



Spirit Guide

Raym

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Reviews

“Raym’s very comprehensive introduction to holistic thinking and living leaves no stone unturned. If you are just embarking on the journey of discovery for yourself, you will be lightly and often humorously guided in every facet. Contrasting the light style, some of the concepts covered are deep, but Raym at all times has your welfare uppermost in his approach. A master healer himself, he is there to guide you in deep meditative and healing experiences, and it may be that these are the real gems of this excellent primer of holism.”

Elizabeth Stephens, Editor, LivingNow and Dare to Dream magazines

“I really enjoyed reading Raym’s book. I found it inspiring and enlightening. It is a “must read” for everyone, especially those embarking on a spiritual journey. I highly recommend it.”

Dr. Patricia Bragg ND. Ph.D. Health crusader

“... the most easy to read, entertaining and informative view of New Age philosophy I have ever read, an indispensable guide.

Highly recommended.”

Your Destiny magazine

“A thorough and thought provoking read.”

Conscious Living magazine

“A gripping read from beginning to end”

The Planet

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Chapter 1

Why we are here

Introduction

Our world is changing. A rising tide of spiritual awareness is presently sweeping our planet. Why is it becoming an irresistible force, which attracts people from all walks of life; intelligent, respected, talented, ordinary and sometimes famous people who may well include your neighbours, friends or family and now you?

In the following pages we will examine these questions and in doing so will explore many aspects of contemporary beliefs and philosophies regarding our abilities and potential as human beings. Some of the information in this book may surprise you. Please do not dismiss any subject as too weird to be true. Read the whole book with an open mind and give yourself time to digest it. New concepts that may at first appear to be bizarre flights of fancy, are often quickly assimilated into the mass consciousness, if they are true.

Many paradigms or commonly held beliefs are being turned upside down at this time. New concepts and experiences can be threatening to society. These concepts may initially be ridiculed by an uncertain public, a public that feels its reassuring grasp of reality and “the way things are” being gently tugged like a rug from under its feet.

Human beings, though sometimes a little lazy, are an incredibly adaptable species and we love a challenge! One of the primary challenges humanity is faced with right now is the shifting of mass consciousness into a new era of awareness and abilities that encompass many of the concepts outlined in this book. As you explore these truths and become aware of your own abilities, you affect those around you. As more people explore, experience and then accept these realities, so they become common knowledge - a paradigm shift is achieved and mass consciousness changes. This is happening now and you are part of it.

As you embark on your own personal journey of exploration, be aware that whatever brings joy to your heart will lead you along the path

which is most suitable for your own growth. If you listen to your heart, you will find yourself with the right people, in the right places, at the right time. If you trust your own feelings you will find yourself on a journey of personal fulfilment and empowerment which will be awesomely powerful and will assist the evolution of both humanity and our planet.

Crystal Dreaming™

A great deal of the information in this book is based on thousands of Crystal Dreaming™ sessions. Crystal Dreaming™ is an advanced crystal healing technique I have developed and which is taught and practised across Australia. By laying a matrix of crystals around the client in a particular pattern, it is possible to guide any person into an altered state with ease and grace. In this state they may have a direct and personal experience of All There Is and all they have ever experienced. With a trained facilitator it is possible to access that sacred space of oneness that can be so elusive on this plane. In this place of unity consciousness, in this no time space, it is possible to access ALL time space, all dimensions, all experiences and all realities. This is a place of immense power and from this vantage point great insight may be gained into how this reality works, who is interacting with it, why and how we directly affect it.

After twelve years of facilitating altered states for many individuals, what astounds me is the commonality of what one might expect to be a deeply personal experience. That universal experience is reflected in this book and it transcends cultural and theological boundaries. There IS a Universal truth and I humbly present my understanding of it in these pages. I have included anecdotes, meditations, affirmations and exercises where appropriate. All the anecdotes are first hand experiences, all affirmations and meditations are powerful tools and will have an immediate effect on you and your reality so long as your intention is clear and you express yourself wholeheartedly. All affirmations increase their power with daily repetition. Within these pages I have included all the information that I feel may be easily integrated by a novice reader. If you wish to know more I recommend my book "Alchemy of Crystals," or better still experience the aspects of reality I discuss yourself by finding a technique that works for you.

I now offer you some tools that may create a framework to assist with your understanding of universal truth through your own personal experience. Good luck with your explorations!

