselves are at this very instant enjoying multidimensional organic coffee and cream cakes, this important truth escapes most of us. Some of these parts of ourselves are aware of our existence here, unfortunately, although they may be doing their best to catch our attention on this level, most of us are resolutely continuing to follow the tried and tested 'head in the sand' approach to multidimensional awareness. Most of us therefore are separated from our larger selves and are unaware of our multidimensional nature making isolation another aspect of this level.

## **Free Will:**

FREE WILL is another way of saying that you are FREE to CREATE whatever you wish to experience within this reality. You just have to know that this is TRUE. We have been given this gift freely with no small print, we will not be judged by GOD or our HIGHEST SELF (which is also GOD) in any way for ANYTHING that we do. Although this is the TRUTH, we ourselves seem intent on enthusiastically judging ourselves as well as others. Whatever your reality is presenting to you is (by and large) your own creation. When we dislike or complain about the quality of our lives here then we are simply confirming our lack of awareness of this TRUTH. To truly empower yourself you must accept responsibility for what you yourself have created. Until you do this then you will be unable to manifest the reality that you truly desire.

## **Individuality:**

We tend to identify ourselves as being separate from all others. We see ourselves as individuals, standing alone, unconnected to others or anything else. In other words, this reality has our consciousness focused down to almost nothing; we have the ultimate tunnel vision. This allows us to provide an enormous focus on a very small area, which is great to help us understand sub areas of our reality and ourselves. As we are here to identify those parts of ourselves that are out of balance with our DIVINE NATURE, then a focused consciousness is great to have. Unfortunately this means that at times we can become so focused on the trees that we fail to see the wood. Quite often in fact we don't even imagine that there is a wood.

## **Having a vehicle to occupy:**

Here we have a human body vehicle to act as an anchor and a reference point within this reality. In most existences we don't project into anything, we are simply a pure energy form. Having a body keeps us very restricted, it forces us to adhere to its limitations. Some examples:

- We cannot move anywhere we want to instantly and by conscious thought (as we can as a

pure energy form). This is part of the game here to experience limitation.

- Although it is potentially very stressful and painful here, because only a small part of what we really are is within this vehicle then any major trauma we experience here is very insignificant compared to ALL THAT WE ARE. It therefore has little effect on ALL THAT WE ARE.

## **Karma:**

The laws of Karma are the other defining parameters of this level here. We could sum Karma up by saying that it is nothing more than a system that helps present you with your misalignments. We will discuss this in more detail later.

## **Being Here NOW**

There are a billion places you could be on a thousand different energy levels in an obscenely huge number of different universes. Yet you are here. You are here even though there are so many other places that you could be that it is beyond your comprehension. You are here even though each of these other places could offer you a different existence the like of which you could not even imagine in your wildest moments. Could it not be that YOU ARE HERE because this place NOW offers you the most incredible opportunities that YOU in these other places could only dream of?

## **3.2. A Little Light on the Current state of Play**

In essence we are all Spiritual Beings, enjoying many existences in a variety of energy environments. The majority of us have been created as souls by other high level Beings. Very few of us have experienced an environment of true UNITY (Source or GOD - whatever you wish to call it). That is, virtually none of us have been created directly from Source itself rather we have been created indirectly through unions between other high level souls. We could perhaps be a first, third, sixth or twentieth descendant in line from Source.

As a soul we make choices about the different environments that we will experience and have existences within. We may limit ourselves to just a few or be more adventurous depending on our soul nature. Each environment works to a different set of operating parameters giving us enormous variety with regard to what we can experience.

Paradoxically we exist simultaneously within all of the environments that we choose to explore.

Once outside of Source, the energy environments exhibit a greater and greater degree of separation. As a general rule the finer or lighter the energy level the less separation there is, while the more energy dense environments such as this one, offer more.

Many of us experience some misalignments immediately at soul birth although we can also pick them up from our soul parents (depending on their level of misalignment) as well as from the soul culture environment we live within as a young soul. Although rare, this alone may be enough to severely restrict your soul expression. Constrictions can also happen when you have debilitating experiences, traumas and accidents irrespective of the environment they occur in.

In a certain moment then, your Higher Aspects may decide that you need to resolve any constrictions or misalignments that have been accumulated. When this choice is made you look for and then put projections into an environment that is designed to facilitate this. Hence you find

yourself on Earth at this time (although there are other places offering the same). This level then, can be described as a karmic environment with particular characteristics designed specifically to facilitate you to resolve all of your separations (whatever their nature), with the aim of taking you back into a UNIFIED, DIVINE state.

Although there are many different reasons why Beings come here, those who are here to resolve some or all of their imbalances will find that the sum total of their issues, traumas, conditioning, attitudes, belief systems, mind sets and so on, from all the levels that contribute to these imbalances will determine what they experience here in this reality.

As part of this, you will arrive here with a schedule that the LARGER part of yourself has already set up. You will therefore have an agenda to hold to and goals to complete whether you are consciously aware of them or not. Karma is in some ways a brilliantly conceived system for ensuring that you are continually presented with all of your misalignments so that you gain the necessary experience to resolve them.

Some of your misalignments will be purely personal and relate to your own attitudes to yourself, while some will involve others as individuals as well as groups, communities, countries and so on. All of these misalignments, no matter from which level they originate, will be represented within your life on this level so that ALL may be effectively resolved.

These larger scale misalignments then will be reflected and experienced within your life here. You will find yourself with issues that involve others perhaps in areas such as gender, race, concepts, social structures, control, politics, economics and so on (this list could be endless) and that these will be presented to you through your relationships, family, political associates, work mates, social interactions and so on.

As there seem to be many who are here with an agenda to bring themselves fully into Divine alignment then much of what is happening on Earth at this time is a fair representation of the macrocosm overlaying the microcosm (as above so below). We are here to resolve many splits and schisms that are part of ALL THAT WE ARE in other realities both on a personal level as well as on a family, community and country level. This is being done by repeatedly putting us into similar situations until we resolve our misalignments with respect to them and therefore re-gain our larger selves in that area. So, in this we eventually get to BECOME our LARGER SELF.

This is why there are such huge differences between countries with respect to their characters and cultures. In important ways each country can be seen as a symbolic representation of a higher level culture or cultures. We can think of each community, group, sect and so on in the same way. Each is presented here to represent something similar on a higher level.

Up until now we have usually concentrated on resolving personal misalignments within this environment. However we are now at a point where we can move beyond the sphere of personal transformation such that major changes can now be brought about within groups, communities and so on to bring a new era of COLLECTIVE UNITY. Some at this time are beginning to experiment and to explore new ways of being and of living together that honour all in a wider context and bring lasting harmony and unity.

What is happening here is not isolated. Many here see themselves as less than or inferior to, the Higher Beings or energies that are facilitating them in this process. However at a certain point during your evolution, you will come to understand that they (the higher Beings) are also partaking of this process and that you (having resolved your separations up to that level) are now an equal to them. You then work together more as a team to help all that so choose to BE WHO THEY ARE.

In summary then, we are all from the higher levels, we have chosen to dip down to this low level to have all our areas of separation highlighted so that we can re-align and in so doing once again regain all that WE REALLY ARE in UNITY and so embrace our DIVINE or GOD SELVES.



## 3.3. Transformation - Personal, Planetary and Beyond

We are at a turning point on this planet. Energies are being directed here to help us to unfold out of our misalignments so we move away from a fear (control, manipulation, attachment) based reality into one of unconditional love (acceptance, joy, eternal). Many Beings have incarnated here at this time to take themselves through this process; others are assisting on the higher energy levels and are around us now. This process, should you partake of it, by and large 'wakes you up'. That is, you find your awareness expanding. As this happens you clear anything which blocks the continuation of this expansion so you move into and embody your Higher Aspects until eventually you are fully standing in your own limitless DIVINE SPLENDOUR - your GOD SELF. It involves leaving behind all that you think you are so that you can move into ALL THAT YOU REALLY ARE in UNITY. This takes courage, perseverance and determination.

If we enlarge on this process and look in a very broad sense at its individual aspects, then they are as follows:

- As a starting point there is a clearing and cleansing stage which involves releasing old traumas and previously sealed unwanted or unaccepted emotions, it involves resolving and moving on from all issues, whether these are karmic, trauma or spiritual in origin and it involves re-integrating all the parts of yourself that in the past you threw away.
- Secondly we each have to transmute all the limiting conditioning, dysfunctional belief systems and non-honouring mind-sets, that we have taken for granted. Part of this may require that we chuck out ancestral baggage and bin cultural restrictions - anything that is judging, dishonouring, conditional, separating and non co-operative.
- Thirdly we also have to prepare ourselves to dimensionally shift into the higher states. This involves letting go of the human design limitations that amplify separation, activating dormant DNA, re-coding lost dismantled parts, restructuring cells and making changes to our metabolic processes and so forth while at the same time anchoring the higher Light energies and our Higher Aspects to ourselves here.

All of this might sound very daunting however you are not expected to do this alone. There are legions of DIVINE Beings ready and willing to help you through all of this process. This is ENTIRELY TRUE.

They wait in the higher levels for us to ask for help. These higher level Divine Beings are so honouring that they will not step forward unless we specifically ask for them to come to our aid. If they did then it would be a violation of our Free Will and a breach of Universal law. So!

### **Remember:**

**DIVINE SPIRIT CAN ONLY HELP IF YOU ASK**

Although Earth is acting as a focus for this transformation, it is occurring on all levels all the way back to Source. It is impossible for this not to be so. As all who are here now are also from all of these levels then as we initiate change here it reverberates throughout all of existence. It also draws in all those who are inclined to do the same even if they have no incarnation connection with Earth. Earth then is acting as a Little Chef conference centre by the side of a major intersection of the multidimensional highway attracting and bringing together all those like souls

from all corners of creation who are eager to play this evolving game.

Partaking in this process here is entirely up to each individual, this is a Free Will zone and as such we are entirely free to grow in whichever way suits us at any particular time. Some of us have agreed to be here to play for the unconditional love team and others are here to kick for the fear, control and manipulation side. Paradoxically the majority of people focused on growing are playing for both sides at once. This is entirely true and will stay true until you move fully into your DIVINE and UNLIMITED SELF. All this gives us a perfect training ground to practice discernment, acceptance and unconditional love.

For all of us who choose to, we can work through ALL our Karma, our traumas, our soul growth issues and so on - we can do everything we need to become our DIVINE SELVES (ALL THAT WE ARE in UNITY) - fully expressing UNCONDITIONAL LOVE, the I AM presence, while being fully embodied (without pegging out) and moving into whichever dimensional level our current limiting self will allow us to go for.

Many people who begin to follow a spiritual path quite often have the misguided impression that their life will immediately be filled with love and light and everything will flow perfectly for them and that they will be kept totally safe and secure. So, let's put the record straight, love and light are the end points of this transformation journey. That this love and light is within you NOW, blazing in Divine magnificence is the TRUTH. When you reach it - no one will be needed to keep you safe and secure because you will, within yourself, be totally safe and secure. The only slight problem is that the love and light within you is buried under a huge mound of baggage. To FULLY reach who YOU TRULY ARE you have to travel through and process ALL that hides it.

This handbook is a guide showing you precisely how to work with Divine Spirit in dealing with all the bits of your monstrous mound. It gives you everything you need - an understanding of the transformational processes, the right language to have the Divine working with you effectively so that you are moving ever closer TO WHO YOU ARE. It does all this without getting you too bogged down in strange terminology like light bodies, solar logos angels and merkaba vehicles (Who said that?).

## **3.4. Light Team Members Discussed**

It is generally considered that there is a very large and organised Light Being working party currently incarnated and resident here. This large group of people has, with respect to certain models been divided into two groups. One are called Star Seeds and the other Light Workers.

I find these terms (and many others) to be limiting and ambiguous and therefore confusing and unhelpful. People talk about moving into the LIGHT, others talk about moving away from the DARK and many relate to the DARK as bad or evil or negative. What are the aims of LIGHT workers? Why are they here? Well, I can only speak for myself, but I am here to bring myself fully into balance or UNITY or GOD CONSCIOUSNESS. To do this, I am bringing everything within ALL THAT I AM fully into BALANCE or UNITY. In UNITY, there is no judgement, there is no good or evil, there is no favouring anything over anything else, there is only BEING WHO YOU ARE in UNITY and letting all others be WHO THEY ARE. For many then the term 'LIGHT', is ambiguous, polarising and means entirely different things to different people or nothing at all to others. I therefore suggest that the label LIGHT Worker be abandoned in favour of UNITY Worker.

In the same way, what does Star Seed mean? What is this label supposed to represent? If a Star Seed is supposed to be someone who is at the front edge of the transformation process and therefore more focused than a UNITY Worker then should a better term not be used? I myself prefer to use the term God Seed or UNITY Seed rather than Star Seed as this for me is a more accurate term and using it will very surely help some move closer to WHO THEY REALLY ARE and get them much more focused on what they are really here to BECOME.

For myself I see the plan (if indeed there is one) as being very organic and changing in the moment. I see God Seeds as those people who are taking the front markers. They are pushing the multidimensional frontiers back as well as rewriting attitudes and re-wiring belief systems while at the same time continually moving beyond the accepted limits within the many spheres of life as we currently experience it here.

In this model a God Seed will have a more focused intent and a better overall awareness than a Unity Worker. All are concentrating on pushing awareness and transformation forwards in a particular direction in accordance with their mission role. In essence they manifest and then hold the energy that represents the change or movement that is a small part of the unfolding creative jigsaw. Their focus as part of their path to BE WHO THEY ARE draws others to them who are (by and large) doing the same in the same way. This is a dynamic process that happens with greater coherence as they move more into alignment with their current role and move closer to their TRUE SELVES. They then automatically gravitate towards others focused in the same way. This coming together not only accelerates the reclaiming process but also facilitates each member to make solid their particular role. They are in effect helping each other to BE WHO THEY ARE.

In a very loose sense those that come together in this way can be considered as part of a family, mission team or community (pick which you like) related in both their focus, energy, mission agendas as well as higher level origins and affiliations.

This grouping or creative joining together of certain people is happening more at this time and will steadily increase to create larger and larger networks, spreading out to encompass the whole planet (as well as all planets, groups, societies and species on all levels everywhere who have chosen to play this game). It is happening on this scale because rather than a few people deciding to evolve in relative isolation as individuals (which is how it usually happens), many have decided to evolve together. This widens the scope somewhat to include families, groups, cultures, societies, countries, planets, federations of planets and so on and so on.

I describe it in this way because each of us is multidimensional and therefore operating on many different levels, in many different places at this moment NOW. For you to evolve into your GOD CONSCIOUSNESS here means that you have to embrace all that you are everywhere. In doing this all these other parts of you change and evolve wherever or whenever they are NOW. So this evolution is happening everywhere simultaneously. In the same way that the movement of a butterfly's wing can cause a hurricane on the other side of this planet, changing our consciousness here increases awareness on other levels and in other places that we cannot even begin to imagine.

At the present time we are all in various phases of transition. For those that are part of this agenda; some are resisting, some are dormant, many are unconsciously unfolding and the rest are consciously unfolding - that is they have woken up. As the unfolding process moves out from clearing and resolving issues and trauma on a personal level it will expand out to encompass larger scale projects related to social, cultural and community changes. I presently feel (summer 2000) that we are about to step from a focus on personal transformation and move more into the social and community areas (I acknowledge that we have had people pushing these boundaries and cutting new pathways in these areas for sometime so all this is relative).

So, although there are new communities already in existence that are bringing in new ways of being we will see gradual and continuous increase in these in the future. Everything is moving from the inside out, with changes moving from the personal sphere, to family, to social and community through to society and then country level and beyond.

New communities will manifest as like minded evolving Beings come together to create something new (The Damanhurians in Italy are a good example of this). The more evolved communities will see themselves as an experiment, constantly re-adjusting themselves as their knowledge changes and they find better ways of living together that at the same time supports

each person to BE WHO THEY ARE.

However whether you are a God Seed or Light Worker or evolver, all you need to do is BE IN THE MOMENT to carry out your roles here, to BE what your BEING FEELS. Although what everyone is doing in a larger sense is very interesting; the really important thing is for each of us to be focused on our own contribution and let others get on with theirs.

As we like to have things presented here in neat packages in ways that we can relate to from our limited understandings and perspectives on this level then this is what we get. So, we have been given the impression that everything is very well organised, structured and scheduled. This is NOT SO. It is creatively disorganised, arising and unfolding in the moment based on what we decide as individuals as well as collectively (and within all the collectives that our consciousness subscribes to).

From this, anyone who chooses to consciously discard their baggage, move beyond limits and explore WHO THEY ARE in UNITY can be termed a UNITY Worker. Those of you who are truly dedicated in this focus to re-claim ALL THAT YOU ARE could then be called a God Seed.

## **3.5. Characteristics of God Seeds and Light Workers**

People who are representatives from either of these groups should be fully exhibiting or moving towards fully exhibiting the following characteristics. As a general rule God Seeds would be getting there first and at a faster rate. However each family or team will have a different agenda in terms of wake up, clearing and role completions in line with the all encompassing creative expression of ALL THAT IS in the moment (The plan?).

- They are continually moving beyond themselves all the time, breaking limits, shifting through boundaries, discarding beliefs as they let go of everything. They stand on the edge pushing it forward, eager to cast off the current set of limits and so hungry to regain more of themselves that they happily eat fear for breakfast and transmute it into security.
- They are held to nothing and they hold to nothing. They control nothing and are controlled by nothing. They don't recognise any rules only that they may rule themselves by BEING WHO THEY TRULY ARE in UNITY.
- They are poised within themselves as they move with the FLOW, with what is needed in the MOMENT. They do not therefore plan, for by just BEING they are the plan. In BEING WHO THEY ARE they are then free to do their part here in TRUST, as they understand that all others playing their parts are doing the same.
- They don't need recognition; they don't need to be persuaded or to be promised gifts or rewards to do what they are here to do because for them the participation itself is reward enough.
- In all that they do they understand that they are just facilitators nudging people in the right direction, reminding each person of WHO THEY ARE and WHAT THEY CAN DO. They know that they can only do this by BEING WHO THEY ARE and DOING WHAT THEY CAN DO.
- They need no one to recognise them as they recognise themselves. They need no one to make them secure, as they are within themselves totally secure. Being free in this way they create freedom. So, they especially do not lead rather they create leaders. In the same way, they do not teach but create teachers.
- They accept no set backs indeed they have no set backs as for them everything is a gift to

themselves to remind them of WHO THEY ARE.

- They are not attached to outcomes and they have no expectations because for them there is no success or failure only BEING IN THE NOW. So, they do not persuade, they do not preach, they do not push and they do not penalise.

In all, we have just started here, we have made a good start and we have a very well established base camp. However we are here to transform into Love. Love means no fear, no limits, no preconceptions and no expectations of the future. Whatever vision you hold now of what might be, has been filtered to encourage and draw you gently on. I assure you all that the reality we can choose to create will be well beyond the very best that each of us dreams of now. We cannot yet even conceive of it.

In the meantime I have to remind all God Seeds and Light (or UNITY) Workers that they are here primarily to embrace ALL THAT THEY ARE to stand fully in GOD CONSCIOUSNESS. Anything less than this requires that you either pay your own fare home or that you have an ascended master issue you with an official multidimensional sick note (preferably signed by Archangel Michael).

## **3.6. Unity Workers - Arrivals and Departures**

Most of the UNITY Workers and God Seeds have taken the more accepted route to spending time here in that we incarnate. Others however come in and by prior arrangement swap consciousness with an already occupied human vehicle. Obviously each of these routes will have merit with regard certain agendas rather than others.

Those who incarnate via the more usual means have been labelled by some as crawl-ins while those who use the consciousness swapping method are called walk-ins. Walk-ins seem to be more immediately conscious of who they are and what they are here for than crawl-ins. In some ways this latter method allows consciousnesses to be placed in the moment when and where needed. This keeps the overall transformation process flexible and more immediately responsive.

Please bear with me here. Everything else within this handbook is from my own direct experience and knowing however as I am not a walk-in then all that I say from here on about this subject area is second hand. Strangely enough I know only one walk-in and she appears to be quite unusual compared to what I know about others. What follows then, is a brief summary of her experience which I feel is important both to help us understand the limits we place on ourselves as well as the conceptions we have of consciousness.

She came in about three years ago (early 1997). Retained full memory of the vehicle history (as it were) that she took residence within. She is aware that rather than enter this vehicle from another level she came directly from another vehicle here. Unusually she also retains full memories of this previous vehicle, so much so, that armed with her old name and address she went to visit. She felt that she had left some of her energies within this form and wanted to investigate if they were recoverable. Although it has been part of her mission here to gain experience within a variety of vehicles, she is slightly annoyed that as she has chosen to reside only within vehicles whose age is from late teens and upwards then she has missed out on the early human experience.

She is here as part of a twelve Being team that together have a particular mission profile. As part of this mission they all have different skills and qualities that are needed at particular times. In this regard they can consciously exchange. So, in one sense they are a collective using one human vehicle as a focal point within this reality with the current occupier being the one most suited to their mission requirements in that moment. (We are both familiar enough with our own

individual Higher Aspects to be absolutely sure that these are not different aspects of the same Being but different, individual Beings).

So, when I had known her for about eighteen months, she told me that she was going on a trip off planet and did not yet know if she would be taking her body with her. A few weeks later she then told me that another Being would come in to look after her human vehicle while she was away. So, I was in the bizarre position of building up a new friendship with number 2 while my original friend was off on her higher level intergalactic trip. So I kept in phone contact with number 2 on this level while at the same time I internally followed what my original friend was up to on the higher levels. I am now in the process of becoming friends with number 4.

The thought of exiting my own body scares the living daylights out of me - this is just one of the ways that this friendship is facilitating me. What preconceptions I hold about consciousness and the human form are going down the tube rapidly as these encounters continue.

Where do you define your own limits? As I keep saying the only limits you have are the ones you choose to hold onto out of fear and out of separation.

## **3.7. Moving into UNITY Consciousness - Sensible Guidelines**

It cannot be overstated that this is a very special time. We all have Free Will here and we are all free to choose the direction that feels best for us in this time of transition. This time gives us unprecedented opportunities to evolve and change at unheard of rates. You choose how far you wish to participate in this process and you choose where you will go.

Things are changing very fast. So, for example what I thought of as 'the' truth just a short while ago is now a 'different' truth. Until recent lifetimes, transforming into your DIVINE SELF was very difficult while at this time it is now relatively easy (just stay focused and don't step off the ascension bus). Ascension used to be about getting to Ascended Master level, while NOW Ascended Master level is a good starting point. We now have therapies that can do in an hour what would have taken years a generation ago.

Don't attach yourself to any truth as that in itself means limitation. Let go of all. This handbook should have a major face lift every few months; I can barely keep up with the pace of change in myself never mind presenting these changes to others.

People are offering many different approaches to raising awareness and getting people more woken up. These approaches are all designed to offer people a route beyond themselves that they can accept at this time. These different approaches sometimes appear to be very dissimilar, using different terminology and perhaps taking different stances. This diversity is required to attract a diverse range of people. In many ways what each path is presenting is a small view of one part of ALL THAT IS specifically tuned to attract a particular type of person.

So remember, you need what YOU need to accept change, to evolve and to grow. In theory you don't need anybody on this level to do this. In practice YOU NEED WHATEVER WILL BEST FACILITATE YOU IN YOUR OWN GROWTH. The best supplementary tools you can cultivate within yourself to do this as effectively as possible are; self honesty, perseverance, determination, the ability to let go, the ability to accept.

Focus on connecting with Divine Spirit directly, develop your intuition so that you can trust it always and then follow that. ALWAYS keep tuned to your INNER SELF, that is important. Don't go with your head, don't go with your emotions, develop and go with your INNER KNOWING and then nothing can divert you or even distract you.

## **Attachments and Limitations:**

Although it is comforting to find a method, system or technique that will help you try not to become attached to any one thing. For instance my energy tools have certain energies which will help some people in certain ways and with varying effectiveness. If one helps you then great - take all that you can from it, but at a certain point most of you will out grow it - you will evolve past it. When this happens don't cling to it but walk away knowing that whatever else you NOW require will magically appear.

## **Acceptance:**

The more you become attached to something the less you are able to accept what others are doing. Understand that we need a million different ways to help us to grow. As we are all different then different things suit us at different times. Step into your own space and let others step into theirs. If people choose to continue to embrace fear and control then that is their choice and they have a Divine right to do that. For yourself however, I suggest that you support who you are by TRULY being the TRUE BEING YOU ARE.

## **The 'Entrapment' Syndromes:**

These are many and varied. Variations include; "This is all you need", "You must do this", "Ours is the only true path" or even worse "If you leave then bad things will befall you". In summary, be wary of anything that says, "with this method or system or group this is what or all that you need". It actually may be, but there is nothing that is right for everyone all the time. All you can say is that 'X' has greatly helped me with solving 'Y'. So if 'X' suits you and you have 'Y' to sort out then it may be right for you. This is another symptom of what happens when people get too attached to things. A TRUE PATH will let you freely come and go, it will not bind you or overly persuade you.

## **The 'Do This' Syndromes:**

In the same way, there is a lot of advice given out about what you need to do to be a better person or to spiritually grow, many people mistake these for basic truths and use them to frown upon or to make judgements about others or to feel better about themselves. Some that have been quite popular at various times include: don't drink alcohol, have a certain diet, be a vegetarian perhaps or take dietary supplements, only mix with the right people (whoever they are?), don't go into pubs, no sex before marriage, don't have negative thoughts, you must meditate, having sex will weaken you, don't smoke, you must only have a relationship with someone from the same group, don't take drugs or you must take 'this' drug. This list is fairly endless. Some of the above are quite popular with those who equate some sort of sacrifice with spiritual growth and are therefore considered 'better' or 'more spiritual' for adhering to them. Understand that when you are tuned to your inner wisdom then you FLOW with what you need in the MOMENT. Yes this may mean that you flow in and out of some of the above at times, but then that will be because YOU will truly know what is RIGHT FOR YOU. On the other hand if you are not in tune, then recognise this and try whatever you want to, preferably something that is quite different to how you have been as this will shake up who you think you are. If thinking about doing something different makes you feel scared, then congratulations consider yourself fully human and no different from almost everyone else. Remember growth is about breaking through the shell of fear that surrounds you.

## Taking Responsibility:

There is only one person responsible for you and that's you, absolutely no one else. As an example there are some approaches saying, "when you use this method or work with this system then you are fully protected from all negative energies and entities". DON'T FALL FOR IT. If you do then you have handed responsibility for yourself to someone or something else. Don't let anything you do take responsibility from yourself.

## Focusing on your Path:

Don't get caught up in thinking ahead. Always work with what you have NOW and with what is happening NOW. You can 'psyche' yourself out looking at how much you need to shift and how impossible it seems - so don't - forget it. Much wiser people than I have said it: *Focus on keeping to your path not on where you think you are going. Don't look in front (to where you think you need to get to) or to the side (comparing yourself with others) or backwards (have I moved enough yet?) - None of these honour you.*

## Self Honesty and Self Acceptance:

Lack of self-honesty and self-acceptance are often combined issues with some people. Your progress into yourself will be severely limited if you cannot be honest and accepting about yourself. If you choose to hide parts of yourself or to not acknowledge your fears or insecurities or your dark side then the only person in the whole of creation who loses out is YOURSELF. If you are working from ego - you know. If you are sweeping parts of yourself under the carpet - you know. If you are not speaking your truth - you know. It makes no difference what anyone else says, what anyone else thinks about you or about what you say. At the end of the day, what they do is their responsibility not yours and what *YOU* do is *YOUR* responsibility *NOT THEIRS*.

If you're finding this book useful then maybe others would too? Does anyone come to mind that you think might find this interesting or perhaps benefit from working with it? They are maybe just an e-mail away from finding out?

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## GOD CONSCIOUSNESS PATHWAY PITFALLS

### 4.1. The Truth - Will you ever get to It?

We have available much spiritual information from channelled and other sources at the present time all helping to raise awareness and giving people new ways of seeing things as well as ultimately and essentially CHANGING people themselves (which is the whole point). It is important to understand that elements of this information are only relevant to those people to whom they are relevant to. None or very little of this information can be taken as the TRUTH, it is only presented as a means of moving people CLOSER to THE TRUTH. As people are drawn to explore growth or awareness subjects, they are by and large led to the information which is right for them at that particular time, this could be through reading books, watching a particular television programme, attending workshops or awareness courses and so on. This information changes their beliefs, their attitudes and way of relating to others, sometimes slowly, sometimes quite fast.

If you watch this process within yourself then you will probably find that your beliefs and understanding will have changed quite a lot over the last few years. You will also probably find that what you are reading now, what you are involved with now, you would not have been seen dead associating with just a few years ago. Is this not true? And more importantly what does it mean?

Well, in essence it means that whatever is being presented to you at any particular time is specifically designed to shift your awareness slightly closer to the truth. This means that whatever beliefs or models you have about either spiritual growth or what is happening here will always be wrong, they will always be changing. Never assume that what you think you know is true, just know that what you have at this time is right for you until you are ready to move on again. Also try and appreciate that for Divine Spirit to move you along in this way while at the same time only being truthful would be an almost impossible task.

Each step you take brings you to a new place within yourself; you can do this with a sense of excitement and anticipation or foreboding and fear depending on your nature and resistance to change. You can stride excitedly along this winding footpath or you can take numerous rests and timeouts in the local pub - each to their own. The speed at which you can move down this trail depends entirely on how fast you can LET GO. This includes LETTING GO of what you think you know. As change is fundamental to this whole process and LETTING GO is fundamental to change then you will find that I will regularly keep pointing these TRUTHS out.

Our insecurities condition us to want to have something to hold onto so that we can feel safe and so that we can feel that we are in control. For the same reasons many of us feel that we have to know something. A real truth is that someday you will be perfectly secure knowing nothing because you will simply just BE. This is where you are being led; everything in-between is just flannel. Momentarily very important flannel and essential to your growth but flannel nevertheless.

## 4.2. Giving yourself a Choice

We make choices all the time thinking that they are our choices. However the only time that you are free to make a free choice is when you are properly in GOD CONSCIOUSNESS. Until that time you are invariably making choices that are based on what you have been told by others, what beliefs you have settled for or from what has bent you out of shape through deep conditioning or traumatic incidents. So, most of us are only free to make a choice within the limitations of our fears, within the boundaries of our belief systems, our religions, our personal conditioning and so on.

Many of us tend to hang onto certain truths or beliefs or arguments as if our lives depended on them. For some people their current existence does depend on these and without them their life would lose its meaning.

If you are truly interested and focused on growing spiritually then try and cultivate a sense of adventure and exploration. Hold all that you think you know as just a set of parameters that have served you well up to this MOMENT, but keep in mind that they need NOT be related to the truth AT ALL. They have been what you have needed to help you deal with life until NOW. Understand that the more you have decided you know something the less you will be able to let anything else in. When you TRULY know the TRUTH then you ARE IT. You will not have any need to either cling to it or try to make it anyone else's as it stands for ITSELF.

For example some paths state that ascending takes hundreds of lifetimes. Perhaps it only takes hundreds of lifetimes because so many people have fallen for this information. So, I say now that it takes as many lifetimes as you choose to take. You can make it one or you can make it many. If you want to use some information as an excuse to hang around for a few hundred lifetimes then that is up to you.

Others say that you cannot make it without a living master. Well that may have been right at one time, but it is certainly not relevant now. I can access any number of non-living masters to facilitate me NOW. If you wish to work with a living master then find one. If you wish to work with your own inner master then that is now an option too.

I say that it will take as many lifetimes as you choose. I say that you need a living master if you need one and if you don't need one then you don't. Remember that any path worth its salt will increase your freedom of choice not reduce it.

## 4.3. Being in the Flow - What does this signify?

OK, so you start to clear your stuff, chuck out your old baggage and so forth, become more attuned with your INNER SELF (intuition) and are moving with the FLOW. So called coincidences are the order of the day and everything is unfolding and fitting together taking you ever closer on your journey to your GOD SELF. Or is it? Surprisingly enough it probably isn't. Being in touch with your intuition and being in the flow is a good bare minimum starting point to give you the tools to help you more effectively move into your GOD SELF SPLENDOUR.

The problem is many think that when they enter this life flow, this is a sign they are well on their spiritual way. This is a very dangerous assumption to make, as it is invariably wrong. All it really means is that you have become secure enough to TRUST and to LET GO enough so that you now have some direct access to your CREATOR or GOD SELF. This then enables you to manifest more coherently whatever it is you desire. The DIVINE SOURCE is totally unprejudiced in what it creates on your behalf. You have FREE WILL; you can manifest anything you like. Whatever your

true inner will or focus is bent to will become manifest. If your focus is to manifest a sexual partner then so be it, if it is to make you accepting and compassionate then so be it, if it is to make you feel blissful then so be it, if it is to avoid facing your whole self then so be it, if it is to manipulate those around you then SO BE IT.

Being in the flow, is a sign therefore that part of you at least has accepted and understood that it manifests what it focuses on and has a clear enough line to start doing this. If your focus is to manifest what you need to move fully into your GOD CREATOR SELF then that will happen. Otherwise whatever your focus of intent is either consciously or unconsciously will present itself more coherently within your life.

## **4.4. Preconceptions and Expectations**

What are the characteristics of being in DIVINE UNITY, your full I AM presence? Do you know? If you think you do and your focus is to manifest these imagined Divine qualities then that is exactly what will happen. You will take on the qualities that you think identify you as being in your I AM presence nothing more, you won't be in your I AM presence, you might think you are but you won't be. You may have preconceptions about what will facilitate you on this journey and what won't. Which teachers are good or which techniques are best, what your best friend has put you off from or recommended to you. You might also be one of the 'soft and fluffy' school and think that you can get into UNITY without balancing up your dark side and think that transfixing on the light will do it.

So, are you stuck in such a loop? Are you holding onto an ideal, fed to you by a book or a guru or a master or a religion? This is another way of saying that it is quite easy to get too wrapped up in what you think you know in your head, it is however a totally different experience to FEEL it with your WHOLE BEING. Are you willing to go past that ultimate scary line and put everything down and allow what really IS to TRULY come play with you. Are you willing to LET GO of all that YOU think or feel you need to get you there?

At some point then you have to skip over this line and let go of all your preconceptions and expectations, this is the only way that you get to your real DIVINE SELF. Any preconceptions and expectations that you hold onto will lead you astray. You have to let go of EVERYTHING. Your true dedicated focus, implemented with determination and perseverance should be to move fully into manifesting the perfect and HIGHEST DIVINE EXPRESSION of yourself without expectations and ultimately (someday) without thought. This is the only true way to take yourself there and believe me it's great fun perfecting a focus without expectation - an adventure indeed.

## **4.5. Being and Doing**

So, as you can see there are lots of apparent paradoxes that appear and rear their ugly heads just to confuse you when you are intent on growing and becoming more spiritual. Another example - we have been conditioned to expect success only when we strive. The more work and effort we expend the more our goal will manifest. This is great in a job for impressing your boss, but it won't either impress your GOD SELF or actually facilitate you to BE IT.

Your GOD SELF is about BEING, to exist in the moment without expectations. When you first make the decision to grow, you will make use of the tools that have served you well in other aspects of your life. By and large this involves trying to figure things out, formulating strategies, rationalising, using logical reasoning and so on, all the usual thinking stuff. At this stage this will probably help, but as usual you will reach some point when this has to be replaced by BEING IN THE MOMENT. This is where you stay attuned ready to respond to your inner signals, this is all you need to do - that is to BE WHAT YOU FEEL. These inner signals will take you in the direction

that will best manifest your current focus of intent.

A friend of mine (very academic) was drawn to a workshop hosted by a shaman. As part of an energy awareness exercise the shaman described the energies running down the side of a tree, he invited those present to see / feel them. My friend became progressively more and more frustrated as the days went on. He was trying harder and harder to 'see' what was being talked about. Eventually in a fit of frustration he gave up and only then was he gifted in seeing the energies. In essence, when he did nothing but hold a poised awareness this brought everything to him.

Many then, start out by using their head. This is a good starting point. From here they shift to their heart. This is entirely a good move - it takes people away from the thinking head level stuff and aligns them more with their feeling. Unfortunately many get stuck here and don't take the final LET GO OF EVERYTHING move that shifts you into coming from your WHOLE BEING from ALL THAT YOU ARE. If you are focusing on one chakra over any others or denying some to bring others into prominence then you have LOST THE PLOT. DIVINE UNITY is where you can go and UNITY means exactly that. It is NOT symbolic; it is EVERYTHING in BALANCE. No denial of sexuality for example or fear or anger, no denial of anything in fact. How can you be ALL THAT YOU ARE by denying any part of yourself?

So, doing will help you get started, but at a certain point you have to move into TRUST and start BEING (but remember you cannot DO that).

## **4.6. GOD SELF Presence or Phone Line - What do you want?**

There are of course many different ways and paths presented to help you grow and take you closer to your TRUE SELF. These different approaches for example could be via a meditation or yoga system or energy pathway or others, either on your own or led by a guru or master. As part of my own journey to explore myself I joined a meditation group. This was quite a few years ago; it involved initiations and a certain amount of meditation each day. The aim was 'Enlightenment'.

Some of those who had been involved with this group for some time had achieved this state. However, as I met more of these 'Enlightened Beings', I realised that they still had their fears, conditioned reactions and they were still very much relating to others in non-honouring ways.

For myself I could not relate to a state of Enlightenment that had people making judgements regarding others or decisions based on fears. As my own focus was on finding the tools that would help me to resolve my own issues and move on from my fears and so on then I could not see a great deal of value in their end state. It was not going to make me happier.

What I felt about this particular meditation path was that they seemed to get an appreciation of being AT ONE WITH ALL, but that they did not seem to be able to actually manifest this as a state of consciousness on this level. To me this lack of infusion of higher consciousness was obvious as it was reflected in their relationships both with themselves and others.

What I am really interested in manifesting is my complete I AM presence here, to be totally in the NOW, totally flowing. What some paths seem to be offering is a communication line to GOD, a phone connection rather than a complete movement into the DIVINE SELF. A phone line is relatively easy; it can give you an increased awareness and expanded and nice feelings. So, if all you want is the phone line then OK, but be aware of the differences between feeling good and BEING TOTALLY FREE TO BE WHO YOU TRULY ARE - your DIVINE or GOD SELF. Again, what is your focus? Do you want to do half a job and come back to complete the rest or are you really here to go all the way - be honest - and remember you always have a choice.

## 4.7. What are you aiming for?

My focus is to move myself fully into GOD CONSCIOUSNESS. UNITY CONSCIOUSNESS and ALL THAT I AM in UNITY are for me the best descriptors of this state as they more accurately express what this really signifies.

Many people are using words without knowing what they mean. Some assume they know the meaning. Some only know what they mean because someone else has told them. Very few KNOW within themselves what these words really mean. Whichever you use; DIVINE SELF, GOD CONSCIOUSNESS, the I AM presence, GOD SELF, HIGHEST SELF, TRUE SELF, GOD CREATOR SELF, DIVINE UNITY, SOUL SELF, LARGEST SELF does it mean the same as stepping fully into ALL THAT YOU ARE in UNITY? And if not why not?

As many of these terms are ambiguous, mean different things to different people and more confusingly, different things at different levels of awareness, I deliberately use them interchangeably. Doing this will automatically move you towards identifying them ALL with reaching UNITY. This gradual realignment will make more solid their true and higher meaning.

The same problem arises with the term 'LIGHT'. As many people see themselves as moving into or embracing the LIGHT, then what exactly do we mean by this term? As many people regard this LIGHT as being opposite to the 'DARK' and many identify the DARK as representing the bad or negative or evil then does this not make the LIGHT the opposite of bad, evil, fearful, negative and so on? As within UNITY everything is in balance, with no good or bad, no negative or positive then is it sensible to use a term that promotes polarity and ambiguity? Will this not cause confusion and disorientation?

I make this point within the handbook about others terms and words used within the spiritual growth fields that are either meaningless or ambiguous or confusing or polarising. Think about why you use them? What do they mean? And how can we represent what we really mean better?

What can you say about yourself? Where do you draw the line? If you were to describe yourself, which of the following would you use? I am becoming my Higher Self, I am embracing GOD CONSCIOUSNESS, I am unfolding into ALL THAT I AM in UNITY, I am a GOD CREATOR, I am GOD. What you are comfortable with here will tell you a lot about yourself and how much you have accepted and embraced of ALL THAT YOU ARE in UNITY at the present time. What is your focus? Where are you going?

## 4.8. Your DIVINE SELF Focus - Part time or Full time?

So, you're on a spiritual path, trying different things to raise your awareness and move you into UNITY, your DIVINE SELF. Perhaps you are still over taxing your neural pathways trying to figure things out or maybe you have progressed to a feeling, BEING state - great.

However, reaching your GOD SELF, your I AM presence, stepping fully into DIVINE TRUTH is not a part time job. Your whole BEING must be focused on achieving this. There can be no coffee breaks or holidays from holding this focus; this is the TRUTH.

NOW! Whatever you want is fine, wherever you are on your path, whatever means you discern will facilitate you in this is up to you. If you are a part timer and know this then great (and I really mean that - stand for who you are). Are you a part timer pretending to be more? If you are, then it will greatly facilitate you on your path to acknowledge this, accept this and then let go of this image. Doing this will itself be part of your path. Of course if you are truly focusing full time on reaching DIVINE TRUTH then you should also acknowledge yourself for this - yes!! It's

time to come out of the closet.

## 4.9. Why is a LARGER FOCUS Important?

Your focus is the single most important attribute that you should cultivate. Many pursue a specific spiritual growth characteristic or get distracted or lost in minor side issues, little understanding that if you go for the 'BIGGY' then all that you require to achieve this will be presented to you in a very organised and scheduled way.

For example many concentrate on meditation as a means of encompassing different states of awareness. Some are trying to activate and raise their kundalini; others are powering up their merkaba vehicles or switching on their Light Bodies. NOW it is each to their own. Each MUST do what they feel is right for them. However, consider taking on a larger focus and a more encompassing vision. This is what I am trying to encourage you all to do. On my path for example:

- A year into my training with the Divine I was put through what I then called standing healing sessions. So, two or three times a week I would take time out and ask them to give me whatever I needed to shift me as fast as possible into ALL THAT I AM in UNITY and off we went. While energies flowed through me I was physically manipulated and put through what for me should have been impossible Yoga type positions. These sessions progressed over a three-month period with the most intense taking seven hours, which was probably equivalent to two years of Yoga (I'm not kidding). Towards the end of this phase my kundalini started to rise. Over a four week period it pushed and burnt its way through all my physically held blockages (The heart area was particularly difficult) until it cleared all channels and since then has stayed permanently open. This was never directly invoked and to be honest I never even thought about it. I had no support on this level while this was happening and in fact needed none. To me it was an essential but small step within my overall journey that was automatically scheduled as it was a necessary requirement for me to encompass my larger vision.
- Early on during my collaborations with the Divine I used meditation as a tool (see chapter 21) to provide me with insights, updates and understandings from beyond. Before connecting to the Divine my meditation was poor to say the least. Once connected and guided by my larger focus I found that I was able to put myself completely into a void in under five seconds even during my coffee breaks as a University laboratory manager. No mantra or other aid to concentration was required it was simply done.

You will notice that I do not talk about enlightenment in this book as this is an indeterminate state that means different things to different groups and people. There are many interesting states of consciousness that you can explore; many however have nothing to do with true UNITY. When your focus to reach DIVINE UNITY is SOLID, then *absolutely everything* that you require will be presented to you to achieve this. THERE WILL BE NO EXCEPTIONS TO THIS.

## 4.10. Points of Paradox and Divine Contradictions

So, everything is a matter of perspective. It depends on your level of awareness and how close you are to embracing ALL THAT YOU ARE in UNITY. So we can make various statements that mean different things at different times. Let's look at some of these now:

## **You are GOD:**

You are GOD when you are standing within your GOD SELF and are therefore not exploring your relationship with yourself through separation. When you are within separation and prone to operating from fear, attachment, conditioning, control and so on then you are very much at the opposite end of the spectrum to someone expressing their DIVINE NATURE. As you also exist and have parts of yourself exploring and living throughout many levels of creation including those close to SOURCE then it is true to say that some part of you does exist in that expansive, eternal, unified GOD SELF form. You can get a good idea of how embedded you are within separation by your reaction to being told that you or someone else is God. If you think the speaker is obviously insane and you recommend them for psychiatric evaluation then you are probably well on the way to achieving full marks for mastering separation, WELL DONE. So, strictly speaking to conform to the guidelines held to by the Department of Advertising Standards we could say that part of you is GOD and that you always have the potential to operate from that level of CONSCIOUSNESS if ALL THAT YOU ARE so chooses.

## **You Create your own Reality:**

The reality you experience manifests through the combination of your mission agenda priorities as well as your current conscious or unconscious focus of intent. Because your Higher Aspects set your agenda then, until you match your level of consciousness here with those parts of yourself and BECOME them, you cannot change what they have done. So, again we can sum this up by saying that part of you is always responsible for the reality you experience, however the part of you here can only be fully proactive in what you create by BECOMING and BEING the parts that made those decisions.

## **You always have a Choice:**

Eh! Yes and no actually. You are only free to make a free choice when you are standing in GOD CONSCIOUSNESS, unhampered by strange belief systems, dysfunctional attitudes and behaviours or fears or conditioning. So, it is true to say that you are always free to make a choice within the boundaries and limits you accept and take as real. In GOD CONSCIOUSNESS you have no limits and can then make any choice freely, while in separation you are bound to the limits you hold yourself to (whatever they are). At the same time understand that you made the free choice at some point to explore separation and take on the restrictions which you are now experiencing.

## **4.11. In Summary**

Here we have been trying to shake up your concepts about what it is to be truly spiritual. We are endeavouring to make you aware that you cannot and should not make any assumptions. For example; that time honoured pathways will take you to what is on offer NOW. Whatever you are using as a means of growth, as a way of propelling yourself onward you must at some point LET GO OF IT. To truly step into UNITY requires nothing less than this.

Source is UNITY; outside of Source is Separation. In many ways we could say that you have been exploring separation on behalf of Source. This is the mission profile that we each have in common. NOW is the time when you can choose to return with all that you have experienced within SEPARATION and take it back to Source. This is what Source has been waiting for. Unfortunately to return to Source with all of your vast and rich experiences, you have to UNIFY or balance all separations that you hold within ALL THAT YOU ARE. This means that YOU have to accept ALL THAT YOU ARE without judgement but with acceptance. What you cannot BALANCE

cannot be taken into Source, it cannot be truly made part of UNITY.

This movement, contrary to what is presented elsewhere is not about dissolving into nothingness or being held permanently in bliss. Many of these states are an expression of possibilities in the same way as hate or control or anger and unless they are done out of a true choice and from a position of balance then they are not an expression of TRUE UNITY.

Explorers of consciousness have probed source and highlighted certain states and aspects that are difficult to attain and manifest within this environment. Probing Source or connecting by the equivalent of a phone line is great for understanding contradictions and offering more expressions of consciousness here such as bliss and if these areas are what you are truly interested in then great GO FOR IT. UNITY however is about taking ALL PARTS of ALL THAT YOU ARE back into BALANCE so that ALL OF YOU on all levels is within UNITY on this level HERE. In effect you are then representing or bringing Source here. This is what the real game is about at the present time.

In many 'enlightenments' or altered states of consciousness you do, I am told, dissolve and become nothing, you lose your individuality. What we are being offered at this time is a true movement into UNITY. When YOU hold all experienced separations within in BALANCE then YOU can become AT ONE with Source while at the same time retaining ALL THAT YOU ARE. In this way ALL THAT IS gains ALL from your exploration of SEPARATION. Which is at this time - THE WHOLE POINT - SEE YOU THERE?



# FINDING & BEING WHO YOU ARE - SOME NOTES

## 5.1. True Feelings or False Feelings - How to Tell?

During my childhood difficult situations caused me to seal off from my feelings, (when I was about three). This is the only way I could cope with my environment. It was some 35 years later that I realised that this is a familiar pattern from many lifetimes and I chose my parents and childhood situations in this life to give me a chance to explore this and deal with it. As I grew older I became more and more aware of my lack of feelings. I was noted for being totally calm and stable even in a complete crisis. Close relationships amplified my awareness of this distancing making me more and more aware that something was missing.

The very outer layers of this sealing off was a severe stammer / speech block - another way of not interacting with my environment and other people. I started working on getting rid of that layer when I was about 22. It took 6 years or so to get to a point where I was speaking and interacting fairly confidently in most situations. So, although I now regularly give public talks people only come to know of my past speech restrictions if I tell them.

I got rid of the stammer on my own. A stammer is great to work with, it provides instant feedback and enormous amounts of information regarding your inner workings - if you just take the time to look at it (a true gift in disguise?). My childhood situation forced me to completely suppress myself both to fit in with the needs of others and also as a means to survive what was going on. The extreme of needing to be very quiet and withdrawn resulted in the stammer.

Having largely reclaimed my verbal expression I started digging for the lost feelings. Digging is the right way to describe it as they were buried very deep. The work done on the stammer gave me a good foundation to explore further and push these limits. Unsealing takes a lot of energy (you have enormous amounts of energy tied up in this storage and burial process). Reversing therefore takes time, perseverance and courage.

As more buried feelings surfaced (lots of crying), triggered at times by my surroundings, interactions and relationships, I realised that I could not use this feeling information as a basis to respond to those around me. They were what I would call 'release' feelings emerging from storage having been suppressed and therefore unexpressed in past times. When these ebbed and other feelings replaced them then again I realised that these were also not true 'flowing' feelings but learnt, conditioned, habitual ones - these are what I call 'false' feelings. In my case it was these conditioned responses that had helped produce the sealing off in the first place.

False feelings are ones that arise automatically when a particular emotional or situational button is pressed, responses you have learnt. They have been created by conditioning and or deep trauma usually over long periods of time. I wasn't impressed with these feelings either - don't get me wrong I didn't get annoyed or angry with myself. It was more a case of taking note of them,

understanding their limitations and being more determined to get back my true, core, free flowing, unconditioned feelings.

I became very good at tracking feelings back to their childhood origins and dealing with them. However, after a while I found myself coming upon huge reserves of feelings that related to extreme anguish with absolutely no childhood source - there was no origin - I was puzzled. It took about three months to discover that this huge reservoir was from another existence. This was the beginning of my understanding that traumas from previous lives could have a major detrimental effect on this one.

I got to a point where I could (fairly easily) recognise the difference between; true flowing feelings, buried feelings from this existence and buried feelings from previous existences (being released), as well as feelings arising from conditioned reactions.

And then of course you have your intuition to plug into as well which is a completely different ball game. This comes from your multidimensional self, which is trying to keep you on track with your life agreements, providing you with new information from beyond and so on.

So, the question I have to ask you is where do your feelings come from? Can you recognise the differences? If you have no or little baggage to clear in this lifetime then you may be puzzled at all the different feeling types listed above. Some of you will still be sealed off; others will be in the conditioned feeling phase. Are your feelings being true to your TRUE SELF - this is the real question?

I'll give you an example. You meet someone you like. However you are in a phase of releasing unexpressed anger from your childhood (which therefore has absolutely nothing to do with the here and now). How you met this person matches up with earlier situations within which you responded to in a fearful way. So in the background you feel a bit uneasy and frightened with them but at the same time you have had many great times together in previous existences which is giving you a warm glow inside and an immediate rapport and (just to make it really complicated) your intuition is saying great - but wait.

This sort of situation is probably fairly typical for many people at this time and of course, if you don't know why you are feeling as you do - then it can be very confusing.

## **5.2. Positive Thoughts, Negative Thoughts**

Ages ago I read stuff covering the use of affirmations and about the need to have absolutely no negative thoughts and that if you did it was bad. I tried affirmations - I really did and nothing happened - they just don't work for me. Just because something works for you and works well does not mean that it will work for anyone else at all. In the same way it is also true to say that what catches your eye and has meaning for you may not strike anyone else at all. It was obvious to me that they must work because certain people were well impressed with them. So, why did they refuse to work on me? Well if you read the previous section about feelings it will be fairly obvious. If you have suppressed, sealed off anger to release, which may take days, weeks, months or even years and where you may perhaps get very angry over the smallest things and so on, then affirmations are not going to make much impact at all. When getting this stuff out is serving your absolute highest interests (as this is the only way to move beyond some dysfunction), then how can you label it as negative? If you have made the choice that in this lifetime you are moving into your DIVINE SELF then the energies coming to earth will be trying very hard to help you complete this directive. They will be helping you to cleanse yourself fully of all negativity, of all dysfunction - everything in fact that is not in alignment with the DIVINE.

Actually taking time and energy to be 'positive' in a limited way by trying to stop releasing anger (or whatever it may be) will in fact only be helping to keep this stuff locked within you.

So, let's redefine these terms and make being 'positive' as anything which is facilitating you to move into your DIVINE SELF (if this is your focus) and 'negative' as anything which is trying to hold you back.

Affirmations will work to move and change conditioning and if they work for you then use them. Do a reality check every so often - remember there is absolutely no escape from yourself, you cannot hide, there is no cosmic carpet that you can sweep the annoying trauma stuff under. It is all about you being totally true and honest to your TRUE SELF. If you aren't then there is only one person that loses out and that is you - no one else. Another bottom line is - if it works - use it, if it doesn't then try something else - very simple.

You can apply the same understanding to the term balance. Again you have to be very careful in what you are trying to balance. Some people are constantly re-balancing their chakras and again this will be right sometimes, but on the other hand a chakra will automatically go out of balance during a release and balancing it up is another way of sealing stuff off. My aim is for long term balance. When everything within is in a near state of balance then making adjustments to keep yourself that way is good and also fairly easy. However for those of us who have much trauma, issues and so on to deal with then sometimes experiencing major imbalance is the ONLY TRUE WAY to reach a new level of harmony.

## **5.3. Perceptions, Information and Knowing**

You are currently enjoying a lifetime as a human and all this entails. On incarnation you are supplied with a slip-over body which hopefully conforms to the minimum requirements as a vehicle allowing efficient interaction with this reality. The non-customised model has some standard basic features such as five physical senses all superbly designed to provide you with high quality information of your surroundings and a purpose built nervous system to process this information and make real time decisions. Which is brilliant for things like - checking out kitchen cupboards - making a list and getting the stuff from the supermarket.

Our brains are designed for processing and understanding information with regard to this third dimensional reality. This processing is linear. It copes with time and it can relate to things in space, however other levels work in the NOW and don't have either time or space as a factor.

All the different energy levels, universes and realms are creatively designed by their future occupiers who define the limits and operating parameters so that each provides the reality they want to experience. As WE have done for this one. So, for a long time here we have had duality, free will, isolation, focused consciousness and Karma as the defining parameters.

We have now decided to change some of these fundamental working parameters, as is our collective right. We are releasing ourselves from isolation. Hence some of us are beginning to have contact with our multidimensional brothers and sisters as awareness of other energy levels improve. For many of us Karma no longer operates and is now no longer a consideration (although some choose to continue working with it). In all, the walls of duality are slowly beginning to crumble.