A Brief History of The Universe

An endless time ago an infinite Being existed in perfect harmony, perfect love, perfect stillness; it just was and everything was perfect. Aeons ago this Being in contemplating its own infinite ability to create, concluded that in its limitlessness it could create anything it chose. When all is love and everything is perfect there may be nothing to measure this perfection by. In the still void of a limitless never ending now, how do you compare?

In order to extend its experience of existence, this Universal consciousness enhanced its awareness by exploring new ways to experience being. In this moment everything transformed from stillness to expansion and there was Light. This energy then divided and divided itself again and again, creating worlds within worlds, dimensions within dimensions, ad infinitum. This massive materialisation of thought and awareness included the desire to consciously experience all things through being - being as both separate consciousness and oneness. In order to truly appreciate and experience bliss and unity then we choose to experience separation from it. When we are ready to re-experience the truth of our own infinite being and its perfection in love then we may reunite with unity consciousness, oneness and bliss. This we may do in any given moment using the appropriate techniques.

There are many places in the Universe where separation from oneness is experienced. Earth has become one of these places and as human beings many of us experience a large part of our time here feeling separate from each other, the planet, our higher selves, oneness, bliss and unconditional love. This illusion of separateness can cease in a moment.

Who are you?

We are thinking, self aware beings with free will. Everything in this existence is created by and is part of us all. As aspects of the limitless Being that we are, we are everything. Our consciousness is in everything and is reflected back to us in everything we interact with or create. As aspects of Oneness having an individual human experience, enjoying free will on this planet now, we have the power to create as we wish. Most of us have just forgotten how to access it.

Earth, exquisite jewel that she is, was created by us so that we, as aspects of oneness, could enjoy the thrill of living and creating in a limitlessly abundant third dimension. We have the opportunity to co-create a place of harmony, peace and love with all other lifeforms in, on and around planet Earth. We can create Heaven here on Earth now.

Earth was meant to be a heavenly paradise, a place where human beings could exert their free will to create as they chose. Our choice to

exert our free will in defiance of Nature has lead our species into the disconnected state of separateness which has brought us close to planetary destruction. We have become disconnected from the Earth and from each other. Many people are disconnected from love and our own divinity, disconnected from spirit, from the Creator and the joy of simply being. This leads to us becoming disconnected from our grandchildren and their children's need for a healthy, clean environment. And so we become disconnected from the other beautiful creatures that depend on this planet's biosphere for their survival. Our species has lost touch en masse with its inherent beauty and its ability to co-create our preferred reality based on joy, love and peace.

Human beings know deep in their hearts that there is something missing, particularly in contemporary Western society. In a desperate search to find it we have been led up a blind alley of materialism by the gurus of consumerism and greed. We accept the bondage of shallow materialism in preference to a deeper relationship with ourselves, our environment and the love that living in harmony with our host planet and the Universe offers. We are free spirits and, as such, materialism need have no power over us.

You are a free spirit

That we are creatures of free will is an undeniable fact. It is good practice to remind ourselves and the rest of the Universe that we are indeed creatures of free will. I therefore recommend the following affirmation.

The language used is Hebrew and it is the affirmation Moses heard directly from God on Mount Sinai, as he stood in front of the burning bush. As this language and the statement came directly from the Source it remains the most powerful affirmation any human being can make using the spoken word.

Find a comfortable quiet spot at home or in nature, stand or sit still and clear your mind; think of your thoughts as ripples on a lake that are gradually becoming calmer until it is still. When the lake is still, make the following affirmation out loud, clearly and with conviction. You may repeat it several times!

"As the Universe is my witness, I am a free Spirit, I am a sovereign being of light.

Beray sheet ehyeh asher ehyer.

Beray sheet ehyeh asher ehyer.

Beray sheet ehyeh asher ehyer.

I am that I am.
I am a being of free will.
I am a free spirit, so be it!"

How do you feel after that?

Earth; Gaia, a living sentient being

Earth is a huge intelligent living organism. Like us, she thinks, breathes and is self aware. We created her to sustain all the creatures living within her biosphere. In fact there is not a grain of sand or a blade of grass of which she is not aware.

When incarnating in bodies here, human beings accept the privilege of living on Earth with the understanding that we will protect, love and honour her in return for her sustenance. It is only natural to look after your own mother, to love her and ensure she is well looked after.

Although she loves us dearly, this living Goddess Gaia is suffering from our neglect and abuse through pollution, deforestation, overpopulation and over exploitation. Since the birth of the industrial age we have, in a staggeringly short time, raped and plundered her resources almost to exhaustion, losing touch with our relationship with her in the process. Our abuse reached such an extent that, when we exploded the first atomic bomb, she sent out a distress call throughout the Universe. The beings that should be nurturing her were systematically destroying both her and the other creatures she was created to sustain.

Many loving beings responded choosing to help by being born here now as volunteers. They are working as or with indigenous people, are environmentalists, artists, musicians, writers, performers, or are light-workers, teachers and healers. They might have trouble remembering who they are and why they came here, but most are awake or waking up, becoming aware of the truth and daring to be who they really are.

Each and every human being has a responsibility to care for our host, Gaia. Each and every one of us is capable of creating huge and dramatic change in the way that humanity perceives our relationship with Earth. All we need to do is think, act and talk about how we can care for our habitat and, in so doing, return some love to Mother Earth, who has supported our species so generously for such a long time.

As well as physical interaction, meditating on world peace and affirming your love for our host, Earth, each day is a powerful contribution to our planet's wellbeing. I recommend the following exercise, alone or with friends or family every day for at least a week or for the rest of your life.

Caring for our home, our planet

If you would like to return some of the unconditional love our Earth Mother has given you, please take some time out now to pause and give thanks to the Earth Goddess Gaia for her unending selfless love and patience with humanity.

If you live in the country, or near a park or beach, or have a garden, go there soon and step outside into the environment. Find a still and beautiful space near a tree or some flowers, bush or vegetation and stand or sit and soak up nature, see, feel, hear and smell the environment and all that is in it. When you feel at peace and in tune with nature, please make the following affirmation:

“I _____ (your name) call on the Universe to witness my heartfelt thanks to Gaia our Mother, this planet Earth, for the abundance with which she surrounds us.

With all my heart I humbly call on you the Earth Goddess to hear this affirmation. I love you, I respect you, and I will do everything in my power to nurture and protect you. Thank you, thank you, thank you. I am surrounded by your love and abundance always.”

This affirmation should be spoken daily or as many times as you wish, whenever you wish. You may choose to place your hands on the ground, or hold a flower or tree, or even lay flat on the ground face down, as you do this. Affirmations are best spoken out loud, but you don't have to shout them. Don't be shy, if you are in a public place probably no one will notice. If they do, who cares? You are a free spirit!

Be sure to speak from the heart and with love. If you are unable to access a natural open space, you can visualise it or address your thanks to an indoor plant. As long as your affirmation is heartfelt, Gaia will hear you, and you will have contributed to the return of balance and harmony to our planet.

How did you feel immediately after your affirmation? Was there a response? Did something change in your immediate environment? Remember there may be no such thing as coincidence.

You also have the power to do many practical things to nurture and protect our Earth mother. This could take the form of not littering or polluting her, or purchasing unnecessary or wasteful products. Think about every item you purchase, how you travel to work, what and where you eat. Has the food you eat been lovingly prepared by yourself or another human being using ingredients that have been produced locally, without harming the Earth's environment?

Most mass produced “fast foods” cause enormous damage to our planet in the production processes, by encouraging deforestation and

cash cropping in poor or “underdeveloped” countries. This can lead to the forced removal of local indigenous and poor people from their natural habitat into overcrowded and filthy ghettos. If we saw this first hand in our local neighbourhood it might encourage us not to buy the products that create this situation. When the effect is far removed from the cause and is camouflaged by slick misinformation campaigns, it is easier to forget or ignore what our patronage creates.

Think before you eat.

Genetically modified foods

In recent times profit based organisations that care little for our wellbeing or the wellbeing of our planet have attempted to disrupt our food chain with genetically modified food. By splicing the genes from living organisms with plants, genetic engineers create “foods” that are resistant to certain brands of pesticide and can therefore be drenched with them without apparently damaging the crop. In this process not only may we find ourselves unknowingly consuming foods saturated with chemicals, we may also consume foods that contain the genes of fish or mammals. A vegetarian or a person with particular spiritual practices may find themselves eating a plant that has been created with non-plant genes without their knowledge.

The manufacturers of these foods are targeting the mass food industry, the raw materials from which fast foods are made - corn, soya, potatoes, wheat etc, and already pre-packed foods containing genetically modified foods are on our supermarket shelves. Without compulsory labelling we can never be sure that the food we eat has not been interfered with.