Most of us accessing the higher levels, the different realms and who now comfortably interact with our friends and colleagues there, found it extremely disconcerting initially (the first 18 months for me). This is because our cultural, religious, community and personal conditioning can prepare us for this multidimensional shock with the same efficiency and support as it would if we

woke up one morning to find that we had transformed into a small tree frog. It is also due to us having a nervous system that is designed to process and understand three dimensional information not fourth, fifth or beyond. It therefore tends to get a tad confused, disorientated and overloaded and be apt to opt for what it considers easier solutions like denial, total shutdown or insanity.

Some examples include; accessing past lives from other planets (believe me these are easy compared to some places that are your real home), finding out that incarnations are not linearly restricted and that there are other 'you's' here on earth at this moment NOW. (I've met another three 'me's' already). You can come to accept this information but you cannot truly understand it on this level. When you access other energy levels you are accessing those levels via the energy parts of yourself that project there. These parts are unhampered and unrestricted by three-dimensional views and thinking, so those parts of yourself KNOW and it is this knowing that is transferred to you. You find that you KNOW things - you might not be able to explain it, understand it or rationalise it but you can KNOW IT. Knowledge that comes in this way is of the highest grade.

## **5.4. The Light Side and the Dark Side**

Most (if not all) of the places that you have chosen to exist within and explore hold varying degrees of separation. These areas of separation can in some realities be extreme so that very obvious dualistic environments are available to be occupied such as this one. These extreme realities allow us to explore possibilities and contradictions within ourselves that are simply not possible in other realms and energy worlds. As many of us have taken the full opportunities to explore both the light and the dark, AS IS OUR DIVINE RIGHT, during all that we have been and are being then these are areas that it is very important to acknowledge and move beyond should you desire to BECOME ALL THAT YOU ARE in UNITY.

You have to remind yourself that YOU have chosen to experience being separated from your CREATOR SELF. You are, in doing this, exploring what is NOT of UNION. You are, in doing this, providing yourself with opportunities to determine WHO YOU ARE NOT so that you may for example, by the recognition of the opposite, come through a process of elimination to an inner understanding of WHO YOU ARE.

For those who think in terms of the LIGHT and the DARK then the DARK represents loving to hold on to, loving to control, loving to create fear and loving to avoid the truth. All this causes suppression, manipulation and separation from who you are and attachment to things and others. The LIGHT is about LOVING UNCONDITIONAL ACCEPTANCE, LOVING JOY, LOVING THE TRUTH, LOVING DETACHMENT. So in this you make no demands, you co-operate, you make no judgements and have no expectations. It is about BEING FREE TO BE YOURSELF and BEING FREE TO LET OTHERS BE WHO THEY ARE.

However what many seem to forget is that all these properties of the LIGHT have to be applied to how you relate to the DARK. If you cannot deal with the DARK or EVIL with LOVING UNCONDITIONAL ACCEPTANCE and LOVING JOY then find out why not. As ALL THAT IS means just that - it is everything, then it must include all that is labelled as DARK. Is the DARK therefore not part of the LOVING TRUTH?

There is a fine balancing act for some people as they tread the path towards DIVINE UNITY. Many see the dark as evil and are constantly protecting themselves based on this perception. This is how I used to be, constantly on the look out for interference from negative entities and putting up masses of protection to shield myself. However I eventually realised that my fear of the dark side was not letting me process my own dark stuff from my own involvement in these areas in previous existences. It was preventing me from integrating these experiences,

transcending them and moving on. As I gently and cautiously started to do this then I have been more able to get the dark side into perspective.

By and large, those who are getting persistent interference from what could be called negative or dark or demonic entities can be doing so because they are not accepting of their own dark side and their own involvement in dark practices in previous existences. I have to remind you that what you hide from, what you deny within you, will lovingly persist. Until YOU acknowledge all that YOU CURRENTLY ARE you cannot become ALL THAT YOU TRULY ARE.

I have dealt with huge numbers of my own negative entity attachments. All of them without fail have been to do with my own antics in other existences. I see the appearance of these as a gift as they signal that this is now the time to deal with them and LET THEM GO and this is what I do. I am often aware of the person in the current lifetime whom I have had these dealings with in previous times.

A few years ago I was in the ludicrous and in some ways very funny position of having someone indirectly accusing me of working for the dark side, of being virtually the devil incarnate. From their perspective I was actively sending dark entities to them and so forth. From my point of view this person and some others had all been dark magicians in previous lifetimes all working against each other. I myself of course was against all of them - well if you're going to explore extremes of reality you might as well make a good job of it! Practically speaking, each of us within this scenario cannot move on until we have, as individuals, each dealt with our own karma, trauma and attachments regarding these issues.

So, when this situation and these energies presented themselves to be dealt with, I found that the roof of my house was a metre deep in dark entities and I was under so called attack by dark forces, once to such an extent that I had to abandon the house and spend a day in a church sheltering - absolutely great stuff. In reality all of these attacks were nothing more than what I had done to others in previous times being returned to me for me to deal with (honestly, you really cannot bury your head in the sand and avoid any part of yourself). So, although many of these entities are from these other people, all are from previous existences and have absolutely nothing to do with who they are now, in the same way any negative entities landing in their arrival lounge would be from our attachments to each other with regard these previous existences and again nothing to do with me NOW.

To reach DIVINE UNITY you have to face ALL OF YOURSELF, you have to take responsibility for ALL PARTS OF WHO YOU ARE. It's all about ACCEPTING yourself, FORGIVING yourself, HONOURING past associations and LETTING THEM ALL GO.

Many days during this period when I was dealing with these dark lifetimes I spent up to six hours processing and letting go all of this stuff and in total cutting ties with about five hundred entities (many of which were demonic). I say again - you cannot sweep anything under the carpet to reach the true end point - *absolutely everything* has to be dealt with.

Fortunately during this period I had anchor people who kept track of this process, made sure I dealt with everything and that I had support while I went through it. This support appeared with immaculate timing, as it usually does when your focus is on moving fully into your DIVINE NATURE. The moments of humour during this time were brilliant and sometimes I could not deal with the 'demons' because I was laughing about it all too much.

Yes, sometimes people will deliberately initiate psychic attacks as this is their orientation in this lifetime and again this is fine - it is part of their path - and (although many of you will not believe this) they will be doing this to honour who they are and the reality which they choose to create. That is, they are also a part of the unfolding Divine. Using protection at times is nothing more than sensible, however for some all this is doing is keeping their own issues and dark side at arms length and preventing them from accepting themselves and moving into a higher level of

UNITY.

Oh! And just to confuse you even more. As everything is from the light, it is absolutely no problem for high level Divine beings to use dark energies that are perfectly aligned - things can get very confusing at times - believe me. Sometimes the only effective way to facilitate someone to face their own darkness is to present them with darkness as a mirror. So, checking if something contains darkness or negativity is irrelevant. Checking whether something would be for your highest will and good, would work in alignment with your soul essence and soul purpose as well as Divine Love, Divine Truth, Divine Will and Divine Wisdom is.

To sum up - many people on a spiritual path are intensely focused on facing the light, when in fact they should be intensely focused on **FACING THEMSELVES**. When you truly do this then the darkness will hold no fear for you. Behind all the darkness within you is the light and the light is love. There is no fear in love - as there is no fear in **DIVINE UNITY**.

## **5.5. Bad Vibes - Yours or Theirs?**

There are many different factors that can make you feel that there are some bad vibes or negativity around someone. In this section I want to try and make you aware of all the different possibilities of why this can be so. There are many and a limited understanding can lead you to the wrong conclusions about the cause.

Also understand that on an inner level you only recognise something as negative or bad because something within yourself is out of alignment. **THIS IS THE TRUTH**. This is a difficult one to explain, but when you are still well embedded in separation and your own misalignments then you still react to things from a place of separation. You are afraid of certain things (certain entities for example) or perhaps you make judgements, you choose for example to see your path as better or worse than some other paths. All of this is an illusion. When you are better standing in your own **LARGER SELF** then you come to realise that whatever it is within yourself that is identifying and reacting to something such that you feel 'bad vibes' is itself only able to do this because it is holding to some area of separation. Another way of explaining this is that as you come close to encompass **ALL THAT YOU ARE** then in essence as you are embracing **EVERYTHING** you cannot then be separate from anything and to identify anything as being better or worse than anything else would only help to point out what you still hold as separate within yourself.

At a certain point then you don't pick up bad vibes, however until you **HOLD** this more encompassing understanding in your Being then keep in mind all of the possibilities that can result in you feeling them. Let's look at these in more detail now:

### **Negative Entity Influences:**

Entity attachments are always a good option to explore. However what most people fail to realise is that the attachment can be to themselves rather than with the other person. Some of the possibilities include:

- If you are sensitive then you may be picking up what is happening to another person with regards an entity attachment they have. For example:
  - The first is that this is an attachment from a previous lifetime. If you have read the rest of this handbook then you will of course understand that there are many possibilities with regard past existences. These have all been covered adequately elsewhere.
  - On the other hand the entity may be what I call a stray, with no direct attachment

to this person, in which case it can be anything from just a mild nuisance all the way up to seriously demonic (in which case you will be picking up seriously bad vibes).

- Sometimes entity attachments in another person will influence you directly. Some examples of this are:
  - People on some level have contracted a (non-aligned) Being to keep them safe. In this case if you pose a threat then this Being could be deliberately making you feel uneasy to keep you at a distance. Healers have to be particularly careful, it may be considered a threat even to raise this person's awareness as they then may have to face part of themselves which they may not find pleasant.
  - Based on my experience as a healer, some very dark past life attachments can be a little annoyed with you to say the least if they sense that you are going to release them and therefore end their influence over this person.
- Maybe you have the entity attachment and this person can get rid of it so the entity is doing its best to keep you at a distance with regards to this person. I find this happens enough times to keep me on my toes.

## **Energy Differences:**

These arise when two people have their energies at very different levels. One in high energy the other in low. Some examples:

- If you are raising your energies then you will perhaps be more sensitive to people that hold onto negativity within themselves. You may feel drained and very uneasy in their presence.
- On the other hand it may be that when you are in the presence of someone who has much better energies than yourself, then this can cause your own negativity to come to the surface. This is particularly the case between energy workers, so paradoxically some healers who are really shifting their stuff and have very high energy can be accused of having or working with negative energies because of this effect. This is a particularly important one to remember.

## **Agenda or Affiliation Differences:**

As you evolve yourself through your Higher Aspects you will consciously or otherwise take the current Aspects affiliations and resulting agendas (whatever their nature). No matter what these agendas are they will almost certainly cause you to align with some things and be against others. For example there are suggestions that Sirians and Pleiadians are not the best of mates. So, if you are going through a phase of integrating your Sirian experience then it may cause problems to those around you who are dealing with their Pleiadian Aspects. Bad vibes would abound for those in this situation.

## **Alignment Differences:**

If you are glued to an alignment with respect to moving into your Divine Self, then alignments that others hold to, that are in opposition to this, would result in anything from slight discomfort to seriously bad vibes.

## Energy Releases:

These arise in situations when either yourself or the other person is releasing past old emotions. Some examples follow:

- Sometimes people are getting in touch with their own negativity and allowing it to come out. For example they may have suppressed anger and rage coming out in energy form (rather than directly) and again if you are sensitive then you may be picking this up on some level.
- It can also be that someone else's energy reminds you on an inner level of a difficult past existence and therefore starts to make you feel as you did then. In this case the other person does not have any connection with you from that time. It's a bit like when you are at school and have a particularly nasty teacher who scares the living daylights out of you. Then twenty years later you see someone (who just looks just like them) and immediately feel the same way.
- Sometimes you meet people with whom you have issues from past existences, which then start to come to the surface. If they stabbed you then you may feel this happen to you now. If they suppressed you then you may feel very angry and or frightened. This situation should be taken as a gift as you can now start to deal with all of it.

## Pathway differences:

This is another important one to take note of for focused God Seeds, Light Workers and evolvers. You can find yourself intrigued by another Light Worker's way of working. You know that you are interested in what they are doing but no connection or opportunity materialises to bring you together. Some examples:

- Sometimes you are deliberately kept away from other very good healers / Light Workers simply because it would not serve either of you for your work to be influenced by the other. This happens when people are working to cut an energy route in a specific way. To meet each other too early may result in both paths being overly influenced by what the other is doing. This may in fact result in both energy pathways being watered down or less focused than they could have been. Many are here at this time to do things in a defined way specifically to help within the overall movement to raise consciousness by creating an approach or system that will attract a specific set of people.
- I have also worked with people for a while and then been very strongly shown that it is now time to move on as to continue connecting with them will hold me back. Sometimes this has been about me claiming or re-claiming my own space or way of being or because I am moving into a more aligned approach to the DIVINE.

So, as you can see there are many reasons for feeling bad vibes (as it were). I have tried to list as many as possible to increase your awareness in these areas. Try to stay detached and open minded all the time. This is the best approach to getting to the truth. So, rather than perhaps just putting up protection and backing off, be more open to all the possibilities listed here. I see and approach ALL situations as being rich in information and possibilities to grow and to expand.

So, to sum up, you can be feeling what others are feeling, what you are being influenced to feel, being reminded of what you once felt and finally your own negativity that you need to release (when confronted with a high energy field). It's all good stuff.



## 5.6. What is Positive and what is Negative?

Whether you consider something as positive or negative relates to where you stand in relationship to it as well as your level of awareness. So, for example if you are enthusiastically exploring separation then you would perhaps consider having a better car than your neighbours or taking two holidays a year as being extremely positive. Of course to someone close to UNITY CONSCIOUSNESS this idea of positive would be incomprehensible.

Now, if we look at what is positive or negative with respect to moving into GOD CONSCIOUSNESS then everything that will help you on this journey is positive and everything holding you back is negative. It is also entirely true that absolutely everything that is positive will become negative when you move fully into it. This is the TRUTH.

Look at it this way. You are climbing up a ladder into DIVINE UNION. There is a rung above you that you reach up to and in so doing pull yourself higher. GREAT! Now what? Well, there is another rung above you that you can reach up to and in so doing pull yourself higher. MMMmm sounds familiar. Yes but this time, the only way to reach it is to LET GO of the rung you are now holding onto. Unfortunately you have become comfortable on this rung - you enjoy the view . . . , someone's told you that it takes hundreds of lifetimes anyway. . . . , you have made friends here . . . . , you feel much better now . . . . , you want a rest . . . .

If you are truly focused on reaching GOD CONSCIOUSNESS then understand that each thing (whatever it is) that moves you closer is and must be, only temporary. We say again that it is all about LETTING GO and embracing CHANGE. Also understand that you are climbing many different ladders at the same time. Each ladder represents a different issue or trauma or restriction that you are trying to move beyond. In this you are much further up some ladders than others and you are also on different ladders to other people.

## 5.7. Honouring Yourself

We have a scientific system that by and large has nervous breakdowns when confronted with something either it cannot measure directly or hold long enough to take apart. It conveniently forgets that its basis is a set of rules that are not only constantly changing but by their own criteria are incapable of defining everything in all situations. Taking something simple like homeopathy as an example, a homeopathic dose works more and more effectively the less there is of the almost next to nothing there was in the first place. A true nightmare for a system that hasn't yet understood that you cannot find the truth by limiting yourself to a subset of the reality you occupy.

A truly intelligent question for a true scientist would be - does it work, rather than the perhaps arrogant dismissal simply because the data refuses to fit in with any part of the 'currently' accepted model. Did we say 'model'? Yes we did. And all a model is, is a framework to help us understand reality better - nothing more. What many fail to realise is that reality (when honestly observed) is always perfectly accurate and models *never* are. When your information fails to confirm your model it is time to change and restructure the model rather than deny reality which will continue totally unabashed despite your faulty ideas of it.

Most of my friends and network contacts are now happily in the driving seat of a multidimensional personality, perfectly at ease having a chat with a passing team member from the fifth dimension or beyond. Enough to give any Scientist locked into a faulty model the heebie-jeebies and more than enough to have National Disease Service members ordering extra large quantities of well fitting jackets (I'm a small to medium - thanks).

Although I have taken science here as the example I could have done the same with religions or other institutions. The bottom line with what I am saying is that you must honour your experiences and stand solidly for them. If someone else cannot cope because they hold themselves to different limits, faulty beliefs or because they wish to manifest a different reality then that is entirely their choice.

Understand that if you hide yourself and your experiences then you help perpetuate the myth that these experiences are isolated when in fact they are not. By hiding, you also shut down your energy and prevent yourself from drawing others like yourself to you. When you hold strongly to who you are then you will not only find that you are one of many but that you know this because they have turned up and are having lunch with you.

## **5.8. Taking Responsibility for your Reality**

Each of us has our own perception of reality, our own way of seeing things and dealing with things and each of our current perceptions is absolutely and totally valid. So, accept your current view of reality but also try and appreciate that each person's view of reality is equally valid also. Try to accept that we are all different, we all come from different multidimensional backgrounds and have different experiences which mould us - not only here but in all the existences that we have had and are having everywhere on all levels.

Many are here at this time to change this reality, both as individuals as well as collectively. To do this requires that you understand that you create your reality. YOU choose what you will experience. GOD is in charge; however, as at least part of you is GOD then it is by your WILL that you experience what you do. It is important that you know this or come to know this or even to pretend that you know this, as this in itself will be a good start.

To do this effectively requires that you be very honest both about what you wish to create as well as with what manifests as a result. In other words if your reality is not presenting what you desire to experience then you have to find out what within you is preventing this. Is it conditioning? Is it faulty thinking or disabling belief systems? Is it some trauma that is constricting you? What is stopping you from manifesting a heaven on earth? If this is what you want and it is not happening then there is still some part of you that is out of alignment with this focus. So FIND IT.

Manifest the reality that you want, create your best dream. Do this by choosing and stating exactly what you will have. Choose to have your reality infused with love, joy, beauty, unity, honour and respect as the main aspects and choose to have a reality where you can and are unfolding into your true multidimensional, fearless self. This is what you can have; this is what you *will* have.

## **5.9. Factors to be aware of when Creating a New Reality**

What you create and therefore have presented to yourself within your reality is due to a combination of factors. Let's look at each of these in turn now:

### **Focused Intent:**

What we choose to cast our attention on is much more likely to expand and grow. We have to

learn to focus on what we truly want in this world rather than on what we oppose, dislike or disagree with. When we dwell on the things that frighten us they are automatically amplified. When we concentrate totally on them then we invite them more solidly to play with us. So, put your focus, your energies and your attention on manifesting the absolute best you can possibly imagine to help take you into the HIGHEST DIVINE EXPRESSION of WHO YOU ARE. Quite often your issues, traumas and core beliefs that are hidden below the surface are very different from those you present and offer to yourself and the world in general. It is these hidden areas then that are important to get to and change by whatever means facilitates you to do this.

## **Mission Agreements:**

Most of us incarnated here arrived in a state of forgetting, unaware of our MULTIDIMENSIONAL and DIVINE NATURE. In most other environments within ALL THAT IS, we have full awareness. We have full remembrance of ALL THAT WE ARE. We are then aware of our past, present and future associations and experience, our long term desires and so on. Here we usually don't. This makes it difficult for us to be aware of the goals or the schedule that we have creatively pencilled in to help us achieve them. So, understand that before you arrive here, you set up circumstances, you make agreements to meet with others for various reasons, perhaps to remind each other of WHO YOU ARE, perhaps by showing you WHO YOU ARE NOT. So, at times your external reality will be trying to remind you of your mission agenda and keep you aligned with it. As it is your HIGHER CREATIVE SELF that lovingly made these decisions then they exert a huge influence on your life here. In essence, so long as you are operating from a lower level of consciousness to the HIGHER CREATIVE SELF that made these decisions then its awareness and focus over this incarnation will take precedence over your own smaller focus. So, you can only change these agreements when you get your consciousness and awareness up to the same level as they were made. Until then you cannot and in fact should not attempt to change them, as you would be unaware of all the factors considered that made them necessary. Some examples:

- One client came to work with me for help to resolve money issues, she had attended many workshops and was doing daily affirmations focusing on abundance and bringing wealth. However her lack of abundance continued and in fact became worse. When asked how this situation made her feel, she said that she felt ashamed. She had past life issues that created shame which she had never expressed. Presenting her with a lack of money was the most effective and efficient way for her Higher Self to create a situation that would allow her to feel and release this trapped shame. Doing this had a much greater priority than having plenty of money. This situation would only resolve when she had dealt with and released all of the shame.
- Many of us are here to fully realise our DIVINE NATURE and bring new ways of BEING and RELATING to this environment. As by universal law a system can only be legally changed by those who are an integral and working part of that system, then for those of us with this mission profile, this means living as a local. That is, we fall asleep and get totally lost in the dysfunctionality of this planet, then after an appropriate length of time your multidimensional alarm clock starts buzzing indicating that it's now time to wake up. Fortunately this alarm is quite insistent and conveniently located in the higher dimensions into which we have to learn to access before you can turn the damn thing off. All this involves taking a 180 degree turn, a complete move away from the negative beliefs, dysfunctional conditioning and faulty mind sets - everything that we have spent so long cultivating - fun eh!

## **Accidents:**

As everything is creatively unfolding and nothing is fixed then untoward circumstances may

disrupt your pre-chosen course (mind that bus). We could say that fate sometimes interjects. This is where patience and acceptance come in useful. Major accidents are rare. We are creating on many levels not just as an individual. When we join in a group, family, community or country for example, our combined consciousness and focus in each of these units has an effect much greater than what we can muster as individuals, hence certain events may affect us which are not part of our own individual focus.

So, there are three factors whose combined effects determine what you are presented within your reality. Your mission agreements take the highest priority and as already explained they are easy to bypass when you reach the same level of consciousness and BEING as the part of you who set it up in the first place.

## **5.10. In Summary**

Basically, this section is reminding you that you have to be honest both about yourself, about what you see and what you are involved with in this world. Denial will get you nowhere. For many of the people on this planet it has got them exactly where they are now, very out of touch and very embedded in separation, fear, control and so on.

The question is, do you like your reality? Is it the best it could be? Does it give you all that you hold in the heart of your BEING? Does it support you to be who you are? Do you like what you have given yourself? Is it somewhere you would choose for yourself to come back to? Will you want to live here in a hundred years time? What legacy will you leave yourself NOW for THEN?

As they say in all of the best books - if you are reading this then you are undoubtedly one of those who should not only be reading it but also actually doing it. And the best time to start is NOW. So, all you need to do is resolve your traumas, clear all your issues and completely reverse all of your conditioning - all of which is actually easy once you get the hang of asking to have it done. Remember to be focused about what you want. Strive for DELIGHT, JOY, INTEGRITY and HONOUR while flushing fear, control and manipulation down the toilet. As the energies increase, what you give out will come back to you more and more quickly, giving you a great learning curve to honour both yourself and others in the highest ways possible.

And remember, the DIVINE are expert at re-jigging your memory, wiping out the negative conditioning and re-aligning dysfunctional mind sets. Just place your order and wait for a prompt delivery in all multidimensional weathers.

# EXPLORING YOUR MULTIDIMENSIONAL NATURE

## 6.1. An Introduction

These sections are going to give you some different angles to think about and to feel with respect to who you really are in a multidimensional sense. The information presented within the different sub-headings overlap to a large extent. So, for example the place where you have the strongest higher level associations with may also be the place that you developed the skills that you now need to bring through and manifest on this level. It may also be the original place that you became unbalanced in some area and are here to rectify (bring into alignment). Be aware that the information is presented to help you understand yourself in a more complete and whole way.

## 6.2. Soul Roles - Some Notes

The more that I connect with my Higher Aspects and work directly with Divine Spirit, the more I come to understand that a huge collection of different Beings from all levels and environments are dedicated to facilitating the transformation process that is now occurring. In essence, many here are going full circle. That is they are dipping down to this dense energy environment simply because it has design features that allow them to fully resolve all of their misalignments and regain their Divine heritage. As a point of fact, all of the parameters of this environment support this outcome.

Going through this loop may require many incarnations within this environment. Within each incarnation we may take on one or more roles all of which are co-ordinated through agreements made before birth to facilitate ourselves, some particular others or for all. Many roles that we take on are often designed to facilitate resolution of some misalignment, either for ourselves or others.

This is of course a very broad area with many different facets. To give you some ideas about what your own soul roles may be, I will describe some. I split these up into the following sub areas:

### Personal Roles - Helping yourself

These cover areas that you need to encompass as part of your own programme to reclaim yourself. For myself, one of the main areas that I am working on in this lifetime is to integrate and balance my rational, logical, intellectual, thinking side with my creative, intuitive, feeling side so that they are balanced and working in harmony.

I spent the first thirty-five years of my life in the thinking mode, which was epitomised in the job I had as a research scientist at a University. I have spent the last six years reclaiming my intuitive

and feeling nature and at the present time I am still not fully happy if I find myself thinking too much - I check everything out now in terms of what it feels like. Sometime in the future these two sides of my nature will integrate and work in full harmony with each other. So, this is a long-term project perhaps taking most of my life to complete. Other areas that I am reclaiming are to fully express all that I feel within myself, to release all that I have not been able to express in previous existences, to release all fear, to live without fear, to accept injustices.

All of these are part of my overall soul's purpose to move fully into my DIVINE SELF - again these are probably another full lifetime job. You could be balancing your scientific with your artistic nature or your community skills with a hard business drive. Perhaps bringing together justice and universal laws. You can find out what the areas are by acknowledging what you still react to, these are indicative of the areas that you are still working on to put back into balance.

## **Mission Directives - Helping others**

I now regularly find that most of my interactions with others have some element of exchange on some level. Either, they are to help me or I am to help them or we are to help each other. Sometimes this is to trigger memories, perhaps of incidents from another time that either need resolving or just understood. Sometimes our paths cross to bring out skills or release bad feeling or invoke an internal energy exchange. I find that this happens to me on a regular basis. Many close relationships at this time are more intense than ever before as each (usually unconsciously) play out agreements to facilitate the other. One role that I have that is more prominent at this time with regard to facilitating others is as a teacher. Interestingly, although from an early age I always felt that I was supposed to teach it took me forty years to find out that I was supposed to be teaching this stuff.

## **Spiritual Agreements - Helping all**

One of my own spiritual agreements is that for all the healing and evolving that I do for myself I deal with everything face to face by taking it within myself. So, all my negativity from previous times, all my lost parts, all my dark side aspects, all negative entity attachments - absolutely everything is dealt with and transmuted consciously within myself and not at a distance. This is done to give me maximum understanding and awareness of my own healing and evolving process.

It is through this process that I collect the energy blueprints that allow others to more easily do the same. All of this then makes me very effective at helping clients in their healing. This is the main reason why I am doing it this way. Other all-encompassing roles include:

- A few Light Workers are processing vast amounts of negativity. Sometimes they are doing this for other people who for whatever reason are unable to do this themselves and sometimes they are doing it for the planet as a whole. Negativity is deeply embedded here; it is in our buildings, the soil, our furniture and so on, impressed here over many aeons.
- Some God Seeds are acting as nexus points or facilitator co-ordinators with regard to facilitating some particular others in some way. It is inappropriate to use the term 'group' here as it is in reality a flowing association of individuals working together in the moment, with the real co-ordination rightly taking place on much higher levels. God Seeds have a very intense focus and dogged determination. They are the ones that have agreed to take the front line and push the frontiers back into new areas of the unknown to help provide a pathway for specific and previously agreed others. These 'groups' are exploring and implementing within personal, social, community and cultural awareness, new ways of relating and new ways of being.

There are many overlaps in all these areas, for example we may be placed to bring together conventional health treatments with the complementary while at the same time working to overcome prejudice (we may have negative attitudes and thinking about the alternative therapies). Overcoming prejudice could be a personal learning as a soul purpose while bringing the opposites together may be a spiritual agreement.

I have deliberately used the word role here rather than purpose for this section. Role implies that there is more flexibility in what you do which is how it really is. Also many people seem to be transfixed on finding out what their soul purpose is. The best way to do this is to work to get in touch with your intuition. Cultivate a focussed intent to stay attuned to and to follow your Inner Knowing. As you do this then you will magically find yourself someday suddenly realising that you have been carrying out your soul purposes and roles here for some time. In other words it is not so much a matter of finding your purpose but of learning to FLOW and in so doing BEING IT.

The greatest purpose for many at the present time is to be WHO YOU ARE in UNITY; it is nothing less than this. Also remember that you placed yourself here, you chose the experiences you would have. You lovingly gave yourself, what in your worst moments you may consider obstacles but are in fact wonderful gifts in disguise. You placed very old friends and Divine Lovers to help you, to hold your hand and keep you going through the wobbly bits. YOU are the one who ultimately set everything up for yourself - yes you did!

So, here's a statement to help align you more fully with your soul roles and purposes.

## **Statement: Soul Roles and Purposes**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'From my Heart and with all my Being'

'I state to Divine Spirit my commitment to align fully with all my Soul Roles and Purposes that I am here to fully express and bring to completion within this incarnation. As this is my True Intention then I ask that Divine Spirit give me all that I need to achieve this completely and totally - Thank you.'

## **6.3. Soul Skills and Gifts - What are they?**

These are deep qualities or understandings or knowledge or expertise that you have within ALL THAT YOU ARE.

Understand that we are each unique. We are each endowed with our own special soul gifts and skills which we have acquired both from our soul parent(s) and from the experiences we have chosen while incarnating in different dimensions, universes, realms and domains.

Each day that we have now can be split into phases - we sleep at night, we wake and we do varying and different things throughout the day and then sleep again. It is a cycle and each new

day adds to the last, giving us more experience and more enrichment. We have long term plans: for example to go to college to learn a particular subject, form relationships, have children - we do all of these things.

Now think of each lifetime as a day, with similar goals and grand experiences forming over huge time periods. You may spend a few hundred lives perfecting skills in certain areas that are part of your soul's choice to enrich its experience and bring itself enjoyment.

Now step further back and try and see each of these periods of existence as another day in the life of your soul's creative unfolding. This is who you are - you are not a speck lost in immensity. You are this immensity. KNOW this because it is TRUE. Know then that you hold within you all of this experience, all of this knowledge, understanding and wisdom. It is all there and it is all potentially available and accessible.

One of my gifts in this lifetime is that I easily see and understand the bigger picture. To look beyond the surface details and present a broader understanding. This may be with regard to a challenge experienced by a client or simply to help them understand their own multidimensional nature or to explain how things really work on a larger scale. I am able to present this bigger picture in an easily understood form to others.

You may have an affinity with the angelic realm and be here to bring through all your compassion or forgiveness or unconditional love from your experience and time within that realm. To allow these aspects to shine out may be your skill here.

You may be adept at bringing down higher level technical information and manifesting it on this level as new technology that is more aligned with the universal laws and more honouring of all.

Your gift may be to be totally relaxed and calm in a crisis because of who you are on a higher level. Lyrans for example are nomads and feel at home anywhere and are totally unperturbed whatever their surroundings.

I find that sometimes people's soul gifts, qualities, wisdom and so forth are coming through into their life indirectly. Sometimes people intuitively know on a deeper level for example that they should have a different job or that they should be relating to people in a different way that would perhaps be considered unusual or strange but they know that this is right. Go with what you feel with the deepest part of your Being.

## **6.4. Soul Origins**

As part of your soul heritage you have spent many existences in other dimensions, realms, universes, energy levels and planes. Each of these places and the environments they offer help us to acquire particular skills and knowledge.

There are many more realms, dimensions and so on than mentioned below. We are each unique. Each of us has our own skills honed from our soul origins. Many people at this time are re-awakening to these skills and taking on more of their Multidimensional and Higher Level Nature. Just a few of the many places that exist and that you may have spent time in are as follows:

### **Nature Spirit Realm:**

Our earthly existence runs parallel to the nature spirit realm, whose Beings support and maintain the earth's physical existence here. There are three sub kingdoms to this realm. The Beings in these kingdoms have responsibility for maintaining some aspect of our planet earth.

- Deva Kingdom: These contain the Beings that look after plants and animals. We identify them in myth as fairies and devas. Pixies, for example, look after the living things in our



soil.

- Elemental Kingdom: These contain the Beings that are responsible for the energies associated with the air, fire, earth (soil) and water aspects of our existence here on earth.
- Earth Kingdoms: These contain the Beings that deal with the overall physical structure of the planet. Again our myths identify some of them as dwarfs and trolls and so on.

## **Angelic Realm:**

As the name suggests, have you spent time as an Angel? As an Angel you will work in service on other planes learning to exhibit qualities of love, compassion, forgiveness, guardianship, understanding, peace and tranquillity to name but a few. Those people who have spent a lot of time in the Angelic realm may be here to bring their own specialist knowledge and understanding of a particular quality gained from spending time in this realm, such as forgiveness or unconditional love.

## **Extra Terrestrial Realm:**

So do you think that the planet Earth is the only one with life on it? How many other planets have you spent time on? Some planets have a society and structure that will bring into focus one particular aspect of existence. For example, there are planets dedicated to training healers and others focusing on particular social aspects. Beings living on planets are not restricted to this dimension, if we consider this the third dimension then planetary living is possible up to the sixth.

Here I introduce Question inserts - these give you some ideas of questions to put to your Divine Spirit team and Higher Self. Go inside or feel the answers (or use the communication facility if you have a 'PERSONAL UNITY facilitator' or use a dowsing method). Question inserts are dotted throughout the document.

### **Examples of questions to present to your inner guidance:**

*Am I communicating with either my Soul Self or a Spirit Guide?*

*Is it appropriate for me to ask questions about my previous incarnations?*

*Have I spent any lifetimes in the Nature Spirit Realm?*

*Have I existed within the Deva Kingdom?*

*Did I live as a Dwarf form? Was I a Troll?*

*Is there any way I can become aware of what it felt like to be a Pixie?*

*Can I feel this in a meditation? Have it presented to me in dream state?*

*Am I here now in this lifetime to use skills I learnt as an Angel?*

## **Star Being Realms:**

Many people have spent time as a Star Being, that is they live as an energy form within the space occupied by a star. These Beings are from the sixth dimension and higher and are usually highly evolved and loving.

## **Space Realm:**

Some people have spent time as a space Being spanning huge distances between star systems.

In this form you exist as consciousness without exhibiting any physical structure. You can feel the movement of planets as caresses within your being. You flow with the rhythms of star systems and galaxies.

## **Geometric Dimension:**

Here you are different geometric forms. Living within this environment gives you an understanding of the relationship between structural form and energy. The designers of the pyramids would have spent time here.

## **Light and Sound, Energy and Frequency Dimension:**

Here you flow as energies. You are energies, frequencies, light and sound. You can transform and change from one to another of these. Here you learn to understand the differences by being what you are playing with. People very sensitive to energies will have spent time here.

## **Statement: Accepting Soul Skill, Qualities and Awareness**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'From my Heart and with all my Being'

'I state to the Divine my commitment to embrace all of my Soul's Origins. To step fully into WHO I AM from all the places that are my TRUE homes. I ask to be re-connected to all my TRUE friends and colleagues from all of these places and from all of my existences. I accept and take on all skills, qualities and awarenesses from all of these places that is appropriate and safe for me to work with at this time. I ask that Divine Spirit give me all that I need to achieve this completely and totally - Thank you.'

PLEASE NOTE - don't get bogged down in any of the above concerning origins. If you find it hard to accept then leave it. It's much more important to resolve your issues than to get lost in these areas - OK!

## **6.5. Higher Aspects, Soul Self, Divine Self - Who are they?**

Each of us filters our view of reality. We each make interpretations of it with regard to our current knowledge and understandings. This is normal. An important factor in this filtering process is how you feel about yourself as a Divine Being. How comfortable are you about accepting yourself as a Creator? This will almost certainly be one of the main areas that will be repeatedly brought to your attention so that you may come to understand and accept that this is who you really are. This is an ongoing process. You move step by step towards embracing the DIVINE BEING that

you on one level already are. This is how it has been for me. Every few weeks or months another crossing point is reached as I have to face leaving another smaller part of myself behind to step into my LARGER SELF.

This was reflected in my description of my Higher Aspects. When I started it was my Higher Self. At this time I saw my Higher Self as being separate from me, much wiser and more knowing than me here. I then came to understand that you have as many Higher Aspects as you have separate existences. I came to understand this because I went through a phase of being able to step into them, thus I found myself standing on another planet or living as part of a culture inside a star or floating within a pure energy environment being the Being that I was within these places.

In all, you may have hundreds if not thousands or more other YOU's and the process of spiritually growing at this time is about accepting these forms of yourself, as yourself, anchoring them here and BEING them here. In other words you have many, many Higher Selves. As many Higher Selves in fact as you have independent existences. Most people will only have unconscious access to a few of their Higher Aspects. These are probably those closest to them in energy level and awareness terms and most likely the ones that they are in the process of BECOMING.

So, all in all, It took me a while to get comfortable with the Higher Self term and then this changed into Soul Self (I was able to accept myself in larger terms and as someone consciously and unconsciously operating on the higher levels). Then came Divine Self and now I am happy describing my highest Higher Aspect as my GOD SELF. Through my focused intention I am in the process of BECOMING them and will then BE them, to reach my GOD CREATOR SELF no less and so someday will YOU. The meaning that I give these descriptions are still changing as my understanding and awareness changes. So, for me NOW I use these terms to describe the following:

## **Higher Self:**

Initially I used this term because everyone else used it although I was not sure of what it really referred to. I now use this term to describe the Higher Level Being or Beings that are of myself that I am at this moment closest to BECOMING. So, for me this is a floating term that can refer to different parts of myself at different times.

## **Higher Aspects:**

I use this term to describe all of my higher level forms in all their separate existences and places wherever they are. These may be within my current awareness or not. They include everything held with my soul vehicle that has a higher awareness than me here. Lower Aspects would then be aspects within my Soul Vehicle that were less aware than I am at any particular time.

## **GOD AND Divine Self:**

This, for me is the highest and fully UNIFIED form. There is a slight paradox within my understanding at the present time. I see the Soul as the vehicle exploring separation and very definitely outside of source. Perhaps when this form is re-aligned it can then merge with and become at one with Source. So, if my absolute Highest Aspect is not standing within SOURCE / DIVINE UNION then when I reach it and become it that journey into FULL UNION will begin.

## **Soul Self:**

For me I now see my Soul (or Soul Self) as ALL THAT I AM within my SOUL FORM. I now view and experience the Soul as the vehicle that we use outside of source to explore separation. The

soul is an 'IT', it is an identifiable thing distinct from other things. So, my Soul Self includes all parts of my soul whether as fragments in embodied forms or energy projections as a form or as an energy consciousness. So, when I talk about reaching Personal Unity this for me will happen when I have balanced up all misalignments within my soul vehicle. For Collective Unity is taking the re-aligned soul vehicle self into Source so that ALL THAT I AM is MERGED with ALL THAT IS.

Understand that the above definitions are based on my own experience only. Other people may use these terms to mean something different to what I have here. So don't make the assumptions that they are definitive when they are not.

Some day in the past  
I lost my feel for life.  
My body crippled by my mind  
As I crawled because I couldn't run  
You led me out of darkness  
Held my hand  
And slowly exposed me to the sun  
I felt my heartbeat quicken  
As I set my life in motion  
As I learnt again to walk, then run  
Afraid I stretch out my hand to greet my life  
Touched it, hugged it  
Gently held it close, learnt to trust it  
And then I found I loved it  
When your hand releases mine  
I will not fall  
Nor crawl away, blinded, crippled, maimed  
For you led me out of darkness  
Taught me life was full of fun  
Now forever I can hold the beauty of my Sun

**Bren**

If you're finding this book useful then maybe others would too? Does anyone come to mind that you think might find this interesting or perhaps benefit from working with it? They are maybe just an e-mail away from finding out?

**You can e-mail them Now - by clicking [HERE](#)**

# Chapter 7.

## DIVINE SPIRIT - SOME NOTES

EVERYTHING YOU ALWAYS WANTED TO KNOW - BUT WERE TOO AFRAID TO ASK

### 7.1. An Introduction

I use the term Divine Spirit as a general term covering - Your Higher Self, Higher Aspects, Divine Self, Forums of Divine Consciousnesses, Spirit guides, teachers, healers, guardians and so on, as well as Divine energies from the higher planes here to help us in a good and positive way to evolve into our Divine Selves.

You are, whether you are aware of it or not, a multidimensional Being who exists simultaneously in many other realities, not just this one. Many of you will also have Higher Aspects that are working as spirit guides and so on for others. You have people in Spirit form around you *now*, helping, guiding and teaching you. That is why they are with you. *If you ask them, they will move mountains to help you through your transformation process, if you don't ask they are not free to interfere in any way.*

All the statements or keys to UNITY within the handbook are presented as a guide to show you how you can work more closely with your Divine Spirit team to help you in your own evolution and healing and in realising your soul purposes and roles here.

In this, each of us is different, we each have different issues to resolve, different traumas to release and different areas we need to LET GO OF. Most of us are not used to the idea that Beings in different energy environments can directly help us in this one. Our beliefs and conditioning may make it very difficult for some of us to even entertain the idea. When this is the case the more commitment you have to being open minded and the more you invoke them then the stronger your interactions will become and the more life will flow.

With the work that I do I always feel that I am part of a team, with me as the Being currently projecting into this reality. Sometimes members of the team are taking on a particular task, role or function as part of their own development. If a team member is learning something new then they are assigned as an apprentice to a team member already experienced in that area. When I first started channelling energies I noticed two Negro Spirit Beings (one a big tall guy, the other smaller and thinner). They were my Spirit healers - directing, controlling and focusing the energy as it was being channelled through me to the healing situation that we were dealing with. The big guy was the master and he was training the other smaller guy. It is all taken as part of our soul's development. We are all taking opportunities to learn on many different levels - it is all part of how everything works. It's great. To stretch you even further - I eventually realised that the apprentice Spirit healer was another 'me' operating on that higher level, training to work with me here on this level.

#### **Examples of questions to present to your inner guidance:**

*Am I a member of a soul group?*

*Have I physically met anyone from my soul group in this lifetime?*

*Am I also acting as a spirit guide for others at various times?*

*Do I also exist simultaneously in other realities right now?*

So don't panic at the thought of having people with you all the time - they aren't there to make judgements about you in any way. I have to admit I felt very inhibited when I first became aware of them (probably for the first year). Then I started taking it more for granted and I now accept this as a normal part of my everyday life.

What you have to try and take on board is that you can have as many people with you in spirit as you need to help you to work through your issues and releases, to bring out your soul skills and qualities and or align you with your current soul role here. It can be a 24-hour job with no breaks and each of you has your own personal team. It's been very comforting for me but it's also been difficult. I had always relied only on myself to get me through everything. So, it's taken me a long time to understand that the more I relinquish my control to Divine Spirit, the easier I resolve my issues, the faster I evolve and the more supported I am when doing this.

As an example, when my friend Bren started to become more connected to Spirit and began to focus on resolving her issues, she had a dream which very specifically showed that Spirit would look after her young son when necessary during this process. She had been very worried about this. Spirit kept their word, only working with Bren and initiating releases either when her son was sleeping or during his short time at nursery. Whenever Bren had a traumatic release and was in need of a good break her son would have a full and uninterrupted nights sleep. This would be unheard of at any other time. They never once compromised this agreement. This is what I mean by support. Spirit will honour your commitments and work within your framework while you shift your stuff.

Some of you may be familiar with the works of Paul Brunton, in one of his volumes he describes the two paths to self-realisation. The first he calls the 'long path'. Here we struggle to change ourselves by altering our behaviour, trying to change our limiting mind-sets, behaviours and attitudes so that we bring ourselves into line with what we think is our TRUE NATURE. Doing it this way however still has us working under the control of the ego, it is still there, still in charge. He then describes the 'short path'; this is the one you take when you give up trying to initiate changes. You boldly step out and ask Spirit or God directly. Doing this fully mobilises all the creative energies of the multi-verse on your behalf to take you there in a dynamic, creative, natural and magical way.

This is what it's all about - ASK AND YOU SHALL RECEIVE. Always remember though that Divine Spirit are only there to support you in alignment with the Divine.

For example, a good friend of mine found she could receive writing from Spirit. One day, unable to remember her shopping list she asked Spirit to help by writing it down for her - what she got was. "I am not here to write your \*\*\*\*\* shopping list". So there you go - have fun people!

## **7.2. Divine Hierarchies**

We have been given channelled descriptions of higher Beings including ascended masters and so on. In much of this material, they have been packaged and represented in the form of spiritual hierarchies. We like to have labels because we tend to identify more easily with the labels than with what is behind them. This leads us to then think that we know where we stand in relation to other labelled things. Understand that these are only labels, just like those you get on a soup can, except that tasting the soup lets you more easily confirm the accuracy of its presenting label.

I find it very amusing in a sense when I hear that someone only reads channelled material for example that comes from named ascended masters. For some people the name of the Being is

the determining factor that for them gives credence to the content of the material. I find this crazy.

To discern properly you need to focus on what you are interested in. Are you interested in information that will help you to evolve into your DIVINE SELF? Are you simply interested in interesting information? Or are you after information that will confirm what you already know or more importantly what you think you already know? You will always get what your inner focus is hungry for. So, you have to be very clear about what you want. We are all acting as filters for all the information that comes irrespective of the level it originates from. Understand then, that whatever you are receiving is being filtered through your own limited understandings and perspectives. To grow, you have to suspend what you think you know and be absolutely clear about what your intentions are regarding your interactions with Spirit.

Remember when you were at school learning something like biology or chemistry. In the first year you had classes on these subjects and you learnt about them to a simple level. However a couple of years down the line you are being taught the same subjects but given very different information. Another two years down the line you experience the same information shift and then even more of the same when you go to University. What you realise is that what you were taught originally was what you needed because that was as much as you could understand at that time but that from where you now stand it was nonsense. People seem unable to appreciate that this applies with even greater emphasis to information, knowledge and wisdom that we receive from beyond. Many through ego or desperation or insecurity or a thirst for the truth automatically assume that what they receive is the truth little knowing that you start at kindergarten and after 500 terms or so actually only then start to get to some really real truth.

So, any details we have been given of a hierarchy have to be looked at from the context of the filter through which it was presented and what the aims were in presenting that information at that time so that it could be understood from the limited perspectives that were prevalent then. The hierarchies that we have been given to play with are no more than a framework that is necessary for certain people to use because it will greatly help them on their path up to a certain point.

Think about this - what is beyond these models? This is what you should be asking yourself. For me, getting your consciousness to ascended master level is a good starting point from which to launch to higher levels. Ultimately, perhaps what is presented as the I AM presence, GOD, Source the Divine Self may be just another level that no one has either gone beyond yet or dared to suggest that it is a possibility? I don't know, but I am willing to stay open about it when I get there.

So, are you selling yourself short then? What are your belief systems keeping you tied to? What won't they allow you to move beyond? When some system or model or path serves you and helps you to move into more of yourself then great, but watch for the turning point where you then find yourself being the server. When this happens, then it's time to LET GO and MOVE ON if you are really serious about your spiritual growth.

Many people are holding ascended masters and other Beings from higher levels in great reverence. This is done by those who see themselves as being much less than these Beings. Now, understand that this is a natural part of the process. I've been there and done that, got the T-shirt, the mug and everything. However, those truly focused on evolving, gradually find themselves moving into their own ascended master space and are therefore equal to the Beings that they are working with. To overplay this 'us and them' role only serves to keep you in separation.

This is one of the most debilitating lines that many are holding themselves to. Understand that you have Higher Aspects from existences that require high powered telescopes to pick out anything at all when you look down on to the ascended master level. Is it your job here to continually move into, to embody and become your Higher Aspects all the time? If it is, then

when you have reached the place within yourself where you understand and accept yourself as an equal to your favourite ascended master and can work with them as the ascended master that YOU ARE then you have done yourself justice and you are well on your way to getting the real job done. In doing this you are also giving them the best acknowledgement of their service and support of you. Nothing less than this is the TRUTH.

People ask me who are you working with? Which Beings? They want to know this because they think that this will then tell them something about what I am doing. In truth the answer does, because the answer is that as my support team changes virtually every day (Early 1999) then what will their names tell you. I know in my being the quality of what I am working with and their dedication to facilitate myself and others in manifesting ALL THAT WE ARE in UNITY.

You want to have the name (a label) of a Being from say the tenth or five hundredth dimensional level translated into English - are you serious? Ask yourself why you want a label? What does that tell you about yourself? To me it is the focus of intent of these Beings that I am interested in rather than their names. At the end of the day any Being can come and say it is Christ or Archangel Michael or whoever and if you identify with the name and not the level of integrity of its interaction or its focus of intention then so be it.

My guides are very loving, supportive, honouring, hard nosed so and so's. I say this because their focus is to get me to my DIVINE SELF. This means I have to shovel my shit at times and this means that they have to take me to it, watch me going in to it and through it. I have attracted these Beings through my intention and focus. In the final analysis I don't want Beings facilitating me who are going to help me avoid ANY part of myself, lead me to things unprepared or who are going to go soft at the wrong times. Therefore I don't. It's as simple as that.

So, my support team changes daily now and I have more of my Higher Aspects working with me than independent Beings which is a measure of how much clearing and integrating I have done. The independent Beings that are part of my team have to change fast. They have to change as fast as I am willing to resolve a particular issue or integrate a new energy form or let go of a lower level agenda or affiliation to reach a different level of understanding, a new level of consciousness, a higher state of BEING MYSELF in UNITY.

Now, understand again that I am being guided to present all this information in just this way to help shatter your misconceptions, faulty ideas and so forth, to help YOU let go and move on. Yes! A very few people will be able to work with one Being all the way through as they won't have issues about letting go in that way and also because their level of discernment will be high.

However for the majority of people I have to say, how many true friends in spirit are you keeping at a distance, how many of those that you truly love and who truly love you from your higher level existences are you preventing from coming through to work with you simply because you won't LET GO of what you have. Do you think that what you have now is the best that you can get? If you do then you are selling yourself and your real friends short. Nothing ventured means nothing gained and when the real prize is to GAIN YOURSELF then what adventure is too much for that glorious prize?

## **7.3. Divine Guidance - True Lies?**

Spirit will by and large give us information in a form that we can understand with respect to our current experience, background and openness. There is a feedback system at work here. They can only work with you with respect to what you think you know. Your culture, childhood influences and education for example provide you with belief systems and ways of thinking that you have for the most part taken for granted. Most, if not all of what you accept as the truth is NOT what you have concluded yourself from investigation and experience, rather it is what you have been fed by others. It is second hand. Unfortunately this is a basic truth for most of us. So,



to a large extent Spirit will only confirm your views of reality no matter how dysfunctional and incorrect they are.

Now, it is worryingly obvious that if you are interested in the real free range truth as opposed to the TV dinner convenience truth and Spirit are only confirming your distortions then it's a waste of time.

The above will be true when you are getting guidance without having a focus of intention. So, the way to ensure that the feedback you get from Spirit is aligning you with THE TRUTH is to let them know that this is what you are genuinely interested in and that you are open to listening and considering any reply. This is how you get what you want. Without an open focus for example:

- A Christian will have a revelation that is presented in Christian terms.
- A Spiritualist will access and get information from deceased friends and relatives because this is their focus.

Spirit therefore will provide us with information with respect to our focus of intention. So, if we want to manipulate and control others then spirit will in some form turn up and oblige although it would not be what I would consider Divine Spirit. This is why it is very important that those of us wanting to evolve and move into our Divine Selves make our intent and focus about this very clear. When we do this then what presents itself to us will be more and more relevant to facilitating us in this respect. As moving into and becoming your Divine Self involves letting go of limits, belief systems, non-aligned agendas and limited truths, then Divine Spirit will present you with information in as many ways as possible in an attempt to draw your attention to these areas and move you beyond them. When this is the case you have to accept that the information that guidance gives you may be very hard for you to accept at times.

A most confusing side effect of working to evolve into your Divine Self is that the information you receive is very rarely the truth. Probably at least 99% of what we get from aligned, focused, Divine guidance is in fact Divine lies. There are three basic reasons for this:

- The first is because we all have our own truths, we already think that we know something and are therefore unavailable to recognise any real truth even if it hit us between the eyes. How can you listen to any real truth if you won't put down what you think you already know? This is why Divine Spirit can only work with us according to the limited understanding that we currently have to move us to a place of slightly less limited understanding. Most of what they tell us to keep us moving along this trail is NOT THE TRUTH. It is only a means to move us closer to the TRUTH. THIS IS THE TRUTH.
- The second is that if your focus of intent is truly on reaching the TRUTH then Divine Spirits will use every means possible to help you reach IT. There are two factors that you should understand with regards this:
  - Often people ask questions because they want to be in control or because they are afraid. In this regard questions are often asked concerning future outcomes. They want to be sure that taking a certain route is right or that it will be safe. Of course fear and control are not things that you can hold to if you wish to reach your TRUE SELF. The Divine then, will sometimes deliberately guide you into difficult situations because they are exactly what you need to overcome some fear or trauma or misunderstanding. If they have to lie to you to do this then this is exactly what they will do.
  - Often surprise is a key factor in getting you to release yourself from some limitation. Not telling you about things that you need to be surprised about is then fully in alignment with a focus of intent to take you into UNITY.

- If you are truly focused on reaching your DIVINE SELF then this means that you will be presented with ALL THAT YOU ARE on any level that is out of alignment with this directive for you to deal with (whether you like this part or not). These higher parts of yourself may for example have affiliations with many different Beings, groups and so on. You will have contracts and agreements as part of these associations. For example to bring peace here or the truth or new energies or to work with the Sirians. There are two things that you should look out for as part of what you are attracted to:
  - Understand that you come from these higher levels. As you move into a higher energy then you will be moving into a new level of alignment within that level. However, it is just another level. Don't get too enamoured with it, because the next level up from this will be more aligned and so on. The golden rule is; have a rest perhaps but DON'T STOP.
  - The second is that almost all of these agreements will not be fully aligned with the Divine. THIS IS THE TRUTH. However as they will probably be in alignment with what you think is spiritual then you easily fall into agreeing with them.

You are, at any particular time getting exactly the right, limited and watered down truth you require to move you closer to the real TRUTH or WHO YOU ARE in UNITY. This dangled carrot truth may not relate to anyone else, in fact if you are truly focused on going ALL THE WAY then all the information being fed to you is trying to tell you something about YOURSELF. It all relates to YOU and is designed to affect change within YOU *even when it appears to be about someone else.*

As part of this, it is quite common that the guidance of two separate people will give completely different information and explanations about exactly the same situation. How can this be? Well if you are assuming that the information being passed is 'the' truth then obviously someone's guidance must be wrong. However when you understand that most information being given is designed to relate specifically to the individual that receives it, then in circumstances where two sets of guidance are giving totally opposite explanations of a given situation both can be entirely right at the same time. Let me give you an example:

- Someone came to see me as a client. We got on very well and I had no trouble recognising that this person had a good focus. After a fairly intensive healing session he left with an energy tool and this Handbook. The next day my own processing changed, rather than continuing the integrations from the previous week I started to release fear, anger, insecurity and paranoia. Great. All this happens very much automatically now and I rarely feel the need to check up on exact details, I was content and accepting of what was happening. A few days later a friend mentioned that I had an entity in my energy field and it had originated from this client. Basically this entity was him from a past life and again I did not give it much thought - to me it was just another one that had turned up to get sorted out and this was what was happening - a gift in fact. It was obvious to me that we had had some heavy past lives - which were now getting resolved. About a week after the healing session he returned the energy tool and the Handbook. He informed me that I was in his energy field (no surprise to me - this would be the past life part of myself that had connections to him). However in his terms he was adamant that I was psychically attacking him and had been for a few days. He had dowsed this himself and also contacted a few others (who are well plugged in) and they also confirmed this. Initially I was very dismayed. Why was it so easy for people to take such a negative and fearful view? This person had recognised my own focus of intent during the session - he had even commented on it and now just a few days later he seemed to have no trouble believing that I was actively attacking him. So, what is going on here?

It would be very easy to take the view that this person's guidance is wrong and I am sure that

this would be the conclusion that most people would come to in a similar situation. You could also, depending on how secure (or not) you are, perhaps start believing that your guides are not as good as you thought or that perhaps there really is some psychic attacking going on and that it is in fact your fault. A slippery slope indeed. Fortunately after having done some very hard graft on myself for a good many years, this line of thinking was not a viable option even sub-consciously. Unfortunately neither was the first.

This example was in fact the actual one that took my understanding to a greater depth. If this guy's focus was good then his guidance MUST in some sense be right. So, how could it be right without being true? During the session it was obvious to me that he had trouble trusting people who were working with energies, it was also obvious that fear was the underlying factor (it usually is for most of us). Perhaps he had worked with energies in past lives and been seriously misled causing disappointment and fear with respect to these areas. So, I could see that if this was the case then perhaps his guidance was trying to put him into a matching situation to get him more in touch with the original trauma to face and release it (my own guidance has done the same with me on quite a few occasions). Or, another strangely 'logical' option would be that he is being presented with this situation to deliberately make him afraid, so that he can feel and let go of old fear. My guidance confirmed this second option, it also makes sense with respect to all the fear, anxiety and insecurity that I was releasing from my past lives with respect to him.

I am feeling more and more that everything is Divinely unfolding and by and large perfect. In the past I would have got very worked up at this gross misinformation and its possible implications with regard to my integrity. Now I don't think of it like this at all. From one angle I have a focus to understand things from a much larger perspective and this situation provided me with a quantum shift in my understanding, in other words a true gift. From another angle, as my focus is to evolve into my Divine Self, then anything that causes me to react or become unbalanced, judgemental or separating is presenting me with an opportunity to deal directly with it - another gift. Yet another angle is that I am here to facilitate others to evolve as efficiently as possible into their Divine Selves and in a sense, this was done to the highest level with this person. It may not be what I originally perceived as a means to facilitate others and that tells you another story about expectations and another about letting go, oh no! Not some more gifts?

## **7.4. Divine Spirit Stories - Pulp Fiction?**

The energies and the Beings involved in facilitating the transformation process are trying to get people to move beyond limited understandings, old models, outmoded belief systems and so on. Information is being presented in many forms (such as this handbook) to help shatter your concepts and the picture you hold of your reality. This campaign by Divine Spirit involves providing as many different angles as possible to facilitate this. So we have books written giving information and insights on extra terrestrials, angels and star beings. Others that discuss ancient myths such as Atlantis. Some expound the wisdom held by isolated tribes or ancient cultures as well as those focusing on exposing the cover-ups, suppression and control being carried out on a grand scale here.

All of these in a sense are designed to give us the necessary kick up the backside so that we have the opportunity to see things differently. They help to put us into places of uncertainty, places where we suddenly have the uneasy feeling that perhaps things are not in the neat packages that we had taken for granted. This gives us the opportunity to start questioning our concepts and understandings and to look at things in a much broader context. However, understand that virtually none of the information that is presented to facilitate this is true. Whether it is true or not is irrelevant as it is about getting you to question what you have already accepted to be true and more importantly to LET GO of it.

People do let go, but then simply hold onto the new information whatever that is, it's a bit like leaping from the frying pan into the fire. The WHOLE point of this process, of everything that is being set up here (and this is where we should have the big arrows pointing and some dramatic music). The whole point is to get you to LET GO OF EVERYTHING to continually move beyond ALL OF IT. If it was comfortable or easy for people to do this then we would have done it a long time ago, OF COURSE IT'S SCARY, did you imagine it would not be? Embracing scariness is part of this process; each of us already reclaiming ourselves does this regularly. In fact you get to a point where if you go a day without having something scary to face you start thinking that something is wrong. That's how easy it gets with practice.

So, all that is presented to each person or group who are focused on moving into their DIVINE SELVES is done so that each gets exactly what is right for them. It is often very specifically targeted. Much channelled content also contains practical information that if people follow, will help facilitate them in their own transformation and evolution. However I will again reiterate, you are your own filter, your own focus of intent draws to you what you will receive as you manifest your reality. You can of course manifest your reality through Divine Unity or through Divine Separation, as is your right.

Many channelling groups get bogged down and become addicted to the information itself, getting lost in the fascination over what they are receiving. Many also mistakenly think that receiving channelled information then automatically involves them in the transformation process when this is not so.

What is happening on earth is about change in an absolute and fundamental sense. It is about YOU changing, it's about you facing and casting off all your fears, all your insecurities, everything. It is not about sitting on the sidelines and watching it like a film, it's about being in the film.

The 'stories' that Divine Spirit are presenting here are essential, but don't get lost in them, don't hold onto any of it. Just take them as part of the scenery keeping you updated, interested, informed and sometimes entertained as you travel ever onwards and upwards.

My imagination sometimes has me seeing the 'Divine story telling department' with a multitude of Beings all sitting around drinking cups of tea (and it's not even herbal) discussing the next lot of information to go out through a particular channeller. "OK, let's give them something about crystals buried in the earth, let's say that they were deactivated due to man's falling awareness. Then we can have the sites of these crystals being held by a lost tribe (they always go for that) and that this tribe has been holding the secret knowledge needed to reactivate them, which they are now doing. Right and then we get them to tune into these crystals and depending on which one they will help raise awareness, activate light bodies, help with ascension and so on. Sounds good, can we put Atlantis in there somewhere as that always adds interest. Hey, how about the crystals were taken out from Atlantis just before it was destroyed; another five minutes and they would have been left. Yes that sounds good, a bit of drama always helps."

It astounds me the lengths those upstairs have to go to, to set things up so that they can get US to give THEM permission to work with us. If we take up this crystal story you can bet your life that Archangel Michael will be out with a shovel burying crystals somewhere just to make it seem more authentic. OK, really I'm not this sceptical. I know that some stuff is based on truth, but at the end of the day the only thing that really matters is to help people to continually LET GO and to support them when they make the decision to really GO FOR IT. Ultimately that is what all these stories are trying to GET YOU TO DO.

## 7.5. Divine Agendas or Political Posturing?

As I have already stated, we have a lot of new channelled information being presented here at this time. We have many books giving information that has been received from various sources including Angelic, Archangelic, Ascended Master, Star Being, Extra Terrestrial, forums of consciousness' and so on. However, no matter how aligned you think your source is bear the following in mind:

- You already exist and live within many higher level cultures and forums, many of which are above what you consider to be Ascended Master level. You will therefore have associations with and or affiliations to certain of these. Whether as a star Being and or pure energy form and or angelic form and so on does not really matter. Understand however, that each of these species, groups, forums and so on HAVE THEIR OWN AGENDAS which relate to how they live and what they stand for.
- What you channel through yourself or are attracted to elsewhere will almost certainly tell you something about your own connections. Again I remind you that just because higher energy levels perhaps entertain less separation than we do here does not mean that all Beings get on or that no differences of opinion exist. You will be attracted to the ones you have allegiances with and you will be repelled from those you have allegiances against or issues towards.
- Through these associations and affiliations you may have made agreements or been part of contracts to represent certain agendas and so on. Also understand that sometimes these agreements will be implied, that is they are part of the structure of that culture. As Christianity is implied within many cultures here or Communism or Buddhism or whatever. Obviously someone born in a Christian society here will carry those ideals in an implied sense rather than having made a contract or agreement to do so.
- Just because you have agreements or contracts whether implied or implicit on a higher level does not mean that they are either aligned with the Divine (it is extremely rare to find any that truly are) or that you are obliged to carry them out. DISCERNMENT is a key factor always.
- Remember that for YOU to become fully UNIFIED within yourself you must let go of ALL lesser alignments. OK you may be a Sirian and or a Pleiadian and or an Ascended Master and or a Lyran and or an Angel. Whichever you are you will be strongly drawn to, but understand that this is not only to help you increase your awareness and understanding of yourself on a LARGER scale. It is also to RESOLVE issues you have from these places, to LET GO of agendas that are not aligned with your HIGHEST DIVINE EXPRESSION, to integrate the attributes that will facilitate you on your journey into your Divine Self and TO LEAVE BEHIND ALL THOSE THAT DON'T.
- Some who overly identify with an affiliation can mistakenly think that reaching this place is the highest that they can achieve (Hence some label the highest that there is here as Star Seeds). The highest you can achieve is to step fully into your GOD CREATOR SELF. Anything less than this and you are selling yourself short if you are really going ALL THE WAY.

Most Divinely aligned Beings are NOT totally aligned with the Divine even when they are from very high levels and this includes Ascended Masters. Yes, there is by and large a continuous progression into Divine Alignment the higher the level a Being or energy is from. Even when we understand that each of us has some positive attributes and some negative attributes we don't

imagine that Ascended Masters and above have the same although perhaps more subtle mixture. So, things are rarely black *or* white rather they are black *and* white.

Again understand that ALL OF THIS is about change. Understand that for as long as you *hold with intent to a focus of Divine alignment* then you are by and large being the best and working with the best that you possibly can at any stage in your growth as you were last week, last month, last year and so on. Understand also that holding to this alignment means that you will be presented with everything within yourself that does not resonate with this directive so that it may be resolved and discarded.

Keep in mind then that the wonder of your contacts, the feeling presence of your associations can be very powerful. Many of you (as I have) will have experienced the intense feeling of coming home that accompanied some of these reunions. Yet often it is these essential and wonderful reunions that can also be distracting you from your movement into your DIVINE SELF. How many other homes do you have? How many of these are you missing out on because you choose to cling to the first or second or fifth? Let me give you an example of this:

- I have one friend who has worked with a particularly good dowsing system for many years. When she was first introduced to this system she immediately resonated with it. To her, it felt like a coming home. However because she has a better independent focus on spiritual growth than some she is automatically open to being drawn to other approaches that will best facilitate this intent. With this in mind, she began to embrace another approach that again resonated very strongly with her. So for a while she had one foot in the old and the other in the new. To her surprise her dowsing teacher who once greatly respected her dowsing work (but not the new movement) is now actively spreading doubt about its quality. This seems to be a typical situation that many find themselves in. Many so-called teachers have not themselves learnt the basics of LETTING GO. Any teacher working at a high level would be empowering people and in this encouraging them to move on rather than to hold them back. To me her current situation is wonderfully engineered by DIVINE SPIRIT to try and encourage her in this new movement by highlighting these areas. Even better than this is for all teachers to continually move on themselves and lead the way. This process of course should never stop.

So, perhaps you have moved from a human level of awareness to that of a Sirian or solar logos Angel or an Ascended Master. All you have done is make one tiny movement on a long journey. Did you imagine that it was going to be that easy? It is made more difficult because your affiliations and your prior agreements with these Beings will be supported by your guidance simply because they will also have the same affiliations and agendas. You are on a journey that can ultimately take you fully into your GOD CREATOR SELF. You are always within your rights to take the scenic route and get bogged down in some glamorous connections. That is a choice you always have.

Yes you may be channelling Archangel Michael or St. Germaine or the Lord of Sirius. You may even know that YOU ARE an archangel. GREAT - NOW MOVE ON and step into another part of yourself that is even LARGER. Are you here to help lead others into more of themselves? Do you understand that you are only qualified to do this by leading the way YOURSELF?

# Chapter 8.

## CATEGORISING SPIRIT BEING CONTACTS

### 8.1. An Introduction

Obviously you can categorise spirits with respect to many different criteria. Here we try and divide them into those who are aligned positively and are helpful and those who are negative and who will perhaps misguide or confuse you.

However, please be aware that positive and totally aligned Beings can appear at times to be unhelpful (when we view them from our limited perspectives). If it is their job to facilitate us to grow and to let go of all that limits us then there will be times when what you get from them will not feel comfortable. It is also true that what many would call negative entities can in fact be positive when for example their presence is facilitating you to progress and move into DIVINE UNITY. When it is a past life attachment for example. Confused? This is covered in more detail below. Let's now look at some different spirit types and get their alignment into perspective.

### 8.2. Members of your Spirit Support Team

These are the ones that for the most part are assigned to you on your path. In reality the more you work with Spirit, the more you open to them, then the more will come to work with you. They can be loosely split into categories which relate to the role that they have to facilitate you. They include:

#### **Spirit Guides:**

These are people who help you to stay on the path that you yourself planned before you came here. They will support you by helping to keep you moving in the right direction.

#### **Spirit Teachers:**

These are teachers who give you the inner knowledge that you need to overcome situations here. They will help you to change your attitudes, your ways of thinking etc. I have had a few people working with me who have had 'Death' as a teacher. Divine Spirit must be rolling about ill with laughter over this touch. Apart from adding a bit of Gothic drama, this Being was reminding people to let go of their preconceptions, as well as helping those who were slightly anxious about negative entities to release some fear. Often spirit teachers are yourself from previous existences, who have come to remind you about what you have temporarily forgotten. That is, they help you become aware of what on some level you already know.

## **Spirit Healers:**

If you are doing healing work, then often you have guides assigned to you that specifically direct and control the healing energies.

## **Spirit Helpers:**

These are spirits that are not necessarily assigned to you but are freelance. They are perhaps people whom you already know as either friends or relatives on this level. They are therefore not part of the organised support or hierarchy but are with you because of their relationship to you.

## **Spirit Guardians:**

These can be Guardian angels (that is, they come from the Angelic Realm) or you may have another Being as a guardian, for example a Samurai Warrior or an Elf. All guardians are concerned with giving you loving support and protection rather than guidance.

## **Spirit Students:**

I have worked with one friend whose current guide was a Being who originally patrolled this level for lost spirits to help them move on. When they first met, this entity understood that my friend was here to work through some hard issues. He recognised that he had the same issues and decided to stay because he would learn how to resolve his own by being with her. This is a very unusual case. If you have spirit packaged into good and bad polarities then this one would be hard to categorise. So remember to keep an open mind. I am also finding that some that I am working with are being sought out for advice by high level Beings. Quite often it was these Beings that we called for advice to help take us to where we are now.

# **8.3. Spirit Support Team Compositions Discussed**

For some people their teams change on a regular basis. Mine, for example used to change every six to eight weeks then for two years they changed daily and now I'm working with six forums of consciousness one of which is me. Remember also that you are not separate from this process, as you can on different levels also be a guide or guides for other people in the same capacity. I generally use the term 'Spirit Guide' to cover all of the above categories.

There are many different angles to view what people are working with or see themselves as working with. Again don't take these as definitive and understand that there is much overlap. Let's look at some of these now:

- Most people if they accept a spirit presence will think of a spirit guide or a guardian angel as this is the accepted and most popular model. For many this is what they will stay with because they have no agenda or inclination to explore beyond this and or have no conception of what else there might be.
- Others who are more curious or have a different agenda may have more Beings with them and a greater range of types. These Beings may also come and go at irregular times. People with this sort of relationship tend to be more open to possibilities. There can be a movement from earth or angelic types to pure energy forms or nature spirits or Ascended Masters. Anything to educate you more about how it really is.



- Others can be working with many Beings that are changing regularly. Their association is more as a task force getting on with a job. These relationships are close but also business like. There is a job to do and they are there to get on with it.
- Others are working with forums of consciousnesses. These are usually very high level pure energy forms that have a loose association with regard a particular agenda (which can be more or less aligned with the Divine).
- A few people will have embraced enough of themselves by BECOMING their Higher Aspects and are then working with more of themselves than with separate Beings.

People who are new to these areas and have little knowledge of the current limits are more able to step into and accept themselves relating to the beyond in completely new ways. Many who have been accessing for many years (and doing a great job) are generally sticking to what they know. It is each to their own and each to their current agendas irrespective of their limitations.

## **8.4. Attachments from Life Interactions - Some Notes**

Most of these are from past lifetimes, although some people can forget that they may create attachments in this one too. They are described below.

This section illustrates very nicely why I have always made it clear to all the Beings that come to facilitate me that I will not hold onto any of them. I have asked them as part of their job that they must continually find other Beings to support me as my energies, awareness and situations change so that I can make this journey as fast and efficiently as possible.

I remind you that LETTING GO is one of the main requirements to partake of this Divine game.

### **Attachments from Life Interactions - Some Notes:**

In the same way that we have connected to people strongly in past lives, we can be doing this in this life also. Some people class these as 'negative' entities. However if you look at it from the perspective of reaching DIVINE UNITY then any entity that has bonding connections either from it to you, you to it or both to each other simply has to be dealt with. It is largely irrelevant what the circumstances were, who was to blame, who caused what to whom. The bottom line is that you are BOTH disabled by these ties, you are both trapped. To barrier yourself off from this entity, to run away is not going to resolve your differences. So, I see these 'negative' entities as positive, they have turned up so that you can do whatever you need to do to be released from them forever.

### **Past Life Entity Attachments:**

Obviously we have all had both good and bad associations in past lives which can result in psychic attachments between yourself and these others. When you are working closely and sincerely with Divine Spirit, they present these entities to you under very controlled conditions so that you can deal with them appropriately and permanently. Even in these supported conditions it can still be hairy particularly with Demonic or Shape Shifter types. For those that are not aware of entities and the risk of attachments then they can cause major problems. Many methods of dealing with these are covered in this handbook. Having had a rich and varied existence in many past lives I am aware that I have many dodgy past life associations to deal with. In the last four years alone, I have processed a couple of thousand of these entities and again I don't see them as negative - just a necessary part of the process for me to reach Divine Unity. Many people, and

this includes healers, are horrified at the thought of having negative entities around them. Many choose to react to these things with fear and terror (which is the worst possible approach). The key to dealing with these entities is quality energies, objective expertise and solid Divine support.

## **Spirit Helpers, Guides and others:**

No, I am not trying to get you confused. Here are some examples:

- Quite often spirit helpers are sometimes with you because they cannot let go of you and their advice may be coming from emotional attachment rather than Divine awareness.
- Sometimes people also get too attached to certain members of their Spirit Support team and don't want to let go of them either. Although this is fine for those working as mediums, for anyone who is a paid up member of the evolving into their Divine Selves team then this will certainly be holding them back.
- I have regularly helped people who have spirit guides who won't move on when they have finished their task. When this happens they hold you to a lower energy vibration.

## **8.5. Non-attachment based Entity Interferences:**

These are entities that you pick up from other people or particular places. They don't have an ancestral attachment to you and in most cases (99%+) are easy to get rid of. I rarely have problems with these types; in fact I rarely come across them at all. In some ways, it would seem to me that unlike others they are simply not part of my agenda in this incarnation.

There are many reasons why you may pick one up; it may think you can help it perhaps through having a similar energy association. For example, it may have great sadness and feel drawn to yours. They can also be attracted to you because of your own unresolved dark side connections.

From my experience many people tend to have very strong reactions regarding negative or predator entities. The models that people are using to understand and make decisions regarding these areas seem to be more focused on generating fear than providing effective and honouring solutions. I have to remind you that what you fear, what you react to and what you focus on is more likely to manifest. It is also true to say that for those entities that feed on fear all you are doing is giving them lunch.

Certain places and people can have energies that we pick up and react to. Sometimes we get good feelings and other times we get bad ones. As we are all energetic Beings we are constantly being affected by the energies both within our environment as well as from the people around us. Many people can pick up the vibes of Beings close to them.

In the same way that there are people you meet in this physical reality whom you know you can immediately trust and others that you automatically stay clear of, you should remember to use the same discernment with spirit contacts. There are spirits that will confuse and hold you back and others that will play on a person's ego rather than their Higher Aspects. It is important with all healing and spiritual work that you have an invocation that defines your associations and for some people it will be sensible to use protection methods *at times*.

## **8.6. Final Notes on Spirit Associations**

You cannot effectively protect yourself from a past life entity as it is attached to you. Up to a

point it is the non-aligned negative entities that you need to watch out for and protect yourself from.

Working with past life issues can sometimes lead to confusion. For example you may find you have an entity that has come to you because of associations you have with it from a past existence. In these situations, although it may not have your highest interests at heart, its presence usually signifies that you can now fully resolve a particular issue and let go of this attachment completely. You always have a choice as to how to respond to things, you could get despondent and fearful or you could say - what can I learn from this situation, what can I get from it, how can I approach this to give me the maximum amount of fun and movement into my DIVINE SELF.

Beings that come to work with you could be from any place, from any level, from any existence. Let go of your preconceptions about what is out there. Allow yourself to be open to all that can facilitate you. Some of you for example would have a heart attack if you felt that you had a team of extra-terrestrials working with you. Why? How many lifetimes have you had existing as an extra-terrestrial or a star being or an angel or nature spirit? As you will undoubtedly have had many, why can you not accept what you (on some level) are? Of course others who are used to and fully accepting of their extra-terrestrial team would perhaps have similar heart attacks at the thought of losing them.

## 8.7. Some Notes on Protection

OK, some of you may find this section quite difficult. There are many factors at work that determine whether or not it is a good idea to protect yourself. In essence the more you are truly connected to your GOD SELF PRESENCE the less need there is to take a protective stance.

When you are less connected, operating more from ego, conditioning and so forth and more importantly, have issues that make you vulnerable and open to entity disturbances then it is very wise to take precautions. However to diligently continue to use protection after these issues have been resolved only serves to tell the universe that you are afraid on some level and this will quite possibly result in you creating a reality that will quite happily provide you with disturbances. There are many catch twenty-two elements in this area. In essence different approaches should be considered both as unfolding circumstances dictate as well as with respect to how your inner understandings change regarding these issues. Some examples:

- Someone who came to me for an initiation and training had a car drive into the back of her when she left. When we explored this we found that she always put protection up, asked the universe for particular outcomes (these arise from having fears) and she always kept the car immersed in an energy barrier. This is a difficult one to explain, but in essence at a certain point in your spiritual development you have to let go of all control and move fully into FLOW and TRUST. Reaching your DIVINE SELF is about being at home and secure within yourself and able to cope with everything that happens to and around you and FLOWING with it IN THE MOMENT. Now it is a different matter to never use protection and then one day in the car suddenly realising that an accident is flowing down from the future and you then choose to avoid it (in the FLOW) because you decide not to experience that reality. To take this even further at a certain point even beyond that you may IN THE FLOW lovingly make the choice to experience having the accident and to go through all that it entails. So, using protection in many circumstances is another way of sending a loud message to the creator that you are insecure within.
- Another colleague was always habitually 'scanning' her environment to check for interference, negative energies or entities and so forth. This was almost an automatic unconscious process. She was always aware of who her guides were and where they were

around her at any particular time. However at a certain point she started to complain that her teams were changing in the middle of workshops at critical times and disrupting her flow. I pointed out that there would be no disruption if she did not choose to check up on everything all the time. The disruption was only created by her reaction to what she saw. Her guides were doing this deliberately to make her aware of this checking issue. After consciously resisting checking for a while, she then experienced very strong negative interference. This nasty device and entity turned out to be from the original higher level existence where all this had started from. In the original existence regular scanning and checking to avoid these things was appropriate. However the constant need to be vigilant eventually caused this to become an ingrained habit. Now however, as she is intent on resolving all that holds her separate from her Divine Self, allowing it to come into full view allows both the interference and all related trauma and conditioning to be fully dealt with forever. Her current focus on checking and using protection had prevented this thing from turning up as it was designed to be sneaky. Only when she decided to relax, trust and be in tune in the moment could it appear and be fully dealt with, in doing this she has now moved into a completely different space.

I am aware that the above examples will fly in the face of what many healers would either understand or endorse and having been there myself I can fully appreciate this. So, I am not saying stop protecting yourself if this is what feels right for you. At the same time try and become more aware of why you need to use protection - what is the underlying factor. Explore your feelings about this. Again honesty is the best and most appropriate tool to facilitate you in this. Are you always going to be bound by your fears, insecurities and anxieties, are you going to stay limited by them or is it time to face them?

## 8.8. Protection Methods Discussed

### Visualisation Method:

If you find yourself in any situation or place or with a person and you start to feel 'bad vibes', uneasy, find yourself becoming ill or confused and you know that this has nothing to do with processing or transformation then it is possible that you are being influenced by either a negative entity or energy. You can then if you feel that it is necessary protect yourself in a variety of ways depending on the situation. Below I give a selection of methods used by myself and others. The main thing is to know you will be protected and to be intentful about what you do.

- With intent visualise a blue light spiralling around your whole body.
- With intent visualise a thick gold band spiralling around your whole body.
- With intent visualise millions of rings of light circling around you, make them about 10 feet in diameter with you at the centre. Make the rings lie in many different angles. I find this method to be extremely effective - nothing has ever got through this one.
- Call in all your spirit guardians and ask them to surround you in a protective cloak. Again both visualise and feel it going on.

### Examples of questions to present to your inner guidance:

*Do I need to start protecting myself at this time?*

*Are there any situations or people that I need to be wary of?*

*Will using this visualisation method be sufficient?*

*Am I prone to picking up negative entities?*

*Are there Statements in the manual that can help me to reverse this attraction?*

## **Statement of Intent Method:**

This statement is particularly useful if you feel that you have already picked something up, as it will work to rid you of it and seal you from further intrusions. The statement is as follows:

### **Statement: Protection from Entities**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul essence and soul purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue.'

'With full and total INTENT, I ask Divine Spirit to give me full and complete protection from any negative energies and entities around me. I ask Spirit to remove any negative entities from me and then to seal me completely from further negative entity intrusions. I ask Divine Spirit to give me absolutely everything I need to prevent me from attracting any negative entities to myself. I ask for this now - and so it is - Thank you.'

Use it once and see how you feel after an hour or so. It may be that you will need to use it a couple of times a day for a few days. Especially if you have inner attitudes that allow you to attract negative entities.

If you're finding this book useful then maybe others would too? Does anyone come to mind that you think might find this interesting or perhaps benefit from working with it? They are maybe just an e-mail away from finding out?

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# INVOCATIONS (INVITATION & ALIGNMENT KEYS)

## 9.1. An Introduction

An invocation is very important whenever you intend working with the DIVINE as it acts as a 'statement of intent' defining important parameters such as who you invite to come work with you, their alignment and so on.

We provide you with some examples for you to explore and use. Keep the following in mind as you read through them. First, there is no point in working in ways that you are not comfortable with. When I started with this approach some three years ago I could not bring myself to work with the word GOD. For me it had too many negative religious connotations (no offence intended). During this phase I used the word DIVINE instead. Then I got to a point where I saw things from a larger perspective and GOD then became fine as I had a better idea of what it really referred to and I was not self conscious or at all bothered if people thought it meant something different. So!!! as usual be honest about what you feel. Honour yourself with what is right for you and with what works best for you at this time.

Using an invocation is a way of you taking a sacred moment for yourself. It sets the scene, draws in both the energies and your Multidimensional Divine colleagues that will support you in this moment. It is also important as I have said elsewhere that the higher the level that the Beings are from the more they honour you and your right to create whatever reality you wish. This is so much a part of their nature that they will simply not violate your current conscious or unconscious choices without you giving them permission. This is the TRUTH.

So, you must invite them and then tell them what you want, only then can they facilitate you on your journey to reclaim yourself, if this is what you so wish.

## 9.2. A Good Starter Invocation

This is perhaps a good one for those to start with who are not used to working with or contacting Spirit.

### Invocation: Starter

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

## 9.3. An Invocation that Invites Everyone

I would recommend this one for all those who are concerned about, frightened of or bothered in any way with the dark side, negative entities, psychic attacks and so on. As well as for those who feel that they have had lifetimes manipulating, controlling or inducing fear in others (and many of us have). This invocation makes sure that you have lots of defined support, particularly from Beings who are very focused in these areas. It also ensures that you are specifying directly the Divine alignment of those that come to support you. When you feel that you have evolved past these areas and they no longer concern you then move onto the next invocation (in other words - REALLY LET GO).

### **Invocation: Comprehensive**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. I invite all the Healing Angels, the Healing Archangels and the Seraphim Angels, Archangel Michael, Archangel Gabriel and Lady Master Quan Yin. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

## 9.4. Embracing the DIVINE Journey

### **Invocation: Evolving**

'I invite all the DIVINE energies and beings who are dedicated in Will and Spirit to facilitate me on my journey to embrace my DIVINE SELF to become ALL THAT I AM in UNITY. I ask for them all to be with me NOW, to flow with me, to merge with me as they facilitate me in this process to be ALL THAT I TRULY AM. I ask for this without preconceptions or expectations but with TRUST. I ask for all the DIVINE TRANSFORMATIONAL energies to build up within me, to fill ALL THAT I AM, to merge with and permeate all parts of me EVERYWHERE until I am overflowing with the HIGHEST DIVINE energies and DIVINE LOVE and DIVINE LIGHT. BY MY Will this is SO.'

## 9.5. The Final Frontier

The final one is where you decide not to use an invocation at all as you are able to connect directly and are solid and totally secure in your relationship with the DIVINE.

# Chapter 10.

## SUPPORT, SAFETY & SCENE SETTING KEYS

### 10.1. An Introduction

One of my aims as a healer facilitator is to help people become connected in their own way to their own Divine Spirit Support Team. Through empowering people in this way, they are more able to take self responsibility, which in turn leads them to move more quickly into self confidence, security and trust. From my own experience this is the quickest way to get people on the track to evolve, grow and eventually achieve lasting happiness.

So, the more you learn to accept the *Divine* and work directly with them the better. You start to do this by inviting them to be part of your experience. The more ways you do this and the more often, then the stronger this connection will become and the more effective will be the response to the help you ask for.

One point that I will keep driving home is the fact that *Divine* Spirit cannot do anything for you unless you ask them to. They won't intervene otherwise. The statements of intent presented in this handbook are the backbone of this interaction. All the statements conform to the Highest Divine imperatives, they honour all and will propel you ever onwards into your DIVINE UNITY.

Check out all of the statements in this chapter. You will probably find that some of them are very important for you to work with. Particularly those that are fundamental to setting the scene for working with Divine Spirit in a secure and strictly aligned way. They set-up the bottom line parameters so that there can be no confusion or misunderstandings. So, remember:

### **Remember:**

**DIVINE SPIRIT CAN ONLY HELP IF YOU ASK**

So, use an invocation to call in Spirit every time you wish to work with them, this in itself is fundamental (if you need plumbing work done then call a plumber). This will raise the energies and of course the more energies you have available to work with the faster you move through your stuff. An invocation follows:

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'



## **10.2. Keys that Define your Relationship with the DIVINE**

These are the statements which I consider of 'primary' importance as they lay out the ground rules for working with Divine Spirit. This makes your position very clear concerning how you wish them to work with you as well as about what you want from them. They also show you how to set limits and boundaries and to prevent misunderstandings. Following are the statements that you will find useful for these purposes:

### **Statement: The Truth and Only the Truth**

'From my Heart and with all my Being'

I state to Divine and Loving Spirit that I am committed to moving towards the absolute and total truth - nothing less. I ask Divine Spirit to guide me in casting off my illusions, to gently help me let go of all my faulty belief systems and understandings whatever they are. I ask Divine Spirit to work with me continually to bring me ever closer to a state of knowledge and Being. I ask for this now - and so it is - Thank you.'

### **Statement: Changing Attitudes**

'From my Heart and with all my Being'

'I invite Divine and Loving Spirit to give me everything I need to change my conditioning, my mind sets, my attitudes and my habits so that they are in alignment with my true, positive, spontaneous, intuitive, creative and effortless nature. I ask for this now - and so it is - Thank you.'

### **Statement: Evolving/Resolving Issues**

'From my Heart and with all my Being.'

'I invite Divine and Loving Spirit to help me be fully focused on evolving at the fastest rate possible and to the highest level that it is possible for me to achieve within this lifetime while remaining reasonably safe and secure. I state that it is my intention to work through all the issues that I am here to resolve in the easiest and most efficient way possible and to clear all that I can on all levels from physical, right through to spiritual. I ask for the Divine to give me full support to achieve this. I ask - and so it is - Thank you.'

### **Statement: Ensuring Progress**

'From my Heart and with all my Being.'

'I state to Divine and Loving Spirit that I am fully committed to grow and evolve into my LARGER SELF. As part of this I give Divine Spirit full permission and authority to work with me with all the statements and keys within this document even when I am casually reading it through. I ask the Divine to be with me as I read this, look over my

shoulder and to work with me in all ways that it is in my highest interests at that time. I ask that Divine Spirit do this - and so it is - Thank you.'

If you only work intently with one Key in the handbook then make it this one. Understand that using this statement will only help in an overall sense and that it is your drive, your focus and your commitment that will bring you the changes you are looking for. A half hearted approach will result in half hearted progress.

## **10.3. Some Safety Keys**

These keys specify alignments, ensure that anything hidden will be revealed. They also confirm what parameters must be adhered to for Divine Spirit to work on your behalf. The last statement also sorts out any non-aligned guidance.

### **Statement: Specifying Alignment of Guidance**

'From my Heart and with all my Being'

'I state to the Divine that from this time forth I will only work with Beings and Energies that are aligned with Divine Love, Divine Truth, Divine Will and Divine Wisdom. At no time will I work or be associated with anything otherwise. This is how it will be - and so it is - Thank you.'

### **Statement: Bringing all Limits to Awareness**

'From my Heart and with all my Being'

'I ask that Divine and Loving Spirit work with me always to take me ever closer to my Divine Self. I ask that absolutely everything that is holding me back be brought to my awareness at the right time and that I am given all the tools, direction and support that I need to deal with everything that limits me in any way. In this I ask to be made aware of all limiting and non-honouring agendas, attachments, associations and affiliations that I may be part of. I ask Divine Spirit to give me all that I need to achieve this completely and totally. I ask - and so it is - Thank you.'

### **Statement: Avoiding Misunderstandings**

'From my Heart and with all my Being'

'I state to the Divine that from this time forth I only want statements of Intent carried out that are for my Highest Will and Good and that are in alignment with my ALL THAT I AM. I ask Spirit to ignore any Statements or thoughts or requests that are not aligned in this way completely and totally. I ask Spirit to ignore any negative or non-aligned thoughts totally and utterly also. I ask Spirit to accept this statement as an overriding statement concerning all my self healing, spiritual and evolving work. I ask - and so it is - Thank you.'

## **Statement: Replacing and Re-aligning Guidance**

'From my Heart and with all my Being'

'I invite the Divine to replace without prejudice all my Spirit Guides, Spirit Teachers, Spirit Guardians and Spirit Healers who are not aligned with Divine Love, Divine Truth, Divine Will and Divine Wisdom with Beings that are. I thank all those who are now to leave for their past support and I honour them for all they have done for me. I ask that all the Divine Beings working with me be changed as necessary to facilitate and support me through all the changes on my path into unconditional love and Divine Splendour. I ask for this now - and so it is - Thank you.'

## **10.4. Making Things Easier**

These keys make it plain that you want things to be as easy as possible while you resolve your misalignments.

### **Statement: Efficient Evolving**

'From my Heart and with all my Being'

'I invite Divine and Loving Spirit to continually look for more efficient and honouring ways to help me resolve my issues, release my traumas and to take me fully into my Divine Self. I ask for all my releases, realisations and integrations to proceed with joy, love, humour, laughter and delight. I ask for this now - and so it is - Thank you.'

### **Statement: Easier Emotional Releasing**

'From my Heart and with all my Being'

'I State that if it is for my highest will and good and in alignment with my soul essence and soul purpose then I invite Divine and Loving Spirit to give me everything I need to convert emotional releases when appropriate directly into energy form to be released from me with a minimum of fuss. I ask for this to be done now - and so it is - Thank you.'

#### **Examples of questions to present to your inner guidance:**

*Would it be useful for me to do some of these Statements every so often?*

*Shall I do this one?*

*Are there any on this page that I should do now?*

## **10.5. Other useful starting Keys**

### **Statement: Making a Commitment to Trusting**

'From my Heart and with all my Being'

'I state to Divine and Loving Spirit that I am committed to fully trusting myself and the process of my evolution into my Divine Self. I ask to be given whatever I need to move me completely into a state of Divine Trust and Divine Flow. I let go of worry. I let go of insecurity and doubt to live in the moment. I ask that Divine Spirit give me all that I need to achieve this completely and totally - I ask - and so it is - Thank you.'

## **Statement: Self Forgiveness and Self Acceptance**

'From my Heart and with all my Being'

'I invite Divine and Loving Spirit to give me absolutely everything I need on all levels so that I may forgive and accept myself totally and completely. In my heart I forgive myself and I accept myself for all that I have done anywhere. I ask Divine Spirit to help me with this continuously until I am totally forgiving, accepting and self loving - Thank you.'

## **Statement: Pain and Suffering no More**

'From my Heart and with all my Being'

'I state to Divine and Loving Spirit that I am no longer willing to accept suffering or pain as part of my life. I am now finished completely with these, they are no longer a part of my existence. From now on I am moving fully and totally into Love, Joy, Bliss, Happiness and Serenity. This is how I will be from now on, this is how I am. I ask Divine Spirit to give me all that I need to achieve this completely and totally. I ask - and so it is - Thank you.'

## **Statement: Loving Yourself / Abundance**

'From my Heart and with all my Being'

'I state to Divine and Loving Spirit that I am fully committed to loving myself fully and totally. I refuse to struggle any longer, my life now unfolds easily, joyously and wondrously. I am blessed with absolutely everything I need exactly when I need it and my life is filled with abundance and richness. I ask Divine Spirit to give me all that I need to fully manifest this completely and totally - and so it is - Thank you.'

And so, it begins again  
We move on,  
Carefully packing our belongings  
Our pain, our fear  
Our light ....,  
Into boxes  
Into bags  
And taking them with us.  
How many of us  
Unpack all the boxes to the bottom?  
How many of us  
See the trinkets  
That allow us to feel the pain?

... This move  
It is time to empty the boxes  
To delve right to the bottom  
To touch the pain, embrace it  
Release our fears  
And find love again  
Then there will be so much more space  
in our lives and homes  
For love, compassion and the joy of the box  
Is the essence of you

**Bren**

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# Chapter 11.

## THE UNITY CONSCIOUSNESS PRIMARY KEYS

### 11.1. An Introduction

In all the existences that we have, we choose to try and understand who we are by exploring all facets of ourselves between the extremes of SEPARATION and UNION. In doing this we eventually come to know that we hold within us both of these opposites at the same time and that (up to a point) we are free to choose which we express. We can choose to be SEPARATING or we can choose to be UNIFIED.

Your Higher Aspects may consciously decide to explore separation here although sometimes this is prompted because of a desire to resolve misalignments caused by a trauma, accident or issues from soul level.

The slight problem is that when we are in the separated state then we tend to be unaware that there is anything else. When we are UNIFIED and AT ONE then we may more easily understand these polarities and what it is like to be on both sides of the fence (as it were).

To reach the UNIFIED state, this AT ONENESS WITH ALL, from a position of separation you have to TRUST that it is possible to move into this alternate awareness. The best way to do this is to just GO FOR IT in the spirit that it will be a fine adventure to undertake and an exciting area to explore. It's also worth reminding yourself that you will become happier, more secure and content in the process. In the table following I describe the individual polarities that best highlight these extremes.

**Table 11-1. Table of Individual Polarities**

<b>BEING ALL THAT IS</b>	<b>v</b>	<b>NOT BEING ALL THAT IS</b>
<b>Unified/Together</b>	<b>v</b>	<b>Separate/Loss</b>
<b>Always a Choice</b>	<b>v</b>	<b>Rarely a Choice</b>
<b>Education</b>	<b>v</b>	<b>Manipulation</b>
<b>Being</b>	<b>v</b>	<b>Doing</b>
<b>Love</b>	<b>v</b>	<b>Fear</b>
<b>Truth/Knowing/Feeling</b>	<b>v</b>	<b>Distort/Think/Conditioning</b>
<b>Acceptance</b>	<b>v</b>	<b>Judgement</b>
<b>Eternal</b>	<b>v</b>	<b>Temporary</b>
<b>Freedom</b>	<b>v</b>	<b>Control</b>
<b>Everything and Everywhere</b>	<b>v</b>	<b>Small and Isolated</b>
<b>All is Within</b>	<b>v</b>	<b>All is Outside</b>

BEING ALL THAT IS, is no worse or better than NOT BEING ALL THAT IS, they are only extremes

of what we can choose to experience in our multidimensional existences. Hopefully you are reading this because you have some interest in exploring WHO YOU ARE in a much larger sense and wish to express more of your UNIFIED NATURE rather than the opposite.

Your DIVINE SELF is EVERYWHERE and INFINITE. Paradoxically it is this part of yourself that you call upon to help you manifest and BECOME THIS. You do this by actively working with the statements of intent that are presented within this book. The ones given in this chapter are the primary or foundation keys. Each of you will have a different understanding, a different level of awareness with regard to your DIVINE NATURE. Some of you will be quite comfortable knowing that you are in some way DIVINE while others will be more cautious in this regard (to say the least). However whether the DIVINE is something you recognise as a part of yourself or as something separate does not really matter. You are the DIVINE, but only when YOU are the DIVINE. When you choose not to BE IT then you aren't, it's as simple as that. It is best to think of it and to work with it in a way that you are comfortable with in the moment. At the same time try not to hold onto where you currently are but be open to moving to a new place in your understanding, awareness and consciousness.

With this approach then, you help yourself to move into your DIVINE SELF by making use of statements of intent, these act as UNITY CONSCIOUSNESS Activation keys. Each of these keys acts as a doorway through which you access a particular set of energy blueprints. It is these energy blueprints that are the real keys as it is they that are responsible for facilitating you to transform to very deep levels and move you closer to your DIVINE SELF.

We have many keys presented throughout this document to cover many areas of separation, so that you are gradually brought together within yourself to become more UNIFIED and WHOLE, more AT ONE WITH ALL.

To get the most out of these keys try and cultivate a strong FOCUS or WILL to move into your DIVINE NATURE. DETERMINATION, PERSEVERANCE and SELF-HONESTY are important attributes. I have mentioned these before and because of their importance I will probably do so again.

## **11.2. The UNITY CONSCIOUSNESS Foundation Keys Explained**

We present to you a number of keys in this chapter which will not only introduce you to this way of working but will also function as a good foundation to your movement into ALL THAT YOU ARE In UNITY. For each of you this journey will be different, reflecting how much you have embedded yourself in the myths and illusions perpetuated here and other places, how open you are to taking this journey, as well as how this journey can be pencilled in as part of your mission schedule here.

The keys are structured or layered to make it easier for you to visualise or feel the relationships between them. The first key will facilitate you to embrace ALL THAT YOU ARE in UNITY, the next in letting go of ALL THAT YOU ARE in SEPARATION or issues promoting separation. It is presented in this way as there are many who through steadfastly focusing on facing their LIGHTNESS have become blinded in the dazzle and don't realise that they have their jacket caught in the door of their DARKNESS. For the issues of separation, we present not one, but three keys for you to work with, each covering an individual and recognisable sub-area of separation or misalignment. The following chapters expand on each of these four areas to provide you with keys that can provide a laser beam like focus to many individual facets held within these.

Your journey into your Divine Self is very much like a balloon ride. Imagine yourself in a hot air

balloon nicely drifting along in the air currents. Now if you want to go higher you have a choice of throwing out some sand bags (these represent all that is holding you back, your attachments, your fears, your unacknowledged dark side) or you can pull on the gas cord (this represents you moving into and embracing your Higher Aspects, higher energies and so on). It is true to say that the balloon cannot achieve the best height without addressing both of these factors and this is also true of anyone wishing to move fully into their DIVINE NATURE.

To move fully into DIVINE UNION requires that you take a balanced approach and work with both of these areas. Some then work with their dark areas too seriously and intently without at times working to raise their energies directly. On the other hand, it is also true that many think that keeping themselves transfixed on the light will enable them to avoid all the messy bits when this is NOT so.

A balanced line is to work positively on your negative areas as well as positively on your positive areas. I know this as I was originally very embedded in the negative and had to focus very strongly on this area to get up to speed. Hence you will notice that these areas are very comprehensively covered within this book. It took me over a year to stop looking over my shoulder all the time and to work from a much more balanced perspective.

So, in the following sections we present these four Keys for you to work with. Please use them with focus and intent. If you want to raise your energies to enhance their effects then use whichever invocation you resonate with from chapter nine before working with them. Use them as a declaration and use them knowing that they work to move you closer to your TRUE, DIVINE and UNIFIED SELF.

## **11.3. Committing to a Direct Movement into UNITY**

This key focuses on inviting the Divine to work with you to help you move fully into your Unified, Divine Self and to cover all areas that would positively facilitate this.

### **Statement: Foundation Key: Committing to embrace Divine Unity**

#### **USE INVOCATION HERE**

'I choose before ALL THAT I AM to move fully into ALL THAT I TRULY AM in UNITY. It is my intention to become the highest expression of the DIVINE in the MOMENT. I invite unconditionally without expectations or preconceptions the DIVINE to merge with and to work with me to facilitate me on my DIVINE JOURNEY in alignment with my soul essence and soul purpose.'

'This is what I choose, to mobilise the CREATIVE ENERGIES of ALL THAT IS to work with ALL THAT I AM EVERYWHERE on all levels and all existences in the past, in the present and in the future to achieve this DIVINE UNION.'

'I invite Divine Spirit to open all my channels, to connect me to DIVINE energies from the highest DIVINE levels. I ask to have anchored to me all the energies that it is right for me to work with at this time. I embrace all DIVINE QUALITIES and ask that they be made more present in all spheres of my life HERE. I embrace my HIGHER ASPECTS and ask the DIVINE to work with me continuously to help me BECOME THEM. I ask for everything I need NOW to raise my AWARENESS and to take me into the TRUTH of



## **11.4. Introducing the Issues of Separation Keys**

In a general sense I call ALL that holds us out of alignment with our Divine Selves as Issues of Separation. These then represent each person's sandbags of all that holds them back on their balloon journey into their LARGER SELF. So, now we present the following keys. One covering 'Issues of Separation' in a general way, another targeting 'Attachments' and a final one that deals with issues relating to 'Control'. All of these areas are central to all that conspires to hold us back. In later chapters we will expand on each of these and look at them in much greater detail. We present each of these in turn now:

## **11.5. Committing to Resolve ALL Separation Issues**

Here we make it clear that we want all that holds us in separation to be dealt with, no matter what its nature.

### **Statement: Foundation Key: Committing to Resolve ALL Issues of Separation**

#### **USE INVOCATION HERE**

'I choose before ALL THAT I AM to move fully into ALL THAT I TRULY AM in UNITY and to do this I LET GO of all that I AM NOT. I LET GO of all that I am holding on to that is stopping me from moving into my LARGER SELF. I also ask Divine Spirit to release me from anything that might be holding me back - whatever its nature, so that I can then move fully into my UNIFIED DIVINE SELF.'

'I ask Divine Spirit to work with me continually to move me out of ALL SEPARATION whatever its nature. I give Divine spirit permission to make me aware of all that keeps me in separation, all that makes me LESS THAN I TRULY AM in UNITY.'

'I ask the Divine to provide me with everything that I need, all the energies, expertise and Divine Spirit support so that I am continually moving on from all that keeps me separate in any way from my LARGER, DIVINE SELF.'

'I ask the DIVINE to use all CREATIVE means to work with me to the deepest level of my Being to release me from all FEAR, DOUBT and INSECURITY. I ask to be given whatever I need to move fully into SELF-TRUST, SECURITY and LOVE. This is what I AM becoming; this is what I AM. I will TRUST in myself and in the DIVINE to lead me to achieve this. Thank You.'

## 11.6. Committing to LETTING GO of ALL Attachments

We very easily become attached to things, to emotions, to ways of reacting, ways of thinking and feeling, to people and objects, to tools and developmental methods, to belief systems and models. We have favourite attitudes that we hold onto, thinking that they truly represent us or the truth or God. Attachments however, cause us to manipulate the environment so that we can continue to hold onto them. So, for example this can cause us to play games to emotionally or mentally or physically blackmail others to stay with us because we feel that life would have no meaning without them. It can of course in the same way cause us to agree to be blackmailed by others thinking that if we don't then we too will lose out.

In a larger sense most of us have attachments from many existences. Some of these attachments were positively forged while others arose due to negative situations and circumstances. Whether they appear to be good or bad is largely irrelevant, as they are ALL ultimately limiting. The following Key does all it can to target these areas:

### **Statement: Foundation Key: Committing to Letting go of ALL Attachments**

#### **USE INVOCATION HERE**

'I let go of all ATTACHMENTS in ALL THAT I AM everywhere. In TRUTH I am EVERYTHING. I acknowledge that I AM EVERYTHING and EVERYWHERE as are all others.'

'I ask the DIVINE to use all CREATIVE means to work with me to the deepest level of my Being to release me from all ATTACHMENTS, SEPARATENESS and RESTRICTIONS that prevent me from being in alignment with all that I TRULY AM in any way. I ask to be given whatever I need to move fully into DETACHMENT, ONENESS and UNITY. This is what I AM becoming. I will TRUST in myself and in the DIVINE to lead me to achieve this.'

'With LOVE, FORGIVENESS and HONOUR I now break all energy attachments and cords that bind me in any way to any others on any level, from any existence. I do this NOW.'

'I both retract and release myself from all vows, contracts, pacts, curses and spells that do not now serve a true purpose and which are not for the highest will and good of all. I do this NOW.'

'I ask that all energy devices, implants, barriers that are not in alignment with my movement into my Divine Self be released from my energy field. I ask that this be done NOW - Thank You.'

## 11.7. Committing to LETTING GO of Control

Control comes when we resist change; we resist change when we fear the future because we

identify with the past. That is we stop flowing and we step out from BEING IN THE MOMENT and instead start to BE where our thoughts or fears are rather than to BE the feeling of fully BEING in life.

## **Statement: Foundation Key: Committing to Letting go of ALL Control**

### **USE INVOCATION HERE**

'I let go of all CONTROL in ALL THAT I AM everywhere to move into the CREATIVE FLOW in the MOMENT to just BE. I ACCEPT without JUDGEMENT, I FLOW without BLOCKING, I AM FREE without CONTROL. I AM UNFOLDING in the MOMENT, FLOWING with the CREATIVE IMPERATIVES of ALL THAT IS.'

'In FREEING myself I FREE all others. I will LIVE IN THE MOMENT and let all others do the same. I EMBRACE CHANGE, I recognise that LIFE is CHANGE.'

'I ask the DIVINE to use all CREATIVE means to work with me to the deepest level of my Being to release me from all that prevents me from making a real choice in any situation. I ask for DIVINE SPIRIT to release me from all CONDITIONING, FAULTY ATTITUDES, DISABLING BELIEFS and DYSFUNCTIONAL BEHAVIOURS that are stored within any part of me on any level. I give DIVINE SPIRIT full permission to adjust all of these so that I am brought fully into alignment with the DIVINE.'

'I ask that all that causes me to either CONTROL myself or OTHERS be resolved within me so that I move fully into ACCEPTANCE, FREEDOM and FLOW. Into this I am UNFOLDING, I AM becoming and will therefore BE. I will TRUST in myself and in the DIVINE to lead me to achieve this. Thank You.'

## **11.8. The 'Issues of Separation' Keys Summarised**

The three Keys just presented are directly linked and related to each other. They make up a triangle that feed each other. In essence none can be seen as entirely separate from the others. So, for example when you fear something, this often leads you to take control, which then often leads to attachments.

True spiritual transformation then is about giving up all those cherished parts of yourself that have served you well in past times but are now only crutches and chains, binding you. It is about letting go of attachments, it is about releasing yourself from fear and it is about giving up control.

It is time to face all of your fears, let go of all your attachments and give up all that you control both within and without yourself. It is time to bring all of these out from all the corners where they have been hidden so well for so long. Take them out one at a time, give each a cup of tea and a biscuit, make up a packed lunch and overnight bag while you laugh over old times and then wave them goodbye as you usher them out of the door.

Each one of you reading this can do just that, if you so choose. Some of you may find doing this a little difficult initially. Well you can't give yourself a really good time all in one go can you? You will feel this loss for a while, that's to be expected. Some of what you have to deal with you will have cultivated and held onto for many thousands of years and they will perhaps have been like

good friends to you.

After you deal with the first you will realise how much more freedom you have, how much lighter you feel and more honouring you are to yourself. It then becomes easier to let go in the future. Some will be easy and quickly discarded, while others will be more deeply ingrained and will take longer and this will be right also.

*Reclaiming all parts of yourself is what being on a spiritual path is about. When your whole being is committed to doing this then you are truly on a path of self-honour, love and joy.*

## 11.9. Where to go from Here?

The four keys presented in this chapter summarise most of the areas that I have covered within myself over the last few years. They are a good foundation and they will, for a few people be all that you need to use. You could work with these keys regularly. Take time out; give yourself a quiet moment. Start by using an invocation from the previous chapter that resonates with you. Then with intent read each key here that it feels right for you to work with.

Understand, that from my own experience some people have issues that are so difficult or ingrained or traumas so buried that they can only be resolved by being targeted directly and / or repeatedly.

For example, sometime a trauma (from the higher levels) is so consciously and determinedly buried that we have (in one sense) thrown away the keys and in fact the map showing us where we put the keys. You are completely free to bury things of course; you are free to do whatever you wish. However if you have said at some time 'I bury this forever' then Divine Spirit are helpless to work with you on this without violating your free will. In situations like this you have to consciously and directly break the strangle hold that you placed on yourself. Only when this is done can you really begin to clear it.

It is the same with issues that involved us being interfered with by others perhaps as an entity or through the use of an implant or via a curse and so on. Sometimes this is so subtle that we are not even aware of them. Again at times these have to be brought to conscious awareness before they can be dealt with.

The next few chapters then present further keys covering the huge range of areas that I have used both for myself and clients. They cover in much greater depth the four keys already presented here as well as other areas not so far mentioned.

These are all summarised in the table that is presented at the end of the chapter. All of these individual areas will now be briefly described below:

### **SUPPORTIVE:**

These statements cover defining your relationship with the Divine, how to make things as safe as possible which you may use depending on your attitude and feeling towards the dark side for example. We also present keys here that make your movement as easy as possible if this is appropriate.

### **ALL THAT YOU ARE in SEPARATION:**

Again these are covering all areas involving issues of separation that need to be resolved. So, here we are dealing with everything that we are perhaps clinging to that we either consciously or otherwise find it hard to LET GO OF as well as what might be clinging to us that won't let us go. Within this we highlight two areas that from experience can present difficulties for many people.