The energetic vibration of this food is dense and its absorption detrimentally affects our energy systems. It is our choice as a community whether we accept these unnatural “foods” onto our kitchen table. It is most appropriate to communicate with our elected representatives and food stores that we demand all foods be labelled clearly. Then we may express our choices at the check-outs by purchasing foods that contain natural, non genetically modified, organically produced plants.

Our blueprint or life plan

Every human being is a Spirit Being having a human experience. In other words our consciousness is an aspect of the limitless being of oneness, the great creative force that shapes this Universe. It is not contained within the human body or our life span here on Earth. Our evolution as spirit beings leads us through many experiences on many planes and dimensions, returning us periodically to the Source of all creation and fully conscious reunion with All That We Are. As part of the

development of a spirit's evolution we choose to reincarnate repeatedly on this planet. In doing so we experience separation from our own divinity in order to allow ourselves the joy of rediscovering our immense power as aspects of the Divine. If we are fortunate we are able to experience this in our lifetime here. Anyone can do this, regardless of belief system, race, financial or social status. It is an innate human ability and it is our birthright.

This conscious and permanent reconnection with unconditional love or All There Is may be described as enlightenment. Having achieved enlightenment on this plane of existence, our spirit is free to move on to other more challenging experiences in other realms. Our lives on Earth therefore are a small phase in our spirit's experience, which is ongoing and continues after our bodies cease to exist.

Our awareness of Unity Consciousness or Oneness, our own interconnectedness with all things, dims soon after birth. Our challenge in this life is to rediscover that connection. If we choose to expand our consciousness and explore our spirituality during our lifetime here, we may rejoin with unconditional love and in doing so become enlightened. It is entirely up to us; nothing can prevent this experience.

In contemporary Western society this really has become a challenge, with little or no infrastructure to support an individual's spiritual growth and lots of materialistic distractions which lead one away from spiritual pursuits. Gone is the intimate village environment, with local shaman, healer, priest or priestess, to observe and guide you on your way. Gone are the ancient Earth honouring rituals that reminded us of our interdependence with the seasons, other creatures, other Spirit Beings and our host Earth. Gone too are the ancient Mystery Schools with priests and priestesses trained and initiated into the esoteric arts of metaphysics. However, each and every one of us has the innate ability to rediscover our own Divinity, remember and embody the special abilities we developed here in previous lives.

Prior to incarnating we draw up our life plan or blueprint which outlines the course of action in the coming life that will most benefit our spirit's evolution. This plan could be described as our life's purpose. Each and every person on this planet has a Divine blueprint which, if it is followed, will lead to the maximum growth possible for each individual in this lifetime. As a natural consequence of individuals following their life plan personal and planetary healing follows. Imagine living in a world where everyone is living to their full potential!

Our lives on this planet are an opportunity for our limitless spirit to grow, develop and become self realised through our experiences here. We repeatedly reincarnate here in order to learn more about love in action and our ability as creators. Each lifetime creates an opportunity for us to become more consciously aware of our own divinity and to live it, thus moving closer to a fully conscious and fully embodied union with All There Is.

Activating your blueprint

As aspects of the Divine having a human experience, it is easy to forget our direct and personal link with the Creator and why we came here. Fortunately it is also easy to re-establish that link because it is impossible to break.

After stilling and centring yourself in a peaceful place of your choice, visualise a tube or column of light surrounding your body and stretching up and out into space, back to the source of everything, the source of all love, the source of all light. When you can see and feel that column of light you may make the following affirmation:

“As the Universe is my witness, I _____ of my own free will, reclaim my awareness of the Divine, I am an aspect of the Divine, I acknowledge the god within, the GOD I AM.

I ask that my own Divine plan or blueprint be brought into alignment, that I be made aware of any actions I need to take on this plane to fulfil that plan, NOW.

I ask this of my own free will, in full consciousness and for my own Divine highest good. So be it.”

You may find thoughts, feelings or pictures coming into your consciousness in the moment or, over the next hours and days, you may have a more spectacular experience! Any actions impuled from the Divine will ALWAYS be positive and based on unconditional love for all beings.

Keep listening to your feelings. They are your clearest connection with your blueprint or inner knowing. You do not need to use your conscious mind to access your plan. In fact your conscious mind or ego may well feel threatened by the direction that your inner knowing takes you. You may well find your ego trying to tell you that the guidance you are receiving from your higher self is irrational or unpractical. You will discover it to be neither, as you act on the positive and loving guidance you receive and take positive steps to change your life accordingly.

Life, death, rebirth, karma and the akashic records

Our consciousness does not cease to function when we die. What we perceive in this moment, in this reality, is but a fraction of our total awareness. Each one of us has chosen to incarnate on this planet to learn more about the density of the physical plane and to balance that with our spirituality.

In choosing to experience life on this plane we agree to “forget” who we are and have been in other incarnations. Our conscious mind has no recollection of pre-birth experiences, these memories are held within each individual’s DNA and in every cell of our bodies. These memories are usually described as our cellular memories and they can be recalled into consciousness using a variety of complementary and alternative healing techniques.

If we become distracted, apart from drifting away from our own life plan, we may interfere with someone else’s. If we adversely affect someone else’s blueprint without their permission we create a situation where we owe them a debt, usually called a Karmic debt. Generally the only way to clear a Karmic debt is to reincarnate again and personally experience the situation that you created for someone else in a previous life.

In this way spirits become entrapped, bound to reincarnate on this planet, incurring Karma, returning to settle the debt, becoming distracted, incurring more Karma and so returning again. If we do not fulfil our life’s purpose and work it out in this life, we have to come back and do it again. We may only release Karmic debts when we are incarnated. It is definitely worth the effort of discovering and then surrendering to your life’s purpose so that your spirit may evolve.

Karma on this planet is all pervasive and unavoidable. If you deviate from your life’s plan, what you think is a good idea for your personal growth and what your higher self or the Divine knows, may be two different things. You access your knowing through your heart - not your head.

Every human being has Akashic Records, which are each individual’s personal record of ALL their experiences, including Karmic debts incurred and those owing. They may be accessed through Crystal Dreaming™ and using some of the techniques outlined herein. Akashic records may also occasionally be read by exceptional clairvoyants.

Past life recall

The aim of this exercise is to gently take you back to the time before you were born, year by year. Having asked for help and guidance in the appropriate way, we trust that whatever images, visions or dreams that

present themselves are appropriate. Please dismiss nothing that comes into your mind as fantasy. You have set the stage and given yourself permission to release the memory - so please trust it.

Allow plenty of time, as you may drift off into sleep during this exercise. If you do, the dreams you have will be relevant. Lie down in a comfortable, quiet place and relax.

Allow yourself to float in a bubble of soft pink light, supported and embraced by it, drifting. At all times you are connected to the Divine via the column of golden white light above you. It surrounds the bubble you are in. Call on your Spiritual guides, teachers and friends and ask them to help with this process. Clearly state your intention, provided it be for your Divine highest good, to experience an incident or incidents from past lives that are relevant to your plan for this life.

Now you may gently lead yourself back through your own life counting back year by year allowing memories to surface and observing them pass by. After you reach zero you may say "in the womb" and then "before then." Some memories might bring up surprisingly intense emotions.

You should release these emotions and thank them for helping you grow. Should you become "stuck" at a particular incident, you may promise yourself that you will attend to that situation with an experienced healer and allow yourself to relax, discontinuing the exercise.

Allow images and feelings to surface as you gently explore the time before your birth.

Conclusion

Earth was created so that we could enrich our spirit's journey and learn to co-create, living in harmony with the rest of creation. We have the ability to create Heaven on Earth now.

We reincarnate on planet Earth repeatedly. Our ultimate goal when living in a body is to reach enlightenment or a permanent and conscious embodiment of unconditional love and of who we are, as aspects of All There Is.

Earth is one of many experiences and challenges that await the evolving spirit. Karma can and does entrap many beings here in the cycle of death and rebirth. If you are ego driven then chances are you are exerting your little will over others and against the will of your Higher Self and the Divine. In such a state you will be incurring Karma and you will be required to experience the situations you have created for others, intentionally or unintentionally, in your next lifetime.

You will without doubt learn a great deal from reliving the challenging experiences you may have created for others, but you do not have to do it the hard way. Once you are aware of the implications of your own actions you may change your behaviour accordingly.

Aligning with your own blueprint enables everything to flow smoothly. You live in harmony with those around you and every other creature on the planet. This enables you to release your Karmic debts and break your own cycle of death and rebirth here, thus freeing your spirit to evolve and experience more of your soul's unfoldment.