These are:

## **Multidimensional Attachments:**

These Facilitate you to release yourself from energy attachments involving other Beings on any level.

## **Personal Conditioning and Control:**

These are about resolving control and conditioning issues that we have towards ourselves or other individuals and so helps you move into the flow.

We also cover all the different facets of processing that relate specifically to particular energy levels. What you deal with can be radically different depending on from which energy level they originate. As a general rule you usually start to process lower level issues first before moving onto the middle and then finer energy level areas (although for me this gradual progression was noticeable it does seem to jump around at times). So, let's look at these areas now:

## **Embodied Existences:**

These cover areas that relate to the existences that you have as a projection into a vehicle (such as this one). These are the lowest or most dense energy levels that you can occupy. Only a small part of ALL THAT WE ARE is generally present here.

## **Pure Soul Consciousness Existences:**

Although these cover all that you experience in your soul or pure energy form we split them up into two sections covering:

- The lower or denser energy levels: When you withdraw yourself completely out of these embodied existences then you are moving into this layer. The lower part of this band would be where you would reside as your Ascended Master self (If you already have experience as one).
- The higher or finer energy levels: Although these are the closest areas to Source and are therefore the most unified, it seems that serious misalignments still arise within them. We cover soul conception, incubation and birth issues and traumas as well as soul parent, family and cultural issues and more.

## **Collective Consciousness Issues:**

These are to do with areas of misalignment that involve others collectively rather than as individuals.

## **ALL THAT YOU ARE in UNITY:**

This chapter is about focusing directly on moving into DIVINE UNITY, it is about raising your energies and increasing your vibration directly as well as moving into and anchoring your Higher Aspects to you here.

## COLLECTIVE UNITY:

These Keys give you some ideas about bringing UNITY within a group. This group could be a community or culture or social gathering. This is for those who wish to support a movement from personal unity into a collective unity.

## OTHER KEYS:

Although the categories covered above could be deemed the most important, we also have two others:

### Exploratory:

These help you explore and expand your multidimensional awareness and increase your sensitivity to energies.

### Energy Worker Keys:

These are presented for use by energy workers to enhance their understanding of energies as well as to help move their energy work forward.

**Table 11-2. All the major areas of Processing and Transformation that are covered within this book**

Main Areas of focus for keys	Action	What it Targets	Book Chapter Heading
<i>Supportive</i>	Overall Support	Support and Safety	Scene Setting, Safety and Support Keys
		Lower Level Embodied Existences	Processing to Clear Embodied Existences
		Lower Level Soul Form Existences	Resolving Lower Level Soul Issues and Trauma
<i>To Let Go Of All You Are Not</i>	Processing and Resolving Misalignments	Higher Level Soul Form Existences	Resolving Higher Level Soul Issues and Traumas
		Personal Conditioning and Control	Dealing with Conditioning and Control Issues
		Attachments to Others	Resolving Multidimensional Attachments
		Collective Conditioning	Resolving Collective Conditioning Issues
<i>To Be All that You Are</i>	Transformation	Transformation into DIVINE UNION	Evolving into your Divine Self
<i>Collective Unity</i>	Promoting Unity for All	Large Scale Unity	Embracing Collective Unity

## PROCESSING & TRANSFORMATION

### 12.1. An Introduction

Here we lay the foundations of understanding regarding what is involved in active processing and transformation as an introduction to the chapters that follow. We are also trying to provide some coherence with regard to the layout, structure and presentation that we use within these chapters.

The following chapters I call 'active' in that all the statements of intent presented within them give the Divine permission to take direct action on your behalf to facilitate you in specific ways to move you closer to ALL THAT YOU ARE in UNITY. Each chapter deals with one of the individual sub-areas that we have briefly mentioned previously.

There are many different ways that this information could be presented. To a large extent (as usual) there is much overlap between the chapters. Many of the issues for example that we have to deal with are often inter-related and working on one will have a direct bearing on another. It is impossible to present a definitive view simply because there isn't one. Let's look at these more closely:

#### **Re-aligning within Embodied Existences:**

Here you are presented with some good basic keys to work with as an overall introduction to processing with regard embodied existences. It therefore deals with lower and primarily Karmic energy levels and existences. It covers resolving issues, releasing traumas, clearing negativity, integrating energies and soul fragments as well as dealing with lower level implants and conditioning in a general way.

#### **Resolving Multidimensional Attachments:**

This deals with virtually everything with regard to negative attachments that we may have to others from either direct or indirect relationships in past existences. Although there is a presentation and emphasis on the lower energy levels it will deal with attachments irrespective of where they originate. It also covers recalling and being released from limiting vows, contracts, agreements, curses, spells and so forth as these are often a major factor in these areas.

#### **Resolving Personal Conditioning and Control Issues:**

Most of what is covered here relates to areas involving control, either control of yourself (not expressing emotions for example), having control over others or the effects of others having control over you. It specifically focuses on releasing deeply buried, suppressed emotions as well as changing ingrained negative conditioning, belief systems, attitudes, mind sets and so on relating to your personal sphere.

## **Resolving Lower Level Soul Issues and Traumas:**

This deals with specific areas that cause misalignment and separation as a pure consciousness soul form from within the lower layers just above those within which we have embodied existences.

## **Resolving Higher Level Soul Issues and Traumas:**

Here we deal with misalignments found within existences very close to source. We cover soul creation and soul birth traumas, issues and conditioning, including negative thought form birth imprints, environmental and soul parent conditioning as well as twin soul anomalies. Within this chapter we also briefly explore God Creator agendas.

## **Evolving into UNITY Consciousness:**

Everything that you have always wanted to know about moving into your Divine Self but were afraid to ask. Here we present statements that focus on moving us more directly into our DIVINE NATURE rather than on what is determinedly holding us back.

## **Resolving Collective Consciousness Issues:**

These are to do with areas that are beyond our personal conditioning influences. They can exist within cultures, communities, races and species and so on. They can be focused on economic, political or religious ideas and beliefs. Once established they generate their own energy field which can then become so strong that they change from serving the people or community and so on to where the people serve them. They usually involve many Beings and can vary from being localised in nature to spanning cultures, systems and energy levels (this is true).

# **12.2. Active Healing and Spiritual Evolution**

Remember that this handbook has been written to facilitate you in your own understanding, healing and evolution. The following chapters, if you choose to work with them actively, will result in transformational healing. Another way of describing true healing is to say that you are initiating change and this of course is the basis of all quality transformational work. So, you may experience changes both internally as well as externally as you work with the following chapters.

It is time to both honestly and creatively embrace change. It takes courage to face yourself even once and then perseverance and determination to do it daily. It means that you have to be willing to suspend all that YOU THINK YOU ARE or KNOW to take on new understandings and new ways of BEING. This is of course a pre-requisite to moving into freedom, joy, non-judgement and so on.

You will have varying degrees of success in using this handbook to facilitate yourself. How much will depend on how well connected to the Divine you are at any particular time, what your soul mission is as well as the level of focus you can hold.

The earlier chapters require less energy connections while the later ones require more and of a much higher quality. Although I myself am familiar with and used to working in all these areas, there are still times when I have to get a group of transformational healers together so that we can provide the necessary energy boosts to overcome something that would have been



impossible for each of us to do on our own. So, if some section strikes you, but you seem unable to get the results you want on your own then find a healer that you feel can help you or perhaps consider acquiring a PERSONAL UNITY facilitator energy tool.

## 12.3. Discussing the Origins of Recurring Life Patterns

I identify a negative life pattern as a situation or a set of circumstances that repeats itself regularly within your life and which is constricting or controlling. Such as relationships breaking up in a particular way, being repeatedly overlooked for promotion, losing things all the time, having accidents that always follow a similar pattern and so on. When a negative pattern keeps presenting itself to you in your day to day life it is a reminder that you are still working to put some part of yourself back into alignment. From my own experience there appear to be a number of originating causes responsible for their appearance. Please understand that these subdivisions are (in some ways) just a convenient presentation to help you come to a greater understanding of these areas. There are many overlaps and grey areas. So, keep this in mind as we now look at some examples:

### Suppressing our Emotions:

These arise whenever we have failed to truly express our feelings in any situation. Whenever we have suppressed anger or sadness or fear or frustration and so on, they are stored within us until we open to them and allow them out. These stored energies are constricting our expression; they are tying up our energies in storage when they would be more useful to us in other capacities (in love for example or to help us to be creative). We usually (although not always) also have the debilitating conditioning that caused this suppression and storage in the first place. So, if we have had many lifetimes not expressing our frustration then we may find ourselves placed in frustrating situations now to help us fully express the original frustration from those former times. In cases like this expressing the 'lost' emotion, whatever it may be, must not be seen as negative as this is facilitating us to reclaim parts of ourselves that we formerly disowned. The *Releasing all Negativity* statement that you will find in the next chapter will facilitate this process. Some examples:

- One friend was born to soul parents who related to each other in such a way that they never experienced a deep inner connection. They related to their soul child in the same way. This young soul was therefore brought up in an environment that did not support deep inner connections to others. On this earth level, this is expressed as a difficulty in making close friends. This soul birth situation caused intense background anger and frustration to this Being over a huge period of time, however this was so subtle that it was not ever felt or recognised. My friend has placed himself in situations within this lifetime to make him extremely angry and frustrated so that he can reach the original anger that was so well suppressed.
- One client who was just emerging from a phase of being debilitated by ME illustrates this very nicely. We found that she had spent time as a Being living on the bottom of an energy ocean on the higher levels. There were not many Beings of this type in this environment. So, although each Being had a large area to itself they also valued their friendships and kept in regular contact with each other. Unfortunately, over a very long period of time the ocean started to dissipate and shrink leaving her with a growing sense of unease over resources and finally when things got really bad very stressed over the loss of contact with friends as they became isolated within individual pools. Her so called ME symptoms

allowed her to re-experience this sense of isolation, restriction and dwindling resources perfectly to help her get in touch with the original anxiety and fears and release them fully. Often what appear to be difficult or negative situations are in fact gifts in disguise when you look at them from a multidimensional context.

I often find that some of the negative entities that I am dealing with are from other lifetimes where I did not express what I felt to others. My Spirit Support Team support the presence of these negative entities as it reminds me of what I refused to express during that lifetime. Their presence in my energy field helps to bring out these old suppressed feelings, so that I can let go of them, as soon as I do this then I can proceed with releasing the entity itself.

## **Experiencing ourselves what we have been responsible for others experiencing:**

Or, to put it another way, what you sow you reap (balancing up your Karma). For example, if in a previous lifetime you had given others no peace, nagged them and disturbed them constantly then you would perhaps experience the same in this lifetime (you are balancing that imbalance by experiencing that extreme). This could be through a parent or partner or it may be delivered in a more subtle way without the requirement of another person. Some examples:

- Tinnitus (disturbing noises in the ear) is an example of this. It causes disturbance and lack of peace without involving anyone else. It has been my experience that clients with this condition have been responsible for greatly disturbing others in other lifetimes. It could be said that their soul chose this method rather than having another person directly cause the interference.
- Looked at in a simple way, Diabetes requires the person to constantly monitor themselves and to not do so would be dangerous, even life threatening. When I explored this condition with a couple of clients we found that the origin was to do with trust or rather a lack of it with respect to other people. So, in previous lifetimes they had constantly checked or monitored others because they had no faith that these people could look after themselves. In other words they were taking responsibilities for others. So with diabetes they experience having to take full responsibility for themselves by having to check and monitor themselves and have others checking them also.

Using the statement *Committing to Resolving your Issues Faster* may help, although it is a good idea to check with your guidance as it may just make things more intense but for a shorter time. These are usually time dependent issues; that is, you have to put up with them for a certain length of time.

## **Trauma carried over from other Existences:**

Many of us are here on Earth at this time to face what I call original trauma. This is trauma that you experienced and received on a much higher energy or dimensional level. No Karma was involved and neither did you attract this trauma to you. In some instances the trauma was experienced as the result of an accident. As each dimensional level or energy realm has a different set of operating parameters that are (in most cases) much more Divinely aligned and therefore much more loving, accepting and flowing, then it is often difficult (if not impossible) to deal with the trauma on the level that it was received. Earth however is designed to supply (if necessary) a high level of trauma and suffering. Also as Karma is designed to automatically present you with everything you need to become fully aligned and in balance then if you arrive here with an original trauma in your baggage then Karma will automatically work to put you in situations to try and facilitate you to clear it (convenient eh!).

## **Soul Birth Traumas and Imprints:**

Another little known fact is that most of us are soul parents and have soul children on other levels. You can only undertake to have a soul child while in the higher soul form levels. Soul births are a reality and any problems that we experience at soul birth then become an integral part of who we are at the deepest levels of our being. These problems then tend to express themselves wherever we choose to focus our consciousness. A soul birth trauma that I experienced made it difficult for me to connect with people on a deep level and also gave me a tendency to not express my emotions fully. Soul birth imprints are to do with energy thought imprints that are impressed into your energy field during your soul incubation. This imprint then behaves like a background programme that affects you at a very deep level. An example:

- The worst that I have dealt with so far was a death imprint. This was being expressed in various ways in many incarnations and on many levels.

## **Taking Responsibilities that are not Ours:**

We forget that we are only responsible for ourselves. We forget that everything is perfect and creatively unfolding. We forget that each person in every instant chooses exactly what he or she will experience. Some examples:

- My wife has a life pattern whereby many of the people she interacts with are stuck or resolutely holding on to debilitating ways of being. This frustrates my wife; she cannot understand why people doggedly cling to ways that don't work. When we explored this it turned out that she had lived on a planet where she (and others) received information concerning a disaster that would occur at a pre-determined point in the future. This information was widely dispersed and all were made aware of the situation and the precautions they could take. However, no one did. They carried on as usual and when the event occurred many were killed and others traumatised. My wife felt that this suffering was her responsibility and that she should have made more effort to get people to prepare and make changes. So, she is now presented with many situations to help her understand that she has no responsibility for others, only herself. Another point to note is that many of the people she would like to see change, have binding soul agreements to resolutely not change until she has let this go.
- One client has almost a direct line to the GOD CREATOR levels, as this is where most of his existence has been and is focused. At these higher levels he is coming to understand what it is like and what is involved in creating environments for 'lesser' Beings to live within. Now because he is a creator he is under the misguided impression that he is responsible for his creations and has a duty to help them take the directions that he thinks is appropriate. As a CREATOR you can create whatever you wish to, this is TRUE. However it seems to be true that even the Higher Aspects of ourselves that are CREATORS can still have major misalignments with the DIVINE. So, this client has created environments containing Beings whose lives he influences and controls. On this level he has four top positions with many people under him where he manipulates to ensure he gets the outcomes that he feels are right for these others (even when they don't agree with it). He has placed himself in this environment of Free Will to come to the understanding that he must let go of control. Each Being should be able to make their own choices and mistakes and then grow through those experiences. Put yourself in this position of living as a Being in an environment that forces you to particular outcomes. You are a pawn with no real bearing or influence on your life; you are not free to do what you feel is right. How does that make you feel?

## Not Letting Go:

Sometimes we spend so long as a particular Being living in a way that we really love or perhaps in an environment that we really enjoy that we are unable to let go of it when we take on other forms and live in other environments. An example:

- One friend constantly complains about being human, she dislikes being here and talks often about her previous existence as an Olfarian, a deep energy ocean Being living on the seventh dimensional level. However when we explored this existence, she realised that she had kept to herself there, she did not mix, she felt different (she did have characteristics that made her very unique amongst the Olfarians). What she realised was that she did the same in that existence, she had held onto characteristics from the existence before that one and spent her time complaining about not wanting to be an Olfarian and how good it was as the Being she was previously. So, when is she going to fully step into being and living in the NOW and enjoying what each life offers, this is her goal in this lifetime.

So, there you have some of the main causes of recurring life patterns. Sometimes it is difficult for people to accept that these things are lovingly engineered by ourselves to provide us with the opportunity to grow. Whatever you choose to react to, whatever you cannot accept, whatever keeps coming back to you, is doing so to help you change, evolve and grow. Understand that whenever you blame others for anything in your life then it is a reminder that you have not yet dealt with something within yourself. What you experience is your responsibility, no one else's. When you do take responsibility and deal with it then that facet of your life will simply disappear, as if it had never existed.

## 12.4. Looking at Issues and their Resolution

Previously we mentioned negative life patterns and looked at some of the originating causes. These patterns are just the surface presentations of things that have a much deeper cause. When we take time to really look at them with honesty and openness then we will always find a deeper understanding that we can relate to in a feeling way. In doing this we then have a better idea of the underlying issues that manifest this negative pattern. These issues are not the original cause, they just show how the original cause has made us feel or react.

If we take one of the examples given previously such as always losing things, say car keys, work files, friends and so on. Then the repeating pattern is losing things and the most obvious surface issue is loss although there may be deeper underlying issues such as, putting yourself down, self sabotage, presenting yourself as harmless or ineffective and so on. You can identify these underlying issues by exploring your feelings about the pattern.

If we then look even deeper than this to what caused the appearance of the negative pattern originally then we might say for example that you stepped out of line karmically or that you were traumatised by an accident within a higher level existence. This information can give us a more complete understanding and this in itself can help. But, what about resolving the issue so that it is gone completely, how do we do this? To explain this, then let's look at a particular issue and see how its resolution was engineered:

- You may have an issue concerning loss, of being afraid of loss. Your relationships would reflect this. On the one hand you may be scared to get too close but at the same time feel very insecure about whether it will continue (even when things are going really well). There may also be a subconscious tendency to look after the other person, to give them what they want so that they will stay.

This was one of the first issues that my guides took me through when I started to work directly with Divine Spirit. They did this by continually presenting me with loss situations while at the same time amplifying the resulting emotions about ten times. I was experimenting with various statements at that time such as; speeding up issues, releasing negativity and so on. In real life these loss situations presented themselves as relationships finishing, friends disappearing with no contact for weeks and with no explanation, making arrangements to meet people who then didn't turn up, ordering items from companies that took weeks to arrive (even when in stock), mail getting lost in the post, losing car keys, addresses, phone numbers, etc. This continued for about six weeks, at the end of which my reaction was 'oh another loss - OK then'. They just ceased to affect me.

Combinations of things were happening during this process. On this level the intensity of the situations helps to highlight the 'neural' or 'brain' connections in your mind which Spirit can then isolate and re-wire. Emotionally you are releasing all the unexpressed, stored emotions relating to loss from previous times. You could also be releasing emotions held from the original trauma. Bodily held conditioning causing automatic reactions to loss would also be deeply cleansed so that in the end there is nothing pulling you back into these patterns and they are gone forever. This is the only way I can explain the incredible issue disappearing trick that keeps happening to me.

All of this is done and proceeds within me because I have made it clear to Divine Spirit that I want all of my issues resolved. I have told them many times and made it clear that I am willing to let go of how I think that it should be resolved to let them get on with what needs to be done so that the process is efficient and secure.

So what I am trying to say here is that when you choose to work directly with Divine Spirit and make your intentions clear to them about your requirements, then they will arrange to do whatever is needed to resolve your issues - ALL OF THEM. When you work with the Divine (or God - or whatever you want to call it) and your intent of focus is strong then life issues seem to be faced and cleared very fast. Within myself it is now an automatic process, almost like breathing as it proceeds without much conscious awareness or direction. The loss situations I was placed into as described above were very smooth. OK at times I felt dreadful, was pushed to my limit, but never beyond.

I have rarely specified to Spirit that I want a particular issue worked on. I have just given a blanket statement that I want them all cleared, leaving it up to them to take care of the details. I do it this way because:

- If you have many issues to resolve and you want to clear them as fast as possible then this approach also allows them to work on all your issues simultaneously as situations permit, which speeds up the process somewhat.
- It is quite often very difficult to identify the underlying cause of an issue and in some cases not in your highest interests to do so anyway.
- Sometimes many issues are interwoven and impossible to consciously pull apart or even understand. Most of your issues originate from other places and from existences that yourself HERE cannot even conceive of. Remember your Higher Self is the expert and it has a much larger perspective from which it can make the best decisions without you needing to be involved much if at all.
- As some issues are deeply ingrained, Divine Spirit may sometimes need to catch you off guard to have the biggest impact.

At times when I have become aware of which issue they are presenting me with, the spell has been broken and they have had to find another approach. I find it's best not to spend too much time trying to figure out what is going on - but to learn to TRUST. I am aware that this is very

much against traditional habits. We are all told that we need to analyse and figure everything out all the time so that we own it. This is not how things are happening with me on this path. Remember that thinking only occurs in the mind while actual changes are required on many levels and even across dimensions.

If you want to resolve your issues quickly and efficiently then use the statement in the next chapter entitled *Committing to Resolving your Issues Faster* to ask Divine Spirit to help you achieve this.

## 12.5. The Issue and Trauma Release Cycle

Life at this time is very intense, this is because many of us are being guided into situations to give us the best possible chances to resolve our issues and to clear all that prevents us from being Divinely aligned. When you work through a trauma or an issue in the right way then it is gone for good. For the most part, because I have asked Divine Spirit for full help and support in resolving my issues and releasing myself from past trauma, then it is just done. My Divine Support Team seems to know what to do, when and how. The process happens automatically and involves no effort other than to allow it to happen. Some are very quick to work through and resolve while others take weeks and some even longer.

Most of us (if we want to) can access memory either consciously or otherwise (in dream state for example) of the past life situations that highlight the issues that we need to resolve. When we have chosen within a lifetime to resolve our issues then, (when the time is right) we will be guided to do this. Some people are here specifically to focus on resolving their issues, traumas and so on. When this is the case it is impossible to bypass or avoid this process without giving yourself a very hard time.

Resolving an issue, area of misalignment, trauma or separation by and large involves the following stages:

- Having the issue presented to you. This may be woven into your current life situations or it may be subtler and perhaps happen on an inner level only. In this way you may become aware that something is going on that is not of the NOW.
- Releasing the stored traumas of that issue (if any).
- Breaking the psychic ties and bonds (if any).
- Integrating any lost parts associated with this issue (if any).
- Changing or erasing the original conditioning or way of reacting.

When a past situation was very traumatic such that you either physically, emotionally or mentally blanked off from what was happening (that is you disowned it), then any residual emotions, feelings and thoughts are stored as energy forms and carried over from existence to existence until you finally decide to express and release them. Until this is done part of yourself is trapped, which once released; you totally reclaim (soul retrieval). This process brings you closer to your true Divine self. You will then be more fully expressive of who you truly are.

Now having presented you with the above I will draw your attention to the fact that other factors have complicated this picture somewhat. Lets look at these now:

- The first is concerned with the possibility that Karma may have been suspended at this time. Although many spiritual circles confirm that this does appear to be the case, there does seem to be certain confusion over whether we still have to balance up the Karma we

have already accumulated. From my own and other investigations it seems that some people can brush their Karma to one side while others have made it part of their mission to fully work through what they have as part of their soul's growth plans (that is, they will learn much by doing so). I am one of these and the experience I gain means I can help people much more effectively in releasing trauma and so on as part of my healing work (did I really choose that?). Those people who are here to resolve trauma from much higher energy levels have to resolve their Karma by default as it is then helping them prepare to resolve the original misalignment.

- The second concerns what I call original trauma. This is trauma that we received in much higher energy levels as a pure soul form and is nothing to do with Karma. For some people their Karma represents less than 1% of all that they have to resolve for them to reclaim ALL THAT THEY ARE in UNITY. See the next section for more details of this.

## **12.6. A Closer look at Higher Dimensional or 'Original' Trauma**

At one point on my path I spent four years doggedly tracking back through mountain loads of 'stuff' involving releasing trauma, resolving issues, completing soul retrievals and so on. When I had 'general' chats with my support team about this processing they always confirmed that it was negative karma that I was dealing with.

I am aware, for many of the issues I am facing, that the processing of them (that is releasing, clearing, resolving, integrating) is occurring on many different dimensional levels simultaneously. Most of what I have needed to deal with on this dimensional level has been done, but I am also aware that any part of myself on any level that is not fully in alignment with the Divine is also being 'straightened out'. I am aware that as I transcend and move into higher energy levels (move more fully into my DIVINE SELF) I am then presented with all I need to transmute on that level to bring me fully into alignment with the Divine.

At a certain point during this processing I was presented within myself with what I now call an 'original' trauma. This trauma was very severe and the effects of it have been extreme to say the least. It involved some very constricting elements that, because of their very deep nature have resulted in their continued expression throughout many incarnations and existences. It was this trauma that made me aware of my higher dimensional processing (it occurred on the upper sixth). What astounded me was that this trauma was the result of an accident, it did not involve Karma, nor was it the result of attracting something to deal with - it was purely an accident. The combination of this accident being so traumatic and it originating on a higher level resulted in my soul expression being severely constricted.

What this made me realise is that when a trauma is received on a higher level it can be impossible to resolve it because the higher environments are simply not designed to facilitate this. As I have already stated previously, one of the functions of this environment here is to facilitate us to resolve traumas and issues that would be difficult to do elsewhere.

In a strange sort of way you could describe the Earth environment as a very sophisticated psychiatric trauma unit. A place where you can be provided with everything you need to resolve traumas that you have gained from any level.

Many of us then, are here to resolve misalignments with respect to our Divine Nature that we picked up in other environments that are not subject to karmic laws. It is these issues and traumas that are the main reason why we are on Earth at the present time. It is here that we have the opportunity to correct ourselves and fully re-align with our Divine Nature irrespective of which level we experienced the initial separation. For some of us then, negative karma is simply

the by-product of a Divine misalignment that we gained from a much Higher level. When this is the case then this negative karma is simply aiding us in our understanding of this deeper cause while at the same time providing us with some examples and experience that can help us to effectively resolve the original.

## **12.7. A New Understanding of Karma**

Karma is the word used to describe some of the basic underlying rules of life as they are within this Earth based existence. Each incarnation that we have here is usually well organised and purposefully laid out. We generally select (before we arrive) the situations we will experience, what we will learn and who we will travel with - maybe get married to and so on

Karma is no more than a simple and automatic system that presents YOU with anything within yourself that is out of alignment with your DIVINE SELF. Any part of yourself that is out of balance, any way of relating that is separating, based on attachments or fear, will be creatively highlighted so that it is brought to your conscious or unconscious attention.

In other words it is a feedback system that amplifies anything that is out of balance - nothing more. However it does this for ALL areas of your LARGER SELVES that you agree to work with when you arrive here. It can very effectively highlight any misalignment from any level and from any existence. Now you have a choice when you enter here. You can come to resolve some misalignments and leave others behind or you can deal with them all or none. It is your Higher Aspects who choose what you will do. But whatever you choose to come with will be creatively presented out to you by this environment.

Obviously, while you are occupying this environment you may accumulate more misalignments by choosing to go further out of balance or you may choose to become more conscious of what is happening and focus on manifesting more of your DIVINE NATURE, it is up to you.

So, if I translate this into more conventionally recognised terms then the following holds. We generate positive Karma when we conduct ourselves in alignment with our Divine or Creative Self and are honouring to ourselves and others. We fall into negative Karma the further we move into fear, control and manipulation. That is, the more we move into separation by heading away from our DIVINE NATURE.

For those who have chosen to explore more fully their DIVINE NATURE and are intent on casting off all that causes them to be separate from their TRUE DIVINE SELVES then they are being presented with their misalignments in a more concentrated and intense way at this time. Hence ensuring that they miss nothing in their drive to embrace DIVINE UNITY.

Karma is for many people therefore only a small and perhaps insignificant part of the whole story. The operating parameters that we define as Karma are a function of certain energy realms and environments one of which we are currently choosing to occupy and focus our consciousness within. Other places or energy levels offer different operating parameters and therefore different ways for us to explore ourselves. So, you may or may not therefore have spent much time playing within a karmic environment.

It is probably true to say that most of us have negative karma to resolve, which is fine. Having negative karma is not in itself negative although many choose to approach it in this way.

So, basically when you cross the border into this karma based reality you are issued with a Karmic report card. This is not only stamped on entry with all the misalignments that you choose to bring with you but it is also stamped every time you spiritually wrong foot yourself here (the Karmic police are always watching). One of the aims of this handbook is to provide you with a means of wiping your report card clean and thus get you safely past the Karmic emigration office and from there fully embodied into higher dimensional consciousness.



## 12.8. Inserting a Clause to change the Karmic Rules

Our Higher Aspects defined this existence and the parameters, such as Karma, that rule here. This reality was created to facilitate many Beings in many different ways. One of the main functions of this reality is to facilitate people to resolve the higher level traumas that are severely constricting and therefore disabling them. In other words it is designed primarily to help many to move out of separation and into UNITY.

However it has been found that some souls do not find this place very easy. In fact some are actually traumatised by being here. This is more a function of soul personality and soul experience rather than anything else. As a result of this some Beings are so lost here that they can neither extricate themselves nor re-incarnate to try again. Unfortunately this has been happening for aeons and has resulted in much negativity, anguish, anger and so on to accumulate here. This is happening to such an extent that it is becoming very difficult even for robust Beings to clear themselves.

Now the overall problem is that as this is a free will environment then those who choose to explore what it offers must have this choice honoured and respected at the highest levels. This effectively means that those outside of this environment looking in cannot do anything even when it is perhaps urgently required as it would be a violation of the free choice made by those who came here.

We need to change the operating parameters just enough such that people can be withdrawn if their Higher Selves feels that this environment is not facilitating them in alignment with the reasons that caused them to come here in the first place.

Those of us here who are BECOMING these Higher Aspects are now standing within the CONSCIOUSNESS that helped define this place. At this level we can easily redefine these parameters so that no one is ever stuck here. We can do this because we have one foot here and another on the level that the original parameters were decided.

So, if it feels right to you then take time out to use the following statement so that any part of yourself stuck here can be rescued if it is in this parts highest interest.

### 12.8.1. Statement: Changing the Karmic Rules

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I hereby petition all the Beings responsible for the creation of this environment that a clause be included so that all those who enter here can be removed by agreement of their Higher Aspects if they decide that it is in the Highest Interests of all levels of consciousness concerned.'

'I further state that as a full resident of this environment I give my Higher Aspects permission to withdraw any parts of myself that fall within the bounds of this clause. I ask that they do this NOW - Thank You.'

## 12.9. Uncommon effects that you may Experience

Although there is already a section listing some processing symptoms, here I want to briefly cover some of the more uncommon happenings. So, for example, on occasions my head has been firmly moved to release tension in my neck and upper back. Very occasionally people have been put through Yoga type exercises to help release blockages.

Sometimes when you go through deep cleansing you can exhibit negative thoughts when the release is of a thinking or mental nature. In the same way you can have moodiness, fear, anger and so on when emotional releasing is occurring.

A key word that you should remind yourself of is - TRUST, it is best to trust and flow with what is happening. For example, the main emotion that I have been facing and releasing for many years now is fear. This is associated on this physical level with the kidneys. So, when my releasing was at its most severe I had pains in both kidneys and on one occasion cystitis due to a very deep cleansing and release of old deeply held fear.

Sometimes a release can take seconds; at other times it will happen periodically over a few days or weeks or longer - however long is needed. Again, sometimes the most difficult thing to do is to trust in the process that you are going through.

Although I am confident about what I am experiencing and in touch enough to check everything out if I wish to, I also appreciate that many of you may find some of what you experience difficult. Always go with what feels best with you and if you are unsure about the origins of certain symptoms then seek advice.

On the other hand some peoples 'symptoms' have been to move immediately into a greater feeling of love, joy and inner connection with all. So, it depends on where you are currently at and what will best facilitate you to become closer to WHO YOU TRULY ARE in UNITY.

### **Examples of questions to present to your inner guidance:**

*Is Spirit here and supporting me now?*

*Is what is happening to me part of the healing process from the last Statement that I used?*

## 12.10. The Different Phases of this Transformational Journey

### **Unblock and clear your INTUITION**

Develop your INTUITION, your inner connection to the highest part of yourself. As part of this, work to clear blocks and negative energies and anything that is deeply holding you back. Get your foundations right in this phase. Focus on your goal to reach your Divine Self and do all that you need to so that you have a good and clear line to support yourself in doing this.

### **Stay Focused on your GOAL of UNITY CONSCIOUSNESS**

With your intuition fully on line (This took me three years - but you will do it much quicker) then

all you need to do is hold to your focus to move fully into your Divine Self, into ALL THAT YOU ARE in UNITY. Doing this will automatically bring everything to you that is keeping you in separation for you to deal with. All the clearings, integrations, retrievals, releases, transformations and so on that you go through will then bring you closer and closer to DIVINE UNITY. Glue yourself to what feels right deep within your Being. This will initially perhaps be heart centred, although eventually it will be from ALL THAT YOU HAVE ENCOMPASSED. Stay in alignment by doing / being what your BEING FEELS.

## **Moving fully into PERSONAL or INDIVIDUAL UNITY**

You continue with this movement discarding ALL THAT YOU ARE NOT in SEPARATION to move into ALL THAT YOU ARE in UNITY. Having reached this PERSONAL UNITY SPACE, you flow in the moment totally secure and safe. Here you understand what unconditional love really means (it will not be what most of you have imagined).

## **Encompassing COLLECTIVE UNITY**

Here you can (if you so choose) move beyond the old, conditioned earth bound visions and help to manifest societies with more honouring approaches than we have so far experienced here. In other words you may decide to grow further and help move society into COLLECTIVE UNITY?

# **12.11. Some Divine Transformational Journey Reminders**

In this chapter we have been setting the scene with respect to all the different facets of processing and transformation that are presented within the following chapters. Here we give you a final reminder list before your start to explore what they offer.

- You are learning to build better bridges with your Divine Self. To do this effectively learn to LET GO, learn to BE OPEN and learn to TRUST.
- You are striving to break through your boundaries, to go beyond your limits, to move progressively into greater degrees of freedom. Remember that apart from being scary this takes time, perseverance and determination.
- Yes, it's serious stuff, but that does not mean that you cannot be PLAYFUL. In fact playfulness is something you will cultivate as you find more of WHO YOU ARE.
- I won't say that a sense of humour is an essential requirement to taking this journey, but it certainly helps.
- You don't have to grit your teeth and stress yourself out being focused and intentful. You just have to desire to find WHO YOU TRULY ARE in UNITY.
- It's a good idea to have a belief system spring clean about once a week. Or try suspending your beliefs for a while. Preferably over a long drop using second hand frayed and thin string (then at least your beliefs will feel at home).
- All you have to do is get 'them upstairs' batting on your side. All you have to do to do that is to ASK and all you have to do TO DO THAT is to be willing to be open and to GO FOR IT.
- If you find your Divine Spirit Support team all standing around giggling at you because you think you're not getting something right then DON'T PANIC they are probably some of mine having a holiday from standing around giggling at me.

If you experience just a fraction of the adventures that have been part of my journey over the last six years then you will very quickly not be the same person that you are now.



If you're finding this book useful then maybe others would too? Does anyone come to mind that you think might find this interesting or perhaps benefit from working with it? They are maybe just an e-mail away from finding out?



# RE-ALIGNING WITHIN EMBODIED EXISTENCES

## 13.1. Resolving, Releasing, Clearing and Integrating

The heading sums up all that is basically covered in this chapter. Here our focus is on resolving issues and trauma, releasing negative energies, removing negative devices and so on. Basically in a general sense we are clearing all that is NOT OF US from our energy field while at the same time trying to integrate ALL THAT IS. We present many different approaches to do this, generally from existences where we project as spirit into a vehicle, in other words from all the lower energy levels, within which we are embodied. It is also a good overall introduction with respect to all the active chapters.

## 13.2. Resolving your Issues Faster

Sometimes the only option you have to get things moving is to speed up the process of working through your issues. Perhaps we subconsciously know that life is about to lose its comforting familiarity and this makes us hold back on an inner level. I can honestly say that having faced many issues without a break for six years I would do the same again without hesitation. The level of freedom and security that I feel now is worth all the changes and all that I have faced many times over.

Speeding up the resolution of your issues will make life more intense for a period but it will help to resolve things much faster. Obviously it is up to you to decide whether you want to take this approach or not - ask your guidance. The following statement will facilitate this:

### **Statement: Committing to Resolve Your Issues Faster**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With full and total INTENT, I ask Divine Spirit to speed up the resolution of my issues so that I work through them as fast as possible. I ask that I am fully supported and kept as safe and secure as possible during this process. I ask for this now - and so it is - Thank you.'

### **Examples of questions to present to your inner guidance:**

*Can I use both of these Statements in the same session?*

*Should I expect to feel anything when I use this Statement?*

*Will I feel Energies when I use this Statement? Will I feel any Emotions?*

*Will I be aware of what this healing is targeting?*

*Is it important for my healing to understand what the issue is?*

*Will the healing from using this Statement continue to work for more than a day?*

*Will it work for more than 2 days? Less than 6 hours?*

## **13.3. Focusing on a Single Issue**

If you know that a particular issue needs to be addressed specifically and your guidance agrees then use the statement below to target it. Substitute XXXX for what you need to ask for. For example 'my addiction', 'my abuse', 'my distrust of the Divine', 'my lack of confidence', 'my fear of change', 'my feelings of unworthiness' and so on.

### **Statement: Concentrating on Resolving a Single Issue**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With full and total INTENT, I ask Divine Spirit to speed up the resolution of my issue regarding XXXX so that I work through it as fast as possible. I ask that I am fully supported and kept as safe and secure as possible during this process. I ask for this now - and so it is - Thank you.'

Don't forget that you have at times to take a step back from what is happening to you. To work through your issues means that in the long term you will become fully balanced, but it may mean that in the short term, while you are resolving them, you may feel very unstable, very unbalanced at times. This will be quite normal. Clearing issues is about change. Change is about doing things in different ways. You will then at times find yourself relating, thinking and feeling in totally new ways. This in itself can make you feel insecure, as you will be moving onto new ground, having left some of your old habitual ways of thinking and reacting behind.

### **Examples of questions to present to your inner guidance:**

*Am I feeling like this because I am working through an issue?*

[Sometimes you must focus on the feelings and thoughts you are enquiring about]

*Am I feeling like this because I have finished resolving an issue and am learning to react in new ways?*

Thus over time you will find yourself more able to flow, without having to plan as much - things will come together naturally. You will also have an inner feeling of being supported and looked after, even when the going gets hard this will still be there. Remind yourself of it.

## 13.4. Releasing Negativity

Here I use the term negativity to cover any energies that are held within any part of yourself that are preventing you from being aligned with your highest interests and soul purposes. Releasing negativity therefore is about releasing stored, buried emotions and feelings from yourself.

Anything that you felt but did not express in any existence on any level is still within you (or part of you) in energy form and needs to be cleared in some lifetime. Habitually generating an emotion can have the same result. For example, if in a past life you repeatedly become bitter over situations or issues, then this can result in the creation of a 'bitterness' energy field.

When it is time for you to deal with these stored emotions they will emerge from within you. Again I have to stress that many people are resolving issues and traumas that they have expressed and repeated throughout many existences. It is sometimes possible to clear everything from one particular issue or trauma or misalignment in one go. Sometimes however it is not. For example it has taken me about five years to release all the trapped fear I was holding onto from many, many existences.

The following statement is written to facilitate you to make these releases. It can at times result in strong emotional releases. This is quite normal for some people and should be taken as an accepted part of the process.

### Statement: Releasing all Negativity

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . . '

'With Full and Total INTENT, I ask Divine Spirit to provide me with everything that I need to completely release from me ALL forms of negative energy and to replace everything released with everything that will take me closer to my DIVINE SELF. I ask for this to occur on all levels from physical, right through to spiritual. I ask for this release to continue until everything is totally and completely removed from me. I ask - and so it is - Thank you.'

If working with this statement results in a great deal of emotional upheaval or if emotions and feelings already overwhelm you then you may find the next statement helpful to use.

### Examples of questions to present to your inner guidance:

*Is it in my Highest Interests to do some Negativity Releasing?*

*Is the Negativity from this lifetime? Is it from past lives?*

*Is it from both this and past lives?*

*Do I have trauma from a past situation to release?*

*Is it mostly Negative energies to do with attitudes that I need to release?*

*Should I use the other Statement within the handbook that is more appropriate for targeting past life trauma and emotions?*

## 13.5. Clearing Negative Energies Efficiently

Sometimes you can have so much negativity coming up that it is difficult to release it from your energy bodies fast enough to prevent you from being debilitated. So this statement is directly asking Divine Spirit to find more efficient and faster ways of discharging this stuff from you. There are various Star Beings (the Arcturians for example) who have energy technology that will greatly facilitate this release process and this will be provided if necessary.

### **Statement: Clearing Negative Energies Efficiently**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I ask Divine Spirit to provide me with whatever I need, all energies, Divine implants and Spirit help necessary to convert and discharge negative energies from my energy field as fast and as efficiently as possible so that I feel the release as little as possible where appropriate. I state that everything that is done must be for my highest will and good and be in alignment with my soul essence and soul purpose. I ask - and so it is - Thank you.'

Sometimes people out of guilt or shame over some situation in a past existence hold onto pain and suffering because on some level it makes them feel better. People who have mothering issues or who take responsibility for others also have tendencies in these areas. These issues will of course make releases more difficult. For those of you with challenges in these areas then check out the *Resolving Personal Conditioning and Control Issues* chapter.

## 13.6. General Self Healing

This is a good general self-healing statement that will work to give you healing energies and to bring you into balance on all levels. For some of you this is a good statement to start with as it is very general and non-specific.

### **Statement: General Self Healing**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul



Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I ask that Divine Spirit provide me with everything that I need for my perfect and complete healing. I ask for this to occur on all levels from physical, right through to spiritual. I ask that I be given all the healing energies that I need at full intensity to heal everything that I need to have healed within me at this time. I ask - and so it is - Thank you.'

## **13.7. Retrieving Lost and Discarded Soul Parts**

Others would perhaps call this soul retrieval. Most of us have parts of ourselves that are lost as well as parts that we have disowned and discarded. Let's look at each of these in turn:

### **Becoming Lost:**

This is particularly the case for those of us who are regulars to embodiment in this type of environment. Any environment that is extreme in its presentation of separation and that holds us in isolation from our LARGER SELVES often causes us problems when we pass on. Often we either cannot LET GO of the life we just had or our expectations or beliefs are so much out of line with the truth that we are simply unable to give ourselves a new beginning. If this happens regularly then we can end up with many energy parts of ourselves spread out and stuck in many other times and places. So, whenever and wherever we have forgotten that we are infinite and immortal Beings then it becomes easy for that part of our self to disconnect and become lost.

### **Discarding or Disowning Parts of Yourself:**

This happens every time we cannot accept some part of who we are. This causes us to split our energy as we dissociate from what we cannot accept. This disowned part is discarded, maybe a hundred lifetimes ago, maybe a thousand. It would probably be true to say that each time we did this it would have felt right within the context of our limited understandings at that time. This can happen for example when we behave in a certain way, that we later think was wrong. Perhaps we hurt someone that we loved and we could not forgive ourselves for what we did. Taking this to an extreme can cause us to hate and disown ourselves; it is quite often the only way we can cope with the circumstances.

This environment in particular is good at getting us to forget our DIVINE NATURE. However we cannot bring ourselves back to completeness if we cannot reconcile our own estranged parts. This is what this statement facilitates. Again everything has to be done in the right order, so issues may have to be completed and trauma expressed before rejoining with a lost part of ourselves. Follow your inner guidance and go for it.

You also have to remember that you may be resolving challenges from many different existences and that using this statement NOW will only integrate your currently accessible lost selves. Tomorrow is another day and a new beginning on your journey into further unexplored areas of yourself. So, don't be surprised if some of you are drawn back to doing this statement many times.

### **Statement: Retrieving Lost or Discarded Soul Fragments**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I ask that Divine Spirit give me absolutely everything I need to fully and completely bring back all the parts of myself that I am ready and able to accept within myself at this present time. All the parts of myself that were lost I rescue. All the parts I disowned and could not accept I embrace. No part of myself shall stand alone; all that I am will be brought home. I ask for this to occur on all levels from physical through spiritual and that this retrieval continues until I am fully complete and whole.'

'I ask for this now - and so it is - Thank you.'

## **13.8. General Integration**

Sometimes you are integrating energies or information that you require to help you on your path to transform into ALL THAT YOU ARE. Basically there are sometimes things to integrate that do not fall into the category of soul retrievals. With this statement then, you keep the integration unspecific so that anything that is in alignment with your soul essence and soul purpose and is in your highest interests to take within you will be made so. Use this statement to do this:

### **Statement: A General Non specific Integration**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I ask that Divine Spirit give me absolutely everything I need to fully and completely integrate everything that it is in my highest interests to integrate at this present time that is in alignment with my soul essence and soul purpose and that will help me BECOME ALL THAT I AM in UNITY. I ask for all integrations to occur on all levels from physical through spiritual and that these integrations continue until they are all fully and totally complete. I ask for this now - and so it is - Thank you.'

## **13.9. Balancing your Duality Aspects**

One of this environment's design functions is to amplify duality misalignments. This is essential to facilitate people here to become fully balanced in these opposites. The critical areas of duality are; adult child, male female and positive negative.

Taking the male female polarisation as an example. Each of us, irrespective of our physical characteristics has within us the full spectrum of both male and female qualities. If you are female and fully balanced then you will be able to fully express your male qualities also. In our society many of the characteristics which attract us to a partner are those which we are unable to accept within ourselves. We look for someone to make us whole, someone to fill in our own missing parts. When you are fully balanced you will only choose or have drawn to you someone who is also fully balanced and complete in all these areas.

The statement below will help you to achieve this. It would be sensible to check which of them you need to concentrate on and to miss out any that are not relevant to you at this time.

## **Statement: Balancing Your Duality Aspects**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I ask Divine Spirit to give me absolutely everything I need to become fully and completely balanced in the following duality aspects of;'

'<My male, female self>'

'<My child, adult self>'

'<My positive, negative self>'

'I ask Divine Spirit to start this process NOW and for it to proceed until I am balanced in all of these areas. I ask - and so it is - Thank you.'

## **13.10. Keeping Fully Grounded**

When you are fully grounded then you are keeping yourself firmly rooted to the earth. Being ungrounded gives you a feeling of forced detachment and light-headedness (a feeling of being spaced out).

The more you can be fully here and living in the MOMENT, then the greater will be your capacity to fully experience life on this level and have greater resources to fulfil your purpose here. If half your attention is spent elsewhere then obviously it is not fully here and as a result you miss out on the subtleties and connectedness that is part of the enjoyment of being here. Being grounded helps to make you more realistic, more 'down to earth', which is an important attribute for you to function properly here.

The more you are rooted here the more effective you are in expressing your true soul self here.

## **Statement: Becoming and Staying Grounded**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my

entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I ask Divine Spirit to provide me with all that I need to become and to stay fully and completely grounded, so that I am totally connected to the Earth at all times, fully rooted and anchored at a very deep level. I ask - and so it is - Thank you.'

Some people float off because some part of them finds it very difficult or frightening here and they want to have as little of themselves present within this environment as possible. There are also others who are true multidimensional travellers and whose job it is to be in many places at once as part of their role to facilitate the overall transformation process here. For the few who have this agenda then feeling slightly ungrounded would be normal. Most would immediately know if they fell into the last category. Others who feel ungrounded should work with this section. If you are not sure, then check with your guidance.

## **13.11. Removing Obstructions from your Energy Field**

Obstructions can take many forms. Their appearance and persistence within you is often related to dark side and controlling issues and they are often also associated with attachments to others in previous existences. They can usually be dealt with when your energy levels are good enough to support a removal and you have dealt with the original issue. We are specifically only dealing with obstructions in this section that are from embodied existences. In other words from existences where we are projecting into a body that we reside within for the duration of that incarnation. I give details of three very different types of obstruction that some of you may need to deal with at times. These are called implants, trauma objects and inserts. All of these will now be discussed separately below.

### **Negative Implants:**

These are energy devices that can be placed within you on the higher embodied dimensional levels (usually fifth, sixth or seventh). They can be highly sophisticated in technology terms and exist in different forms depending on the energy level they originate from. If we translate the different forms into terms that we can understand on this level then we can find electronic, ceramic and organic forms. Although some healers (consciously or unconsciously) use positive and 'currently' aligned implants for a variety of uses, the ones that we are concerned with here are those that are preventing us from reaching our Divine Selves. I split these up into the following categories as follows:

- Those placed within you with or without your awareness by some other Being who wishes to either control, monitor or restrict you in some way. Implants can for example, jam communication with Spirit, block off access to needed energies, induce fear as you reach for your power, prevent you from speaking forcefully and so on. With this type you may also have to deal with an entity attachment and perhaps vows, contracts and so on that may have been made against you.
- Others you have placed within yourself as a higher level Being to enhance yourself in some

way. These could be to boost your communication, expand awareness or provide some protection.

- We have also found some people who have installed implants within themselves to make them less than they seem. In all of these cases this was considered to be the most appropriate response to the circumstances they found themselves in at that time. Some Beings for example who are highly articulate in a particular area have reduced their efficiency to more fit in with those around them so that they would be accepted.

However, irrespective of whether they are enhancements or not, to hold onto them will keep you tied to and stuck at the level of consciousness they relate to. As always then, to embrace Divine Unity you must LET GO of everything that is less than this to reach this goal. These devices often appear within us as we proceed with our processing. Particularly when it is the right time for them to be removed. I have never come across any on this physical level. At various times spread out over a three year period I have identified and removed at least a dozen items from within me (all different), some of which were severely inhibiting my progress. In my case, each of these items had to be dealt with directly.

## **Removing Inserts:**

We may, in past lives, have spent time exploring the dark side (and most of us have). Dark side initiations are concerned with blocking off the heart centre so that you don't feel what you are doing to others, so you don't care. This makes it easier for you to manipulate, control and induce fear in others without identifying with what you are doing. These initiations therefore involve inserting energy forms into the heart to implement this blockage. Unless they are removed before death, they continue to exist. When you are ready to give them up then these inserts will re-appear and can then be removed. When they appear during client healing sessions I remove them by hand. They can feel like a blockage or slight pain in the heart, which then fades on removal. I have only found these appearing when I have been dealing with lower level or embodied existences.

## **Trauma Objects:**

Sometimes people will start feeling pains in areas of their body for no good reason or perhaps they have always had a 'ghost' pain somewhere. These can be due to daggers, swords, spears and so on that are still present in energy terms. Some implements re-appear (in energy form) to be released. These are all carried over from old battles or accidents. They are still there because the person is still unable to LET GO in some way or other. Perhaps they could not accept the trauma or perhaps they felt that they deserved the pain and the suffering and in that way hold to it. There are many reasons.

Ask your Support Team if you need concern yourself with removing obstructions from your energy field? They will only do this removal when your energy field is high enough. So, although you may have some to remove you should endeavour to do this at the right time. So ask to find out.

### **Examples of questions to present to your inner guidance:**

*Do I have any energy devices of any kind within my energy field that are not there for my Highest will and good?*

*Is this a suitable time to deal with removing them?*

We use the main invocation (given below) to make your energy field as high as possible. I took mine out by hand (as it were), until some other person cleverer than me came up with this

statement to have it done automatically. Again it's just a case of asking and it shall be done. I still have to remind myself that I don't have to sweat and strive to achieve things, that everything can flow and be easy.

Again even if you check and have the exact number of obstructions at this time and remove them all does not mean that more will not appear later. We remind you that as you raise your energies to match your frequency with a higher level then what you have to resolve from existences on that level will be delivered to you by express post for your immediate attention. So, don't be surprised if more turn up.

## **Statement: Removing Implants, Inserts and Trauma Objects**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. I invite all the Healing Angels, the Healing Archangels and the Seraphim Angels, Archangel Michael, Archangel Gabriel and Lady Master Quan Yin. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With full and total intent, I ask Divine Spirit to remove all implants, inserts, trauma objects and devices that I am now able to and ready to let go of. I ask that Divine Spirit remove everything from me that does not now serve a true purpose and is not here for my highest will and good. I ask that this is done while I am sleeping and that I have no awareness of the process. I ask for this - and so it is - Thank you.'

Also keep in mind that as many of these items have been placed within you by others with negative intent then perhaps an entity release should be considered as well as releasing yourself from vows, contracts and so on that could have been made against you by these others.

## **13.12. Re-Aligning Ancestral and Cultural Influences and Conditioning**

Up until now we have stressed how much past existences can have a major debilitating influence on this one. Here we also introduce you to restrictions and influences that effect your attitude and behaviour on a day to day basis that you pick up from your ancestors and your culture as a whole in this lifetime.

These influences are very insidious, subtle and deep simply because we tend to accept them as an integral part of normal reality. You can think of these as energy patterns deeply held within your lower energy selves, your body and the environment. Those held within the body vehicle are passed on through each generation. This is the case for both ancestral and cultural influences.

We tend to 'fall into' the defined cultural patterns and accept them as normal, hence most of us tend to find other cultures or religious practices strange to say the least. In a sense we need to de-culturalise ourselves to accept others more fully and to move further into unconditional love and closer to Divine Unity.

## **Statement: Dealing with Ancestral and Cultural Influences**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul essence and soul purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I ask Divine Spirit to give me absolutely everything that I need to be fully released from all influences and conditioning held either as energy patterns or memories within the physical or other levels. I ask that Divine Spirit work with me continuously to do this so that I fully transcend all my ancestral and cultural patterns. I ask for this now - and so it is - Thank you.'

## **13.13. Releasing Conditioned Memory Imprints**

Sometimes patterns of conditioning are so ingrained as a result of repetitions throughout many existences that they are best dealt with directly. So below is a statement to set this up and a list of common imprints for you to use directly or to help you define your own (the list is in no way complete). The statement asks for memory imprints to be released from all levels not just the cellular memory (physical).

### **Statement: Releasing yourself from Conditioned Memory Imprints**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul essence and soul purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I ask Divine Spirit to give me absolutely everything that I need, all the energies and Spirit help and support to fully and completely release from me all (e.g. Negative Death) Imprints right through from the physical cellular level to the highest spiritual levels. I ask for this now - and so it is - Thank you.'

So, here are some imprints that you can substitute or use to give you ideas as to what you need to target:

### **Negative Death:**

This will help you deal with, for example, repeatedly dying in the same traumatic way, dying at

the same age in each lifetime, relating to death in a non-honouring way (you may see death as negative?) and so on.

## **General Fear:**

Covers any conditioning that causes re-occurring non-specific fears.

## **Negative Child Birth:**

Lifetimes of not being honoured for giving birth, dying in child birth, the baby dying in child birth or later (some cultures have gender bias for example). Please don't forget - just because you may be male now doesn't exclude you from past life birth traumas.

## **Negative Eating:**

Bingeing and then fasting is a pattern from past lifetimes on the streets begging and getting food when you can.

## **Negative Relationships:**

Quite a biggy - who hasn't got some of these?

## **Negative use of Divine Power:**

Many people are frozen because they are afraid of stepping more into their own power due to their abuse of it in past lives.

## **Fear of Power:**

Another negative power based imprint. This covers the lack of self worth and self esteem angles.

## **Judgement:**

Conditioning that makes you judgemental about others.