Chapter 2

Accessing your power

The interconnectedness of all things

We are, as aspects of the same limitless consciousness, connected to All There Is. As part of the same whole, our actions affect every other aspect of that whole and it responds to us accordingly. We are connected to all other life forms, aspects of creation and each other. In simple terms, we, the Earth and everything on it are all one, we are all aspects of the same conscious whole. Any action, therefore, we impose on any other being, creature or environment, we are in effect inflicting on ourselves. If we radiate love we receive love. If we radiate anything else on any other level we receive that also.

In order to understand the complexity of this interdependence and our interconnectedness with other beings, I suggest that for a moment you visualise your life on this planet as a thread in a huge and complex tapestry that stretches out in one flat plane, as far as the eye can see or the mind can grasp. This point in time is a speck of dust on that thread. The rest of the tapestry is connected to your thread by others that touch you and are in turn touched by others during your life path. They represent all other aspects of reality and beings that you come into contact with during your life here on Earth. The term “deep ecology” may be used to describe this perception of the interdependence of all things.

If you pull hard enough on one thread, if you deviate from your life plan and become ego based in your actions, resisting your Divine plan, your actions will create a pull or disturbance in the whole tapestry. You will affect all the threads that cross yours and they in turn will affect the threads that cross them and so on. This is how your actions affect all other beings on and around this planet.

This analogy covers life on our plane of existence on planet Earth. To grasp how that affects the rest of the Universe and all the other planes of existence, visualise the tapestry in three dimensions, with interconnecting threads stretching out in all planes from this point in time and space.

If you pull the thread, you pull the whole fabric of creation out of alignment and your actions affect other realities that are not directly connected with you, this planet or this reality.

You can contribute to restoring balance and harmony on both a planetary and a Universal scale by moving out of ego and surrendering to Divine will, aligning your whole being with light and love.

Aligning with Divine will

By raising our own consciousness as individuals and experiencing the truth of our oneness with all things, we will naturally create a more harmonious environment around us. As well as aligning with our life plan we can further surrender in service to Divine will; thus we can co-create a world in balance with the rest of creation.

Please consider the implications of this exercise before you carry it out. In dedicating yourself in service to the Divine you may set in train some dramatic changes in your life that may present you with some short term challenges. Releasing Karmic debts and asking for any debts you owe to be released may have a similar temporarily challenging effect on your life. This affirmation may have a profound effect on your life.

Find a quiet, beautiful and private place, sit or stand still for a while, with your back straight, then make the following affirmation from the heart;

“As the Universe is my witness, I _____ now accept my destiny. I accept that I am an aspect of the Divine, I accept that as such I AM THAT I AM. I freely declare that I am now ready to step into my own power and the fullness of my being, in service to humanity and the Divine plan. It is my choice as a free spirit to explore my own potential, and I offer myself in service to Light and unconditional love, now and always.

I now ask that I be released from all outstanding Karmic debts or that they be settled now, I now release any debts owed to me. I freely forgive all those who have harmed me and likewise beg the forgiveness of any I may have harmed. I ask for the Divine highest good of all, with love in my heart and of my own free will. So be it.”

You are now fully committed to a path of personal evolution that will assist in fulfilling your life’s purpose and help you find out who you are and why you are here. If there is any Karma to be played out it will occur in the next few days or weeks. Do not be surprised if there are upsets or challenges in your life during this period. Once that is settled, you are free to be of service by fully exploring and realising your own potential.

By surrendering to Divine will, you understand that your small will or ego has no business organising your life. The conscious mind is useful in facilitating the day-to-day running of your affairs but, when it comes to the big picture, listen to your feelings. They are in tune with the larger plan; your mind is not.

The power of meditation and prayer

Meditation takes many forms. It can loosely be described as a method of stilling the mind in order to experience inner peace or to connect with inner or higher guidance. Meditation frequently involves inner reflection but it can also be used to focus healing energies for self and others. It can be used to alter consciousness and access other realities. There are many schools of meditation or yoga and it is not difficult to find and learn a technique that suits your personality or to develop your own personal method of meditating. Any activity that stills the constant chatter of the busy mind can be described as meditation. Dance, cycling, knitting, and gardening may all be used as meditation to still the mind.

When people meditate for a specific purpose it is often in a still, quiet place and it usually involves standing, sitting or lying, with spine straight, in a comfortable position and following a set routine which will close down the conscious mind. Many people grossly underestimate the power of individual and particularly group meditations to affect the world around us. When a group of people sit together with a clear group focus and shift their consciousness as one, then it is possible to work miracles.

Prayer is a powerful way of clarifying and expressing your concerns directly to your own Higher Self, the Creator or the Oneness you are. It is best done with a little preparation in a special place that is still, beautiful and free of distractions. This can be a room or part of a room, or if you can access it, a private place in nature. You do not need to go to church to pray, nor do you need an intermediary. It is your birthright to talk to the Divine or the Oneness, however you perceive Her/Him, in the way that you feel most comfortable.

Affirmations spoken out loud, alone or in groups are one of the most powerful tools for personal transformation available to humans. Affirmations work by clearly and positively stating your intentions to both the superconscious and your own subconscious. The spoken word has the power to create its intention and when made repeatedly and with clear intent, affirmations will directly affect the reality of the person making them.

Both your own subconscious and the Universe will respond to repeated affirmations whether they be positive or negative. Consider the person who repeatedly tells themselves and others, "I am useless, I will never amount to anything, nothing ever goes right for me." These statements often repeated become a self fulfilling prophecy. How can anyone else believe in you if you don't believe in yourself?

As the Universe exists to serve us, it will respond automatically to our stated beliefs. Consider the person who states out loud, "What a magnificent day! I feel great! Everything is going splendidly!" How much easier it is for us to support and encourage someone in this frame of mind, how much easier it is for them to believe in themselves. Of course the Universe and their own subconscious respond accordingly.

If we hold images of perfection, health, abundance, peace and harmony in our minds and express them through our words, then they are registered in the superconscious mind as already existing and will come into our lives on this plane. This is the key to creating your own reality - a harmonious life full of abundance, joy and love.

Never underestimate the power of the spoken word! Affirmation combined with meditation and prayer create a mighty trinity. If practised in the ways outlined in this book they will create positive change in your life and the lives of your loved ones, that will assist your own evolution and planetary healing.

A simple and powerful affirmation

Every morning for at least one week, before you begin the activities in your day, take one minute to stand still in front of a mirror.

Take three deep, slow breaths, taking the air to the bottom of your lungs as you do so. Breathe in through your nose pushing your stomach out, and out through your mouth, pulling your stomach in. Look yourself straight in the eyes and say out loud:

"I am loved. All my needs are met. Everything is as it should be. Challenges I do not understand now I will in due course. I start this day with love in my heart for all creation. I love my family, my friends and my community. I love myself. I am a beautiful living aspect of the Divine. So be it."

Keep at it and see how you feel after one week.

Creating your meditation space

It is good practice wherever possible to have a special place set aside for meditation, a small room or part of a room, or a special private place in nature. Whatever place you choose, it should be a quiet and

uncluttered place, away from telephones, televisions and other family members.

If you choose to honour the space by decorating it with fresh flowers, a lit candle or a representation of any positive, evolved and loving being you may be attracted to then that is even better. You are also sending a clear message to your subconscious that you are about to do something special.

It is essential that when practising any of the meditations outlined in this book to prepare yourself and the space around you in such a way that you will be free from distractions. Apart from creating a physically peaceful place, it is important to insulate yourself from the thoughts and feelings of others when you meditate. Your aim is to connect with the higher realms or your own inner knowledge without interference.

One simple rule of thumb for all explorers on this path is that if you surround yourself with positive thoughts and feelings when you open your consciousness, then you will be insulated from the less positive thoughts and feelings of others. I will explain more about altered states and the spirit world later. For now please, always carry out the following exercise before every meditation outlined in this book.

Preparing for meditation, clearing and cleansing

If you have the time, I recommend a bath or shower prior to meditation and anointing yourself with sweet smelling essential oils - pure sandalwood oil is recommended. Look into a mirror and tell yourself that you are a beautiful living aspect of the Divine, which is true - you are!

Having prepared your space as outlined, sit comfortably with back straight, on a cushion or in a chair; don't slouch! Some people prefer to meditate standing, others, lying down, either is okay as long as you do not become uncomfortable or drop off to sleep. I suggest you record the following guided meditation and play it back to yourself, leave space between each section to allow it to materialise;

Close your eyes, centre yourself in your breathing, breathe slowly, listen to the air entering and leaving your lungs for a few minutes. Be still.