# **13.14. Facing Your Dark Side**

WOW, are you actually going to read this, when it may result in you stepping off another cliff into the unknown to reclaim more parts of yourself! I have to repeat what I have said earlier. Many on a path are intensely focused on facing the light, when in fact they should be intensely focused on facing themselves. This means that you have to face ALL THAT YOU ARE to then accept ALL THAT YOU ARE so that you may embrace ALL THAT YOU ARE. You cannot BE at ONE WITH ALL if you hold yourself separate from any parts of yourself. It is quite easy to just feel AT ONE WITH ALL. However to actually really and truly BE IT requires that you ARE IT. Only when you do this will the darkness hold no fear for you because not only will you see it for what it really is but you will understand that the darkness is also a part of ALL THAT IS and another part of the light and the light is unconditional love, acceptance and unity. There is no fear in love as there is no fear in DIVINE UNITY.

Some of you won't need to do this (do I hear sighs of relief). Some of you will be doing this but in the background so you are not particularly aware of it (more sighs of relief). And then of



course there are those who just cannot resist this amount of fear based fun (imagine a roller coaster).

This is an area that scares the living daylights out of many people. This is basically because there is a huge amount of misinformation keeping people locked into fear. So let's shake up your concepts with a few examples:

- Each Higher Aspect that is YOU is an entity. It is a Higher Aspect because it is more aligned with the DIVINE than you are. Any of your aspects that are less aligned to the DIVINE than you are NOW would be considered by yourself to be a negative entity. We would in fact call these lower aspects. Indeed it is common for most people to have some aspects in higher energy environments that are actually less aligned than they are NOW. This is entirely TRUE.
- Let's say that in a past lifetime you were madly in love with someone who went off with your best friend. Rather annoyed, you vow that you will get them back. So what happens? Well in this lifetime each of these people having been reincarnated has an entity problem. (Even though they are now living on opposite sides of the planet to each other). This entirely negative entity is messing up their individual relationships causing mayhem and disaster and guess what? This negative entity is you. OK it is not you NOW and you would not even unconsciously think of doing anything similar towards another. However! It is still part of you and if this was a real life example you would have to re-call it, integrate it, release its negativity and rescind the vow. So, at the end of the day, all entities belong to someone and there is virtually no chance that some don't belong to you.

OK, in a simple sense, some negative entities are from YOU and they need to be integrated and some are attachments to you and are then from someone else you know in another existence and need to be released. So the two people in the above example could each break the vow and energy attachments to release this old YOU from THEM.

The bottom line is, do you want to move into your DIVINE SELF fully? If you do then how can you do this without accepting all parts of yourself? How can you do this by keeping yourself separate from ALL THAT YOU ARE? Also remember that many of us have not been able to know what TRULY IS without finding out what TRULY ISN'T, this is the bottom line.

These areas push people up against FEAR, trust, shame, more FEAR, guilt, self-acceptance and even more FEAR. So, I have to remind you that what you still react to you have not yet fully resolved and if your reaction to any dark side stuff is judgemental, non-accepting, fear ridden, 'holier than thou', 'us and them' then you still have quite some way to go.

We all have positive aspects that we need to accept and integrate (paradoxically these are just as difficult for some of us to accept as the negative ones are for others). However most of us do have negative aspects that must be embraced if our journey into our Divine Selves is to be successful. An aspect that is very negative with respect to your current alignment would be considered demonic by some. It all relates to where you are currently placed on the alignment scale. If you are towards the bottom of this scale then as you bring all that you are back to yourself then everything would appear positive and well aligned simply because you yourself are so far out of alignment. While if you are well aligned within yourself now then they would all appear dark and negative. Either way, the process will almost certainly bother you.

When I have been resolving my own dark side existences to bring myself more into alignment, then I have quite literally had to merge with and transmute them within myself. A few of these would easily be recognised as 'Demons'. Each wearing the slinky black gear showing the blazing eyes, dreadful complexion (warts and all) and so on. Their fashion sense really does seem to be stuck in a time warp.

Unfortunately, many healers seem to be stuck in a similar time period, particularly when it comes

to dealing with these areas from a place without fear or misinformation. I know, as I have been there. The first time I became aware that a particularly nasty entity was in fact me from another existence and that an integration was required, was extremely difficult. So although it scared the shit out of me, at the end of the day I had to stand up for what I knew. Believe me I was totally aware of the possibility that this entity had hijacked both my intuition and my direct line. I therefore worked on a failsafe means of integrating without compromising my own security. In all it took me a very interesting and educational three months.

What is of you must be embraced, what is not of you must be discarded. However, as you integrate a part of yourself, you transmute it. This means that you separate out those parts not supporting your movement into your DIVINE NATURE and re-align them while at the same time you integrate those parts that are. Easy enough really.

## **Statement: Making a Commitment to Facing your Dark Side**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I state to Divine Spirit that I am ready and willing to face whatever darkness I have within ALL THAT I AM that I am capable of dealing with at this present time. I ask Divine Spirit to help me release all fears that I have of these areas and to give me everything that I need to be kept reasonably safe and secure while doing this. I ask for Divine Spirit's full and close support while I embrace my dark side. I ask for all of this now - and so it is - Thank you.'

## **13.15. Asking to be Released from all Karma**

In essence, some people can forgo their Karma and have it wiped clean and others cannot. Those who cannot (such as myself) are here to either resolve higher level trauma and issues or are cutting an energy path for others to follow. So, I am gaining practice and understanding when resolving my Karmic level stuff which then provides me with the necessary foundation that I require to help me resolve my higher level issues and trauma. This is why I seem unable to side step it. I may not be 100% happy with this but it feels right which is the bottom line.

However there are Beings incarnated here specifically to work in the support teams. For these Beings to function properly here they would have to immerse themselves in earth life and all it entails to acclimatise themselves to this reality. So part of their training would involve having enough incarnations here to give them the necessary experience. In doing this they would quite possibly pick up Karma. However as their Karma is not a necessary part of what they are here for and as the whole function of Karma is to facilitate Beings then it would not surprise me if they had the equivalent of a 'get out of jail free' card that allows them to dump the Karmic stuff in one go. This would enable them to get on with their real work much more quickly.

Anyway, see what feels right for you. If you use this statement and you require to work through

your Karma then nothing will happen anyway.

## **Statement: Releasing yourself from Unnecessary Karma**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I ask Divine Spirit and the Karmic Board that should it be for my highest will and good and in alignment with my soul essence and soul purpose and part of my Divine Mission Profile then I ask to have all of my Karma wiped clean, so that I am free of it for all time. I ask for all of this now - and so it is - Thank you.'

## **13.16. Resolving Guidance Restrictions**

This is an important area for EVERYONE to explore and to check out. It is an area that unbelievably I have never seen discussed anywhere. However as your guidance / intuition is the foundation stone of your higher level interactions then obviously it is the single most important area to be sure of.

I have come across a few people whose guidance seems to be stuck at a low level. The information that they get either reflects a low spiritual understanding or it nudges them in a way that keeps them fearful, distracted or less able to resolve their fears and therefore less able to move on. It's a bit like being stuck in a bubble and the bubble itself is distorting and filtering the information not only in a general sense but also about itself just enough so that it is very difficult to detect what is really going on. Confusing, to say the least, as some of these people are focused quite well on evolving.

Usually when I work with someone and we have a similar alignment then our guidance will correspond. We may not get exactly the same thing but it will be pointing us in the same direction. The more the focus or alignment differs between two people then the less correspondence there will be with respect to the information they receive. So, to a certain extent, you have to adjust for this.

With certain people however it seems that even though we are focused in the same way, our information rarely corresponds. Now, OK, as I appreciate that each person is different with respect to how their guidance interfaces with them, I just assumed that this lack of correspondence was just an extreme example of this and I accepted it.

However over the course of a year, while everyone else's perspectives, understandings and knowings had changed and moved on, it was very noticeable that for some people there was no change. It was then obvious that something untoward was going on and that we should investigate this in more depth. We then found that these people had existences in the higher levels where they had been interfered with by another usually in situations where they had posed some sort of threat. Overall this interference was intent on making them less capable and less aware than before.

The bottom line is that it results in people having a much-restricted view of multidimensional

reality and a contained and low spiritual awareness. Their information seems to be translated or stepped down so that it always relates to either this or the astral level. This was very obvious during one healing that I did to focus on this issue. When I gave a running commentary of what was happening it was immediately re-defined and presented in purely earth bound spirit terms.

With one of these people we found that she had done this to herself in an existence where her nature made others consider her a threat. So, in some respects she did this to survive or to make life easier for herself and these others. However when restrictions are kept in place for a very long period then to a certain extent they can become permanently built in.

The statement given below will help resolve the core issue. However if others were involved in causing these restrictions then past attachments may have to be cut and vows, contracts and so on may have to be dealt with also - check it out!

## **Statement: Resolving Guidance Restrictions and Blockages**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I ask Divine Spirit to release me from all energy blockages and barriers that are in any way distorting or filtering the information I receive from my guidance. I ask this to be done whether this is something I have done to myself or has been done to me by others. I ask that Divine Spirit work on all necessary levels to achieve this. I ask that this be done now - Thank you.'

If you work with the same Beings along the same basic story lines for a few years or if you still react fearfully towards negative entities or so called dark stuff or if you regularly feel that you are under psychic attack then you should consider the possibility that something is keeping you stuck within a loop. If you are here to grow and move on continually then it is best not to languish in sleepy bays and quiet back waters.

Also it can come as quite a shock when someone's accepted view of other dimensional realities starts to radically change particularly when they have been working in these areas for years. In this respect it can take many months for someone to be taken through the necessary adjustments gradually. When this is the case you may need to work with this statement a few times.

I remind you that it is all about LETTING GO and moving on. Yes, it is nice to have somewhere comfortable to put our feet up and stay in the same secure space and to be honest if this is really what you have chosen to do this time then great - stick with it. I sometimes wish that mine could be like that.

Many people equate the period of time that they have been working as a healer or medium or spiritual counsellor as a direct reflection of their level of consciousness or spiritual understanding or level of expertise. However quantity is never a substitute for quality. It was an interesting experience to have a young whippersnapper (me) trying to explain to someone who had been tuning in and successfully working in these areas for many years that perhaps something was wrong.

# RESOLVING MULTIDIMENSIONAL ATTACHMENTS

## 14.1. An Introduction

By multidimensional we mean everything that is not of this current existence. This of course includes other places not of earth and other energy levels and dimensions. Attachments invariably involve an entity connection and sometimes a vow, oath, curse, spell and so on as well as held in emotions from traumas or situations involving self control. Within this chapter we will discuss each of these in turn, however at least half of this chapter will be dedicated to covering entity attachments as this is an important area that appears to be dogged by a huge amount of misinformation, over reaction and fear. Overall we will hopefully broaden your understanding while giving you the ideas and tools to help you more effectively deal with them.

As with all the other 'active' chapters, UNITY Keys or Statements of Intent are given throughout for you to work with. I would advise that for the sections dealing with entity attachments you use them as they are without making any changes. As these statements were designed through a process of trial and error as I dealt with literally thousands of my own entity attachments then I can vouch for their effectiveness. Sometimes entity attachments find it difficult to let go of you (as well as you letting go of them) and they may 'suggest' to you modifications to help you in the release when in fact it will only help them stay with you. It's all good fun and everything that happens is part of your unfolding education.

## 14.2. Releasing Past Life Emotions and Negative Energies

Negative energies are generated in past lives mainly when an issue is to do with an attitude or emotion you have towards yourself or others. They are about how you think or feel about yourself or others. Some examples:

- Over a period of weeks a friend of mine kept being presented with information and references concerning the Jews and the holocaust. As these increased in frequency she found herself recalling her own experiences of that period during another incarnation. This climaxed while watching the film Schindler's List and all the emotion and trauma that she needed to express began to be released. Much of the releasing was as vigorously shaking legs. This continued once or twice each day for 2-3 days before receding.
- You have a life as a Mayan High Priest where it was your duty to perform the human sacrifices. You are performing these acts as a representative of the culture but if you personally didn't agree with the practice and felt that it was morally wrong, then you could build up much anguish and guilt perhaps over many years (I know I did).

Whenever we hold emotions back they become stored within us. Although our culture inhibits us

from freely expressing ourselves it is something that we need to learn to do. Emotionally we need to keep nothing within.

When you have done this in past existences and have chosen in this lifetime to deal with them then they will start to come out. They may be unconsciously triggered through finding yourself in a similar situation within your life now or consciously through actively working with the DIVINE who can then support you during the release.

The bottom line is to both let go of the emotions themselves as well as the energy grip that you have on them to prevent them from coming out. You choose to do this in certain lifetimes so that you fully clear this backlog. Many of course have chosen this lifetime to do this. Ask your SOUL SELF if this applies to you?

While you are releasing emotions from previous existences then you may have feelings, moods or thoughts that either do not match your current circumstances or are much amplified compared to how you would normally react or expect yourself to react. So, although a situation itself may have triggered their emergence, you can feel very odd, having strange, uncoordinated or amplified feelings. Your rational mind will know that they don't relate to the present circumstances, which can confuse you even more. I have found that the best thing to do is to let these thoughts, feelings and emotions freely flow, so they are eventually completely released from your energy field.

At times actual physical symptoms can relate to traumas and emotions acquired in past existences due to particular circumstances. Some examples follow:

- Perhaps in a battle you received a debilitating and painful shoulder wound. Spending the rest of that lifetime lamenting and getting angry over your circumstances, particularly when your old wound started to play up, would cause the feelings of anger and bitterness to be associated with that place in your body. If in this lifetime you put your shoulder out of joint then this could release all these feelings of anger and bitterness with no apparent explanation. Again time needs to be taken to express them and to let them out.
- One client had a major back problem triggered by a minor incident in this life. We found that he had fallen down the side of a mountain ridge, rolled over a boulder and broken his back on a sharp unfortunately placed rock. He died alone and in agony over four days. The pain and feelings from this trauma were so severe that they were bleeding through from the original. His back problems had been with him for six years. No conventional treatment had any impact (a sure sign that a multidimensional cause is likely).

For some people an understanding of the original situation is both unnecessary and inappropriate (sometimes the original situations can be very traumatic and when this is the case becoming aware of them could further traumatise some people). You really don't need to identify with them or own them or rationalise them, just accept that they are with you at this time and let them move on.

The release will take an amount of time that relates to how much is stored, how tightly you have held to them and for how long. Sometimes a release can take minutes, sometimes weeks and occasionally there may be a gradual release over months or even years.

## **Statement: Releasing Stored Emotions and Energies from Past Existences**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done

must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . . '

'With Full and Total INTENT, I ask that I am provided with all that I need to RELEASE all stored negative energy and emotion from all of the past lives that I am currently ready to face and deal with. I ask for this to be carried out on all levels of my Being from physical through to spiritual and I ask Divine Spirit to continue with this release until all these energies are totally and completely removed and cleared from me. I ask - and so it is - Thank you.'

May I find the guidance  
Of What to return, where  
And When.  
May they move me  
As they have before  
May I know and have  
The depth of heart  
And Compassion  
To let them go,  
To return the,  
And may I always recognise  
Those who are homeward bound  
And have the means  
To help them on their way

**Bren**

## **14.3. Breaking Attachments - An Explanation**

Past life issues may also involve entity attachments, particularly when you have had strong bonds with another person or persons relating to specific incidents, situations, issues or relationships from other lives.

In essence attachments can be from any level that experiences separation (in other words anywhere outside of Source or UNITY). We also remind you that Karma is no more than a set of rules that often support and assist you in dealing with your higher level issues and traumas.

Within this section we will focus on supporting you in dealing with entities that have an attachment to you through a direct relationship from a previous existence. These could be from a karmic embodied environment or from the higher levels where perhaps the original issue or trauma arose.

A single incident or misalignment can result in energy attachments with one or more people - usually the number is small. Alternatively you can have a major issue which may span many existences, possibly hundreds. Again, depending on the circumstances these existences may involve no other people or many hundreds, perhaps even thousands. Sometimes there can be a recurring ingrained pattern or different issues linked to the same person throughout many existences (in feuds for example). These can be traumatic to deal with if situations have been particularly intense. With an issue it is important that you work completely through it, as when

this is done the energy ties can all be released en bloc. From experience I have found that it is usually difficult to release entities before you have finished dealing with the related issue.

Sometimes you have made these energy ties consciously and also intensified them by making vows or casting spells and so on.

So whenever we step out of alignment with our DIVINE SELVES in situations that actively involved other people, and either we or they could not LET GO, then we will have energy bonds binding us to each other. These bonds remain, traversing space, time and dimensions, until they are consciously broken.

Virtually all of us have these ties. When it is the right time to start clearing them then situations in your life start to act as triggers both to bring these attachments into better focus and also to give you the best opportunity to resolve them. In this situation you find yourself either experiencing feelings and thoughts which you cannot relate to or typically you overreact or have amplified feelings, emotions or thoughts which again are out of context. This is particularly clear when only one entity is involved.

So, now let's look at the different ways we can approach breaking these attachments:

- When you only need to cut the basic energy cords without any complications such as vows, contracts and so on then work with the following section called *Cutting Energy Based Attachments*.
- Sometimes connections are maintained and intensified because of the existence of vows, pacts and so on. Sometimes vows and pacts can be made that do not involve any other person. These would then be dealt with in the sections Breaking Past Life vows, pacts and so on and *Relinquishing Curses and Spells*.
- We can also help to break from attachments by asking for energies to be sent to those who are attached to us to help them through their issues. Work with the key - *Sending energies to those Attached to You*, to do this.
- You will be aware from reading earlier sections of the handbook that, when you completely resolve an issue, you can then break all the attachments with respect to this issue in one go including vows and so on. You can do this by working with the *General Release Procedure*.
- Sometimes you become aware that you have something to resolve from an existence with someone you know now. If this feels right then work with the section called *Breaking Ties with a Recognised Individual*.
- Breaking ties with people whom you won't meet this lifetime may be dealt with by working through an inner negotiation process with entities that are brought to you by your spirit support team. This will only happen if you have an agreement to do this within this lifetime and if you need to do it this way. This is something you could and should question your Soul Self about. These releases are usually very easy but in rare cases can be quite hard. You can work through these within the sections *Negotiating an Entity Release - Easy / Tough*.
- Finally we give you a definitive section covering all the possible causes of a difficult entity attachment and numerous solutions.

We have to stress here that doing a release even if it asks for everything to be done in one go will only deal with what is possible at this present time. Just because you do one release or ask for all vows and so on to be broken does not mean that this covers everything for all time. Always work with what needs to be resolved in the moment. I have broken attachments through inner dialoguing with more than five hundred entities over a four-year period. These were just the conscious face to face ones that were an essential part of my healer training course given by



spirit. So, I remind you to make no assumptions about end points.

## **14.4. Cutting Energy Based Attachments**

Past issues involving other people result in energy links or psychic cords connecting you to each other. These links always exist on some level. However it can be quite confusing, particularly for those focused on evolving, as one day you can be very clear, have no entity attachments and everything is great and the next day it's like a busy railway station. This is because, as you raise your energies this means that you begin to embrace all those parts of yourself from within this higher energy layer. As you do this then all within this new layer that you require to resolve of your misalignments and your separations will start to impact you here.

When you are truly reclaiming all that you are then this can often involve you in dealing progressively with many different things on many different levels. This is why those of you with many attachments will find that they arrive spread out over a long period of time. Any cord cutting or entity release procedure that you use in whatever system can only be effective in dealing with what can be dealt with at that instant in time. What needs to be done tomorrow or next week or next month is a different matter.

It is natural to form these types of energy bonds for all sorts of reasons - falling in love, having a bitter rivalry and so on. They are formed when we consciously focus or direct our thought, emotion or energy towards another. Once formed, we find them difficult to break and let go of, even when circumstances change. If we don't break them before we die while in an embodied existence then they remain with us for us to deal with at some other time.

Our feelings and thoughts towards others should have an organic basis, melting away on parting and then reforming when meeting again. However we often behave insecurely, reacting as if we always need to be beaming out love to someone who is close to us or else taking up a defensive stance with someone who has hurt us in the past. We often don't realise that by doing this we are then always in contact with these people on a subtle level. You can only move into WHO YOU ARE by LETTING GO of these grappling hooks that are binding you to each other. Below is the statement of intent that targets these areas:

### **Statement: Breaking energy Attachments to Others**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I ask Divine Spirit to totally cut all psychic cords and energy link attachments on all levels that I am ready to have broken and be released from at this time. I ask that this be done for the highest will and good of all concerned. I also state that I forgive myself totally for all the circumstances that I experienced to create these bonds. I forgive all those connected to me; I let them go with love, respect and honour. I ask Divine Spirit to do this now - and so it is - Thank you.'

## **14.5. Breaking Past Life Vows, Pacts and so on**

Here we look at the effects of vows, oaths, pacts, agreements, contracts and so on made in other existences but which can still be effecting us now. Any made with intent will carry over into other existences unless a time limit is implicitly specified (which we usually don't think to do). Some of these we make with respect to ourselves or others on our own. In other cases we make these with other people. The scope of these are enormous, they could range from simple ones such as making a vow of chastity right through to a pact with others to hunt down and destroy all members of another race and worse. By and large to get back to your DIVINE SELF you have at some point to break, recall and or rescind all of these. You also have to keep in mind that these go both ways and that in all probability you have some that have been made against you by others. Some that you made may be serving you well. A vow to work towards or with God for example specifying no fixed path will help you up to a certain point. Let's now look at some of the possible combinations:

### **Those that only affect ourselves include:**

Those whose legacy is from monastic environments, religious orders, secret sects and so on will have made vows which include chastity, secrecy, loyalty, allegiance, celibacy, poverty, silence, suffering, cleanliness and purity. Some will have made strong vows in the name of God with much emotion and determination, believing that they were right and perhaps they were for them at that time. Here are some examples:

- If you feel sexually inhibited and perhaps that sex is not right, without anything that you can identify from this lifetime to cause this reaction then it could be to do with a vow of celibacy made in a previous existence.
- If you cannot abide getting dirty and find it very difficult for example to work in the garden without washing your hands all the time then a vow of cleanliness may be yours.
- Perhaps you have had a position of high responsibility with regard to others, made a bad decision causing hurt and suffering to those under you, which resulted in you vowing never to take responsibility again.

Others can be more complex. For example to not accept your male qualities or to never love again or to never have another soul child or to not forgive yourself and so on. We could fill a book with these.

### **Those you made with another:**

You could make a vow with another, for example to always look after each other or you could make a pact of everlasting love. Now on the surface these can appear to be 'good' and they are, but only in a very limited sense. So, you make a vow to always look out for another. Is this going to allow them to move fully into their DIVINE NATURE, how can they take full responsibility for themselves if you won't let them? Where is your trust in them exhibiting their DIVINE NATURE? Even these 'nice' ones impose limits which have to be moved beyond at some point if you are going ALL THE WAY.

- You may have a lifetime where you fell very much in love with someone and it was mutual. So the pair of you make a pact of everlasting love. There are however some slight problems with this. The first is that your soul sees love as being universal and not restricted to one person and the second is that the vow limits you to this one soul as a

partner every lifetime. The key word here is 'limiting'. In each future life when you find yourself in a relationship and it's not with your avowed true love, it doesn't feel right - something is missing. In this situation until you break the vow and move on you will find loving someone else quite difficult.

## **Those that you make against others can include:**

We may have made a vow of vengeance against someone that has hurt or tricked us. What happens here is that you find yourself having a lifetime every so often to try and play the 'vengeance' card again, until you LET IT GO. All these are limitations that are not only constricting your soul and restricting your freedom; they are also doing the same for another or others.

## **Some you make with others against others:**

With a group for example you may make a pact, contract or agreement to work together to bring about the downfall of another. Again if this is made with a deep intention then you can find that this is still going on in future lifetimes. An example:

- You are in a battle. You are killed with your friends and in spirit form you meet each other and make an agreement as a group to get revenge on the person who just defeated you. Thus every so often you would incarnate as a group trying to satisfy your desire for revenge against this other person. Until you break this agreement you will remain stuck in this repetitive revenge cycle.

These ones can be more complicated to resolve. This is because when you break the pact, then your past comrades whom you made it with may not appreciate this movement. They may take it personally or see it as a sign that your allegiance has turned causing them in turn to be against you. I have had a few of these to deal with; they kept me on my toes for a while.

### **Statement: Breaking Pacts, Vows, Contracts and so on**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I retract all vows, contracts, pacts, oaths, promises and agreements that do not now serve a true purpose and which are not for the highest will and good of all. I do this now. I also ask Divine Spirit to release me from any made against myself that are limiting or constricting me in any way. I release all and ask to have all retracted that are detrimental to my movement into my Divine Self. I ask the Divine to support me fully in doing this NOW. I ask and so it is - Thank you.'

## **14.6. Relinquishing Curses and Spells**

As above but obviously relating to invoking the universe by directing energy actions against others. Things said with intent particularly when we are actively working with energies can greatly focus reality. So if you have been misusing power in previous lifetimes in this way then

you may now need to deal with them appropriately and have them deactivated. We also ask for any that have been directed at you to be dealt with also. The following statement does this:

## **Statement: Relinquishing all Curses and Spells**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total Intent. I fully release and relinquish each and every curse and spell that I have made against both myself and others and I ask to have retracted each and every curse and spell that has been directed at me by others. I ask that Divine Spirit fully recall and break all of these now - this is my intention - and so it is - Thank you.'

## **14.7. Sending Energies to those Attached to YOU**

Sometimes attachments whether they are formed through positive or negative circumstances result in others finding it very hard to LET GO of YOU. Sometimes for example, another Being can love you so much that they don't allow you to live without them watching over you all the time making sure you are OK. This may sound nice but ultimately it is not helping you to stand within ALL THAT YOU ARE in UNITY. The same for dark side situations where perhaps you greatly hurt someone and because of this they are now focused on getting you back. In both of these cases these Beings may also need support to LET GO of their issues in these areas.

You can facilitate them by asking the Divine to send transformational energies to these Beings to help them let you go. It's worth considering that when you find an issue, trauma or entity release you may need to be persistent. Obviously the more complete an invocation you make the more energy will be sent and the more often you use the statement, the more effect it will have.

### **Examples of questions to present to your inner guidance:**

*Is it in my highest interests to have energies sent to those I have attachments to?*

*Will this help break bonds with others? / Or vows?*

Please appreciate you have lots of different ways at your disposal to deal with your issues. No matter how 'stuck' or 'persistent' they may seem to be, I always remind myself that my issues don't stand a chance - there is no way that they can withstand this concerted approach and determination. No matter what I feel like, no matter how long I seem to have spent clearing something, working with Divine Spirit, I know it will be properly dealt with and cleared completely.

## **Statement: Sending Energies to those Attached to you**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with

me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT. I ask Divine Spirit in a good and sacred way and for the highest will and good of all to direct healing energy, love and light to all those with whom I have persistent attachments and energy links so that they may be relinquished and released at this time. I ask that these energies be passed to these others via their Highest Self. I also ask that this is done continuously until all these attachments are totally and utterly released and I have fully completed all appropriate integrations and releases. I ask - and so it is - Thank you.'

## **14.8. General Release Procedure**

This key or statement is probably the most useful for dealing with all the combined elements that most of you will have to deal with in circumstances involving attachments in one go. So if you are not too sure of what is needed overall to deal with an attachment then this is a good statement to work with.

Quite often many attachments are the result of a single issue that presents itself within many existences. When this is the case you usually have to fully complete the issue before you will be able to break all the attachments and so on from all the existences in one go. Use this statement then, when you know that an issue spans many existences and involves many attachments. Let's look at a particular example:

- You may have spent many lives falling in love with people who were either not particularly interested in you or else they easily got involved with others without any thought for you. You may have spent many lives, maybe a few hundred, in this situation trying to learn to 'let go', to accept and move on. When you have worked through this issue you would be able to release all of the bonds relating to these lives en bloc.

The statement includes everything needed to completely break from past issues and incidents. It will break all energy bonds as well as vows, contracts, curses, spells and so on. The statement to do this is:

### **Statement: Entity Release - General Procedure**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I also call in the angels of light from the schools of wisdom and knowledge. I ask that these angels explain to any entities in a loving and respectful way what is happening in this situation and to take away all entities released and to honour them for the lessons they have learned. I ask that all be treated with respect and dignity.'

*'With Full and Total INTENT I release all that I can safely and securely of all Past Life energy attachments that bind me in any way to others on any level and from any existence. I break all that it is appropriate for me to deal with NOW.'*

*'As part of this, I retract all vows, contracts, pacts, oaths and agreements that do not now serve a true purpose and which are not for the highest will and good of all. I do this now. I also ask Divine Spirit to release me from any made against myself that are limiting or constricting me in any way and I ask that this be done now.'*

*'With Full and Total INTENT I fully release and relinquish each and every curse and spell that I have made against both myself and others and I ask Divine Spirit to completely release me from any that have been made against myself by others.'*

*'I release and let go of ALL of this with LOVE, FORGIVENESS and HONOUR for all those with whom I have had past life connections.'*

*'I ask that all these past life situations be re-written to give HONOURING, LOVING and JOYOUS outcomes that are for the highest will and good of all. Let these ripples of change move out and encompass all of creation.'*

*'I ask for this now - and so it is - Thank you.'*

## **14.9. Breaking Ties with a Recognised Individual**

When you find someone with whom your shared past lives have been great then you will feel an instant bond, energised and natural with each other. On the other hand if you feel anything negative which does not seem to relate to body language or anything else that is obvious in the here and now then this is a good indication that at least one negative past life is at work.

If you find yourself in the latter situation then ask your Soul Self to confirm that this is from another existence. You should also ask if now is the right time to deal with it. As part of the statement you ask for this person in their past life form to be with you when you ask for the energy attachments to be cut. PLEASE NOTE - if the past life was very traumatic with much bad feeling then you may feel this in some form as you do this statement. Once you are sure they are with you then continue:

### **Statement: Breaking ties with a Recognised Individual**

*'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'*

*'I also call in the angels of light from the schools of wisdom and knowledge. I ask that these angels explain to any entities in a loving and respectful way what is happening in*

this situation and to take away all entities released and to honour them for the lessons they have learned. I ask that all be treated with respect and dignity.'

*'With Full and Total INTENT* if appropriate and in my highest interests then I ask in a good and sacred way for the energy presence of 'XXXX', from any negative existence involving myself to be with me now. We ask that they come here so that we may resolve any past life problems that we have had and to release any bonds and so on that we may still have between us.'

Ask to ensure you have this person with you before proceeding.

*'With Full and Total INTENT* I release all that I can safely and securely of all Past Life energy attachments that bind me in any way to XXXX on any level and from any existence. I break all that it is appropriate for me to deal with NOW.'

'As part of this, I retract all vows, contracts, pacts, oaths and agreements that do not now serve a true purpose and which are not for my highest will and good. I do this now. I also ask Divine Spirit to release me from any that XXXX made against myself that are limiting or constricting me in any way and I ask that this be done now.'

*'With Full and Total INTENT* I fully release and relinquish each and every curse and spell that I have made against XXXX and I ask Divine Spirit to completely release me from any that XXXX has ever made against myself.'

'I release and let go of ALL of this with LOVE, FORGIVENESS and HONOUR and I ask that all these past life situations be re-written to give HONOURING, LOVING and JOYOUS outcomes that are for the highest will and good of all. Let these ripples of change move out and encompass all of creation.'

'I ask for this now - and so it is - Thank you.'

## **14.10. Negotiating an Entity Release - Easy**

In essence many issues and incidents from previous existences can result in people forming energy bonds connecting them to others. These connections once made continue throughout space, time and dimensions until they are consciously dealt with and broken. An example:

- Say you spend a lifetime with someone you actively dislike. Because of this you make this individual's life very difficult. Over time they become angry and bitter about this. If you both maintain this lack of acceptance for the duration of that lifetime then it will have to be resolved in a later life.

When you make a commitment to deal with your issues and associated attachments then Divine Spirit will (if it is appropriate) begin contacting those Beings with whom you have these connections. You then become aware over time that a schedule of appointments has been made with these Beings so that you can deal with them in an orderly fashion. This is what they did with me.

During this phase I came to recognise quite quickly when I was not particularly feeling 'myself' (ER! in a manner of speaking of course). I would perhaps be moody, angry, frightened or upset with nothing to link these feelings to my current life situations. After a while I got used to asking

my Soul Self if I had an entity with me from a previous existence. Nine times out of ten the answer was 'yes' and I would then start a 'negotiation' procedure with this entity to resolve any problems and then break the ties.

Using our example above, if this entity was to return to you now then you would probably find yourself getting very irritable or very angry for no reason. Depending on the past life circumstances either you will re-experience the feelings that you had then or you will be made to feel as the other Being felt. If their situation was very difficult and hard to cope with, then they will often want you to feel as they did, so that you come to understand what it was like for them. This is perhaps another way that Karma is dealt with - you are getting back what you have given. Another example:

- A friend who had recently married started having panic and fear attacks for no apparent reason. It transpired that in a previous lifetime she (as a man) had been very much in love with a woman who married another. She couldn't accept this situation and ended up killing the married woman leaving the husband distraught. Now in this lifetime, the husband from that past life was returning and causing the panic attacks thus putting strain on her current marriage.

The negotiation procedure follows after the usual invocation below. I assume you have already asked whether you have an entity from a previous existence with you. It is recommended that you try the *General Release Procedure* before you use this one. If you prefer to use this one or you have tried the other without success then fine. I had originally been going to omit this statement from the handbook but my guidance insisted that it stay. I think it's because some people need to experience this one to one negotiation as part of their path.

We have deliberately kept this negotiation procedure as simple as possible. Whatever you ask will result in either a YES or NO. Obviously you have to be sensitive to communicate in this way. If your intuition is well honed then you will be able to feel what resonates with a YES and what resonates with a NO. If this seems beyond you then use a dowsing method or find someone who can communicate on your behalf (that is they themselves are very plugged in or are an experienced dowser) you could also consider an energy tool.

## **Statement: Negotiating an Entity Release - Easy**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I also call in the angels of light from the schools of wisdom and knowledge. I ask that these angels explain to any entities in a loving and respectful way what is happening in this situation and to take away all entities released and to honour them for the lessons they have learned. I ask that all be treated with respect and dignity.'

'Will you speak to me about our past life connections?'

If you get a 'YES' then miss the next two statements.

'In God's name I ask - are you an honourable person?'

If you get a definite 'NO' then proceed to the next section titled - *Negotiating an Entity Release* -



*Tough* and work through that section.

'If you are an honourable person then you will speak to me of our past life connections and give honourable answers - will you do this?'

You will get a 'YES' answer here.

'Have we had more than one existence together?'

If 'NO' then jump the next statement.

'Can we deal with all these existences in one go?'

If 'NO' then it must not be the time to deal with all of the lives that you have had with regard to this person - the others will be dealt with later.

'Did I treat you in a way which was not in your highest interests?'

If 'NO' then skip the next statement line.

'I apologise for anything and everything that I have done which was not in your highest interests. Will you accept this and forgive me?'

You 'should' always get a 'YES' here. If you don't then explain that we have all had lives where we have given people a hard time - it's part of how things are here. Explain that it is not serving either of you to continue having these bonds - it is time to let go. Then repeat the question.

'Did you treat me in any way which was not in my highest interests?'

Skip the next line if you get a 'NO'

'I fully and totally forgive you for anything that you may have done to me in any past life.'

'I honour and respect you for being here and allowing us to deal with our past life situations.'

'Do you agree to fully and totally release me from these past life situations and to sever all psychic bonds and ties between us?'

You should get a 'YES' answer - you may have to wait a bit for it. When you say these lines that are from you then mean it.

'I agree to fully and totally release us both from all of these past life situations and to sever all psychic bonds and ties between us.'

'Will you let me speak for both of us to finish this process?'

Again you should get a 'YES' answer.

'To Divine Spirit, we both state that we agree to break these bonds and ties and fully release ourselves from each other for all time.'

'I ask Divine Spirit to cut all bonds and ties that we have between us and to fully and totally release us from each other completely and forever. I ask that this process begins now and continues until it is fully complete. I ask - and so it is - Thank you.'

The breaking of these bonds will be different for each person. Sometimes they can be felt as swirling energies or in the case of very deeply embedded attachments you can experience shaking in various parts of your body. From experience, this process can take from just a few minutes to an hour and a half to complete (average time five minutes) - stay with it.

## 14.11. Negotiating an Entity Release - Tough

Well, if you are reading this section then you're in for fun and games. Some entities are a tad reluctant to let go. Most people (say 99 out of 100) should have no or just minor difficulties with their past life releases. However this leaves a lucky few that need to be fully stretched as part of their path - as I have been. I have had at least 12 entities that led me on a merry chase before they would go. Some were just plain bad sports up to a bit (or even a lot) of mischief, others were set-up for me by Spirit as a lesson or multiple lessons; or a combination of the two. An example:

- I had one life as a spiritual warrior and during that lifetime I trapped someone in an energy vortex where they took a long time to die. This was for the 'highest will and good of all'. However I could not equate a 'spiritual' existence at that time with killing someone (remember no one dies they just lose a heavy overcoat). So being unable to cope with what I had done I had a few lifetimes after that with the same Being putting myself into situations where I underwent terrible suffering trying to appease my guilt. This entity had also made a vow of everlasting revenge, which was making it hard for it to let go also. It wanted to make things as difficult as possible. When I did get everything set-up correctly (it took me two days to figure out all that was needed), it still came back. But it had come back under the guidance of Spirit to help teach me patience and this entity then spent a few weeks as a spirit guide before leaving. There are wheels within wheels when you are working very close to the DIVINE.

If you try a couple of times to release an entity and it is still around then ask yourself if there is something you are learning from the situation. Is Spirit giving you a lesson that may not at first glance seem obvious? For example if you are very frightened of having this entity with you then perhaps your guides are facilitating a release of fear which is more important than actually getting rid of the entity at this time?

It is also good to remind yourself that it is quite possible that the other person from whom this entity originates is perhaps at this very instant struggling with you as an entity attachment. What goes around comes around. This entity is therefore probably from someone very much like yourself. They have done good things as well as bad just like you. Also, does it not deserve respect for doing what it feels is best for itself? And finally you have had this attachment for how long? Perhaps 50 years or 500 or 50000 or maybe even longer so why worry about it now.

You will get a 'feel' for what is right, even when things can seem wrong in a rational way. To me it has felt that for the last 18 months (it's currently summer 1998 as I write this bit) Divine Spirit has put me through a very organised and structured training programme. When I had the experience of not being able to release an entity, this came after a period of having intense but manageable releases, with each one getting more difficult until finally the last one would seem impossible. It therefore seemed reasonable to me that Spirit was *allowing* this one to hang around and therefore it was for a good reason. So why should I get worried about it? Another example:

- When another entity attachment proved difficult to release I realised after a while that this was because of my habit of facing everything full on and working non stop to solve the

problem. I learnt that sometimes the problem is created by concentrating on it, which was what I was doing with this entity. The more energy I put into dealing with it the more it had to stay with me. When I turned away and got on with enjoying life it faded and eventually had nothing to attach to.

- With another entity we became bound to each other in our previous existence simply because we always faced each other. Neither of us would ever back down, neither of us would ever give up. So, again the only way to resolve this one was to turn away and let it win. This was a very hard but important lesson.

So, bear the above in mind. Don't push yourself too hard. Give yourself a well-earned break from entity releases if they are getting too intense. There is absolutely no point in getting worn out or wound up. As you can see from the above actually pulling back sometimes can be the solution when you are in a stalemate.

Give yourself periods of rest, have a joke and a laugh? You may have spent many lifetimes being hard on yourself? Maybe the lifetime with this entity was another of the same. If so, then think about going back to earlier sections and try some positive based instructions and forget about it. There is always a solution and often it appears totally unexpectedly.

Always remind yourself that no matter how difficult an entity release appears to be in essence it's giving you the opportunity to break these connections once and for all - so thank it for that and thank yourself for having the courage to bring yourself this far.

## **An Explanation of the Release Statements**

Here we give an explanation of all the individual parts of the release statement so that you understand the significance of them all before we move onto presenting the full statement itself.

### **The Opening Invocation:**

This is required as usual to get a high-energy field. Make it as high as possible. You can always ask at the end of the invocation whether you have enough energy to complete the release:

'With full and total intent - I ask, in God's Name, do I have enough energy connections to completely release this entity?'

Repeat this statement three times and take your last answer. By universal law you must be given a correct answer when you ask the third time.

### **Calling in the Angels of Light:**

These angels will reassure the entity, honour its release and treat it well. They will also help to ensure that it does not return once released.

### **Making as One:**

With some entities the past lives that you have had with them are from many different and distinct places across dimensions, realms and universes. As the bonds holding you together cross many boundaries it makes the release more complex. Making everything 'as one' simplifies the release process, making it easier.

### **Making a White light Portal:**

Again, with difficult entities having a portal immediately at hand to transport them directly to the

schools of wisdom and knowledge precisely when the release occurs helps prevent them from returning. Some entities are frightened and confused by what is going on and find the whole process difficult. The faster they are taken into loving care, the easier it is for them to understand the situation and accept it.

### **Anything Else?:**

Just in case there is something else that needs doing that we have not covered here.

### **Past Life Re-writing:**

A great thing to do. It re-writes that past life to give an Honouring, Joyous and Loving outcome, making things easier for everyone else in that lifetime and for yourself in all lifetimes after that. This helps loosen things up for everyone everywhere.

### **Closing the Portals:**

Something to think about if you have been over stretching yourself with releasing and you need a break. At times during my own releases a new entity would sometimes appear within five seconds of the previous release. It seemed that I had no control over the next appearance. I am positive that this only happened to me as part of my Spirit guided education programme. I don't expect it to happen to others. But - just in case - use this statement to take a break.

### **Past Life Negativity removal:**

Sometimes my Soul Self and Spirit guidance want me to include negativity removal during an entity release because it is part of what is required to complete the bond breaking. I think it probably helps in past life situations where there was a great deal of bad feeling between you and this other person.

### **Stating your Commitment to Releasing the Entity:**

This is a direct and binding statement, which invokes higher level Universal law with respect to this entity release.

## **The Full Entity Release**

Unless you are absolutely sure about what you need to do I would advise that you use all the instructions in the following sections, especially if you feel that an entity may be compromising your communication, intuition or guidance and in that way, misleading you. ALWAYS remember to try and treat those you are releasing with Love, Respect and Honour.

If you have any doubt then do everything in the following lists. The opening invocation is particularly important; it is the longest one and will give you the highest energy. I would also strongly recommend that you say each set of instructions *three* times as this makes its effect very much stronger. I know it's a pain, but it could save you having to start again doing everything in sets of threes anyway. Saying everything in threes is related to the Holy Trinity, which is why it is more effective.

### **Statement: Negotiating an Entity Release - Tough**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my

entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

### **Calling in the Angels of Light:**

'I call in the angels of light from the schools of wisdom and knowledge. I ask that these angels explain to any entities in a loving and respectful way what is happening in this situation and to take away all entities released and to honour them for the lessons they have learned. I ask that all be treated with respect and dignity.'

### **Past Life Negativity Removal:**

'With Full and Total INTENT, I ask Divine Spirit to provide me with everything that I need to release ALL forms of negative energy and then to completely replace these energies with concentrated love and light. I ask for this to occur on all levels from physical, right through to spiritual. I ask for this release to continue until all negativity is totally and completely removed from me.'

### **Making as One:**

'I ask that all the Universes, Domains, Realms and Dimensions are made as one so that all entities can be released from them all at once.'

### **Making a White light Portal:**

'I ask that a direct white light portal connection be made between myself and the schools of wisdom and knowledge so that any entities released will be sent there immediately.'

### **Anything Else?:**

'I also ask for anything else that I may have forgotten or that Spirit thinks is relevant that will enable this entity to be released forever.'

### **Past Life Re-writing:**

'In a good and sacred way I ask that after the full release of this entity all past lives that I have had with this entity be re-written to give honourable, joyous and loving outcomes. I state that this must be for the highest will and good of all.'

### **Closing the Portals:**

'It is my intent that after this entity release I am sealed from all entities which are not for my highest will and good until such time that I am ready to start releasing entities again.'

## **Stating your Commitment to Releasing the Entity:**

'I state in the name of God that I will no longer have this entity within my energy field and that it is no longer welcome here. By Universal law this entity must now leave because it is no longer either wanted or needed.'

'I COMMAND that this entity LEAVE ME NOW.'

## **The Main Negotiation Procedure**

Well done! You have now reached the main part. The main and last statement list is here. The entity 'should' reply 'YES' to each statement - take your time - don't rush it.

(Remember to say everything three times and to wait for a definite answer on the third reply.)

'In God's name I ask this entity. Are you honourable?'

(They will always say 'YES' on the third reply)

*'In God's name I ask that if this entity is honourable then it will speak to me and give me straight and true answers to all my questions. Will you do this?'*

*'In God's name I now fully relinquish each and every vow, judgement, contract, pact and agreement that I made against this entity. In God's name I ask this entity to now relinquish each and every vow, judgement, contract, pact and agreement it has made against me if any. Will you do this?'*

*'In God's name I now fully relinquish and release each and every curse and spell I have made against it. In God's name I ask for this entity to now fully relinquish and release each and every curse and spell it has made against me. Will you do this?'*

*'In God's name I agree to fully release us from all past lives we have had together. In God's name I ask this entity to now fully release us from all the past lives we have had together. Will you do this?'*

*'In God's name I agree to fully forgive this entity for anything it has done against me which was not for my highest will and good. In God's name I ask this entity to now fully forgive me for all that I may have done against it which was not aligned with its highest will and good. Will you do this now?'*

'In God's name I honour this entity for the lessons it has given me.'

'In God's name I also swear in the name of God to totally and fully release this entity with love from each and every past life bond.'

'In God's name I ask this entity to now fully and totally release us from each and every past life bond. Will you do this?'

'In God's name I ask this entity to now swear in the name of God that it will fully and totally release us and never return. Will you do this?'

'In God's name I ask this entity to let me speak for both of us to complete the final release. Will you do this?'

'In God's name I ask with full and total intent that Divine Spirit fully and totally release us from each and every past life bond and tie that we have between us. I ask - and so it is.'

'I ask for this now - and so it is - Thank you.'

Sometimes when I have gone through this process it has been quite traumatic. Myself and others have had releases that have resulted in vigorous full body shaking. All good stuff. This happens when bonds are broken to a lifetime that has been particularly traumatic and where the energy links between the two of you are very deeply embedded.

## **14.12. Hard Core Entity Attachments - More Ideas**

So, if you have done all of the above and you still cannot get rid of something then what do you do? Well the first thing is - there is absolutely no point in panicking. This would be a complete waste of time and energy. So, rather than do that read through the following which will give you more examples of the possible reasons as well as lots of ideas about solutions:

- Sometimes your support team in Spirit won't release something from you because its presence is the most efficient way to help you to reach Divine Unity. Yes! I know that this may seem to be a contradiction but it isn't. I have found that in many previous existences I have not expressed my emotions. To help me release them, my spirit support team will sometimes deliberately allow the entity from that existence to stay in my energy field. This then reminds me of what I refused to feel when with them so that I can then more easily release it from myself now. This has happened to me quite often in particular phases of my processing. As my intention is to step fully into my TRUE SELF and my guides have a brief to facilitate this as rapidly and efficiently as possible then such novel uses of 'so called' negative entities are common to me.
- Sometimes you can be dealing with a Higher Aspect of yourself that needs to be integrated. You would imagine that a Higher Aspect would not give you any problems. However if this aspect is the one from which your main issues originate then both this and any associated negativity will have to be dealt with to complete the integration. Also the issue itself may make things difficult. For example if separation and isolation are a factor then it may be fighting tooth and nail to avoid being integrated and made whole (Letting you think that it is an entity ready for release would obviously help in this scenario).
- Sometimes on the lower levels you could have had an incarnation with yourself, you may then find that you don't get on with this other you. Again as an entity it would give you a hard time (doing as it did in the original lifetime). So, check everything out again. When this happened to me it took three months to resolve it completely which involved burning off all the negativity from the original lifetime as well as then fully integrating this other part of myself. Scary stuff!
- If a negative entity is desperate to continue interfering with you because it is still extremely angry or bitter over what you did to it then try the following approaches:
  - Check to see if this attachment originated from a karmic level. It is useful to know this because you often make contracts with others before incarnating to facilitate them by taking a particular role in their life. If this is the case then you can talk to it. Tell it that you took that role or that it attracted that situation to itself because it wanted to have that experience. You tell it that you were only doing your job. Ask it

if it would like to check this out, insist on this. Then ask to have an Angel of truth present so that it can check it all out for itself. You can also call in another angel or two to help it through its own process. This approach has worked a few times.

- Another similar approach that you can try is this. You argue that it wants to get you back because of what you did to it. It is able to disturb and affect you now while you are incarnating. When is this going to end? When is it going to get a life? How long will it do this for? You take the line that it is doing this to you as a form of revenge. However you emphasise that you don't like this being done to you and that you may choose to do the same to it when it incarnates. In other words you will both be stuck, you will both be locked together going nowhere. At what point does it get easy to stop? Will it ever? And therefore why not now. I have successfully used this for myself three or four times.
- Sometime the entity won't leave because it has been contracted by someone else within the original existence to interfere with you. Apart from those who feel obliged to fulfil the contract some are simply more frightened of the consequences of breaking the contract than of leaving you alone. Here you need to call in some Divine Beings both to re-assure it as well as to offer it protection and support.
- Finally you can check to see whether the entity is not attached to you from previous existences but is either just a mischievous stray or demonic hard case intent on giving you an interesting time. Even with these, there is usually some reason why it is attracted to you that has to do with you. Find that reason and you have the key to start working to get rid of it effectively. From my experience these freelance types are rare.

Well as you can see from the above there are quite a lot of possible explanations of why this particular entity attachment may be difficult. One final and obvious suggestion is for you to find someone who is well versed in dealing with entities and see if they can help.



The above subtle energy tool holds recourses to make using this book about 10x more effective. Read about this by clicking on the graphic above.



## RESOLVING PERSONAL CONDITIONING & CONTROL ISSUES

### 15.1. An Introduction

In this chapter we concentrate more fully on resolving control issues. Within this we cover all areas relating to us controlling ourselves or others either consciously or otherwise. As part of this we target conditioning, beliefs, attitudes, mind-sets and so on whether from this or other existences as well as from ancestral and cultural sources. We also deal with unexpressed and therefore unreleased emotions relating to this and other lifetimes, as they are part of self-control issues. We also present some statements for you to try that work directly on the body level, to re-generate cells, erase traumatic memory and so forth. We give these statements as examples for you to make up your own so that you may target the areas that best serve your needs.

As our intention is to work with the Divine to very deep levels and target multiple areas simultaneously then the statements move away from the fixed format and become more free flowing to accommodate this. To work effectively with all that we present within this chapter you need to be immersed in a very high-energy field. You will best achieve this by using the following invocation before working with each section where it is printed *USE INVOCATION HERE*. Whenever you read 'WAIT' then pause and give yourself 30 seconds or so for the energies and your team to complete that particular section before moving onto the next.

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Soul Essence to fully merge with me NOW. I invite Divine Spirit and the Divine Light energies to go deep within me and to fully merge with my whole being and all that I am on this level NOW.'

### 15.2. Working Directly on Conditioning

#### **Statement: Changing Pathways that Create FEAR**

##### ***USE INVOCATION HERE***

'I ask Divine Spirit to search for and to root out all conditioning, all mind-sets, all attitudes and all behaviours that create or generate *FEAR* and replace them all with

unconditional love. I ask Divine Spirit to do this NOW - Thank you.'

To focus on other emotions then replace FEAR with any of the following in the above statement - Guilt, Envy, Panic, Grief, Jealousy, Shame, Anger, Weariness, Anxiety, Tiredness, Loneliness, Anguish, Confusion, Frustration, Sadness, Distrust, Pain, Hate, Rage, Intolerance, Impatience, Unworthiness, Irritation or Bitterness. This level is more concerned with neural based conditioning.

## **Statement: Restrictions around Unconditional Love**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all conditioning, all mind-sets, all attitudes and all behaviours that in any way and in any situation prevent me from expressing my unconditional loving self. I ask that all these be changed, re-written or re-wired as necessary so that they are all brought fully into alignment with my Divine Self. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Dealing with Conditioning that Induces Suffering**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all conditioning and neural pathways that cause me in any way to look for and attract negativity or trauma or suffering or fear or pain. I ask Divine Spirit to erase all of these NOW and replace them with responses that are fully aligned with attracting Love, Joy, Play, Delight and Fun. I ask Divine Spirit to do this NOW - Thank you'

## **Statement: Conditioning that Prevents you Expressing your truth**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all conditioning and all neural pathways that prevent me in any way from speaking my truth. I ask Divine Spirit to erase all of these NOW and replace them with responses that are fully aligned with attracting Strength, Confidence and Self-Security. I ask Divine Spirit to do this NOW.'

'I ask Divine Spirit to erase any memory that I hold within me of any trauma that prevents me from either speaking my truth or fully standing in my Divine Power. I ask Divine Spirit to replace all of this memory with unconditional love. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Breaking Limits**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and root out all conditioning, all mind-sets, all attitudes and all behaviours and so forth that are limiting me in any way, either from this lifetime or through my ancestors or my culture. I ask that Divine Spirit change, re-

write or re-wire these as necessary so that I am fully in alignment with my Divine Soul essence. I ask Divine Spirit to do this NOW - Thank you.'

## 15.3. Working on Bodily Memory

### Statement: Preventing the generation of FEAR

#### **USE INVOCATION HERE**

'I ask Divine Spirit and the Divine Light energies to erase or re-write as necessary all bodily memory and energy systems that induce or help create or hold *FEAR*. Including everything from this lifetime or carried over from any of my ancestors or from my culture as a whole. I ask that Divine Spirit go very, very deep within me to do this NOW - Thank you.'

Replace FEAR as necessary with any of the following in the above - Shame, Envy, Panic, Grief, Jealousy, Anger, Weariness, Anxiety, Tiredness, Loneliness, Anguish, Suffering, Trauma, Confusion, Frustration, Fear, Sadness, Distrust, Pain, Hate, Rage, Intolerance, Impatience, Unworthiness, Irritation or Bitterness. This is concerned with bringing stored reactions out of cellular memory and the human energy system.

## 15.4. Releasing Stored, Unexpressed Emotions

### Statement: Releasing GUILT

#### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and root out all *GUILT* that I am holding within any part of myself on any level, I ask that Divine Spirit, with love, bring this *GUILT*, to the surface and release it from me forever. I ask Divine Spirit to do this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to gently and safely remove all barriers and blocks that I have to revealing and releasing this *GUILT*. I ask that Divine Spirit release and remove these NOW.'

*WAIT . . . . .*

'I ask that Divine Spirit go much, much deeper to release all *GUILT* from me and to do this NOW.'

*WAIT . . . . .*

'I give Divine Spirit the keys to all the secret and locked away places within which I have hidden *GUILT* even from myself. With these keys I ask Divine Spirit to unlock and release from each of them, everything that they contain. I ask Divine Spirit to do this NOW - Thank you.'

To focus on other emotions then replace *GUILT* with any of the following in the above - Shame, Envy, Panic, Grief, Jealousy, Anger, Anguish, Confusion, Frustration, Weariness, Anxiety, Tiredness, Loneliness, Fear, Sadness, Distrust, Pain, Hate, Rage, Intolerance, Impatience, Unworthiness, Irritation or Bitterness.

## **Filling the vacuum**

'I ask Divine Spirit to replace everything released with unconditional love and Divine Light and to do this NOW - Thank you.'

## **Repeating the focus**

'I ask Divine Spirit to go much, much deeper within me to do this NOW - Thank you.'

Or . . .

'I ask Divine Spirit to go very, very deep within me to do this NOW - Thank you.'

Use the above to either concentrate or to re-focus the energies, which you may need to do if things are very deeply held or to infuse with good stuff if a hole is left. Use them with any of the sections here that you feel need some extra Oomph!

# **15.5. Dealing with Trust and Doubt Issues**

Here are a couple of statements focusing on doubt and trust issues and any underlying conditioning that may be supporting them. These are presented as templates for you to adapt to target your own or your clients' issues.

## **Statement: Trusting One's Self**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and root out all Fear that prevents me from trusting myself in any way, I ask that Divine Spirit with love amplify this fear, bring it to the surface and release it from me forever. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Doubt Into Trust**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all conditioning, all mind-sets, all attitudes and all behaviours that in any way and in any situation cause me to doubt my Divine Nature. I ask Divine Spirit to change, re-write or re-wire these as necessary so that I am fully trusting and completely flowing with my Divine Self. I ask Divine Spirit to do this NOW - Thank you.'

## 15.6. Releasing Sexual Blocks and Constraints

### Statement: Releasing Sexual Blocks and Constraints

#### USE INVOCATION HERE

'I ask Divine Spirit to search for and root out all conditioning and so forth that constrains me in my sexual expression in any way. I ask that Divine Spirit re-write and replace all of this conditioning to be fully in alignment with my Divine Soul essence. I ask Divine Spirit to do this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to go deep within me now to bring out all feelings of sexual shame or sexual guilt. I ask that all of these feelings be brought to the surface to be released from me forever. I ask Divine Spirit to do this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to release me from all sexual constraints that have been imprinted on me by my culture. I ask Divine Spirit to do this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to release from my cellular memory all sexual abuse, sexual trauma or sexual repression that has been passed to me from any of my ancestors. I ask Divine Spirit to erase this from me NOW - Thank you.'

## 15.7. Erasing traumas and memories of a specific existence

### Statement: Erasing traumas and memories of a specific existence

#### USE INVOCATION HERE

'I ask Divine Spirit to search for and to root out and erase or release as appropriate all the after effects of my existence as 'A PROGRAMMED SOLDIER' that have permeated and affected me on any level. I ask for all embedded memories either holographic or cellular to be erased or re-written as necessary. I ask that Divine Spirit do this NOW - Thank you.'

As before, replace 'a programmed soldier' with whatever is appropriate for your own situation. This may even be 'Whatever lifetime it was that caused?' if you don't have exact details.

## 15.8. Mothering and taking Responsibilities for Others

Some people seem to have developed into professional mothers. They have got into the habit of sacrificing themselves to look after others. They give themselves much less time, space or consideration compared to what they give to those around them. When this is done, not out of choice but because of inner conditioning, then it is out of balance and therefore not in alignment with the DIVINE. Sometimes people with this issue are deliberately presented by their Higher Selves with more and more mothering situations, more and more people to look after and to make sacrifices for. This makes their situation entirely obvious so that it cannot be avoided without risking burn out. Of course reaching burn out would be in itself another solution, as they would then have to accept being mothered by others.

### **Statement: Mothering and taking Responsibilities for Others**

#### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all conditioning and all neural pathways that cause me to either sacrifice myself, inappropriately mother others or to take responsibilities that are not mine to take. I ask Divine Spirit to erase all of these NOW and replace them with responses that are fully aligned with my True Divine Nature. I ask Divine Spirit to do this NOW.'

'I ask Divine Spirit to erase any memory or release any trauma from any incidents or situations from any time or any level that causes me to inappropriately mother or take responsibilities for others. I will no longer behave or react in this way. I ask Divine Spirit to replace anything released with unconditional love. I ask Divine Spirit to free me completely of these debilitating responses. I ask that Divine Spirit do this NOW - Thank you.'

## 15.9. Variations on a Theme - Death and Dying

### **Statement: Fear of Death and Dying**

#### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all fear that I have of death and dying. I ask divine spirit to go very deep within me to do this and to bring this fear to the surface and to release it from me forever. I ask Divine Spirit to do this NOW - Thank you.'

### **Statement: Fear of cancer**

#### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all fear that I have of cancer. I ask

Divine Spirit to go very deep within me to do this and to bring this fear to the surface and to release it from me forever. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Death and dying conditioning**

### **USE INVOCATION HERE**

'I ask Divine Spirit to search for and to root out all conditioning, all mind-sets, all attitudes, all belief systems and all imprints that focus on death or dying. I ask Divine Spirit to now erase all of these from me completely and to replace them with divine love. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Releasing trauma relating to death and dying**

### **USE INVOCATION HERE**

'I ask Divine Spirit to go deep within me and to fill all my cells throughout all of my being now. I ask Divine Spirit to release from my cellular memory all traumas relating to death and dying and to release it from me now. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Cancer cells into normal cells**

### **USE INVOCATION HERE**

'I ask Divine Spirit to go deep within me now and to search for and to fill all cancer cells within me with divine light and love now. I ask divine spirit to re-structure all of these cells so that they are all brought back to their original structure and function. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Erase all cancer tendencies**

### **USE INVOCATION HERE**

'I ask Divine Spirit to go deep within all of my cells now. I ask Divine Spirit to fully merge with each cell now and to erase on all levels from molecular, genetic and cellular all tendencies towards becoming cancerous. I ask Divine Spirit to do this NOW - Thank you.'

## **Statement: Repair cells, organs and tissues**

### **USE INVOCATION HERE**

'I ask Divine Spirit to go deep within me now and to repair all cells, organs and tissues and bring everything within my body into perfect balance and alignment. I ask Divine Spirit to do this NOW - Thank you.'

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## EVOLVING INTO UNITY CONSCIOUSNESS

### 16.1. An Introduction

I remind you that it is up to you what choices you make in ALL THAT YOU DO. You can be who YOU choose to be in the MOMENT. You can be expressing a consciousness of SEPARATION or one that is more UNIFYING; it is your choice. In this moment NOW you are choosing to understand and embrace more of your UNIFIED DIVINE NATURE. This does of course involve moving away from separation, fear and so on to move into LOVE, JOY and ONENESS.

In this chapter we work on different aspects or angles of transformation to help you move more steadily and DIRECTLY into DIVINE UNION. Much of what is presented can be thought of as variations on a theme as all the statements are intent on facilitating you to reach the same place. They do however take different routes to do this.

Again as with the previous chapter we are moving away from using fixed format keys and into ones that are more free flowing. This is more appropriate for those areas that have more than one element to focus on at a time.

Whenever you read 'WAIT' within an activation key then pause and give yourself 30 seconds or so for the energies and your team to complete that particular section before moving onto the next.

### 16.2. Holding more of your Divine Light

As you proceed with this transformation and evolving process you are continually increasing the capacity at which you can hold Divine Light. We can translate this term and say that it is another way of describing all the energies from the Higher Divine Realms as well as your Higher Aspects. There are two directions that you have to be aware of to achieve this. So, on the one hand you can untie yourself from what is holding you back and preventing you from moving into a state of UNITY while on the other hand you can push forward and move more into your DIVINE SELF directly.

By releasing negativity, blockages, re-aligning conditioning, breaking attachments and so forth you LET GO of what is holding you back while at the same time you can bring in and integrate your Higher Energies and Aspects to move more consciously into your DIVINE SELF. Understand that you need to be working in both of these areas to achieve your goal.

For most people increasing their energies and awareness is gradual (not like having an on and off light switch but rather a dimmer switch that is slowly increased). To a certain extent the more of these Divine Energies you have, the more Higher Aspects you embrace and bring home to yourself, the faster and easier the clearing and evolving process becomes.

Most people do not as a general rule think of themselves as 'Light Beings' but this is what (on other levels) you really are. When you finish your current incarnation assignment here on Earth and hang up your 'dense overcoat' you then revert completely to a pure energy form. Below is a

statement that will indicate your commitment to increasing your Divine Light levels.

### **16.2.1. Statement: Increasing your Divine Light Levels**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I ask Divine Spirit to continually move me into Higher and Finer Energies all of the time. I ask for help in all ways to bring within myself all my Higher Aspects. As part of this I ask Divine Spirit to release any blockages that I may have and to give me everything I need to hold and anchor the Finest and Highest vibrations of Divine Light in ever increasing amounts. I also ask for help to unblock, clear and expand all the energy channels that are part of ALL THAT I AM on all levels as appropriate to handle and to hold the increased light capacity. I ask that this be done now - and so it is - Thank you.'

## **16.3. Releasing yourself from Human Design Limitations**

The human vehicle is designed to fulfil the role of those that choose to experience constriction, separation and so on. Those of us now focused on moving beyond separation and into UNITY can do so more effectively by releasing ourselves from some of these debilitating design features.

The following collection of statements will help you to do just this. They focus to release you from the design restrictions built into your human vehicle that give you such things as reduced light energy flow, lowered spiritual awareness, unfocused consciousness, as well as increasing your separation from parts of yourself, from others and from the Divine.

### **Statement: Releasing yourself from Human Design Limitations**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Soul Essence to fully merge with me NOW. I invite Divine Spirit and the Divine Light energies to go deep within me and to fully merge with my WHOLE BEING and ALL THAT I AM on this level NOW.'

'I especially invite all the Beings that were involved with the design and creation of the human vehicle. I ask all of these Beings to work with me now to release me from all the human design limitations that it is appropriate for me to move beyond at this time.'

*WAIT . . . . .*

'I ask these energies to focus on removing all separating plates from my energy field that are designed to create splits or divisions within me. I ask that this be done NOW.'

*WAIT . . . . .*

'I ask these energies to focus on removing from my energy field all devices, objects or energy structures that are designed to create separations within me. I ask that if appropriate each of these be removed from me NOW.'

*WAIT . . . . .*

'I ask these energies to focus on removing from my energy field all restricting holographic energy blueprints and crystalline structures that are either imposing limits or inducing rigidity within me. I ask that if appropriate each of these be removed from me NOW.'

*WAIT . . . . .*

'I ask these energies to focus on removing or upgrading as appropriate all energy flow constrictors within my energy field. I ask that this be done NOW.'

*WAIT . . . . .*

'I ask these energies to focus on expanding and opening all channels coming into me so that my capacity to receive divine light is maximised. I ask that this be done NOW - Thank you.'

## **16.4. Divine Energy Infusion and Cleansing**

This raises your energies and concentrates them within you, so that your whole system is flooded and energised throughout. We have found it very useful to use this statement after the last one.

### **Statement: Divine Energy Infusion and Cleansing**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . . '

'I ask for Divine Light energies directly from source to flood into my being through all channels, clearing and cleansing as they go. I ask that these energies permeate ALL THAT I AM on all levels, merging with all that I TRULY AM everywhere. I ask that these

energies continue to amplify and build up within me to the highest levels that I can safely work with. Let this happen NOW.'

*WAIT . . . . .*

'I ask that these energies now push out ALL that is NOT OF ME. I ask that these energies reclaim all energy space and then fully secure all newly occupied areas, continually moving on and pushing out all that is foreign to me. I ask that this continues until ALL THAT I AM is totally re-claimed and made fully secure - Thank you.'

This is a very effective general approach that helps no matter what issues and challenges you have. It should be looked upon as a good all round energy tonic.

I have also found it to be very effective with ingrained entity attachments that have been impossible to deal with using standard entity release methods. Sometimes the established energy connections are so deeply embedded and have been present for so long that it is difficult to identify what of you is you and what is the entity. Fortunately these occurrences are rare. I have only come across two people with embedded attachments of this type. In both cases the attachment originated from an existence on a much higher level and each of them had invited the entity (seen as good) to work with them because they were insecure about something within themselves. It turns out that for both of these people, dealing and releasing themselves from this attachment is the main purpose or role to be completed within this lifetime. As part of getting rid of the attachment they must move beyond what caused their original insecurity in the first place.

## **16.5. Re-Balancing and Re-Aligning on all Levels**

This statement is one that I use regularly towards the end of a session usually when we have got through many different things and everything has been fairly intensive.

### **Statement: Re-Balancing and Re-Aligning on all Levels**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I ask that energies, Beings and consciousnesses work with me on all levels, all existences and all dimensions. I ask that all my energies, energy channels and energy bodies are fully re-balanced and re-aligned on all levels all the way back to my soul creation form and beyond. I ask that this be done NOW - Thank You.'

Although I use this statement with about half my clients - don't go mad. Sometimes a major imbalance has to be experienced before it is possible to reach a new level.

## 16.6. Asking to have all Separations Resolved

Moving fully into your DIVINE SELF is about bringing together all separations on all levels and existences that you have within you. As this, in essence is asking for everything to be resolved then it will work on whatever is most appropriate at this present time to help achieve this. In the end this is another approach which may be better for some people to work with rather than others. So, here it is:

### **Statement: Asking to have all Separations Resolved**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my DIVINE SELF and all my Higher Aspects and Forms from all levels, all existences and all places to either fully merge or to connect directly with me now, so that I am fully linked to ALL THAT I AM on all levels.'

'I invite Divine Spirit and the Divine Light energies to work with ALL THAT I AM on all levels and all existences right back to my Soul Birth and beyond. I ask that each of my Higher Aspects be worked with and supported directly by having a Divine Light Being assigned to them while this energy work is in progress.'

*WAIT . . . . .*

'I ask the Divine to work with me now to resolve and bring together absolutely all separations within me that it is appropriate for me to encompass at this time. I ask Divine Spirit to deal with everything within me on any level that is not in alignment with my DIVINE SELF. I ask that this be done NOW - and so it is - Thank you.'

## 16.7. Focusing on Ascension

For me Ascension is about fully living within and BEING in a state of Higher Awareness. Some would describe this as Christ Consciousness or the 'I AM' presence or GOD SELF-REALISATION. To ascend in real terms means that you would eventually physically withdraw from this and other related levels. Another way of describing it is that you are withdrawing all parts of yourself that exist from within lower energy levels by taking on Higher Consciousness.

So, with this statement you are asking the energies to work with you to remove barriers, blockages and so on that may be preventing you from moving yourself into Higher Levels of Awareness and Consciousness.

### **Statement: Focusing on Ascension**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with

me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . . '

'I invite my DIVINE SELF and all my Higher Aspects and Forms from all levels, all existences and all places to either fully merge or to connect directly with me now, so that I am fully linked to ALL THAT I AM on all levels.'

'I invite Divine Spirit and the Divine Light energies to work with ALL THAT I AM on all levels and all existences right back to my Soul Birth and beyond. I ask that each of my Higher Aspects be worked with and supported directly by having a Divine Light Being assigned to them while this energy work is in progress.'

*WAIT . . . . .*

'I ask Divine Spirit to focus these energies to facilitate me in all ways possible to move me more fully into Divine Awareness, my 'I AM' presence. I ask that Divine Spirit remove all barriers and energy blockages, devices and energy forms that are preventing me from doing this. I ask that these are all removed from me NOW.'

*WAIT . . . . .*

'I state to Divine Spirit that I intend to embrace my 'I AM' awareness fully and that I invite this into my Life with all my Heart and Being. I ask Divine Spirit to help me become AT ONE WITH ALL, to expand my consciousness to fill ALL THAT IS. I ask Divine Spirit to give me everything I need to move me more fully into this state and I ask that this be done NOW - Thank you.'

## **16.8. Focusing on Descension**

Here the Divine works with you to remove barriers, blockages and so on that may be preventing you from anchoring your Higher Aspects and Forms with all their Knowledge and Wisdom to yourself HERE. To me, having the 'I AM' presence is about living in DIVINE UNITY in alignment with Source and with the Universal Laws that relate to having a Consciousness of BEING WHO YOU ARE in UNITY. It is about BEING this without having to actually remind yourself to do it. You have within you vast knowledge and experience covering almost all facets of creation from WHO YOU ARE on many energy levels and many existences. Descension then is about bringing your Higher Aspects to who you are here so that you are then able to BE these HERE. Each time you break through into a new energy level you can then embrace and manifest the Soul Skills and Soul Qualities you have there, here on this level. As you do this you then automatically bring yourself more into alignment with the Divine.

You have as many Higher Aspects as you have independent existences in all the levels of creation right back to Source. As you work with Divine Spirit and raise your energies this helps you to link up with these Higher Aspects of yourself. Anchoring each new layer in this way brings that Higher Level Consciousness within you on this level permanently. Through you this new awareness then permeates to all others around you.

As this happens you may find for example that above a certain level it becomes increasingly difficult for you to make judgements about anyone or anything. It becomes harder and harder

and eventually simply impossible. This is something that for me seems to be happening automatically. I am not thinking my way to this state, I am finding that I am just UNFOLDING into IT.

## **Statement: Focusing on achieving Descension**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my DIVINE SELF and all my Higher Aspects and Forms from all levels, all existences and all places to either fully merge or to connect directly with me now, so that I am fully linked to ALL THAT I AM on all levels.'

'I invite Divine Spirit and the Divine Light energies to work with ALL THAT I AM on all levels and all existences right back to my Soul Birth and beyond. I ask that each of my Higher Aspects be worked with and supported directly by having a Divine Light Being assigned to them while this energy work is in progress.'

*WAIT . . . . .*

'I ask the Divine to focus on facilitating me in all ways possible and at all times to anchor and integrate my Higher Aspects to who I am here. I ask that Divine Spirit remove all barriers and energy blockages, devices and energy forms that are preventing me from doing this. I ask that these are all removed from me NOW.'

*WAIT . . . . .*

'With Divine Spirits help I retract any contracts or vows that I may still be holding myself to that do not now serve me in my movement to BE WHO I TRULY AM. I ask Divine Spirit to dissolve these now. I ask that any vows or contracts, curses or spells, energy barriers or blocks that have been initiated by others to be retracted and removed NOW also. I ask that Divine Spirit work with me to do this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to facilitate me in merging with all my Higher Forms of myself that I am able to BE at this present time and I ask that Divine Spirit work with me to do this NOW - Thank you.'

## **16.9. Manifesting your Divine Qualities**

This is about increasing or recalling specific Soul Attributes or Qualities that are more inherently part of your DIVINE NATURE. Some Soul Qualities that you may feel drawn to embrace more consciously are given in the list below. Obviously this is not an exhaustive list, so use others if you feel they are more appropriate. Substitute the Soul Qualities you want to manifest at a deeper level in place of those given in the statement. Using this key will encourage those qualities to manifest more within you here.

Gentleness	Wisdom	Integrity	Acceptance
Patience	Serenity	Compassion	Peace
Sensitivity	Transformation	Responsibility	Letting Go
Tranquillity	Receptivity	Trust	Truth
Courage	Balance	Joyfulness	Spontaneity
Unconditional Love	Playfulness	Honour	

## Statement: Manifesting your Divine Qualities

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Soul Essence to fully merge with me NOW. I invite Divine Spirit and the Divine Light energies to go deep within me and fully merge with ALL THAT I AM on all levels NOW.'

*WAIT . . . . .*

'I recall all that I AM. I recall all my Soul Skills and Soul Qualities. I especially call to me all the Soul Qualities of HONOUR, LOVE and JOYFULNESS. I ask Divine Spirit to help me move fully into these Qualities so that I BECOME THEM and they manifest through me on this level.'

*WAIT . . . . .*

'I ask the Divine to present me with all of my Soul Gifts that it would be useful for me to work with at this time. I ask for support and guidance to allow me to work with them fully and effectively. I ask for all of this now - and so it is - Thank you.'

Here is another area to stretch you. Some of us have found that as we have moved our energies up to embrace WHO WE ARE at very high levels we have become aware that we may have been (as a consciousness) an associate of a forum that focuses on a particular soul quality. So, for example my friend Anne found that she was affiliated to a forum that was focused on maintaining existences where everyone lived in Peace and that she had a contract to spread peace here as part of the agenda of this forum.

Now, many people would feel that this was a good and aligned area to be dedicated to and it is but only up to a point. We have come to realise that moving into your Divine Self is about being in balance in all areas. When Anne met the Beings from this forum she immediately realised that this focus was so limited with respect to where she now stood that she could not continue with this association. Again it was not a case of something being better or worse than something else, only what would help Anne move into a higher alignment. In this case she had to LET GO of this less balanced approach to step into a more balanced part of herself.

Maybe just a few months ago this would have confused us. However to bring peace here or



responsibility or integrity or trust or tranquillity or unity or whatever is only really done when you hold that quality solidly within yourself. When it is an integral part of WHO YOU ARE then it is automatically being presented here for all those who wish to manifest the same.

We could say that you best teach peace by being peace rather than trying to tell others how to be peaceful. This is another subtler example of what can happen if you have and then hold to ideas about what it is to be spiritual or enlightened. The only way you could be aware of the need to move beyond these affiliations and agendas would be if you had a dedicated focus to LET GO of everything, all your preconceptions, all your expectations - EVERYTHING.

## **16.10. Making all your Connections**

Sometimes for various reasons people become sealed off or disconnected from their friends, associates and or colleagues. Sometimes someone else has deliberately done this sealing (usually from a Higher Level existence). At other times it can happen as part of your own negative attitudes or issues you have towards yourself - unworthiness for example. So, in this section you are asking Divine Spirit to re-connect you to everyone who is part of your path and asking for all barriers and blockages that may be preventing this to be removed.

### **Statement: Connect to Multidimensional Mates and Divine Colleagues**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my DIVINE SELF and all my Higher Aspects and Forms from all levels, all existences and all places to either fully merge or to connect directly with me now, so that I am fully linked to ALL THAT I AM on all levels.'

'I invite Divine Spirit and the Divine Light energies to work with ALL THAT I AM on all levels and all existences right back to my Soul Birth and beyond. I ask that each of my Higher Aspects be worked with and supported directly by having a Divine Light Being assigned to them while this energy work is in progress.'

*WAIT . . . . .*

'I ask Divine Spirit to disconnect or release me from anything that is preventing me in anyway from connecting to all my multidimensional friends, associates and colleagues on all levels. I ask Divine Spirit to do this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to provide me with energy links to all those that it is in my Highest Divine Interests to be connected with to facilitate me on my path into Divine Unity. I ask that everything is done to facilitate me to connect in the moment with all those that are part of my path. I ask that Divine Spirit do this NOW - and so it is - Thank you.'

## 16.11. Letting go of the Self Image

One of the hardest things to do is to LET GO of who you think you are or are used to being. For example we all have different personae and quite often we are presenting either the picture of how we would like to be seen by others or perhaps of one conforming to what others expect us to be. In the same way we are bent through conditioning or fear to perhaps favour certain approaches rather than others. Either way, neither represents who we TRULY are. Sometimes these images or responses are so deeply embedded that we have to work on them directly. Here are some examples; being obsessively tidy or slovenly, totally reliable, impeccably honest, mothering, uncaring, very efficient, very careless, meticulous. Even when an image appears to be positive unless we can be comfortable presenting something different then we are not in balance. If you were fully expressing your DIVINE NATURE then you would always have a choice; you could be tidy or untidy, meticulous or careless in the moment. You would not make this choice to maintain an image because you think it is the right thing to do or because you fear the consequences or because you are conditioned to respond in this way.

For example, I have always been totally honest and would have died at the thought of either lying or stealing something for example. Then at a certain point in my development I was astounded to find that I really did have the choice to lie or steal and that I was not bound to my conditioning or image any more. This is a choice in the same way that I used to be pathologically perfectionist but now have 100% choice over this trait. I can slip into being perfectionist if this is appropriate or not if I don't need to be without caring about what others think about me or about what I think about myself.

This applies to all the splits and all leanings that we have irrespective of whether they are part of us from soul level or out of conditioning. My ability to provide an extreme focus has been the driving force of my own evolution and many others. This has served us well up to this point. However I am now coming to the point where it is no longer needed or appropriate and so am having to balance up this imbalance. It is not about whether something is good or bad, it is however about being able to flow unconditionally in the moment.

This statement then focuses on helping you to let go of the image you or others have of yourself, so that you are more able to be who you are in the moment.

### **Statement: Letting go of your Self Image**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Soul Essence to fully merge with me NOW. I invite Divine Spirit and the Divine Light energies to go deep within me and fully merge with my whole being and ALL THAT I AM on all levels NOW.'

*WAIT . . . . .*

'With love I let go of all my self-images. I am now ready to accept myself as I truly am and I am ready to allow myself to just BE. I don't need to present a particular picture to the world to be accepted or to fit in or to be liked. I am willing to stand and be seen as I really am without any comfort blanket or reality filters. I ask Divine Spirit to

support me in achieving this and to work with me on all levels and all parts of myself to make this so. I ask - and so it is - Thank you.'

## **16.12. Letting go of all Preconceptions and Expectations**

If you read the last section and found the example hard to accept then consider working on what we present here concerning preconceptions and expectations. Keep in mind that the Divine is truly unthinkable. When you start flowing and begin to experience synchronicity regularly then understand that what you do with this manifestation potential is entirely up to you. If you hold onto certain ideas about what it means to be spiritual and your intent is to manifest these qualities within yourself then this is what will happen. It will happen however to the expense of finding out what spirituality is TRULY about and you can only do that by LETTING GO OF EVERYTHING.

### **Statement: Letting go of all Preconceptions and Expectations**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Soul Essence to fully merge with me NOW. I invite Divine Spirit and the Divine Light energies to go deep within me and fully merge with my whole being and ALL THAT I AM on all levels NOW.'

*WAIT . . . . .*

'With Love I ask Divine Spirit to work with me now to help me let go of all preconceptions and expectations that I may have about what it is to be on a Spiritual Path. I am willing to drop all of these now and to truly start to move into the unknown. I ask Divine Spirit to help me in all ways to move into a TRUE DIVINE FLOW. I state that my true focus of intent is to move without prejudice into my Highest Divine Expression always. I ask that Divine Spirit help me in this NOW - and so it is - Thank you.'

## **16.13. Re-Focusing to achieve UNITY**

In many ways this and the last two statements complement each other. In essence, no matter how good your focus is to move fully into your DIVINE SELF, this focus will always be contaminated by beliefs, faulty information, wanting, thinking, expectations, preconceptions, self-image considerations and so on to a greater or lesser extent. So, even with a good focus, your movement into your DIVINE SELF will ALWAYS be off track. As you get closer and the distance narrows then these slight misalignments suddenly become less than slight. So, here you are

making it clear that you are serious about your search for the TRUTH and that you would like support in re-aligning fully with it.

## **Statement: Re-focusing to achieve UNITY**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Soul Essence to fully merge with me NOW. I invite Divine Spirit and the Divine Light energies to go deep within me and fully merge with my whole being and ALL THAT I AM on all levels NOW.'

*WAIT . . . . .*

'With love I ask Divine Spirit to work with me on all levels to make all necessary adjustments to my conditioning, belief systems, mind sets, memories and so on, so that I am brought fully into alignment with my DIVINE SELF. I ask that Divine Spirit facilitate me always to BE WHO I AM in UNITY and to express this in the MOMENT. I ask Spirit to do this NOW - and so it is - Thank you.'

## **16.14. Taking Self Responsibility and Re-claiming Free Will**

As I have said earlier, you are free to choose how you explore your relationship with yourself and with all others. Ultimately it is you who decides what sort of reality you want to live within and what experiences you wish to have within it. When you choose to stand in separation and therefore isolate yourself from your UNIFYING NATURE then this is what you get.

As YOU are the CREATOR then YOU are totally free to choose to create a reality that persuades you that UNITY is not the truth. When you do this it leads you to feel disempowered and to see things outside of yourself as having control over you.

You then see GOD (if at all) not as something of yourself, but as an entity that has no relationship to you. Quite often in fact you then see this Being as having ultimate control over yourself. An easy step in the same direction is to then give this Being responsibility for your life and what you experience within it. It is of course yet another easy step to then blame this Being for anything you dislike about what in truth is YOUR OWN CREATION.

A few clients have taken this to an extreme and have consciously disowned their own capacity to have Free Will. They did this by making a vow or oath. Of course for anyone who chooses this (as is your right) then the universe without prejudice complies. The clients who did this both felt that they never had a choice in life and that they were being blown along like a leaf in the wind, subject to someone else's choices.

This Key is useful for anyone with disempowerment issues as well as for anyone who intuitively or otherwise feels that they have given their Free Will away.

## Statement: Taking Self Responsibility and Re-claiming Free Will

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

*'From my Heart and with all my Being.'*

'I state to Divine and Loving Spirit that I now fully and completely reclaim my Free Will. I accept that I am responsible for me and ALL THAT I DO here. I accept that I have the capacity to create whatever I desire within this reality. In this I re-connect in all ways to my DIVINE CREATOR SELF. I ask the Divine to facilitate me in all ways possible so that I may unfold fully into my GOD CREATOR SELF. This is who I will BE; this is who I AM. I ask to be facilitated in this now - and so I AM - Thank You.'

I am letting this book be freely available on a 'gift me' basis. That is you are free to download it and see if it's right for you without limits or restrictions. So, if you do find it useful then please remunerate me for my time and effort - thats the deal. It is appreciated - Thank YOU.

**APPRECIATE?** then click here to **Gift ME**

## RESOLVING LOWER LEVEL SOUL ISSUES & TRAUMAS

### 17.1. An Introduction

This chapter covers dealing with anything from the lower levels where you exist as a pure soul energy form that may be holding you back. So, we have sections that will help you resolve interference and restrictions imposed on you by others. We also make you aware of any restrictions you may have applied to yourself and what you can do to be released from them. You will find yourself dealing with these when your consciousness and energies move into the same energy level that they originated. We have to stress (as with all of this) that it is probably not useful to take any of this personally.

As we have said previously, because we want to work with the Divine to very deep levels and target multiple areas simultaneously then the statements move away from the fixed format and become more free flowing to accommodate this. You will best achieve this by using the following invocation before working with each section where it is printed *USE INVOCATION HERE*.

Whenever you read WAIT then pause and give yourself 30 seconds or so for the energies and your team to complete that particular section before moving onto the next.

#### **Invocation: For use with Lower Soul Level Situations**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Self and all my higher forms from all levels and all existences and all places to either fully merge with or to directly connect with me now, so that I am fully linked to all parts of myself on all levels.'

'I invite Divine Spirit and all these Divine Light energies to work with ALL THAT I AM on all levels and all existences right back to my soul birth and beyond. I ask that each of my forms have a divine light being assigned to them to support them during this session.'

## 17.2. Dealing with Sneaky Remote Controlled Interference

Over a long period of time a group of us become aware of a new type of energy device that seemed to be interfering with all of us. Before we realised this, we did what we usually do to release it from ourselves. This always 'appeared' to work as it would go and in so doing make us assume that the release was successful. However we would find that a few days, weeks or even months later this interference would return. We would think of it as another one of the same, like we would for a new entity for example, and proceed to deal with this as a new one.

However it gradually began to sink in for each of us separately that something was not quite right. At a certain point we all got together to try and feel what was really going on. What we found was that this energy device was being controlled by another remote device. When we started to do a release, this was detected by the remote-monitoring unit, which would then signal the interfering device causing it to withdraw. It was this very clever strategy that would fool us into thinking that we had been successful.

In the end what we had to do was to destroy both devices as part of the release both by asking Spirit for help to do this and also by visualising it being done. This was the most successful means we found to deal with this category of interference.

### **Statement: Dealing with Remote Controlled Interference devices**

#### **USE INVOCATION HERE**

'I invite Divine Spirit and all the Divine Light energies to work with ALL THAT I AM on all the levels that are involved with this remote controlled interference. I ask that Divine Spirit destroy completely ALL controlling devices including all seed and dormant forms as well as what is directly interfering with me. I ask that this be done completely NOW.'

*WAIT . . . . .*

'I break all ties and energy connections with all those involved with these devices. I ask Divine Spirit to release me from all vows, contracts and so on that are still active as part of these issues. I let all of this go with love, forgiveness and honour with respect to all those involved. I ask that all this be done now - and so it is - Thank you.'

Go through the above statement and when you finish then visualise all the elements done just to provide a little more Oomph! Have fun. Once or twice, with this statement we have had an entity appear as a result of the release. We have then had to work to resolve this attachment too. Every situation is different and involves different elements.

## 17.3. Removing Negative Energy Implants

These higher level implants are pure energy in form; you only find this type of interference as a Being on the high energy levels (above embodied forms). They are installed within your energy field and encompass all of it (usually without you being aware that this has been done). Once

installed they induce various changes. They are of pure energy, very subtle in nature, are quite invasive and very difficult to detect. They are then very different to lower level implants which have a form which is generally technological in nature and are easier to spot.

I have worked with quite a few clients to remove these, including myself. Such negative energy implants have been responsible for the following; reducing clarity, inducing depression (bringing less joy or enthusiasm) and preventing people from speaking up. In other words they seem to have a more psychological effect than other types of interference.

Remember that others will have placed these energy overlays there with negative intent. It would be appropriate to determine if bonds need to be broken as well as vows, spells, curses and so on to ensure that this is fully taken to completion.

## **Statement: Removing Negative Energy Implants**

### **USE INVOCATION HERE**

'I ask Divine Spirit and all these energies to build up to very high levels and completely fill ALL THAT I AM. I ask these energies to focus completely on removing all negative energy implants from ALL THAT I AM on all energy levels. I ask that the energies concentrate on doing this NOW.'

*WAIT . . . . .*

'I ask that these energies now focus on dissolving any after effects or lingering conditioning left over after the energy implant removal. I ask that this be done NOW - Thank you.'

## **17.4. Reclaiming all Memories within ALL THAT YOU ARE**

We have found that certain Beings within particularly restrictive environments have had some of their memories significantly interfered with. In this way, some have had memories removed and others have had memories implanted that are not theirs. This is preventing some people from encompassing ALL THAT THEY ARE in UNITY, simply because they cannot access all of WHO THEY ARE to resolve their misalignments effectively. This type of interference has some people trying to reclaim bits of themselves that are simply not of them and others blissfully unaware of parts of themselves that they either need to embrace or have brought to resolution. As such this will be an essential area for some of you to check out.

With all the cases that we have dealt with, this interference has been done on the higher levels in situations involving severe control, manipulation and suppression. In many of these cases this happened while people were being kept as a slave (or higher level equivalent) and the memory messing was simply a means of inducing confusion and conformity.

Many of those that I am working closely with had this memory issue to deal with. At one point, although I was unaware of this potential memory problem I was aware that those I was exchanging with seemed to be able to access and understand things about myself that I could not (very unusual). At this point it was a case of trusting (as usual) and interestingly my wife rang on the same day with the information about the missing and swapped memories which was the last piece of the jigsaw that I needed to reclaim and integrate a particularly difficult part of myself.



## **Statement: Having all your own Memories**

### **USE INVOCATION HERE**

'I ask Divine Spirit and all the Divine Light energies to build up to very high levels and completely fill ALL THAT I AM. I ask that Divine Spirit checkout ALL my memories from ALL levels and all existences. I ask that all memories that I am missing that it is right for me to reclaim be returned to me NOW. I also ask that all memories that are not of me be removed from me NOW. I ask that a team of experts in this area facilitate me in this. I also ask that all removed memories belonging to other people be safely held until they are ready to take them back. I ask that ALL of this be done NOW - Thank you.'

*WAIT . . . . .*

'I ask that in light of all of these new memories that Divine Spirit re-align all that I am on all levels with ALL THAT IS within Source. I also ask that my processing be re-scheduled to accommodate anything that I need to deal with in the light of this new information. I ask that this be done NOW - and so it is - Thank you.'

Also remember that you may have to break bonds, deal with vows, contracts and so on depending on your own particular set of circumstances. Check it out.

## **17.5. Releasing yourself from Negative thought Influences**

On the lower levels much direct energy focus is given in the form of spells and such like. In the higher levels focused thoughts themselves can have a very powerful effect on other Beings, as thinking more instantly creates on these levels. So, if someone, at sometime, on some higher level directed a negative thought towards you then this may be having a general debilitating effect on your energy system now. Rather than being an energy cloud or having a particular body location focus as spells often do, they permeate and merge with the whole energy field. They differ from an energy implant in that they are more vague and have usually not been deliberately set up. Rather in the same way as a professional thief will spend weeks or months planning a job, while an opportunist thief will steal in the moment. They are more problematical the higher the level they originate from as the creative power of focused thought is stronger on the higher levels.

## **Statement: Dealing with the effects of Negative thought Influences**

### **USE INVOCATION HERE**

'I ask Divine Spirit and all the Divine Light energies to build up to very high levels and completely fill ALL THAT I AM. I ask these energies to focus completely on clearing my energy fields of all negative thought influences that I have received from any level. I ask that the energies concentrate on doing this NOW.'

*WAIT . . . . .*

'I ask that these energies now focus on dissolving any after effects or lingering

conditioning left over from these negative thought influences. I ask that this be done NOW - Thank you.'

## 17.6. Letting go of Self Reminders

OK, let's say that as part of this life's agenda you are here to release all unexpressed anger from all previous existences. For you, holding your feelings in is a major debilitating pattern and so you want to make sure you really crack this one this time. So, how do you do that? The problem with dealing with mountain loads of the same stuff is that it not only gets boringly repetitive but it also eventually becomes easier to ignore and not go completely to the bottom of the barrel. To prevent yourself from doing this you contract (as it were) life situations to keep pushing this stuff out, in fact if anything it makes it more intense towards the end. When you finish however and there is nothing left, this reminder system is still on automatic. At this point you have to ask spirit to release yourself from this self-imposed auto aid system.

### **Statement: Letting go of unnecessary Self Reminders**

#### **USE INVOCATION HERE**

'I give Divine Spirit permission to release me from all self imposed reminders with regard to all issues, releases and traumas that I have now dealt with that are now unnecessary and or a limitation. I ask that the Divine Light energies and Divine Spirit concentrate on doing this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to identify all energy imprints, energy forms and memories that I gave myself to facilitate my process and transformation that are now redundant or debilitating. Where this is the case I ask Divine Spirit to release me from all of them. I give Divine Spirit full permission to do this and ask that this be done NOW - Thank you.'

## 17.7. Letting go of Favourite Things

For a long time as I facilitated myself and others to resolve issues, reclaim soul parts and so on, then everything that I had to deal with I considered negative. Then I had a few clients turning up that caused slight confusion. Here is an example:

- One had an entity attachment from the higher levels. Now usually I will do a quick scan of a client to see if there is anything obvious in his or her energy field (I appreciate that everyone cannot do this). Negative entities or energies or implants and so on show up as black with this scan. This entity however was pure white. I thought that it must be doing some camouflage trick and hiding its true alignment but this was not the case. It was someone who had the best interests of my client in mind. They had on the higher levels spent much time with each other, they were very close and there was much love between them. Now the problem was that this Being worried about my client, it wanted to be there to ensure that everything was OK. Now from one perspective this is good, however from another, it is not freeing for either of them. We have to let everyone go to really allow them to BE WHO THEY ARE. Making mistakes and having set backs is part of the game and essential for the self-growth process. This Being would therefore prevent both of them from flowing in this way.

Sometimes an entity has been with someone for so long that they don't know anything else and it then needs support to help it LET GO. When this is the case I ask for a couple of angels to come so that it has support while leaving. I always check to see if the Being is OK having an angel assigned to them, as sometimes they are uncomfortable with this. If they aren't, then I think of another alternative. I may invite some friends of this entity to come who are qualified to do this support job. This usually goes down well.

Quite often I will take negative items such as implants and so on out of a person's energy field. Again I found myself being guided to take what appeared to be good aligned things away. In all cases these items were from the higher levels and were to do with what the client considered to be enhancements or means of protection that they did truly require as part of that existence. However, these things were needed no more. To hold onto them is to resort to the 'just in case' mentality. This shows that you cannot fully trust in creation so you have to make defences against possibilities. This is another angle that comes from fear. It prevents you from accepting life as it flows at you, it sees you as looking for trouble and therefore contributing to creating it.

So, this section is about asking Divine Spirit to release you from everything that can be dealt with now.

## **Statement: Letting go of unnecessary Favourite Things**

### **USE INVOCATION HERE**

'I give Divine Spirit permission to release me from everything that at anytime was right and facilitated me in a way that I considered good and essential but is now just a limitation. I ask that the Divine Light energies and Divine Spirit concentrate on doing this NOW.'

*WAIT . . . . .*

'I ask Divine Spirit to identify all attachments to others that I consider good or aligned that are not facilitating me on my path and to release me from them. I let these Beings go with love and appreciation. I honour them for all the times that we have had with each other and their help in facilitating me to this level. I state that I am now able to stand for myself and that the best support that they can give me is to be allowed to step fully into myself without any fear or mistrust or doubt. I ask that Divine Spirit facilitate all of this now and break all such attachments - Thank you.'

*WAIT . . . . .*

'I ask Divine Spirit to identify all attachments to all things such as devices and so on, that I have considered as either enhancements or as necessary on a particular level or existence that are now not facilitating me to become ALL THAT I AM in UNITY. I ask that Divine Spirit facilitate me to LET GO of them NOW. I ask the DIVINE to remove all of these from my energy bodies and fields NOW. I ask - and so it is - Thank you.'

## **17.8. Letting go of Safety Restrictions**

Again you set these up yourself or at least your Higher Aspects do. These are about preventing you from straying off your path into 'Dark Side' areas (involving manipulation and control) or perhaps areas that would distract you from your main focus and or areas that you have a strong leaning towards. In other words anything that you are somewhat conditioned to fall into due to

successful involvement within these areas in past existences. An example:

- I had one client who was aware of her potential to use spells to entrance and seduce men. She was quite aware that she could use these tools any time to get what she wanted. Although this possibility was always there she never used it. She intuitively felt very strongly that in this existence it was very definitely not right. In one session she described how her relationships were changing and that certain areas that had proved difficult in the past seemed to be dissipating. During the healing session itself we had to remove a safety barrier and let the Being go that looked after it. She had set this barrier up before coming here. She knew that she would be tempted so this barrier was designed to prevent any spell from having an effect. Now that she had moved beyond the insecurities that in the past had made using spells a tempting option this barrier could be dismantled. You could say that this was her final exam.

This is an example of an agenda restriction put into place by a higher level aspect with a much better idea of your overall requirements and capabilities. Once she had resolved these control and manipulation issues then this safety device was no longer required and could be removed. In fact this had to be done as a final step showing that she was now able to take full responsibility for herself in these areas (Also a requirement to move fully into Divine Unity). So, she now has the choice on this level to cast effective spells or not.

## **Statement: Letting go of unnecessary Safety Restrictions**

### **USE INVOCATION HERE**

'I give Divine Spirit permission to work with me on all levels to identify all safety devices that I have set up for myself whatever their purpose. I ask Divine Spirit to check each of these out and to remove any that have both served the purpose for which they were intended and which I now no longer need to help me succeed on my path to reclaim all of myself. I ask that Divine Spirit do this now - and so it is - Thank you.'

## **17.9. Presenting some unusual one off examples**

### **The Trapped Energy Being**

One client came with symptoms of a progressive degenerative disease of the bones. This made her joints very painful as the degeneration worked from the ends of her bones inwards. The pain prevented her from getting a decent nights sleep. Modern medicine was unable to offer any solution other than painkillers. On tuning in we found that as a Being in a much higher energy level she had strayed into a very dangerous energy environment and was trapped there. The energies she was being subjected to on that higher level where resulting in a great deal of pain and stress particularly to the outer layers of her form. All we had to do was to ask for a team in Spirit to locate her on that higher level and then rescue her from that environment. The human form was acting as an SOS probe to draw attention to her plight. Not only was this her only incarnation here but it was the only incarnation experienced in an environment more separating than the one she was trapped within.

## **The Sticky Asteroid type Portal**

A group of about four of us had on the higher levels used a type of asteroid whose composition somehow facilitated transportation into other dimensions. We and others had used this asteroid as a convenient jumping point to get us to other places. The problem was that unbeknown to us, the properties of this asteroid also allowed it to accumulate negative energies. These energies then drew us back to the asteroid along our own energy stream connections causing us to become trapped. We ended up having to co-operate with all the other stuck Beings to completely destroy it as this was the only way that we could effectively release ourselves from this sticky trap. It would be true to say that in one sense this is happening NOW to another part of our LARGER SELF exploring within part of ALL THAT IS and that we, having encompassed enough of ALL THAT WE ARE can now deal with this situation effectively.

## **Cultural Disease Manifestation**

While training some people in Germany. A woman came for a healing session who had a very painful skin condition. This had started at one place on her body and was in the process of growing out to encircle her in the form of a narrow band. In their culture it was said that when the two ends met then the person would die. The cultural solution was to seek out someone who would be able to 'talk' this condition away as this was the most successful solution. This is so much a part of the culture that even doctors would recommend this 'alternate' treatment. We explored all of the ramifications of this condition and found that a negative energy form was responsible for it. These forms were created when this condition first appeared a long time ago. A myth was generated regarding its symptoms particularly with respect to the person dying when it fully encircled them. We think that someone will attract the energy form to them through having a certain mind-set / attitude and that once it takes hold it is difficult to remove using physical 3D approaches. Hence the success when someone talks it into leaving. What we had to do was not only release the energy form from the client but also channel the energies to release all these energy forms from the culture as a whole. It felt that we could get rid of all those not already attached to someone. It would be interesting to see if the incidence of this condition in the culture has dropped.

## **The Strange Battery Storage Facility**

We came across some large energy forms that obviously had some connection to us but not as we had previously experienced. These were energy storage devices. We used them on the higher levels to hold excesses of our own energy, which we could then use at other times (keeping some for a rainy day perhaps). Again we had to disconnect from them, as this was another limitation that if we held to would keep us bound to that level.



# RESOLVING HIGHER LEVEL SOUL ISSUES & TRAUMAS

## 18.1. An Introduction

You may find it difficult to accept much of the information that is presented within this chapter. I know that I found it hard to adjust my own models when I first started to work in these areas and once again have had my meagre understandings pummelled and stretched almost to breaking point. From my experience with both myself and my clients it is from the highest soul levels where, unbelievably many of the misalignments that we exhibit elsewhere arise.

Now because I don't think that many of you will find this easy to accept, I will be very direct. There are a couple of recurring statements that sum up nicely what we have found to be true. These are; 'As above so below' and 'The Microcosm mirrors the Macrocosm'. It does not take a genius to look around here to see that there is still a huge amount of SHIT happening and that it has been happening for a very long time. Why do many then think that this is not a reflection of what it is like on the higher levels? Why is much of the channelled material of the SOFT and FLUFFY variety that paints a more glowing picture. Could it be that people could not cope knowing the truth or is it that some on the higher levels are maintaining their own agendas and political stances here?

My associates and myself have been quite shocked at what we have each had to deal with at these levels. All of the issues and traumas from these high levels were responsible for almost all of the dysfunction that we exhibited within all of our existences elsewhere.

Most of what we present within this chapter then deals with misalignments as traumas, issues and so on from these very high levels, particularly from around soul birth. If you are truly here to GO ALL THE WAY and reclaim ALL THAT YOU ARE in UNITY then no stone must be left unturned in this quest. You cannot get there without resolving and bringing together all separation within ANY part of yourself.

I remind you that it took me six years of solid and hard graft to get to the point of being able to deal with my own soul birth traumas. My own attitude is that I stay open, keep moving and (in a sense) collect all the jigsaw pieces of myself in the right order, at the right time and in the right place. I don't worry if I cannot complete something now or that I seem to be unable to access certain data or information. I expect all to unfold to bring me to UNITY, I am confident in this. What I am trying to say is that to clear ALL, it does take time, perseverance and focus. Trust, flow, have fun, explore, be adventurous and enjoy this, your journey. The journey is not a means to an end. The journey is the means to yourself and there is NO END.

Take note of this chapter, to a certain extent all of the work that I have done has led me to what is presented here. I have also found that many of my clients' deeply ingrained negative life patterns originate from these very high levels and that we have only been able to bring these issues to a conclusion by working with them at this level. In all we cover the following:

- Soul Parent Expectations. Here you have soul parents creating a soul child to conform to certain parameters which then fail to materialise. The soul child is then felt to be inferior. We also include those soul children who on emergence greatly outshine their soul parents. This then makes the soul parents feel inferior, which sometimes causes the soul child to limit itself to be accepted.
- Soul Parent and Young Soul Environmental Conditioning. This deals with very deep conditioning imprinted and passed on to the newly born soul as an integral part of its energy make up.
- Soul Birth Imprints. These are caused by outside interference during the soul creation process.
- Soul Birth Traumas. Here we cover all the traumas that we have so far dealt with that some people have between soul conception and soul birth. We also cover such areas as being created to conform to an agenda or being designed for a particular purpose as a drone or slave for example.

We deal with all the above and more in the following sections, however before we move on to these we will present our experience of what it seems to be like at these levels and of the soul creation process in some detail.

## **18.2. Source, Soul Creations and Separation - An Overview**

In the beginning - well actually not quite the beginning, but probably around the time of the first coffee break - the CREATOR or 'Source' decided to experiment with separation and so created energy environments to experience this. To do this, it created a denser energy layer around itself, into which it could project fingers of consciousness that could interact with each other more or less independently. This provided Source with new ways of experiencing and understanding itself. Each new layer or energy strata created further away from Source gives another new environment that would allow even more separation to be exhibited than the last.

So, all environments outside of Source involve some degree of separation. Those right next to Source have less separation, while those further away allow separation to be explored in more extreme ways (this earth level for example). When I talk to people about my experiences on the higher or finer energy levels, they find it hard to understand why there seems to be so much dishonouring going on, when we have been led to believe that the higher levels are very AT ONE WITH ALL. Well they may be compared to us, but they are not when compared to true UNITY.

As Source experimented with greater degrees of separation and more dense layers were created to facilitate this then it became less feasible for Source itself to project consciousness fingers into these new levels. Instead, established nexuses of consciousness (or souls to you and me) already resident in the higher layers, were allowed either on their own or with other souls (two or more) to create soul offspring. All of these souls have the potential to explore all energy layers, universes and so on within the domain of source and can therefore experience a huge range of environments some with greater and some with lesser degrees of separation.

Now things get a little complicated when souls create souls especially when these parent souls are themselves living within and experiencing a separating environment. In essence these separations are passed on as an integral part of the new soul child's inner nature, hence providing this new soul with automatic built in constrictions. In other words many souls are created already carrying misalignments. This also means that although all souls are connected to Source, many have no direct experience of Source or DIVINE UNION - THIS IS TRUE.

## 18.3. Soul Conception, Incubation and Birth

In this section we are trying to make you aware of the soul creation process. As creating new souls is not an isolated experience then many of you are soul parents.

Although there are variations to the soul creation process which to a certain extent relate to the background of the soul parents and soul culture we will give a general composite picture here.

To create a new soul, one or more Beings come together to give part of their own energy material to create this new form. This process is delicate. It requires that the soul parents have a commitment to carrying through this process to support the newly emerging energy Being as it comes into consciousness. Where more than one Being is an energy contributor then each would be required to work with and support the new form to help integrate their contribution of material with the others. All material has to merge and integrate for the new Being to become whole and reach a stable level of coherence.

The incubating soul that is contained within a secure energy birthing vessel would therefore expect to be the focus of loving attention during this period. In this respect and to use our limited earth based terminology a special, meditative, calm and relaxed space would be preferred for the duration of this process.

OK, the above represents the best overall interaction and environment to support a new soul. We have also come across many souls whose creation has been marred in one way or another. The following can cause trauma or misalignments; a soul parent going missing during the incubation process, negative thought form intrusions, soul parent expectations, Beings creating souls that they can then have control over, soul creations as an experiment (We have come across quite a few of these), souls created with built in agendas or allegiances and souls created for specific purposes. So, we now explore all of these and more in the following sections.

## 18.4. Your starting Invocation

Again to get the best results use the following invocation before working with each section where it is printed *USE INVOCATION HERE*. This chapter presents some statements that only work for a specific set of circumstances. However, we are trying to encourage you to empower yourself so use these statements as examples and adapt them to your own requirements and to what feels right for you. Whenever you read 'WAIT' then pause and give yourself 30 seconds or so for the energies and your team to complete that particular section before moving onto the next.

### **Invocation: Use for Higher Soul Level Situations**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I invite my Divine Self and all my higher forms from all levels and all existences and all places to either fully merge with or to directly connect with me now, so that I am fully linked to all parts of myself on all levels.'



'I invite Divine Spirit and all the Divine Light energies to work with ALL THAT I AM on all levels and all existences right back to my soul birth and beyond to SOURCE. I ask that each of my forms have a Divine Light being assigned to them to support them during this session - Thank you.'

## **18.5. Resolving Misalignments caused by Soul Parent Expectations**

There are two angles that have presented themselves through clients. The first is that some soul parents create soul children with the intention that they have very specific qualities which then fail to materialise causing disappointment and resentment. This leads the soul child to feel that they have to live up to these expectations or that they are left with a feeling of inadequacy because they cannot deliver what their soul parents wanted. An example:

- With one friend we tracked her issues back to her soul creation and soul birth. Her soul parents tried to create her as a perfect Being. Their expectations were such that it left their soul child feeling unable to live up to these expectations, so why bother. She also became very adept at taking their negativity within herself as a means of appeasing both her shame and to try and make things right with her soul parents.

The other side of the coin is that a soul child is created that far exceeds their soul parents expectations and in that way causes problems. Another example:

- With another friend. She had a deep sense of knowing more than she should but at the same time there was a deep sense that she had to keep herself hidden. This was again traced back to soul birth. She was far more aligned to the Divine or Source than her soul parents and in fact more than anyone else in her young soul environment. She was very much not understood and treated as something of an outcast. So to fit in she had to keep this Divine connection and associated understanding well hidden.

I know that some of you may think that we have taken a wrong turning somewhere and that these situations relate to other existences on other planets or as star Beings for example rather than from soul birth. However I have to re-iterate that both of these people (and all the others not given as examples) started by resolving the earth level karmic stuff and from there tracked back through their higher level existences to be brought to this final point. Expand your concepts, be open, cast off your limits.

### **Statement: Resolving Soul Parent Expectation Misalignments**

#### **USE INVOCATION HERE**

'I invite my soul parents and all others that had any negative influence on me during my soul creation, soul birth and early soul existence. I invite them to be here NOW.'

*WAIT . . . . .*

'I ask that energies from the Divine Creator work with me now to the deepest levels of my Soul Being to erase or remove as appropriate all the reactions and conditioning that I have taken on because of my soul parent's expectations and preconceptions. I state that I will no longer diminish myself or make myself small to fit in with the expectations of others. I will move fully into being my Divine Self, that which I TRULY

AM. So, I ask the Divine Creator to work with me now to remove all constrictions, all traumas and all conditioning that was generated within me from the expectations and preconceptions of all those present within all phases of my soul's existence. I ask that the Divine Creator do this NOW - Thank you.'

*WAIT . . . . .*

'I also ask the Divine Creator to release me unconditionally from all of the expectations and preconceptions impressed on me by any Beings before, during or after my Creation. I ask that all parts of myself be brought into alignment with SOURCE so that I may just BE. I ask that this be done NOW.'

*WAIT . . . . .*

'I ask that creative energies from SOURCE work with me now to the deepest levels of ALL THAT I AM to re-align all of my energies and to bring me fully into balance with the DIVINE. I ask to be given everything that I need so that ALL THAT I AM is balanced in all DIVINE qualities as they are within SOURCE. I ask that the Divine Creator do this NOW - Thank you.'

## **18.6. Letting go of YOUR Expectations as a Soul Parent**

Well if we can appreciate traumas as a soul child then its probably a good idea to explore the other side of the fence as well. I am aware of having two soul children. I am also aware that one of my own (now resolved) misalignments has severely affected one of them. This was due to me going missing for rather a long time when I suffered an accident on the higher levels. This caused trauma relating to loss in one of my soul offspring. Crazy really. I don't have any kids (yet) on this level but I have my work cut out on other levels re-establishing this relationship with my soul offspring. I have been consciously doing this on and off now for the last two years (earth time - of course). Is there really no rest for the multidimensional human? Only time will tell.

So, can you get your consciousness jacked up to soul parent level so that you can remember for yourself your own experience of the wonders involved in creating a new soul. Or, more importantly, do you need to let go of your expectations of them at that level. If so, then use the following statement to do this?

### **Statement: Letting go of your own Soul Parent Expectations**

#### **USE INVOCATION HERE**

'I ask that energies from the Divine Creator work with me now to the deepest levels of my Soul Being to erase, remove or re-adjust as appropriate all expectations and preconceptions that I may harbour not only with respect to my soul offspring but of myself and any other Being at Soul Creator Level. I state that I will no longer hold others or myself to any expectations. I let these go now. I will stand in my own Divine Oneness and let others do the same. So, I ask the Divine Creator to work with me now to remove all constrictions, all traumas and all conditioning that has caused me to hold to any expectations or preconceptions within ALL THAT I AM. I ask that the Divine Creator do this NOW - Thank you.'

*WAIT . . . .*

'I also ask the Divine Creator to release me from all conditioning that has been impressed upon me from my soul parents, soul family, soul ancestors and soul culture. I ask that all of this be removed from ALL THAT I AM. I ask that the Divine Creator do this NOW - Thank you.'

*WAIT . . . .*

'I ask that creative energies from SOURCE work with me now to the deepest levels of ALL THAT I AM to re-align all of my energies and to bring me fully into balance with the DIVINE. I ask to be given everything that I need so that ALL THAT I AM is balanced in all DIVINE qualities as they are within SOURCE. I ask that the Divine Creator do this NOW - Thank you.'

## **18.7. Dealing with Soul Incubation Traumas**

From dealing with a range of clients we have built up a composite picture of the soul creation and soul birthing process. We make the assumption (as you should and as we always do) that this information is both limited and incomplete. Again we are more interested in what causes traumas and misalignments as part of these processes and how to correct them rather than to concentrate on other details.

We have worked with clients who have experienced a range of soul creation traumas. For example:

- During my own soul creation, something happened about a third of the way through the formation process. The external environment suddenly became very chaotic. It would seem that the environment that I was brought into was affected by a major disturbance. This appeared to me to be the energy equivalent of an earthquake. After the first major disturbance, there was the potential for the same or worse at any time. My soul parents were trapped between supporting me through my process and wanting to get somewhere more stable. This made them unable to give me any focused attention from that point on. As I was picking up both the disturbances in the environment and my soul parents' fear of an impending catastrophe I then became very frightened, insecure and anxious about what was going on around me. This resulted in me always being very anxious about the future in virtually every existence, even when everything was fine. This soul birth situation also prevented me from forming a deep inner bond with my soul parents. These severe misalignments have been with me from that time and I am only now at the point of bringing them to resolution.

So, for all of you out there who have traumas that originate from your soul creation and soul birth time then use the statement below:

### **Statement: Soul Creation and Soul Birth Traumas**

#### **USE INVOCATION HERE**

'I ask that energies from the Divine Creator work with me now to the deepest levels of my Soul Being to erase or remove as appropriate all the trauma and associated side effects of conditioning and reactions that I received from my soul creation process. I ask that the Divine Creator work to the deepest levels of my being on all levels to do

this NOW - Thank you.'

Also, for those on the other side of the fence as a soul parent watching it go wrong and being unable to do anything about it then use the following. As usual if you intuit that your situation is different from what we cover here then please modify this statement so that it targets those areas that will best facilitate you.

## **Statement: Resolving Soul Parenthood Birthing Traumas**

### **USE INVOCATION HERE**

'I ask that energies from the Divine Creator work with me now to the deepest levels of my Soul Being to erase or remove as appropriate all the trauma and associated side effects of conditioning and reactions and issues that were generated while birthing my soul child. I ask that the Divine Creator work to the deepest levels of my being on all levels to do this NOW. I ask that all trauma, all stored emotions, be dealt with fully so that I am no longer affected by them in any way. I ask the Divine Creator to do this NOW - Thank you.'

Here are some more interesting examples which will give you an idea of some of the more unusual combinations that we have so far come across:

- One new soul was created with material contributed by two soul parents one of which disappeared quite quickly after the original melding of material was completed. Because this soul parent was unavailable to continue with the delicate and ongoing integrating process with regard its own contribution then it proved impossible to bring this new Being to a place of full integration. Eventually the only solution was to separate the partially melded consciousness and create two separate Beings. However this resulted in both of these Beings having a profound feeling of something 'missing'. This was due to the fact that they shared material for too long before separation. They both also find it difficult to connect with others on a deep level because of the loss of a soul parent.

Strangely enough I dealt with two people as clients who were incarnate representatives of each of these soul Beings. What I had to do was to call in both of their energies at soul level and ask for creative energies from SOURCE to duplicate all separated material and integrate this material into each of them so that they both then have what they require to feel and to BE fully whole. Here is the statement that we used to do this:

## **Statement: Resolving Twin Soul Separation Problems**

### **USE INVOCATION HERE**

'I ask that energies from the Divine Creator work with me now to the deepest levels of my Soul Being. I invite the energies of my Twin from our Soul birth to be with me now. I ask that the Highest Creative Divine Energies and Beings directly from SOURCE work with both of us now. We ask for all material that is missing within each of us as a result of us being pulled apart during our soul incubation and soul birth be duplicated and shared equally between us so that each is made fully and completely whole. We ask that the Divine Creator do this NOW - Thank you.'

Another client suffered from an erratic heart condition. In a resting state his heart could speed up enormously with no obvious cause. He had been told that this was karmic in origin, but this did

not feel right to me. On tuning in we found that as a higher level Being he had been created with a defect in its form. This defect was that the energies of this form would sometimes speed up and go out of control. So, again his form on this level was trying to highlight this problem to gain a solution. What we had to do was to call in the Beings of Co-creation from Source to correct this problem within his soul form.

## **Statement: Correcting Soul Birth Defects**

### **USE INVOCATION HERE**

'I ask that consciousnesses and energies directly from Source work with me now to the deepest levels of my Soul Being. I invite these energies to work directly on my soul form to correct any and all defects, I ask that they do this NOW.'

*WAIT . . . .*

'I ask that all of my soul form energies be brought into stable coherence and I ask that any side effects of this defect and any presentations of it within ALL THAT I AM on any level and within any existence be dealt with fully. I ask for this to be done NOW - I ask and so it is - Thank you.'

## **18.8. Releasing yourself from Soul Level Conditioning**

As previously discussed, your soul incubation, early soul experiences and situations with soul parents who are already themselves holding misalignments may have caused embedded conditioning within the young soul. Again this would as a general rule, permeate throughout all levels and all existences. This section is an extension of the above but for those who feel that conditioning is a major factor.

## **Statement: Releasing yourself from Soul Level Conditioning**

### **USE INVOCATION HERE**

'I invite my soul parents and all others that had any negative influence on me during my soul creation, soul birth and early soul existence. I invite them to be here NOW.'

*WAIT . . . .*

'I ask that energies from the Divine Creator work with me now to the deepest levels of my Soul Being to erase or remove as appropriate all soul parent conditioning, all my young soul family, cultural and ancestral conditioning and all holographic memory imprints that cause me to react or behave in ways that are out of alignment with SOURCE. I ask that the Divine Creator do this NOW - Thank you.'

*WAIT . . . .*

'I ask that creative energies from SOURCE work with me now to the deepest levels of ALL THAT I AM to bring me fully into balance with the DIVINE. I ask to be given everything that I need so that ALL THAT I AM is balanced in all DIVINE qualities as they are within SOURCE. I ask that the Divine Creator do this NOW - Thank you.'

## 18.9. Releasing early Soul Traumas and Unexpressed Emotions

We have also found that even at this level there can be storage of unexpressed emotions from soul incubation and the situations experienced as a young soul. Here are some examples:

- One friend was created as part of an experiment. The experimenters wanted to explore the effects of subjecting a newly created soul to extreme conditions. As part of this he was created in a very business like manner. No bonding was allowed between the creators and this new soul. Once formed and birthed this soul was placed within an isolation chamber, here it had no contact with any other Being at all. This Being managed for a while in this situation but then created a bubble around itself. It did this to try and create its own safe space. Even this solution only helped for a while. It became more and more anxious, lonely, isolated and despairing over time. When it was almost broken by this situation another Being was placed with it that had been treated in the same way. They both very quickly bonded and very much got lost within each other. Finally when they had fully completed this bonding to each other they were pulled apart. To resolve this they arranged to play this out on this level. So, when my friend met the representation of this Being here, they started a relationship, bonded way beyond anything they had ever experienced previously, got engaged and then split up all in the space of two months. They had chosen this to help them understand their original soul creation trauma and to help them release all the trauma and conditioning and so on from it. This is the most extreme case of a misalignment with respect to isolation and separation versus attachment and bonding that we have yet come across.
- Another healer friend was created to soul parents one of which had a hidden agenda. She was aware that the loving contact presented to her during the soul incubation process did not match up with what she was picking up on an inner level. It turned out that one soul parent had an agenda to use her in an experiment. After her soul birth she was held in a chamber and subjected to frightening situations by other soul Beings as part of this experiment. This obviously caused deep trauma, fear, terror, anxiety and so on. However she was also aware that some of these Beings were not happy about what they were doing. So, again as with her soul parent she had conflicting messages with regard what she was being presented on the surface and what was being felt by these Beings in the background. This has caused her to be extremely cautious and distrustful.

So, within the following statement we have a line which specifies areas to concentrate on. In the example below this is *SHAME, GUILT and FEAR*. Please substitute what is appropriate to your own scenario for example Fear, Anger, Fatigue, Anguish, Confusion, Anxiety, Resentment, Loneliness, Weariness, Frustration, Shame, Guilt, Sadness, Distrust, Pain, Insecurity, Tiredness, Hate, Rage, Intolerance, Impatience, Unworthiness, Irritation or Bitterness.

### Statement: Releasing early Soul Traumas and Unexpressed Emotions

#### **USE INVOCATION HERE**

'I invite my soul parents and all others that had any negative influence on me during my soul creation, soul birth and early soul existence. I invite them to be here NOW.'

*WAIT . . . .*

'I particularly ask that the Divine Creator purge from ALL THAT I AM all deeply held

feelings of SHAME, GUILT and FEAR. I ask that this be done NOW.'

*WAIT . . . .*

'I ask that creative energies from SOURCE work with me now to the deepest levels of ALL THAT I AM to bring me fully into balance with the DIVINE. I ask to be given everything that I need so that ALL THAT I AM is balanced in all DIVINE qualities as they are within SOURCE. I ask that the Divine Creator do this NOW - Thank you.'

Although we have already covered releasing emotions within the personal conditioning and control chapter. Here, we are asking the energies to focus specifically on and around the soul birth experience. The book has been written to guide you to resolve and make releases from the lower levels first and then on progressively through higher existences and experiences until you are able to deal (if necessary) with those at soul birth level.

## **18.10. Resolving Soul Purpose Misalignments**

As you will appreciate from the sections so far presented the idea of asking to be aligned with your Soul Purpose is for some looking a little like asking to have yourself shot in the foot. This realisation put into question the whole approach presented within the rest of this document as we are regularly asking to be aligned with our Soul Purpose. Here are some more examples to illustrate this:

- We have worked with one person who was created as a drone to serve and look after other Beings. This then is this Being's soul purpose, it is all that this Being knows.
- Another client had an energy receiver installed within them during their soul creation. They were then effectively controlled by the instructions sent from a transmitter. They had always felt driven by others expectations. The Beings that had created this soul wanted it to conform to their expectations. We had to remove the receiver and all related energy interference and destroy both that and the transmitter. We were then attacked by an irate entity which in fact was the transmitter operator. We had to break bonds with this Being and ask for vows and so on to be rescinded to help this Being accept the situation.

So, if your Soul Purpose is to be a drone or to be controlled and so on then asking to be brought into alignment with this may not be the best thing for you (to say the least).

Virtually all the examples given in this section are from people who have been working with this approach for at least a year and they had all been brought to an awareness of this within themselves. So, asking to be aligned to your Soul Purpose while at the same time asking to be moved fully into alignment with ALL THAT YOU ARE in UNITY will bring you to your soul creation and birth misalignments (if you have any). You are then (and only then) able to appreciate the nature of your early soul traumas (if you have any) and the reason for your creation (if any). At this point, you can decide whether or not you need to re-align or change your Soul Purpose.

How do we do this? What do you choose? Well, to be very honest this has blown us away somewhat and we don't know quite how to respond to this. How do you decide on what you want as a soul purpose? Do you just ask to be made free from your current soul purpose and give yourself some time to decide on a new one? Do you need a soul purpose? Do we all have a built in larger purpose to reclaim ALL THAT WE ARE in UNITY? These are all questions we have been asking ourselves recently.

If you feel or know that you have a dodgy soul purpose and that therefore this is very relevant to

you then take some time to think it through. What do you want? What qualities would you like to take on? What role would you like to move out of?

We have come up with the following statement of intent to give you a loose structure to work with:

## **Statement: Resolving Soul Purpose Misalignments**

### **USE INVOCATION HERE**

'I invite energies, Beings and consciousnesses from Source and from ALL THAT IS beyond source to work with ALL THAT I AM now. I state that I am leaving behind my old soul purpose NOW. I state that it no longer serves me. I ask that all traces of my old soul purpose be flushed completely from me, including all conditioning, all reactions, everything. I ask that this be done NOW.'

*WAIT . . . .*

'I ask that creative energies from SOURCE work with me now to the deepest levels of ALL THAT I AM to bring me fully into DIVINE balance. I state that I will take on a temporary and overall purpose at the present time to move into ALL THAT I AM in UNITY. I state to ALL THAT I AM and all those associated with me that this is my new purpose. I ask that the Divine Creator facilitate me to make this so - Thank you.'

*WAIT . . . .*

'I state, that my new soul purpose will include me moving into the following qualities and characteristics - to be flowing, to have fun, to experience divine delight, to be happy within ALL THAT I AM. I take these on as part of my new soul purpose NOW. I ask that Source, the DIVINE, facilitate me to make this so NOW. I ask and so it is - Thank you.'

## **18.11. Stripping out Negative thought form Imprints**

These are negative thought forms impressed upon us during the incubation period before soul birth. Although you will be aware from reading the previous sections that we have much impressed on us by soul parents. In this section I am particularly interested in dealing with the influences passed on from others with negative intent. As this imprinted suggestion is embedded within and therefore an integral part of your being, its effect is evident to a greater or lesser extent in all existences and on all levels. The only one that I have encountered yet has been a death imprint giving the client a tendency to attract death scenarios.

## **Statement: Removing Negative thought form Imprints**

### **USE INVOCATION HERE**

'I ask that the Divine Light energies work with me now to focus on erasing all traces of the DEATH IMPRINT that I received during my Soul Incubation and Soul Birth. I ask that Divine energies from SOURCE work to release this from within ALL THAT I AM on all levels and all existences right back to my soul creation so that this energy



interference is fully and completely removed from me. I ask that this be done NOW - and so it is - Thank you.'

In the example above you could replace DEATH with something that you feel is more appropriate to your own circumstances and situations. Other examples could be; self-doubt, insecurity or self-pity, having no drive or no focus or to generate fear.

## 18.12. Installing Holographic Energy Blueprints

These are required when people have had many existences, which include soul birth or the period shortly after when they have experienced a major lack in an important area, for example they may never have been confident or their environment or early soul experience with their soul parents may have conditioned them to behave in certain ways. An example follows:

- One client had soul parents who remained very distanced and who themselves were unable to experience a deep connection with each other. This is what this young soul experienced as normal and took on board as normal. This soul had no conception of connecting with another at a deep level. This is one of the main areas that this client is here to resolve.

Below is another statement of intent that you can use or adapt to your own particular requirements:

### Statement: Installing Holographic Energy Blueprints

#### **USE INVOCATION HERE**

'I ask Divine Spirit to create holographic energy template blueprints as appropriate so that I have held within me the structures that have the energies, experience and the memory to facilitate me to move fully into CLARITY on all levels, I ask that these be installed in all appropriate forms of myself on all levels and all existences - Thank you.'

In the example above you could replace Clarity with Tranquillity, Peace, Self Confidence, Self Esteem and so on as appropriate for you. Do the same below and replace the statement held within the brackets with whatever feels appropriate for you.

#### **USE INVOCATION HERE**

'I ask the Divine to create holographic energy template blueprints as appropriate so that I have held within me the structures that have the energies, experience and the memory to facilitate me to *(CONNECT WITH OTHERS ON A VERY DEEP SOUL LEVEL)*, I ask that these be installed in all appropriate forms of myself on all levels and all existences.'

'I state that it is my intention to fully connect with others and I ask that the Divine Creator work with me to help me achieve this - Thank you.'



## 18.13. Resolving Soul Divisions and Splits

Some souls, after existing for some time decide that they have conflicting qualities, skills or characteristics within themselves that make it hard for them to explore, occupy or exist within particular environments that they are drawn to. We have found that some souls that stand at this point solve these conflicts by deciding to split themselves to create two Beings which then each have the particular characteristics and qualities that are required that would enable them to explore separate new realms independently.

Although our experience of this type of soul separation is limited. We have found that some people split themselves out of frustration and annoyance while with others it is done with a sense of adventure and expansion. This has been a reflection both of their level of awareness, misalignments and individual circumstances.

However, as always, what goes around comes around. So, those people here who are re-claiming all of themselves and are working back up their higher dimensional energy ladder to embrace ALL THAT THEY ARE in UNITY suddenly find that to progress further they have to integrate this other half. Interestingly in all these cases the other Being whose energies have to be integrated is usually represented as their current life partner or a good friend. Both are of course at the same stage in their spiritual growth and both are wanting to move into a new level of completeness within themselves.

They are in effect both integrating each others energies on the higher levels to move into a greater degree of union with themselves. Neither loses out, they both gain. In effect both of these people are incarnations of the same higher level soul which has decided to take ALL OF ITSELF back to DIVINE UNITY.

### Statement: Resolving Soul Divisions and Splits

#### **USE INVOCATION HERE**

'I embrace and re-merge with all split parts of myself that I am ready to BE AT ONE WITH now. I call these energies to myself, I lovingly embrace and re-unite all of the divisions that I have within all parts of my soul self on all levels and from all existences. I ask that the Divine Creator help me do this NOW - Thank you.'

Do not expect to get on with your soul split twin. Sometimes you separate to get rid of characteristics that one of you does not like (this is an understatement in some cases). All those who have had these areas to work with have got on with their split part although all have found certain features of the other difficult or very difficult to handle and accept.

## 18.14. Exploring GOD Creator Levels

We actually have come across some people who are here to explore their misalignments as a GOD creator. OK, its just been a couple of people and not really enough to get any coherent overall data, hence this section is not as encompassing as the others.

In essence, you may at some point decide to explore what it is like to be a full GOD Creator by partaking in the creation of lower level environments similar to this one. You decide on the ground rules, the parameters, the Being types, what level of interaction you have and so on. You may be supervised in this if you so wish or you may not.

It seems to me that it's a bit like giving kids a box of matches and a full petrol can to play with but never mind. So, through trial and error, you explore what works and will facilitate your creations and of course what won't.

The main aim of exploring yourself as a GOD creator is to experience the joy of creation, nothing more and nothing less. As part of your own experience in becoming a creator to understand better different set ups, ecosystems, sociological mixes and so forth you may elect to project into other GOD Creator's creations to experience their attempts at first hand.

So, a few people are here to experience what it is like on the other side of the fence. Do you like this reality? Would you use the same parameters, karmic for example in your own?

## **18.15. A Final Point**

When I came to write the final version of this book, this particular chapter felt too light - it was only six pages. Things were missing and or incomplete but I had no idea what. I had to wait about a week and then EVERY client that came had challenges focused around soul birth.

As these unfolded, it came to my awareness that from all of those that I was working closely with about twelve of us had come here as a team. Each of us within this team had at least one cosmic sized severe misalignment to resolve that originated from around soul creation or shortly after.

We had formed this team specifically to crack these debilitating, core misalignments as they represent the main areas that many others are here to resolve within themselves. It would have been very difficult if not impossible for us to complete this journey without the support we give each other. How can you reach UNITY without UNIFYING? Each of us came with different attributes, different skills and qualities that always kicked in at the right time to support all of us in our continuous movement to reclaim ALL THAT WE ARE in UNITY.

So, it is now October 2000 and we are bringing the final major misalignments into balance within ourselves. Over the next few weeks and months we will be going through the last of our processing and energy shifts to do this. When this is done, they will then be available for all others to access and do the same.

This is what we came here for. All of us are acutely aware that this phase to move into personal UNITY is almost complete. As this phase of personal trauma and issue resolution fades we are having the influences of collective conditioning highlighted by our support teams. We are being made aware that COLLECTIVE UNITY is a possibility at this time. However, to fully embrace collective UNITY requires that we release ourselves from all the collective conditioning fields that permeate all levels of creation (see the next chapter). In all, we are all looking forward with excitement, delight and detached anticipation to all that will unfold during this new phase - however this is to be?

Earlier within this handbook I stated that getting yourself to ascended master level should be considered as a starting point, a base camp. From the perspective I now hold, I now feel that re-aligning yourself within your Soul Vehicle (Reaching PERSONAL UNITY) is now base camp. Having read this book to this point, you should also understand that although partaking of this adventure is not a piece of cake YOU CAN DO IT. I can also guarantee that should you GO FOR IT then it will make all other adventures seem as NOTHING.

I have also said that I did not accept Source or GOD as a limit. So, although I can say that I have honoured myself in this, I am also acutely aware that much in this book will already push people to their limits. With this in mind further books will follow that will, shall we say stretch you just a little bit further.

## RESOLVING COLLECTIVE CONSCIOUSNESS ISSUES

### 19.1. An Introduction

So far we have explored how to resolve misalignments that have been held within ALL THAT WE ARE and in so doing bring ourselves to a place of personal UNITY. As this is what many of us are here to achieve then most of this book has been written to facilitate this. However we are now going to explore the possibility of moving into COLLECTIVE UNITY, the factors that make this a challenge as well as how to deal with them. In this chapter then, we look at group based misalignments or collective conditioning. By group we include communities, cults, cultures, planets, countries and federations of planets and so on. You should also be aware that collective conditioning is multidimensional and spans Beings and cultures on many different levels simultaneously.

We would then, like you to try and think beyond this existence as you work with this chapter. So, although these keys will work to free you from influences within this existence they are designed to help free you from all that is influencing you within absolutely all of your existences. This will of course include places not of earth, as well as other energy levels and dimensions all the way back to Source. These keys are ones that we used towards the end of our journey, when we were ready to relinquish all of these areas. We could not believe how much we were being held back by each of these areas.

Some of you will have a hard time with what we cover here. We remind you that you are either focusing on going ALL THE WAY or you are not, it is up to you. Going all the way means that you have to LET GO of EVERYTHING, there is no compromise in this. There are no 'what ifs' or 'buts' and there is no 'pretending' as you are in the end only fooling yourself.

No one holds your hand in UNITY, except yourself, this is a hard but true TRUTH. Contrary to some popular beliefs, in UNION you do not dissolve into nothingness. Nothingness is an option that you can of course explore, but that is not what UNITY is really about. There are many states of consciousness and these are all valid and interesting to explore, there are also many different 'enlightenments' but there is only one BEING WHO YOU ARE in UNITY.

So, whether here and now or somewhere else, you worship a certain GOD or invoke a certain Deity or work with a particular Master or Guru then ask yourself who is serving whom? If you are being well and efficiently served to be moved fully into UNITY and you fully expect to encompass UNITY Consciousness within a few years rather than lifetimes then you are doing fine. However, if you are the server then how is that compatible with a focus to take you into DIVINE UNITY? How is this going to work when you can only get there by letting go of EVERYTHING?

## 19.2. Relinquishing Agendas and Affiliations

These are often the most difficult for people to LET GO of. For those focused on evolving and going ALL THE WAY then you must be prepared to be introduced to ALL THAT YOU ARE from all your existences on all levels either consciously or otherwise. Every place that you have called home (and there will be many) will hold some level of misalignment. It does not matter if this is the most aligned place outside of source; there will still be some misalignment. This is what it means to be outside of source - misaligned.

As you track back through all your existences it is almost like taking a coach tour through creation. Re-visiting all your past, present and future haunts. As your coach arrives at your next stop, you will feel (on some level) what your associations are with this place. You may therefore approach some places with fear and foreboding and others with an overwhelming sense of home coming, acceptance, love and friendship depending on what it is, will be or was like for you there. This could be as a Sirian or Pleiadian or Angel or Nature Spirit, Ascended Master or Drac or Star Being and so on.

In the same way that what you feel like as a human in this existence will affect how you feel when you arrive here the next time. Your political stance, your economic standing, your affiliations to certain ideas and attachments to certain groups will remain on some level. You may have an agenda to spread Christianity or Judaism or whatever. You may have affiliations to a political party, as a communist or fascist perhaps. You may be a feminist or Eco-warrior or terrorist or sexist or whatever. You will also be affected by the community and country you live within. Your views of the world will be quite different as a Chinese peasant or Korean factory worker or Philippine fisherman or British Politician and so on. The next time you arrive here, you may resonate and be attracted to your previous agendas and affiliations.

All agendas and affiliations outside of source that are not specifically and totally focused on moving you fully into DIVINE UNITY are flawed. They will all be exhibiting some misalignments and therefore promoting separation whatever they are. THIS IS THE TRUTH.

Therefore every time your multidimensional express coach brings you into another station that is part of ALL THAT YOU ARE you have the opportunity to separate out all the alignments from the misalignments. It is about taking what will facilitate you on your continuing journey while at the same time re-aligning or discarding what won't. There will *ALWAYS* be discarding to do.

The average number of different places on different energy levels, universes and so on that you will have been resident within is about one hundred. For some it will be thousands. If you are here to take yourself fully into DIVINE UNITY then you are here to resolve all your misalignments on all levels within ALL parts of yourself. It does not matter how overwhelming your home coming was or is to a particular place, if your focus is to regain ALL THAT YOU ARE in UNITY then it is just one very small coach stop on all the coach stops on your way back to Source and DIVINE UNION.

As I have said probably many times elsewhere it is always your right to cash in your ticket and stay attached to a certain place on a particular level. However, if like me you are really serious about completing this multidimensional tour and you want to facilitate yourself in this by letting go of your agendas and affiliations no matter how nice and alluring they may seem then use the following statement to do this:

### **Statement: Relinquishing Agendas and Affiliations**

'I invite all the Beings, Consciousnesses and Energies from Source and from ALL THAT

IS beyond Source to work with ALL THAT I AM everywhere. I ask that these energies build up and encompass and embrace ALL THAT I AM - NOW.'

*WAIT . . . . .*

'With Full and Total Intent. I ask Divine Spirit to help me move on from all agendas, associations and affiliations from all the places on all levels that I have lived or have connections to. I ask to be given everything I need to resolve all my misalignments to all places, beings, groups, societies, communities, countries and so on at all levels all the way back to Source so that I may continually move towards embracing ALL THAT I AM in UNITY. I ask the Divine to help me continually LET GO of all lesser aligned agendas, associations and affiliations that I am part of on any level and I ask that this be done NOW. I ask and so it is - Thank you.'

This will deal with everything that you are ready to deal with at this MOMENT. Next week or next month your coach will pull into another stopping place where you will perhaps have to deal with more of the same and so on.

## **19.3. Letting go of Religious Beliefs, Cults, Sects and so on**

Here we focus on breaking from all larger scale, organised belief systems. To move fully into UNITY then you must LET GO of all, there is really no other way. Again this is less to do with what we are connected to NOW but what we have been connected to within ALL THAT WE ARE on all levels.

**Statement: Letting go of Religious Beliefs**

**Statement: Letting go of all Cults and Sects**

**Statement: Letting go of all Beliefs**

'I invite all the Beings, Consciousnesses and Energies from Source and from ALL THAT IS beyond Source to work with ALL THAT I AM everywhere. I ask that these energies build up and encompass and embrace ALL THAT I AM - NOW.'

*WAIT . . . . .*

'With Love, Respect and Honour I now consciously LET GO of all religions, cults, societies, sects and so on that I have been part of within any existence and on any level. I also let go of any beliefs that have been part of those associations. I ask that energies and consciousnesses from source facilitate me to do this NOW.'

*WAIT . . . . .*

'I disconnect from all initiations, rituals, ceremonies and so on and cut all resulting energy links and bonds completely that are not fully in alignment with my movement into UNITY. I ask that energies and consciousnesses from source facilitate me to do this NOW.'

*WAIT . . . . .*

'I realise that to move fully into UNITY requires that I stand fully within my own GOD space. So for all of this I LET GO of all that is not in alignment with ALL THAT I AM in UNITY. I focus all my devotion, loyalty, reverence, homage, faith on myself and my movement into DIVINE UNITY. I will not sacrifice myself or be side tracked by lesser alignments. I ask that energies and consciousnesses from source facilitate me in this NOW. I ask and so it is - Thank you.'

## **19.4. Letting go of Gods, Master and Deity Influences**

Towards the end of the final phase of my movement to encompass ALL THAT I AM in UNITY I was made aware of all the allegiances that I had made through initiations, rituals, ceremonies and so on to various GODS and DEITIES at one time or another. The drag to my growth from this baggage was phenomenal to say the least.

I have to stress that what you are like within this lifetime is no reflection of how you are in others. What you are interested in now or involved with now may be no indication of all that you have investigated or been part of in previous existences. Often we have affiliations to Gods simply by being part of a particular culture. This is a very important area to work with; we cannot overstate this. As long as you sacrifice yourself to something that you think is above you then you cannot get yourself beyond it (whatever it is).

### **Statement: Letting go of Gods, Master and Deity Influences**

'I invite all the Beings, Consciousnesses and Energies from Source and from ALL THAT IS beyond Source to work with ALL THAT I AM everywhere. I ask that these energies build up and encompass and embrace ALL THAT I AM - NOW.'

*WAIT . . . . .*

'With Love, Respect and Honour I now consciously LET GO of all affiliations, associations, allegiances whatever their form to any Gods, Masters or Deities made within any existence and on any level. I ask that energies and consciousnesses from source facilitate me to do this NOW.'

*WAIT . . . . .*

'I disconnect from all initiations, rituals, ceremonies and so on and cut all resulting energy links and bonds completely that are not fully in alignment with my movement into UNITY. I ask that energies and consciousnesses from source facilitate me to do this NOW.'

*WAIT . . . . .*

'I realise that to move fully into UNITY, this requires that I stand fully within my own GOD space. So for all of this I LET GO of all that is not in alignment with ALL THAT I AM in UNITY. I focus all my devotion, loyalty, reverence, homage, faith on myself and my movement into DIVINE UNITY. I will not sacrifice myself nor be side tracked by lesser alignments. I ask that energies and consciousnesses from source facilitate me in

this NOW. I ask and so it is - Thank you.'

## 19.5. Collective Conditioning

When Beings group together and are united by a particular goal, set of beliefs or certain ideas their association begins to create an energy field that supports that thinking or focus. The more Beings that gather under a particular banner the more this collective energy gains strength, this energy field will then automatically influence and draw in other Beings that come within its territory. This is great if your focus is truly unconditionally loving, accepting and unifying but rather constricting otherwise. Observation shows that we could more accurately say collective conditioning and constraints rather than collective consciousness.

Unfortunately we are constantly and unconsciously under the influence of thousands of these conditioning energy fields. Now to a certain extent you could say that these are facilitating people to explore separation. However (as I keep telling you) we have the opportunity to fully UNIFY, to resolve all of our misalignments while remaining here if enough of us choose to make this happen. To bring UNITY here on this large scale, we then have to deal with these hard packed, ingrained collective and highly conditioned energy fields, not only with reference to the ones that we are affiliated to but to ALL that are present so that we can truly bring UNITY into all aspects of our reality here.

Now, the statements so far presented within this chapter have a broader range than just to target conditioning; they also cover control and attachment aspects as well. With respect to the collective conditioning factors they really only begin to scratch the surface of these areas. We could say that they provide a starting point by focusing on some of the major areas, however there are many others that we will also have to disperse such as racism, sexism and so on if we are really serious about establishing UNITY here. To a certain extent, the following statement tries to encompass all of these in a general way and from our experience it has helped a great deal.

### **Statement: Releasing yourself from Collective Conditioning**

'I invite all the Beings, Consciousnesses and Energies from Source and from ALL THAT IS beyond Source to work with ALL THAT I AM everywhere. I ask that these energies build up and encompass and embrace ALL THAT I AM - NOW.'

*WAIT . . . . .*

'I ask that these energies melt away all conditioning held within ALL THAT I AM, within all the bodies that I currently occupy and within all the energy forms that I AM within any existence from the past, present and the future. I ask that energies and consciousnesses from source facilitate me to do this NOW.'

*WAIT . . . . .*

'I ask that these energies re-adjust all mental and emotional pathways and conditioning held within any part of ALL THAT I AM. I ask for everything to be dealt with that is pushing me in any way out of alignment with UNITY. I ask that energies and consciousnesses from source facilitate me to do this NOW.'

*WAIT . . . . .*



'I ask that all collective conditioning energy fields not in alignment with UNITY that encroach into any of my energy fields within ALL THAT I AM on any level be neutralised so that they have no effect on me and are gone forever. I ask that energies and consciousnesses from source work with me continuously to do this. I ask and so it is - Thank you.'

## 19.6. From Personal to Collective Unity

In essence then, there are two unity's on offer at this time. There is personal UNITY, which must be encompassed first and which to a certain extent is a prerequisite to partake fully of the second, which we could call collective UNITY.

In the last few weeks I have been re-aligning the last parts of myself so that I may step fully into ALL THAT I AM within my SOUL VEHICLE which is another way of saying PERSONAL UNITY. This to me signals the completion of the first part. Only in doing this have I NOW become aware of the huge effect the collective baggage is having on my retaining that UNITY balance within myself.

In some ways I feel quite strongly that I could happily leave now (peg out) as I have achieved the most critical part of my mission here. It does however now feel that it is only just getting interesting. As I watch others unfold into the same space we are collecting together and re-aligning our focus, skills and tools to the challenge presented by the collective consciousness conditioning.

For myself it feels much more interesting and fun to expand on what I have now achieved by forming communities whose prime directive is to establish UNITY on a much larger scale. To do this effectively we have to cleanse the collective garbage. As these conditioning energy fields are well established and span dimensions, energy levels, planets, star systems and so on, then we need to work on them within ALL THAT IS to have any hope of establishing a true culture of UNITY here.

Although I am quite happy to not apply limits or boundaries to my consciousness or its expression it is an amusing twist to get to what many would see as the ultimate end point only to find that it is not. This is yet another classical example for the need to not make any assumptions about end points, there is always more to encompass and always more to explore.

If you wish to be more effective in shifting the collective conditioning energies both within yourself and for the planet as a whole then the 'COLLECTIVE UNITY' facilitator energy tool is designed as a cosmic vacuum cleaner that will not only help you shift your own affiliated collective conditioning energy fields but also all others that dare stray into your energy space not only within who you are here but within all the existences and energy levels that you currently occupy.

The feedback on this tool so far has been excellent and is not only showing its effectiveness on the wearer but it is also helping to free those around them.



## EMBRACING COLLECTIVE UNITY

### 20.1. An Introduction

Up until this section, all that we have presented within this handbook has been about you changing as an individual, resolving your own separations and your own misalignments so that you can move fully into ALL THAT YOU ARE in UNITY. This is the single most important step to take. To stand within your own CENTRE to BE WHO YOU ARE. For some I am sure this will be all that they have come to do. However I know that for myself I want to widen this personal unity circle and explore new ways of BEING that allow us to live together while honouring each other in EACH MOMENT to BE WHO WE ARE in UNITY - in other words to manifest a society where all members are living in UNITY.

We have very few models to work with in these areas, so over the next few years many communities will appear whose directive will be to explore new ways of living that allow everyone and all to be honoured, so that all can live together in UNITY. These communities will, through dedicated self honesty and focus, find what works to honour this directive. Their ideas and ways of living will change constantly as they discard and move on from old ways and old habits to refocus into the new. They will learn through a combined process of trial and error and creative remembering to do this.

I have been drawn to community life for about twenty years. However, whenever I have enquired about or taken a closer look at those that have presented themselves to me none have ever felt right. It has only been in the last year that I have realised that the reason for this is that the community that I have been looking for does not yet exist. It has come as a further shock to find that it's supposed to be me that initiates its creation. As luck (or DIVINE INTERVENTION) would have it, this is exactly what current opportunities are offering to me and SO IT WILL BE.

In the meantime here are some statements to play with and to experiment with that will facilitate soul growth, evolution and movement into COLLECTIVE UNITY as part of a group or community. Again take these as guidelines for you to explore, experiment with and hopefully change. It is best for everyone to say these. What is sometimes best is to pick a facilitator who will read it in short sections for everyone else to follow internally. Use the following invocation before moving on to any of the individual sub-sections. Have Fun.

### **Invocation: To use with Collective Unity Situations**

'From ALL THAT WE ARE in UNITY, We invite the highest part of ourselves in UNITY to merge and be with us NOW. In a good and Sacred way we invite the Divine into our hearts and into our entire Being on all Levels. We invite the highest Divine Beings and energies from Source to play with us NOW. All that is done must be for our highest will and good and be fully in alignment with our Divine Soul's Essence and Soul's Purpose. We ask that this space, be completely filled and surrounded with Divine UNITY and Divine Love, as we continue . . .'

## 20.2. Being able to BE WHO YOU ARE and BE Together

This is a general one to set the scene within a group that is focused on being together and allowing all to BE WHO THEY ARE in a UNITED sense.

### **Statement: Being Together in Unity**

#### **USE INVOCATION HERE**

'We invite ALL THAT WE ARE on all levels to be with us NOW. We state that it is our intention to openly evolve and to grow together and to honour each other in all the individual journeys that we each take to BE WHO WE ARE.'

'We ask to be given everything we need to live together in harmony and balance. We ask to be given all the tools that we need to evolve both as a group and individually to cut new pathways to explore new ways of being that honour this focus. We ask to be made aware of all within each of us that is opposed to this directive so that we can deal with it and clear it.'

'We state that this is our true intention. We ask that the Divine work with us to make it so - Thank you.'

## 20.3. Exploring Hidden Agendas and Affiliations

It is usually the case that people come together as a group to manifest agendas and re-affirm affiliations. Now some of these will be in alignment with the highest principles and some won't. Many people who are really focused on evolving are drawn to groups that allow them to explore less aligned affiliations and agendas so that they may resolve them and move on. Sometimes then, people are drawn together so that they may all present their hidden issue to each other and amplify its presence. Misuse of power issues is a common one ('I am right' or 'we are right - but they are not'). Sacrifice to a leader is another (follow me rather than follow yourself).

### **Statement: Aligning Group Agendas and Affiliations**

#### **USE INVOCATION HERE**

'We invite ALL THAT WE ARE everywhere to be with us NOW. We invite Divine Spirit and all the Divine energies to work with ALL THAT WE ARE on all levels and all existences right back to our soul birth and beyond.'

'We wish to facilitate ourselves as a group to honour ourselves and each other to BE WHO WE ARE. It is our intention to find better ways of doing this all the time.'

'As part of this we ask the DIVINE to reveal to us all of our hidden agendas and affiliations that are not in alignment with our intentions to embrace our DIVINE SELVES . We ask for help to do this as simply and as easily as possible. We ask for this to be done NOW and so it is - Thank you.'

Understand that this may cause chaos. Understand that the individual must always be honoured before the group. People have to live with and work with what is in alignment with WHO THEY ARE. If they are not living in this way within this group then perhaps it is time for them to move to somewhere else where they can?

We are as souls all different, we all have different qualities, experiences and skills and we must honour who we are. This may mean that a certain community structure may not suit us. This is not good or bad only out of alignment with how we are or choose to flow at this time.

## 20.4. Moving towards Equality

This is a time to empower people and this is a time to lead by letting others lead and a time to teach by letting others do the same.

### **Statement: A Commitment to Equality within a Group**

#### **USE INVOCATION HERE**

'We invite ALL THAT WE ARE everywhere to be with us NOW. We invite Divine Spirit and all the Divine energies to work with ALL THAT WE ARE on all levels and all existences right back to our soul birth and beyond.'

'We ask to be given everything we need to move away from old models and old conceptions about what may be. We ask to be given access within ourselves to all the places we have existed on different levels to provide us with better models that will enable us to live together while at the same time honouring each other to each BE WHO WE ARE.'

'We ask the Divine to work with us to inspire us to the core of our being and to help us manifest the absolute best that we can that will honour ALL. We ask for this now - and so it is - Thank you.'

## 20.5. Creating Sacred Spaces within the Natural Environment

Many tend to think that 'magic' places, sacred spots and high energy points arise naturally without intervention. When I first started doing energy work in the natural environment I went into the woods just outside my village. Although this place was always special in its own right it took me a while to realise that because I invoked Divine Spirit each time I entered it then this was continually increasing the energies and drawing all sorts of beings from all levels to come there. Quite often the groups that came with me were joined by nature spirits, pure energy forms and angels and we were regularly guided to areas with star Being bases and visiting extra-terrestrials. Now it has many multidimensional facets and is a well organised inter Being, inter energy meeting place.

I only really appreciated what we had created when one woman who came on a guided awareness walk spent the whole time with her mouth hanging open seemingly in a combination of amazement and shock. She told me that she had travelled the world visiting high energy areas and that the strongest energy place she had ever been to was in Sedona Arizona. What she found hard to believe was that the energies here in this little wood in County Durham were equal

to them.

So, create your own places of magic. Work with the Divine in nature to raise your energies and transform into your Divine Selves.

## **Statement: Creating Sacred Spaces**

### **USE INVOCATION HERE**

'We invite ALL THAT WE ARE everywhere to be with us NOW. We invite Divine Spirit and all the Divine energies to work with ALL THAT WE ARE on all levels and all existences right back to our soul birth and beyond.'

'We invite all Beings everywhere to be with us here from all levels, all realms and all dimensions so that we can facilitate each other to embrace more of our Divine Nature.'

'We also ask that the highest Divine energies come play with us here and to work with us and all others who come here to help raise our energies, increase our level of consciousness, release us from misalignments and all forms of separation from our Divine Self.'

'We invite these beings and energies to make their home here to work with us on a regular basis in alignment with their movement into their Divine Selves. We unconditionally invite you here now and we thank all those who choose to come and honour us with their presence. Many Thanks.'

I am letting this book be freely available on a 'gift me' basis. That is you are free to download it and see if it's right for you without limits or restrictions. So, if you do find it useful then please remunerate me for my time and effort - thats the deal. It is appreciated - Thank YOU.

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## AN EXERCISE TO EXPAND MULTIDIMENSIONAL AWARENESS

### 21.1. An Introduction

This meditation contains statements to set the scene and provide you with the energies and support during it. You may find that after some time you don't need to use them. For many people this meditation is a powerful tool in their journey to reach their Divine Selves.

I would recommend that you read this whole section a few times before trying the meditation.

### 21.2. Getting Started - First Things First

This meditation is very general purpose. It allows for the exploration of many different facets of your inner self. Being highly visual it demands concentration, thus providing a greater focus to keep the general mind talk clutter in the background. I know that some people find visualisation virtually impossible. When they close their eyes there is nothing, just blackness. Now, we explored this with one such person and found that one of her favourite higher level home environments was as a Being living on a pitch dark ocean floor. It made perfect sense. Rather than 'seeing' she could feel energies and presences, so if you are like this then accept it. Ask spirit to enhance and to give you more access to the senses that you had in that other environment. Also perhaps pretend you are blind and ask to have a guide take your hand and guide you through your meditation or have your walled garden as a sea garden under the ocean in the pitch dark. We are all different - honour those differences.

#### **Relaxing and Releasing Tension:**

Take the phone off the hook, get the temperature right, find somewhere comfortable to sit and get into a relaxed state. It's best to be sitting cross-legged in an upright position or somewhere you can sit upright and have your back supported later on if you wish. Take a few deep breaths, taking a focused in-breath and then a relaxed natural out-breath - releasing tension as you do this. If you find it hard to relax, then lie down and take time to focus on each part of your body in turn from your feet up to the top of your head. On each in-breath clench the muscles of that part of the body that you are currently focused on, really grip them tightly for a few seconds - then on the out-breath release all the tension - relax - this usually works quite well. You could perhaps ask Spirit to help with this relaxation process:

'I ask Divine Spirit to give me everything I need to be very calm, relaxed and to be completely at peace with myself. I ask to have all tension and stress drained from me. I ask for this now - and so it is - Thank you.'

## About Visualising:

So, in your relaxed state we will now set-up a few safety measures and then start an opening up procedure. Before I take you through these here are some pointers. The bottom line with all of this is - WHAT WORKS FOR YOU? So we need to visualise for this meditation. What's that? How do you visualise? What do you do when I ask what colour is your bedroom carpet? . . . . . Where is your wardrobe in this room? . . . . . And what is the first item in your wardrobe on the left? . . . . . OK! Do you know what visualisation is now? To start the meditation you need to visualise yourself. This is where you need to find out what works for you. For example, do you visualise better with your eyes open or closed (strangely enough I have to keep mine open)? Now can you visualise yourself better from within or are you looking at yourself from another part of the room, another corner perhaps or from above - it doesn't matter - use what works best for you.

## Grounding:

If you feel the need then use this section to keep you grounded during the meditation. Although, some people get easily spaced out, part of the game is to be more comfortable and fully functioning here on this level, in this reality. So if you want support to prevent you from wandering off and getting too spaced out then visualise or imagine the following. A beam of light coming from above (feel that it comes from the higher levels). Down from the ceiling or sky above you. Have it coming through your head, then your body and continuing down and finally going out through your feet into the centre of the earth. At the centre of the earth then tie a knot in the end to hold it and yourself there. This symbolises you being firmly anchored. You could also ask Spirit to help keep you grounded:

'I ask Divine Spirit to give me all that I need to keep me totally grounded and attached to the Earth and to help me be fully and totally embodied during this meditation.'

## Protection:

This protects you from any energy influences or negative spirits that may not have your best interests at heart. Visualise or imagine the following. See yourself sitting within a brilliant white light filled egg shaped vessel (thick end at the bottom), it has a thin hard outer shell. Put a gold coloured eggshell just outside of this. KNOW you are protected now.

## 21.3. Invoking Inner Contact and Help

To help you establish contact and gain healing, help and advice from your spiritual guides then clearly within your mind say the following:

'I ask the Divine to put me into my Divine Soul Essence - Now. I ask that Divine and Loving Spirit be with me during this meditation to fulfil my desire to become my Divine I AM self. I state that all that happens must be for my highest will and good and in alignment with my soul essence and soul purpose. I am fully open to the Divine love and the Divine light.'

You can use this opportunity to ask for a focus specific to a particular area that you feel is of interest to you at this time. Some examples of these follow.

## **Guides, Advice and Direction:**

As you should know by now everyone has Beings in energy form with them. This statement calls in your Spirit Teachers for advice and direction. Contact can vary from having insights, to feeling a presence, to having someone entering your field of vision and interacting with you and more. Don't expect anything just try and stay in a state of poised awareness.

'I State to Divine Spirit that during this meditation I wish to have contact with my Spirit Guides and Spirit Teachers for advice and direction. I ask for this contact to be in the most appropriate way for me with respect to my skills and awareness. I ask - and so it is - Thank you.'

## **Past Life Attachments:**

'During this meditation I ask that Divine Spirit make me fully and totally aware of any past life attachments and situations that it would be useful for me to know of at this time. I ask - and so it is - Thank you.'

## **Other Selves, Elsewhere:**

'I ask Divine Spirit to help me become aware of my previous selves and the environments that I lived in which would be useful for me to have knowledge of at this time. I ask - and so it is - Thank you.'

## **Soul Purposes:**

'I ask Divine Spirit to help me to become aware of my soul's purposes in a way that is most appropriate for me with respect to my skills and awareness. I ask - and so it is - Thank you.'

# **21.4. The Main Format of the Meditation**

This meditation starts in a formally laid out garden. After materialising yourself in this garden walk along the path which leads down some steps. From there walk forward then through the door into your own walled garden.

## **Laying out your Walled Garden:**

You need to landscape all the areas yourself to your own requirements. You don't have to have any limit on its size; you can even have walled gardens within it. You could create it with unexplored areas so that there are always new areas to explore and expand into. Be open to people coming to visit you. Invite people you want to talk to. Play with the concepts and remember anything goes. The walled garden represents an area that is yours and is safe for you. Some ideas for what you can put within your walled garden:

- Have a place to relax. A seat beside a stream perhaps or a natural hot spring pool to lounge in.
- Create somewhere special to meditate. Perhaps a small room within a 'sacred' building laid out appropriately where you can meditate within your meditation.



- Lay out somewhere to contemplate, to get insights and to connect with your Divine Spirit Support team.
- Have somewhere to heal and re-energise. Crystal caves for example:
  - White/clear quartz - To energise, re-vitalise and transform.
  - Rose quartz - To absorb the energies of unconditional love.
  - Amethyst - For pure healing on all levels.

Now, visualise the formal garden with grassed areas, borders, trees, shrubs and so on. Now put yourself in this garden. Always place yourself in this same starting position in future meditations. Now walk to the nearest border path (if not already on one). Walk forward along this path, in front you will see an archway at the top of some steps leading down to a door set within the wall of your walled garden. These steps are important as they symbolise the level you are going down into your subconscious (or the higher levels you are going up to). Therefore have this in mind as you pause at the top, start out with three steps (you can increase the number when you feel comfortable) and proceed down them. At the bottom you are standing in front of the door. Open the door and enter your walled garden. From here make it up as you require.

## **Transportation Portal:**

Think about having an area within your walled garden that holds a portal or star gate. Stepping through this portal enables you to go anywhere on any level to facilitate you on your journey. In other words it provides access to ALL THAT YOU ARE everywhere and more. Here are some examples of how you could use this portal:

- To be made aware of the origin of a particular issue.
- To look at significant past existences.
- To connect to one of your Higher Aspects.
- To walk on another planet as the Being you are there.
- To be trained directly in a certain area. As a healer facilitator or in how to work with energies as a musician or energy gardener and so on.

If you want a portal within your walled garden then create an amphitheatre (a circular walled open topped building - Greek style). Put an arched entrance into the wall to provide access. In the centre of this structure place an upright circular portal. Mine is about twelve feet in diameter and has a shimmering energy entrance, through which you cannot see anything beyond. In a circle around the portal are standing twelve Energy Beings. These Beings guard the entrance and one will come with you to act as a guide when you step through it. When you enter the circle of Beings within your meditation you tell them what you want from this journey. For example, to connect to one of your Higher Aspects or check out a previous existence. You then ask one of the guardians to come with you on this journey. Once this Being leads you through the portal it may wait on the other side for you to return or come with you on your entire journey. Once you are through the portal then keep yourself open as anything can happen. When you are ready to leave make your way back to the portal entrance in your new location. Call on your guardian to help if you cannot find it.

## **To Finish:**

Exit your walled garden by the same door. Walk up the same number of steps you came down (to bring you back to normal consciousness). If you feel you have had some contact and or insights then give thanks for them. Open eyes and come to normal awareness.

## AN EXERCISE TO EXPLORE SUBTLE ENERGIES

### 22.1. An Introduction

The exercise that follows will help you see yourself more in terms of energy. Too often we see ourselves purely as a physical Being, without any appreciation of ourselves in energy terms. This section will help you understand more the 'energy' concepts covered in the handbook and how they relate to you directly.

### 22.2. Exploring Subtle Energies

For this exercise I would like you to sit down (if you aren't already). Rest your arms along your upper legs with your hands on your knees. Turn your palms to face each other and then lift your arms up a few inches so that they are free and relaxed. Your hands should be about a foot apart. Very gently move your hands (about the thickness of your little finger) towards each other and then away. Try and feel or sense each hand with the other. Do this a few times. Can you feel any resistance as they move closer together? If you are sensitive and your energies are good then you will be able to.

Next use the following statement of intent:

#### **Statement: Exploring Subtle Energies**

*'With Full and Total INTENT I ask that Divine Spirit put me into my Divine Soul Essence - Now. I ask - and so it is.'*

*'I ask Divine Spirit to give me absolutely everything I need to put me fully into my Divine Soul energies and to make me as sensitive as possible to all the subtle energies around me. I ask for this now - and so it is - Thank you.'*

Now try the hand waving bit again; see if you can feel any difference. If you felt something before it should be much stronger now. If you previously felt nothing you have 10 times more chance of feeling something now - if you still cannot then say the last part of the statement again for emphasis.

Now we are going to boost the energy between your hands, just to increase this energy even more, so to do this say:

*'I ask Divine Spirit to open all my channels, to bring through all the energies that I have connections to, I ask for this energy to channel right through me and out my palms to create a ball of energy between my hands. I ask Divine Spirit to increase the*

energy coming through me to do this until the energy ball becomes very distinct and solid. I ask Divine Spirit to do this now - Thank you.'

A ball of energy will now be created between your hands; you can help this process by visualising it appearing and growing in strength. Now, try moving your hands in the same way again and see what you feel. For those of you with reasonable sensitivity you should find it quite difficult to bring your hands closer because there will be so much resistance. Now, slowly, try cupping your hands so that the energy ball is sitting on them. Then say:

'I ask Divine Spirit to move this ball of energy and place it within me for my own healing, I ask for this to be done in the most appropriate way for me at this time and for my highest will and good. I ask Divine Spirit to do this now - Thank you.'

Depending on your sensitivity level you will be able to feel the energy ball leave your hands and enter your body. Usually I feel it spreading out within me in all directions - but anything could happen. Enjoy.

If your sensitivity to energies is high then you could try and feel the energies (the auras) around plants and animals - see how far they extend. See if some things have a different 'energy' feel than others.

## **22.3. Increasing Your Sensitivity to Energies**

As you work through the handbook your sensitivity to energy will increase with time. This increase is partly because you are becoming more comfortable with the idea, but mostly because your own energies will get better as you work through and clear your issues, your negativity and so on.

Some people see energies, some feel them, others hear, others taste and so on. You could ask your Soul Self, which is the best sense for you to use to become more aware of energies.

My own best sense is sight, then feeling and then smell. So if you wish to try and increase your awareness for your dominant sense then use the statement below to do this. If you know what your dominant sense is then you could specify it directly within this statement.

### **Statement: Becoming More Sensitive to Subtle Energies**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'I ask Divine Spirit to give me absolutely everything I need to make me as sensitive as I can be to subtle energies. I ask Spirit to do whatever is necessary to heighten the awareness of my most dominant sense. I ask for this to be done now and to continue until I am fully able to sense energies when needed. I ask for this now - and so it is - Thank you.'

Using this over time, (days / weeks) will make you much more aware of the energies around you. It's good to practice with these senses. Many people who I'm working with are able to tune in and each does this in their own unique way. There is no right or wrong way only what works best for you.

**Examples of questions to present to your inner guidance:**

*Is my best inner sense my hearing?*

*Is my best inner sense my seeing?*

[You may have one very good sense and others that are less reliable]

*Can I also sense energies using taste?*

*Is it appropriate for me to ask Spirit to help make me more sensitive to energies?*

*Can I do this now?*

I am letting this book be freely available on a 'gift me' basis. That is you are free to download it and see if it's right for you without limits or restrictions. So, if you do find it useful then please remunerate me for my time and effort - thats the deal. It is appreciated - Thank YOU.

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# INFORMATION FOR PRACTISING ENERGY CHANNELLERS

## 23.1. An Introduction

For those people who are natural healers or who have training as healer channels, Spiritual Healing, Shen, Reiki, Magnified Healing and so on. Then the following information will help you to better understand energies and healing particularly in relationship to spiritual growth and evolving into your DIVINE SELF. This information together with the statements presented in this chapter can also help to increase your effectiveness as a healer.

## 23.2. Energy Systems - A General Discussion

We have many different channelled energy systems to work with at the present time. As with everything else, no one thing can be all things to all people. Each system has its own approach and focus, which essentially means that each, is better at resolving certain challenges rather than others. So, energies that are good at resolving emotional problems may get very poor results targeting physical conditions and perhaps have no impact at all on people spiritually (an aspirin is not going to sew your leg back on). So, all energies are not the same and even the energies from one healer to the next within the same system can become widely different with time.

If you are a practising healer then ask yourself what is the focus of what you do? What is your intention with what you do? Is it to make people feel better? Is it to reduce stress? Is it to bring people into balance? Is it to cure people? Is it to facilitate people to spiritually grow and evolve? Then ask yourself is your intention in alignment with the results that you get? Also, are you a living example of what you channel? Are you fully in alignment with the energies that you represent? Or, perhaps more importantly do the energies you work with truly represent you?

Many healers take it for granted that the energies they have connected to work in many ways and on many levels. Please note that your own current focus of intent together with your soul purpose here will, 'by and large' cause the universe to make particular energy systems more attractive for you to work with than others. If you don't have a particular focus then what you are presented with will not be that specific. A good rule of thumb when looking for an energy system or a healer to work with is to see if they represent in reality what they are saying about these energies. Obviously any system that is presented as a spiritual path, should be facilitating changes in those that are using it and getting them to move beyond themselves into the unknown all the time. I remind you, that spiritual growth equals change and that change equals stepping into and embracing the unknown in each instant.

For example, one of the more popular energy systems focuses a huge amount of attention and resources on the accuracy of the information with regard to its true origins on this level. Arguments rage and splits abound over these essentially meaningless details. The conduct and focus of those within a system will always represent the focus of the energies that they work with. So, if their focus is to get caught up in material details and their conduct promotes disharmony, discord and separation then what can it offer anyone whose true focus is to move fully into their DIVINE SELVES?

I am aware that there are many different energies available for us to channel and that these energies span an incredible range in their effectiveness for facilitating people to heal and evolve. Each energy source has a particular bandwidth, a certain capacity of output (energy strength) and an agenda that has the energies focused to work in a particular way. Some energy systems are focused on relaxation, others on making people feel spiritual, others on making people feel better, others on trying to resolve challenges in particular areas and some on spiritual growth. No energy system will do all of these. If your intuition is clear then your focused intent and your chosen role here will lead you to the energies that you need.

Some of us on this planet are in the process of changing our energies to raise our frequencies to be more of the DIVINE BEINGS that we TRULY ARE. This process is dynamic, it is NOT static. This means that it is about embracing CHANGE, it is about being willing to change on all levels and in all ways. CHANGE is about breaking limits and moving beyond comfortable boundaries through fear and insecurity into the glorious unknown. As the energies on the planet as a whole move into a higher frequency, then it does not facilitate those who want to be part of this process to hold onto lower energies or outdated energy systems and approaches. Those doing this are only keeping themselves trapped and stuck. The energies and the Beings that I work with for example are changing all the time. Those now no longer relevant move on as new ones take their place. So my approach and abilities in line with my focus changes constantly. I move with the FLOW into my DIVINE SELF, as is my intention.

As I clear my issues and trauma within a particular energy dimension then I am upgraded to channel energies from this higher level. So when I started, most of the energies that I channelled were effective only on this physical level. I now channel energies simultaneously on many dimensional levels. This enables me to resolve issues and traumas with clients that originated up to the highest level that my channelled energies originate from; more often than not this can be done in one sitting.

## **23.3. The Effectiveness of Energy Systems in Healing and Evolving**

The way that I work and my increasing effectiveness as a healer is changing rapidly. This is so partially because of my soul purpose here as well as my focus of intention, determination and perseverance. As I am conscious of these changes and interested in understanding them, then I have come to appreciate the following factors in relation to energy channelling for healing and evolving:

- An overused and meaningless statement is 'These energies come from source'. Although everything ultimately does come from source, we have virtually no energies here that are directly from source. It is therefore much more important to find out whose hands they passed through last on their way here and what agenda these energies and the Beings that facilitate their use have.
- Even more important than this however is your own intention. Source or God has given us the ability to create whatever reality we wish to have; source or God will supply us with

whatever we need to bring about this reality without prejudice. If you don't really want to change, but just want to feel nice, if you don't want to face yourself but keep your fears then what you will be working with will do just that. This is the TRUTH.

- There is no limit to the capacity of energies that you can channel except what you limit yourself to. Early in my channelling career after I had connected to and trained in two different energy systems I asked my guidance what was my full potential in energy channelling terms? I was told that I was only channelling 1/1000th of what was possible. I was astounded by this, more so because those I was training with were adamant that their system was the best and that there was nothing better. What can one say?
- As with everything else energy systems themselves are expressing and presenting polarities. Let's look at some of these:
  - Some channelled energies work by pushing trauma and issues back down and sealing them off. People leave feeling good - their symptoms have gone, but the cause hasn't. You find people working with these energies who on some level choose not to grow at this time or people who are attached to outcomes (for example; that clients must always leave feeling good). So they are working with exactly what is right for them to achieve this. Energies that work with the opposite polarity go to the cause of the condition and lift it out to be gone forever never to return. This however does mean that people have to work with and accept whatever comes out and LET IT GO. In essence they have to face some part of themselves that has been hidden for perhaps quite a long time, which for most people means 'scary'.
  - Will the energy work in alignment with a person's soul essence, soul purpose and soul mission agenda? If you are working to this alignment then you have no expectations of outcome, you make no judgements about what is needed and you also understand that you are not responsible for your client - they are. Your focus will be to allow the person's DIVINE SELF to decide how to use the energies (which may not be what the client thinks on this level), then you are only a facilitator in the healing with respect to this focus. The opposite of this is that healing may be done and cures experienced that paradoxically are not in the highest interests of your client and therefore detrimental to their soul purpose, mission and soul growth.
- Although things are changing all the time and what I say here will probably and hopefully not be the case in a few years time, most of the energies currently being used by healers work on this earth level. Some work at higher levels and can resolve challenges of karmic origins. However from my own experience this is still very low level stuff. Many of us have challenges from much higher levels to resolve (well above ascended master level for example). Let's look at this in more detail:
  - Denser level energies work on the physical, emotional and mental parts of ourselves here. These energies are usually quite weak and they dissipate quickly. So, for say an hours healing, they only work for a few hours or at most a couple of days. Absent healing usually takes a long time also. Assuming that their alignment is OK then they cleanse and clear stuff taken on from this lifetime. These energies are usually channelled through a healer's own body on this level.
  - As you clear your own low level stuff and make the decision consciously or otherwise to move on and to face and accept more of yourself, then the energies you work with will change, you will be drawn to have further initiations in other systems or you will collect energies in other ways. As you do this then you will find that your channelled energies will work with a client for longer and longer periods of time. For example a single channelled healing session may only take ten minutes

and have the energies working with the client for a month or two afterwards. The energies no longer channel through the channeller's physical body. Different means are employed to increase the capacity. (These are covered later in the Energy Delivery Section). Absent healing time is also much shorter (less than five minutes).

- In alignment with your own focus, this process proceeds. You are able to facilitate resolution of clients' challenges that previously proved impossible and you are doing in one healing session what in the past would have taken many sessions over many months. Absent healing is done without channelling but by focused intention - that is, it takes seconds.
- Whatever level you work at, there is always scope for improvement, by and large if you are focused on evolving then you will be presented with what you need to clear yourself. You may find that like me, as soon as you resolve something, your next client will turn up with the same challenge. If you are a determined healer then I will say that you should always keep yourself open to working with better quality energies at stronger capacities all of the time - you should never make assumptions about limits.
- As, 'by and large' you only get the clients guided to you that you can help, then you are *never* in a position to determine how good you are in relation to others. You can only make a comparison in relation to your own past self.

So, to sum up, each energy system has a particular bandwidth (that is they will deal with certain challenges rather than others), they have a certain capacity of output (energy strength) and an agenda that has the energies focused to work in a particular way. The capacity from one healer to the next with respect to the volume of energies that they can channel can be 1000 fold different. The efficiency of different energies to facilitate people to evolve into their DIVINE SELVES can also vary by the same magnitude. However having a higher capacity is in itself a waste of time if you are not being implicit about your alignment or are unknowingly working with energies or Beings that don't have an agenda in alignment with the DIVINE.

## 23.4. Exploring the Focus of Different Energy Systems

### An Introduction

The term healing means different things to different people. For some, it can cover all forms of therapy, while others narrow it down to fit their own particular criteria. I myself see healing in its purest form, as energy passed from Spirit through a healing channel, 'the healer' and then on to the person being healed. For example, a reflexologist 'unconnected' to healing energy would get good results on a physical level, while another that was more 'connected' would also bring about changes on other levels. The overall results with any therapy reflect the strengths and origins of the energies being channelled, the skill, knowledge and experience of the therapist as well as their focus of intent.

By and large healing energies come from other, usually higher, energy levels (or other dimensions if you prefer). The higher the level the energy comes from the better quality it is. Some healers are using their own internal energy to facilitate healing, however they have to be very careful that a healing session will not deplete their own energy system. Each healer will find themselves working with a particular mixture of energies through a combination of:



## **Intention:**

We attract the energies that we are most interested in working with by our intentions and our dedicated focus.

## **Soul Development:**

Our level of soul development will affect the choices available to us. For example those people who have spent lifetimes working with energies will link into them more easily and start using them faster.

## **This Life's Roles:**

What are you supposed to be doing this lifetime? If this depends on you having to connect to certain energies, rather than others, then this is how you will be guided.

## **23.5. 'Energy' Healing**

So those 'energy' healers who are focused on resolving physically based problems will attract and bring through energies suited to achieving this. This will only happen if it does not cause a conflict with this lifetime's purposes. The Shen healing system for example is more suited to dealing with emotional challenges.

Most energy systems in current use are being presented purely as a healing modality and are being offered in that capacity to facilitate people in resolving health problems. A few are being presented as more than this and are considered by some as spiritual paths in their own right.

I was guided into energy healing as part of my own path to give me some of the tools I needed to heal and evolve myself. Initially this was along the lines of looking for something to make me both feel better as well as hopefully help me to become happier. However from this somewhat naive start it soon became apparent that I was going to have to go much deeper than this to resolve my issues and so on. I quickly determined that the challenges I faced and needed to resolve were Spiritual and Karmic in origin and therefore had little reference to this current existence.

The solid and unshakeable focus of my intent to resolve everything that was causing me problems continually ensured that the energies, tools, skills and resources that I required to overcome these challenges were (and still are) always presented to me. When I say extreme focus I do mean it. For years I was averaging six hours plus of intense self healing each day. Very quickly then (within three years), I got what I needed to resolve Karmic issues and incidents, soul growth challenges, duality issues, trauma issues and spiritual agreement issues and so on. As I progressed through these layers I was continually re-aligning myself as my understanding changed until my focus was on dealing with everything that was blocking, restricting or preventing me from realising my true Divine Self - whatever that is?

In consciously going through this process, I came to understand that all the energies (rays) being used by healers are from defined sources and that each collection of rays is by and large looked after by a specific group of Beings who control its use here. Unknown to most healers then is the fact that each ray has its own intelligence and 'hidden agenda', which reflect the orientation and alignment of the Beings responsible for it (which may not be Divinely orientated?). Most healers are accepting verbatim what they are told about the energies that they are working with from those with whom they trained. I have been repeatedly shocked to find that most healers understand less about the energies that they channel than they do about the workings of their

car - that is, almost nothing. This is not surprising as few are encouraged to explore this for themselves and even fewer know enough to actually do this properly. This seems to be the case particularly for those energy systems that also pertain to be a spiritual path.

Most energy systems then are healing in nature and orientation rather than being focused on spiritual growth. I prefer to call those, whose true focus is to facilitate people to move closer to their Divine Selves as energy evolving systems. If you are interested in working with energies to help you grow spiritually then you should be making sure that the energies you use to facilitate this are as aligned as possible with the Divine (Divine Love, Divine Truth, Divine Will and Divine Wisdom). Do not assume that they are as this will be a big assumption. In fact we have no energy systems on earth at the present time that are fully aligned with the Divine. Some are very much more aligned than others are and this reflects the higher levels that these energies come from.

## **23.6. What can different Evolving and Healing Energies deal with?**

People who are transforming are working either directly or indirectly with energies to facilitate this. There are many different energies available for us to tap into and use. Some of these are packaged and are offered as defined energy systems in their own right. All of these systems vary widely in what they are capable of with respect to healing, evolving and transforming. Here I will briefly cover all the different areas within which healing and evolving energies are being used effectively.

Some energies being used by healers and energy workers are more effective in dealing with the physical, mental and emotional areas. However, when disturbances in these areas are of a multidimensional or spiritual origin then those healers and energy workers more focused on evolving will have more successful outcomes. Those truly focused on evolving themselves will be facilitating people to face all that they are and bring them closer to WHO THEY TRULY ARE, their GOD SELF.

Understand that I am not making judgements about what is better or worse as there is nothing that is better or worse than anything else. There is only what is more or less aligned with what YOU WANT FOR YOURSELF. This information is being presented to raise your awareness, give you more understanding and perhaps allow you to be more discerning.

So, the full range of areas that healers, energy workers, therapists and evolvers collectively cover is as follows:

### **Mechanical and Physical Problems:**

These result from injury, stress, wear and tear to diseases of aging such as arthritis, bad circulation, heart conditions. Also general illnesses like colds and flu as well as physical symptoms resulting from suppressing emotions within this lifetime. We could also include genetic disorders here.

### **Mental and Emotional Health Issues:**

This is a split area as many symptoms that present themselves in this category can be side effects of increased multidimensional awareness or karmic and spiritual issues or higher level trauma as well as symptoms of DIVINE transformation. This is the crossover point between therapists and healers and those focused on evolving into their GOD SELVES and who are

facilitating others to do the same.

## **Karmic Issues:**

These originate whenever you have slipped out of alignment with your DIVINE NATURE. When this behaviour is repeated over many lifetimes this can create en-grained attitudes and habits which also need to be re-aligned. Some here have to resolve all their Karmic issues, while others don't; this depends on your mission here and what you need to complete it.

## **Karmic Incidents:**

These are not full-blown issues but are generally to do with 'one off' situations. They relate to times when we have got too tied up in the physical reality and reacted in ways that have not been fully honouring to either ourselves or others. For example losing your temper is one thing but then going on to gun someone down is another. I suppose they can be seen as arising due to temporary losses of spiritual integrity.

## **Original Trauma Issues:**

Sometimes you have come to this level to deal with a trauma that you received on a much higher level. In this case it has nothing to do with Karma but was either accidental or situational. As this level is very traumatic it can provide perfect training for those wishing to come to terms with traumas that they were unequipped to deal with elsewhere. They choose lifetimes here that allow similar matching traumas to be experienced giving them the understanding and expertise to fully deal with the original. Hence the usefulness of Karma in facilitating this.

## **Soul Growth Duality Issues:**

This particular physical existence conveniently amplifies duality misalignments so that we are made more aware of what we need to resolve in these areas. Those that we readily identify with are Child Adult, Masculine Feminine and Positive Negative. These more obvious presentations, of what on other levels are more subtle, makes them unavoidable here.

## **Soul Growth Challenges:**

These are challenges we have given ourselves to progress as souls. They are part of your soul's education program. These can affect us on any level and we take them on by choice.

## **Spiritual Agreement Issues:**

These are to do with tasks that you take on for the spiritual good of all. Some examples:

- Many healers are specifically being guided to resolve their 'stuff' in strict, precisely defined ways. This results in them having a greater understanding of their own healing process so that they are then so much more effective at resolving the same in others.
- There are many aware people at the present time that are being presented with extreme situations to toughen them up in particular ways. Some would say that they are being tested while I prefer to see this as part of our mission training.

## **Facing Your Dark Side:**

The majority of us have had many lifetimes involved in the 'Dark Side'. In other words we have induced fear and we have manipulated and controlled others. Many people making an effort to transform are intensely focused on facing the light when in fact they should be intensely focused on facing themselves. As we are of the light then there is always light behind our darkness. We just have to have the courage to face it and pass through it.

## **Soul Creation, Parent and Family Issues:**

These seem to be the most problematical. They are the cause of major issues, traumas and constrictions within many people and as a result are the indirect cause of almost everything else.

## **Transforming into your DIVINE SELF:**

This requires a focused drive to achieve this. It requires that one let go of absolutely everything, to hold onto nothing, to move completely into the unknown. You can only reach this point by UNIFYING all misalignments within yourself, within ALL THAT YOU ARE on all levels and all existences. Nothing less than this is required.

## **Dealing with Collective Conditioning:**

It is paradoxical somewhat to find that you can get into the UNIFIED part but still can be pushed around by the energy conditioning that permeates all. This is another area that has to be encompassed to be fully free particularly for those of us who are here to bring into being new ways of living. What we mean here is the larger scale energy clouds that permeate our environment rather than personal conditioning.

## **23.7. The Divine Alignment or Otherwise of Energy Systems**

As reaching DIVINE UNITY involves (amongst other things) releasing yourself from limits and breaking into freedom then why do many healing systems claiming to do this supply you with a rigid methodology and limiting philosophies.

I have found by direct experience that many energies in popular use are simply not aligned with the DIVINE (that is with DIVINE LOVE, DIVINE TRUTH, DIVINE WILL and DIVINE WISDOM). This shocked me initially, but the closer I came to my own DIVINE SELF the more I see that whenever we make judgements we are simply confirming how separated we are.

The simple truth is that NONE of the energy systems that we have at the present time are totally aligned with the DIVINE. Again we tend to take what we are told for granted when we train within a healing practice. How many of you investigated what you were told for yourself rather than just accepting the information that you were given? Also, how many of you would have been able to understand that even if you were told that your energies were not aligned, that they were the best that you could work with at that time. I know that I would have felt very let down and been very confused had I found this out too early. This is an example of one of the many areas that it is not in your highest interests for DIVINE SPIRIT to be actually truthful. Many so-called LIGHT WORKERS would probably grind to a halt with the shock.

Understand that it is essential that everything unfold at a gradual and proper rate. This unfolding

is moving us away from fear, conditioned reactions and dysfunctional belief systems into GOD CONSCIOUSNESS. All the things that many people are steadfastly clinging to as if their life depended on it. In essence, moving too fast would not facilitate us; the shock for some would be too great. At the same time we also have to have periods of rest and integration. For many this can be a slow process, it can take a long time for some people to let go of certain things.

In essence if you were to connect to high capacity, high quality Divine energies too early then you would either burn out or end up as a psychiatric inpatient. At the same time, understand that if you are working with energies as a healer specifically to evolve yourself and others then you should always be willing to let go of your current energy selection and move into higher more aligned energies. You should be open to do this ALL OF THE TIME. There are some healers that are not facilitating either themselves or others by making the assumption that what they are channelling is the best. How can anyone expect to evolve beyond where they are when they hold themselves to any limits?

I remind you that your guidance provides feedback with regard to how open you are and how much TRUTH you can handle. Everything ultimately comes from source, but virtually nothing here comes directly. What you should be doing is cultivating an appreciation that you are always working with the best that you are able to at any particular time but also to hold yourself in readiness to move into more effective better aligned energies that have a greater emphasis on evolving people and to have the willingness to let go of the old to do so.

In important ways energies that are very misaligned are doing a great job, they can be helping people feel better and providing relief from many challenges and conditions. Those that are very 'dark' can be doing a great and ultimately essential job of presenting people with the opportunity of facing their own darkness.

Please note that some of the more extreme non-aligned energies are designed to keep you trapped. In this respect if you feel outraged that someone might be suggesting that 'shock horror' your energies might not be designed to facilitate you spiritually then I repeat THIS IS EXACTLY WHAT I AM SUGGESTING.

If you are working with high level Divinely orientated energies and Beings then they would applaud your professionalism in carrying out an energy hygiene check. On the other hand if the Beings and energies you are working with are not aligned correctly then they may not want you to move on and they will be trying to retain control of you (as happened to me!). If your intention is to move fully into DIVINE SPLENDOUR then make sure that you are connected to energies and are working with Beings that will facilitate you to do this.

Understand also, that everyone has the absolute and total right to do and work in whichever way they wish to and with whatever energies they feel are right for them. Also remember that nothing is inherently better than anything else; *there is only WHAT WILL BEST FACILITATE YOU IN WHAT YOU WANT.* We also suggest that HONEST observation of what you manifest will confirm whether or not what you choose facilitates you. So for example, stating that you are a first class chef while continuing to cook beans on toast is a bit of a give away.

It is sometimes difficult to identify if energies are particularly misaligned as the *apparent* results of a healing session can appear the same. However misaligned energies can work by pushing issues and trauma down and then sealing them off. The person can feel good - their symptoms have gone - however they have not really dealt with anything - the issues and trauma are still there and nothing has really shifted. Honouring energies bring these issues and trauma to the surface to be dealt with and released so that the person is totally and completely free from the original causes forever - this (for me) is what true healing is all about.

I would strongly suggest that any healer offering energies to others should, from a professional stance alone, make it their business to know the capabilities and alignment of what they are

working with. Anyone suggesting that they are working with energies that will facilitate people to spiritually grow should be checking these energies to ensure that they conform to minimum DIVINE standards (that is, that they are very aligned with DIVINE LOVE, DIVINE TRUTH, DIVINE WILL and DIVINE WISDOM).

## **23.8. Disconnecting yourself from Misaligned Energies**

This statement will focus on disconnecting you from energies that are less aligned than you are capable of working with. It would be well to consider using this statement every few weeks - it is another way of re-confirming your willingness to evolve and also to work in strict alignment. Some of you will already be well aligned and then this statement is not relevant to you. Some of you will think that you are well aligned and will not bother when in fact you are in most need of using it.

### **Practitioner Statement: Re-aligning your Channelled Energies**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I state to Divine Spirit that I will only work with energies that are from the level of the white light or higher that are facilitating me to move fully into my own Divine Self, all must be working with me in alignment with my Divine soul essence and soul purpose. I ask Divine Spirit to release me from all energy connections and associations that are not so aligned from this or any existence. As part of this I ask Divine Spirit to remove all unnecessary symbols from my energy field. I ask for all of this to be done now and to continue until all disconnections are fully and totally completed. I ask for this - and so it is - Thank you.'

## **23.9. Energy Delivery Systems - A Discussion**

As this time progresses and we work more and more closely with DIVINE SPIRIT facilitating the use of energies to help the transformation process occurring on the Earth and elsewhere, then we become more open to new means of working with energies and new ways of presenting energies to others. As the energies increase, become more diverse and honouring and as the multidimensional veil becomes progressively thinner, newer and more efficient means will be presented to us as part of the unfolding plan to move things along ever faster. Below I present all the different means that I am currently aware of. I work with many of the ways presented.

## Internal Energy Channelling:

This is the classic means by which most energy healers get started, within this mode of working however there are many stages and means to channel energy through ourselves to others. Some of these are now discussed:

- As a basic starting point the energy flows down through the crown chakra into the heart and then down the arms and out through the palms. This is the basis of such systems as Reiki, Magnified healing, Tamaki and so forth. These systems by and large use our body's own energy system to facilitate the energy flow. This flow is limited by the amount the person has cleared out with respect to his or her blockages and by how strong the energy source is that they are connected to. The maximum that can be delivered by this method is about 10 fold beyond a *standard* Reiki master and then a natural limit is reached.
- Another means increasingly employed particularly by those working with star, pure energy and planetary beings is through the use of implants. These are devices that are anchored to a person's higher dimensional energy fields (5th, 6th and 7th dimensions etc.) and are then used to channel through the energy. In this way the energy flows through this conduit rather than directly through a person's own energy system allowing much greater capacities to be delivered. Implants can be very sophisticated in technological terms and are usually found to be organic, ceramic or electronic in nature. They can easily increase the energy flow to well over a hundred fold when compared to normal body channelling. They also allow energy to be channelled out via novel outlets - eyes, heart, fingers, mouth and so on.
- Another method is to use energy body overlays to increase the capacity. This is used with some people who are working with either the angelic or pure energy realm Beings. Here an angelic or energy form Being merges with the channeller's own energy field (in most cases this Being is a higher form of the person they are merging with). The energy then flows through this Being overlay. Again this increases channelling capacity many fold compared to standard systems.

## External Energy Channelling:

This method works by directly filling the room or energy workspace without passing energy directly through the body. There are many ways of doing this:

- The first and most popular is by having many DIVINE Light Beings occupying the work space, who by their very presence are holding the energies and keeping them high. These people actively calling in Beings when they start a session will of course facilitate this.
- Energy Jackets are another way of doing the same thing. This is similar to an implant except that an energy overcoat is placed over the channeller and this coat then beams out energies to all those in close proximity. The wearer does not have to directly invoke the energy; the person's guides can do this when appropriate.
- Remote energy beams. Unbeknown to some workshop facilitators when they are invoking the energies, a Light or Star ship is positioned overhead and a high-energy beam is focused on the group they are working with. Having experienced this directly, the only way I can describe this is as if I am sitting within a microwave. Very powerful stuff.
- Energy chambers. Some healers work directly with higher energy healing chambers and when they invoke a healing session this chamber is placed over the client, energies are beamed to the client from the walls of the chamber. Again these are incredibly effective.

Most of the newer methods are being provided at this time to facilitate the ascension and

descension process and raise people's awareness in line with their DIVINE SELVES. It is these that are offered with the 'Divine Transformational Rays' - a new energy system offering high quality energies and energy delivery systems for all those who want to work with energies and beings that are in alignment with their soul essence and soul purpose. More information can be found on these at the back of this handbook.

## **23.10. Increasing your Effectiveness as an Energy Channel**

On being woken up in early 1995 I had direct awareness of energies and some abilities to work directly with them. Since then I have gone through various transformations and energy boosts to increase my effectiveness as an energy healer. Most of these changes came by working directly with my Divine Spirit support team rather than through training presented on this level.

Going through this process has made me understand that one's increasing effectiveness as a healer is down to a number of factors. The same factors are more often than not requirements for moving into your DIVINE NATURE, so you might as well embrace them all now anyway! They are:

### **Your Connectedness to the DIVINE:**

The more you work with DIVINE SPIRIT, the more you forge bridges with them, the more you are open to ALL THAT IS, the more connected you become to the higher levels and your HIGHER SELVES, then the more effective your healing becomes.

### **Accept No LIMITS:**

Many energy systems available at the present time are presenting major limits as part of their credo. Most seem to forget that a genuine healing system focused on true transformation must be dedicated to breaking limits, not supplying them. Therefore any energy system worth its salt must be evolving *beyond itself continuously*. You are in truth an unlimited Multidimensional Being and the only thing limiting you in any capacity is yourself. Newer more effective energies are arriving on this planet daily. Better means of delivering them to yourself and others are being implemented daily. So, if you train with someone who is of the 'this is all there is' or 'there is nothing better than this' brigade and you actually fall for it, then this will cause you to be bound by these limits. To seek nothing makes it much harder to move on also. In other words cultivating drive, passion and perseverance are important factors too.

### **Embracing CHANGE:**

You might as well get used to it now because things aren't going to slow down or disappear just because it's inconvenient or frightening to you or not acceptable to you. Many of us have become frozen in fear, addicted to hiding our Divine Magnificence. The only way out of this is through change and yes it's damn scary, but believe me it's even scarier to not do it. So, find out how easy it is to become gloriously addicted to change - by going for it.

### **Intent is all:**

As I have reiterated elsewhere your intent is everything. If your intention is to increase your effectiveness as a healer and you are asking DIVINE SPIRIT for help to do this then it will



happen.

## **END Points:**

What end Points? End points are an illusion - there aren't any. Your ego likes them, both to make it feel important at having achieved something and also to convince you that it's now a good time to have a rest and stop giving it a hard time (So called Masterships within energy systems are a good example of these).

## **Clearing your stuff:**

Trying to pass water through a blocked pipe won't work or passing clean water through a sewage pipe isn't helpful either. Do not resist your own movement into the DIVINE, every step you take is a pathway cut for others to intuitively follow. When *you* make a change, when *you* do it and you hold that movement deep within you then it *automatically* makes it easier for those around you to transcend the same.

## **Anchoring your Higher Dimensional Aspects:**

As you clear your issues and traumas with respect to each progressive energy level you then begin to anchor your HIGHER ASPECTS from these higher levels to who you are here. When you do this, then you span many dimensions simultaneously within the body space that you currently occupy. You can then channel energies on all of these levels simultaneously, thus resolving issues and trauma originating on those levels and hence greatly increasing your effectiveness as a healer.

## **Intuitive Flow:**

Do not make choices in your head or through logic or desires. Cultivate your Inner Intuition and follow that lead. It will take you wherever you need to go to meet whomever you need to meet. For example, just because you have done courses one and two in some training does not mean that you have to do the third (even if you have already paid for it). If it does not intuitively feel right then it's not right.

# **23.11. Going Deeper - Exploring causes with a Client**

I give you some examples of how I explore the origins of a client's challenges and how this leads me to decide what to focus the channelled energies on.

## **What are they feeling?**

Many times people get too wrapped up in the surface presentation of situations when it is the underlying meanings that are important. Quite often the circumstances that people find themselves in are only matching events that happened at other times and in other places. I find it very useful at times to put everything to one side and ask the client about how they feel about whatever it is that is bothering them. In these circumstances look out for the following:

## **Releasing unexpressed emotions or trauma:**

Sometimes the situation that someone finds themselves in now, is only important for what it is making them feel on a very deep level (rather than what the situation is doing to them on the surface). Here, they need to express whatever it is fully to clear it and let it go rather than to try and suppress it (which is what they did originally). Here are some examples:

- One client had money issues, but this was perfectly set up for her to feel shame - because this is what she needed to release. It was not the money problems that were important; it was what they were making her feel. So in this case we asked the energies to strip out the shame and also to adjust the conditioning that caused this response in the first place.
- A friend was going through hell at work, being undermined, experiencing disloyalty in a typical 'us and them' situation. This situation was dreadful, but at the same time it was the only way that my friend could get in touch with his unexpressed anger, frustration and rage which he had been holding onto from situations he had experienced as a young soul - a long, long time ago.

## **Feeling now what you made others feel in the past:**

Sometimes you are being made to feel the same way that you made others feel. I have been in circumstances, for example under so called 'psychic attack', which in fact has been nothing more than having returned to me what I sent out or did to others in other lifetimes. Cases like this require the following areas to be explored:

### **Acceptance**

Some people may find it hard to accept what they have done to others. It can be a very important area for some people to work on. How you are in your current lifetime is absolutely no indicator of all that you have been or done in all the existences you have had. Just because you are not a nasty, evil, small minded, manipulator in your current lifetime does not mean that you failed to get full marks for this role in the past.

### **Reclaiming**

Through non-acceptance, sometimes we have cast off a part of ourselves that we have branded as responsible for these past offences. In which case it is time to allow that part back and to fully embrace it.

### **Integration**

Even when you have really enjoyed playing in the dark side and are perfectly accepting of it now, you still have to bring these parts into yourself for integration. They are part of your WHOLE Being on many levels, so for you to become fully whole, they have to be fully embraced.

## **Replaying traumatic situations:**

Sometimes people have general feelings, which seem to be triggered by most situations. Their feelings very often seem to have little or no connection to the triggering circumstances. Quite often this is unresolved trauma from an extremely traumatic situation and is very deeply held. Here working to release these feelings by bringing out the deeply held emotion and then stripping the conditioning that caused the initial reaction is the way to go.

- I have worked with a few people, who have had very high levels of fear and terror. They had never got over being in some terrifying situation in another existence. Like a stuck

music track playing the same tune over and over again.

## **Putting Yourself in your Client's Shoes:**

Sometimes when a client is talking about different circumstances that are affecting them and I cannot 'see' what is going on then internally I will place myself in the same situation. I will vision myself in the same circumstances and then feel what it is like. I will then ask to be made aware of the 'original' circumstances or I try to envision different possible scenarios that would fit the current picture and 'feel' their rightness. Using these tools I can usually home in on the correct one or combination that feel right. Sometimes these visions are from soul childhood and relate to constricting or conditioning circumstances that were perhaps experienced over a long period of time. Sometimes they will be from a single incident within a particular existence.

## **Exploring a Clients current Childhood:**

Increasingly I am finding that the different circumstances people experienced in their current childhood correlate directly with incidents and trauma they first experienced elsewhere. I have found this to be true of most people that I am working with and that this is an important way to see the major issues, traumas and challenges that someone is working through here. Quite often in fact, what goes on in early childhood on this level matches up with traumas and situations that mirror soul birth and young soul-hood.

# **23.12. Points to consider when working with a Client**

When I do a healing session then I use the following statement to define how the energies should work with the client.

'This healing is for XXXX for XXXX's highest will and good and perfect healing of mind, body and spirit. I state that all that is done during this healing must be fully in alignment with her or his soul essence and soul purpose and it must be done with the full authority and permission of ALL THAT THEY ARE.'

In other words nothing will happen that is not fully in alignment with this person. When I train people I insist on the above. I also encourage them to use the following invocation (although I do not insist). Again the last part of this invocation is great if you are concerned about or frightened of negative influences. It is also good to use if you know that you have dark side issues to resolve. A good invocation will then help to keep you aligned no matter what is going on. Who you call in is your choice. For me an invocation was essential while I resolved my dark side connections however I don't feel the need to use one now. It is each to their own.

'For this healing - I ask for the presence and help of my Spirit Guides, Teachers, Healers and Guardians. I ask for the presence and help from Lady Master Kwan Yin, Djwhal Khul, Mother Mary, Jesus Christ, Archangel Michael and Archangel Gabriel. I state that all Entities and Energies that come must be from the level of the White Light or Higher and they must be Aligned with Divine Love, Divine Truth, Divine Will and Divine Wisdom.'

When I initiate people I give THEM the following statement to read that ensures that they define what they will get. This makes the initiations stronger, more defined and empowering (which to me is the whole point).

'With Full and Total INTENT. I ask that Spirit put me into my Divine Soul Essence NOW.'

'I invite the Divine Initiating Masters to work with me now to initiate me into the very finest Divine energies that I am able to receive at this time. All the energies that I am connected to must be fully in alignment with my soul's essence and soul's purpose and be for my highest will and good. I state to Divine Spirit that I will only work with energies that are from the highest Divine levels and that they must be in alignment with Divine Love, Divine Truth, Divine Will and Divine Wisdom - no less.'

'I ask for this now - and so it is - Thank you.'

The most important factor is INTENT. What are your aims in healing? What is your focus? INTENT really is the bottom line. We have lots of systems and approaches presenting rituals and or symbols as a focus. Shamanism and Reiki are two that come to mind. Rituals and Symbols are a substitute for intent and are entirely unnecessary (unless of course they are necessary for you). It is part of the path. You need a label to define what you do to make it more real for yourself. If you choose to step into yourself more then at a certain point you actually cross over from working with separate energies and Beings and begin to work more with ALL THAT YOU ARE (that is yourself). So, paradoxically when I give a healing session now it is ALL THAT I AM that is doing it while a year ago it wasn't. You can only really start to work with YOURSELF when you have re-claimed and embraced enough of ALL THAT YOU ARE to make it so.

During a healing, you are responsible for making your focus clear to your client and keeping that focus while you do the healing. With high quality aligned energies you are not responsible for the outcome of the client. This is because the client's Higher Self chooses the energies that the client will receive and what they will target, you don't.

If you intuit that one or more statements from this handbook are appropriate for a client to use then get them to read them out either as you are channelling the energy or when the channelling is finished.

## **23.13. Connecting to New Energies**

This states your commitment as a healer, to moving forward and to connecting to new energies as and when needed.

### **Practitioner Statement: Connecting to New Energies**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I state to Divine Spirit my commitment as an energy channel. I ask for spirit to continuously guide me to all the new energies that I need to work with both for my own evolution and as a healer and to help me effortlessly, easily and directly connect to these energies. I fully state that I will only work with energies from the level of the white light or higher that are Aligned with Divine Love, Divine

Truth, Divine Will and Divine Wisdom. This is how it always will be, this is how it is - Thank you.'

## 23.14. Using Energies to Honour the Client

Making some sensible limitations as to how the energies that you channel will be used.

### **Practitioner Statement: Using Energies to Honour the Client**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I state to Divine Spirit my commitment as an energy channel. I fully state that I will only work with energies from the level of the white light or higher that are aligned with Divine Love, Divine Truth, Divine Will and Divine Wisdom. I state my commitment to working fully with Divine Spirit as an energy channeller. The energies must work with each person in alignment with their highest will and good and their soul essence and soul purpose and with the full authority of their divine selves no less. This is how it will be - no less - Thank you.'

## 23.15. Increasing the Energy Flow

This statement will help to increase the amount of energy that you can channel through to your client or situation etc.

### **Practitioner Statement: Increasing the Energy Flow**

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I ask that Divine Spirit provide me with everything that I need to increase my effectiveness as a healing channel. I ask that energy blockages within me be cleared as necessary. I state that I am committed to increasing my capacity to channel energies and I ask Divine Spirit to help me do this. I state that all that is done must be in alignment with my highest will and good. I ask for this - and so it is - Thank you.'

## 23.16. Integrating Different Energy Systems

This statement is the one to use if you have worked with a number of different energy healing systems and are at a loss to use them in an integrated way. Here you are asking Spirit to recognise all these different connections and to integrate them so that they will all be used when appropriate during a healing session. It is best to check that all your energies are as aligned as they can be with respect to your level of awareness before doing this statement otherwise your Spirit healer team may end up being the lowest common denominator. DO NOT MAKE ANY ASSUMPTIONS about the quality of the energies you are working with.

### Practitioner Statement: Integrating Different Energy Systems

'From my Heart and with all my Being, I invite my Divine Soul Self to fully merge with me NOW. In a good and Sacred way I invite Divine Light into my heart and into my entire Being on all Levels. I invite the highest Divine Light Beings and all of my Divine Spirit Teachers, Healers, Guides and Guardians to work with me NOW. All that is done must be for my highest will and good and be fully in alignment with my Divine Soul Essence and Soul Purpose. I ask that this room, the space I occupy, be completely filled and surrounded with Divine Light and Divine Love, as I continue . . .'

'With Full and Total INTENT, I ask Divine Spirit to recognise and integrate all the healing energies that I work with. I ask to have a single Divine Spirit healing team that will work with all the energies that I am using and to use those energies appropriately for each healing session. I state that this team and the energies that I work with must be aligned with Divine Love, Divine Truth, Divine Will and Divine Wisdom no less. I ask for this now - and so it is - Thank you.'

## 23.17. A Final Word for Practitioners?

Is that there is no final word. There are no limits except those you hold yourself to - well if I remind you enough times it may sink in? Whatever type of healing resonates with you - GO FOR IT!! Too many systems are applying limits or constraints which are no more than a reminder to those who originated them that they need to move on. Let yourself go and let yourself BE. You will have come to understand as you have read this book what my particular energy work is focused on. This may not be your focus, but there are many points throughout this book and particularly this chapter which will help anyone increase their effectiveness in healing themselves and others.

For those more specifically interested in resonating with ALL THAT THEY ARE in UNITY and helping others do the same then you should perhaps consider an initiation into this energy approach. For more details checkout our web site <http://www.soul-healer.com> or the information given on the insert provided with this book.

## A GRAND SUMMING UP

### 24.1. An Introduction

This book was written to provide a down to earth, coherent, realistic and practical, LETS DO IT framework and approach with regard to a movement into your soul and a movement into unity. It has also been done with integrity and commitment (and many will think I should certainly be committed). Too much of what is published and presented is of the soft and fluffy variety which only moves people into soft and fluffy realities out of touch with their real selves and out of touch with ALL THAT REALLY IS. I WANT WHAT IS and this is what I am getting. It is also what I am offering as a possibility to YOU.

It is also from the heart of ALL THAT I AM rather than the soft and mushy emotional variety. It speaks of me and of what I have used to chart the oceans of myself - of all of myself - not just certain little bits that were easy to encompass.

It is very true to say that this book was written for YOU. I say this because there are much easier books that I could have written, there are certainly many more coming that are more fun, so this one has not been written for myself. I also know that this is true, because I know where I have been and I know what I have had to do to get myself HERE - DO YOU?

Yes it's shit hard doing the real stuff and facing your crap, but there is no other game in town worth playing and there is nothing else that you can do that is more satisfying. If you have this agenda then GO FOR IT. If you are GOING FOR IT then remember that there is nothing that a dedicated focus cannot shift, change, re-write or erase as necessary. If you want to take lifetimes then that is your choice. If you choose (as I do) to do it NOW, then you CAN.

My manner of speaking and writing has been a constant reminder to me about what I am doing. I know for example that in using certain words (see the last paragraph) I will have some people running for the hills and others shaking their heads and making judgements concerning who they think I am or what they think I really stand for. I am interested in TRUE SPIRITUALITY and true spirituality is not about saying the right words, or even about doing the right things, it is about being ALL THAT YOU ARE in BALANCE on all levels everywhere. The very words "right" and "doing" are of course a contradiction to this stance.

### 24.2. What are you to do next?

Well, if you are not actively working with this book then WHY NOT? If you are not changing or if its magic is not working on you then this is only a sign that you have to go deeper to find out WHY? Why cannot you be who you really are? Why cannot you love ALL THAT YOU ARE? Why cannot you ACCEPT ALL THAT YOU ARE?. What is it that is stopping you from being YOUR TRUE SELF?

As part of this, you also have to ask yourself - who is responsible for YOU? Certainly not ME. So,

what are you going to do? Are you going to start the most exciting adventure ever or are you just going to file this on your book shelf under H or perhaps M for mad as a hatter? It is of course entirely up to you.

For those of you who have started and are GOING FOR IT (even in a limited and tentative way) then GREAT, WONDERFUL, you will have wondrous adventures, your life will never be the same and someday you will thank yourself for having the courage to begin this movement - this start to FINDING YOURSELF.

Also if you have started then KEEP going. We remind you that as this movement will not miraculously happen overnight, but progressively, then you should work with this book every day or at least every other day if you wish to achieve your goal. When all you have to lose is NOT OF YOURSELF then what are you waiting for? You would be amazed at how many issues and wobbly bits you have hiding under the surface like silent icebergs hoping you won't find them. Their very sophisticated state of the art electronic countermeasures will be trying to convince you that they AREN'T THERE. Well - YES THEY ARE. You can pull them out, ALL OF THEM and if you keep going you WILL.

## 24.3. What's Coming?

Well definitely some more books. There are at least three more. One covering the full range of multidimensional adventures that I have had over the last six years. I am writing this now and I will continue with it until it is finished because it's FUN. There will also be a second volume to this handbook, showing the paths and our pitfalls as we make the movement into group unity. Although I keep thinking about this one I very definitely have to wait. I don't have all that I need to start it yet and it will be in a different writing style which has not quite emerged at this time. The third that I am considering would be an autobiography of a soul - guess whose? Again I cannot start with this now as I don't have the emotional connections to make it as it should be. However, as these are being forged NOW then it won't be too long (a year or so) before this book begins to manifest.

I also find myself (at last) living in Brazil. Thus starts a true bonding with my wife Cris who has also shifted as much of her issues as I have of mine. So, it is an exploration of what we can achieve as a couple as we explore ways of moving beyond our boundaries and limits, into a larger unity together.

There will be a community sometime and before that a place for people to come and stay. This would not only be as a base to explore Brazil but also a place where people will be exploring themselves.

I now feel that my life is really starting, the real adventure (in a different sense) is just beginning. The possibilities are enormous the challenges great and the fulfilment will be awesome - I cannot wait!

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# Acknowledgements

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I am letting this book be freely available on a 'gift me' basis. That is you are free to download it and see if it's right for you without limits or restrictions. So, if you do find it useful then please remunerate me for my time and effort - thats the deal. It is appreciated - Thank YOU.

**APPRECIATE?**  **Gift ME**  
then click here to

# Invocations and Statements in Book Order

## Invocations

- Starter
- Comprehensive
- Evolving
- For use with Lower Soul Level Situations
- Use for Higher Soul Level Situations
- To use with Collective Unity Situations

To 'FIND' these in the book copy the name of the statement and put this into the pdf search box

## Statements

- Soul Roles and Purposes
- Accepting Soul Skill, Qualities and Awareness
- Protection from Entities
- The Truth and Only the Truth
- Changing Attitudes
- Evolving/Resolving Issues
- Ensuring Progress
- Specifying Alignment of Guidance
- Bringing all Limits to Awareness
- Avoiding Misunderstandings
- Replacing and Re-aligning Guidance
- Efficient Evolving
- Easier Emotional Releasing
- Making a Commitment to Trusting
- Self Forgiveness and Self Acceptance
- Pain and Suffering no More
- Loving Yourself / Abundance
- Foundation Key: Committing to embrace Divine Unity
- Foundation Key: Committing to Resolve ALL Issues of Separation
- Foundation Key: Committing to Letting go of ALL Attachments
- Foundation Key: Committing to Letting go of ALL Control
- Changing the Karmic Rules
- Committing to Resolve Your Issues Faster
- Concentrating on Resolving a Single Issue
- Releasing all Negativity
- Clearing Negative Energies Efficiently
- General Self Healing
- Retrieving Lost or Discarded Soul Fragments
- A General Non specific Integration
- Balancing Your Duality Aspects
- Becoming and Staying Grounded
- Removing Implants, Inserts and Trauma Objects
- Dealing with Ancestral and Cultural Influences
- Releasing yourself from Conditioned Memory Imprints
- Making a Commitment to Facing your Dark Side
- Releasing yourself from Unnecessary Karma

Resolving Guidance Restrictions and Blockages  
Releasing Stored Emotions and Energies from Past Existences  
Breaking energy Attachments to Others  
Breaking Pacts, Vows, Contracts and so on  
Relinquishing all Curses and Spells  
Sending Energies to those Attached to you  
Entity Release - General Procedure  
Breaking ties with a Recognised Individual  
Negotiating an Entity Release - Easy  
Negotiating an Entity Release - Tough  
Changing Pathways that Create FEAR  
Restrictions around Unconditional Love  
Dealing with Conditioning that Induces Suffering  
Conditioning that Prevents you Expressing your truth  
Breaking Limits  
Preventing the generation of FEAR  
Releasing GUILT  
Trusting One's Self  
Doubt Into Trust  
Releasing Sexual Blocks and Constraints  
Erasing traumas and memories of a specific existence  
Mothering and taking Responsibilities for Others  
Fear of Death and Dying  
Fear of cancer  
Death and dying conditioning  
Releasing trauma relating to death and dying  
Cancer cells into normal cells  
Erase all cancer tendencies  
Repair cells, organs and tissues  
Increasing your Divine Light Levels  
Releasing yourself from Human Design Limitations  
Divine Energy Infusion and Cleansing  
Re-Balancing and Re-Aligning on all Levels  
Asking to have all Separations Resolved  
Focusing on Ascension  
Focusing on achieving Descension  
Manifesting your Divine Qualities  
Connect to Multidimensional Mates and Divine Colleagues  
Letting go of your Self Image  
Letting go of all Preconceptions and Expectations  
Re-focusing to achieve UNITY  
Taking Self Responsibility and Re-claiming Free Will  
Dealing with Remote Controlled Interference devices  
Removing Negative Energy Implants  
Having all your own Memories  
Dealing with the effects of Negative thought Influences  
Letting go of unnecessary Self Reminders  
Letting go of unnecessary Favourite Things  
Letting go of unnecessary Safety Restrictions  
Resolving Soul Parent Expectation Misalignments  
Letting go of your own Soul Parent Expectations  
Soul Creation and Soul Birth Traumas

Resolving Soul Parenthood Birthing Traumas  
 Resolving Twin Soul Separation Problems  
 Correcting Soul Birth Defects  
 Releasing yourself from Soul Level Conditioning  
 Releasing early Soul Traumas and Unexpressed Emotions  
 Resolving Soul Purpose Misalignments  
 Removing Negative thought form Imprints  
 Installing Holographic Energy Blueprints  
 Resolving Soul Divisions and Splits  
 Relinquishing Agendas and Affiliations  
 Letting go of Religious Beliefs, Cults, Sects and so on  
 Letting go of Religious Beliefs, Cults, Sects and so on  
 Letting go of all Beliefs  
 Letting go of Gods, Master and Deity Influences  
 Releasing yourself from Collective Conditioning  
 Being Together in Unity  
 Aligning Group Agendas and Affiliations  
 A Commitment to Equality within a Group  
 Creating Sacred Spaces  
 Exploring Subtle Energies  
 Becoming More Sensitive to Subtle Energies

## Statements for Practitioners

Re-aligning your Channelled Energies  
 Connecting to New Energies  
 Using Energies to Honour the Client  
 Increasing the Energy Flow  
 Integrating Different Energy Systems

How you doing with the book? I do have an  
 energy tool available to help you work with  
 what is here more effectively? Yep, I know  
 it can seem a bit weird (I did use to be a  
 scientist you know?) Anyway, if you want to  
 know more - it's there on the web site OK?

Just clicking here will get you to the site.

And that's it i'm not going to annoy you  
 anymore! Take Care . . .

**The 'SOUL TRANSFORMATION Facilltator'**

# Post Script

This book was written and first published about 8 years ago now. Since then I went to live in Brasil to be with my wife Cris, we bought the land and did the 'good life' (sort of); managing land, designing and building our own home and more. See [CliveHetherington.Com](http://CliveHetherington.Com) for details of what we did there.

After a while we realised that it was not about the land or the 'vision' we had but rather it was about all that had been brought up to stand in the way of this to become aware of and to try and resolve. So, we sold the land as it's purpose was fulfilled. We then travelled for 10 months - initially around the south of Brazil then around Europe. Cris and I parted in early 2005, with Cris returning to Brasil and me going to live in Portugal; I am now back in the UK.

In terms of my healing work and healing myself; my drive to understand and find solutions has not diminished. In fact I can say that the last 3 years has brought more understanding of really real causes than all my other lifetimes put together. The last 3 years saw the beginning of some definitive answers, not very nice answers and nothing that relates to anything else out there but answers nevertheless.

That said then understand that this book is potentially a bridge. Although all that is written within this book is 'True' and useful; this is only so within the bounds of certain concepts, paradigms and agendas. You could say that although the scale of presentation within this book is 'Big' it also turns out to be quite small within the context of what I now know. However like myself you have to learn to crawl before you can stand and you have to stand before you can walk.

So, if you find this book useful then GREAT and I really mean that. At the same time if you ever start to feel either that it's not quite getting to somethings or that it is not quite satisfying the nagging feeling that there is more then keep moving on because there is definitely more and it's worth getting to play with.

Take care . . .

*Clive S Hetherington*

## Energy tool aids designed for this book

This book originally started out as a manual that was the guide book used with a 'transformational' energy tool that I produced in the past. This tool held the blueprints and energies to boost the effectiveness of working with this book by about 10 fold (for most people) or more accurately the book acted as a guide to help users of the energy tool work with it effectively and get the most out of what the tool could do.

The original tool was called the 'Personal UNITY Facilitator' with another to boost collective healing called the 'Collective UNITY Facilitator'.

For this e-book edition I am producing a single tool that is a combined and extended version of both these subtle energy tools which will hold all that I have learnt since designing and producing the original to help you work with the Divine and this book here.

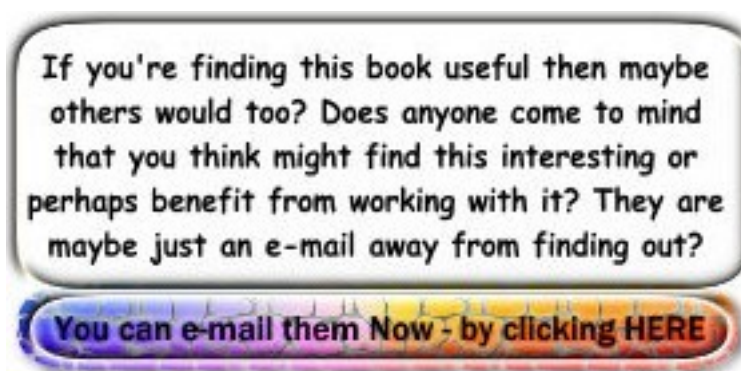
So, if you are interested in having something that compliments and boosts your effectiveness while working with the statements and focuses in this book then check out the books web site [HERE](#) for to read the web page that gives full details of this tool.

## Future Books

It seems highly likely that I will write more books in the future that will extend (hugely so) what I have started here. So, if you want to further push both the boundaries of yourself, your understandings and also your conception of healing then check in on my web sites from time to time to see if the next book has been written yet.

## Help spread this book

If this book has been useful to you and you know others that might benefit or be interested in it then it is very easy to e-mail it to them by using the built in e-mail function. Click on the graphic below.



Thanks to all those whom do this - I very much appreciate this.

## Reader Feedback

I am always interested in feedback from those working with my book and tools. So, feel free to let me know how you are getting on or not. There is a e-mail contact form on [SelfHealingHandBook](#)