Breathe in deeply through your nose, over a six second count, pushing your tummy out as you do so. Fill your lungs with air from the bottom up. When your lungs are full hold it for three seconds and then release the air through your mouth, over six seconds, pulling your tummy in as you do so. Hold your breath for three seconds. Repeat this whole cycle three, six or nine times, slowly.

Become aware of a column or a tube of light over your head, see and feel it, bright golden white light cascading over your head and shoulders. This column of brilliant golden white light stretches up through the sky, into space and beyond, returning to the Source. (This is your uninterrupted connection to the Divine and it is impossible to break.)

Notice a white flower with many petals on top of your head. Let the flower open as if it was opening to the morning sun, and gently breathe in light through the flower into your body, from the column above your head.

Feel the light sparkling and tingling enter your body, moving down towards your feet. As it does so, open a tap or valve just below the ball of each foot in the centre of the foot. Allow any old energy to drain out of your feet back into Mother Earth. You may create roots extending, from your feet, deeply into the Earth if you wish.

Increase the volume of light you breathe in with each breath, help it move down through your body by seeing and feeling it. This should feel comfortable and relaxing. Allow this light to dissolve any negative thoughts or feelings or take them down towards the feet where they will be released to be transmuted into light. If you encounter any resistance or discomfort, massage the area with light or visualise light pouring into the area from the column above your head until it feels comfortable. (If discomfort continues or becomes acute, stop this exercise and seek the help of a holistic therapist.) Continue to breathe in light through the crown until you feel cleansed and refreshed.

Now create a disk of golden white light as wide as your body hovering above your head. Fill it with light from the column above. Add to the light in this disk with each breath, until it is full and bright. Take a deep breath in and then as you breathe out, plunge this disk down through your body like a coffee plunger. Feel it touch every part of your body as it passes through you. (Ensure that the valves in your feet are still open when you do this.)

Repeat this procedure with an emerald green disk, a royal blue disk and a violet disk one after the other.

Now as you breathe in light through the flower above your head, build a star at your own power centre or hara, a hand's breadth below the navel in the centre of your body. Add to it with each breath, allowing it to grow, pushing out shafts of light in every direction, dissolving any negative thoughts or feelings.

When the body is full of light, then extend that light to an egg-shape all around, above and below the body. Then fill that with light, still pushing out or dissolving any congestion, negative thoughts or feelings.

When the egg is complete, have a cool violet flame caress first your body, then the outside of your egg; three times.

When that feels comfortable place a sparkling gold, criss-cross mesh on the outside of the egg and declare that this will only allow love and light in repelling all other thought forms.

Project a ray of pink from your own heart, projecting unconditional love for all things. Allow that to spread out from your heart, and fill the egg that surrounds. Allow it to push out or dissolve any energies not totally aligned with unconditional love. You may then extend it to fill your home.

Breathing in light from above your head, generate an intense inner bubble of vibrant golden white light, from your hara or third eye. Allow that to expand and push out or dissolve any energies not totally aligned with light, first inside your egg, then your home. Observing yourself within these domes, inside your own cocoon of light and love, say out loud,

“I am light,
I am love,
I am protected.”

You are now ready to meditate and open yourself to the higher realms.

I recommend you burn good quality sandalwood incense or use sandalwood aromatherapy whenever you meditate. Should you feel any continued discomfort when doing this exercise, seek the services of an experienced healer, and explain what happens when you do this purification, cleansing and protection exercise.

This meditation preparation may be used at any time, on its own, to de-stress and relax and it need not be followed by any other meditation.

I strongly recommend that this complete exercise be carried out prior to every meditation in this book at least once. Repeat meditations may be preceded by a shortened version of the above, focusing on placing yourself in the centre of a radiant egg of golden white light covered by a fine gold mesh. This is also an excellent method of self protection should the need arise.

Note. At the end of any meditation you should guide yourself back into full awareness slowly. Re-enter your body at the top of your head, slipping gently into full awareness. Start by gently feeling your bones,

then your muscles, then your skin. Feel your breath on your top lip, gently move your fingers and toes, stretch and then slowly open your eyes.

Manifesting your own reality

Manifesting your own reality refers to the ability we have to create our own reality or the circumstances which surround us in our everyday lives. It does not refer to creating an escape route or dream reality.

Most people are under the illusion that the reality experienced or believed in by the majority of the population is their only option. This is not so. Just how this group reality is created we will explore in chapter three. For now please accept that we have the ability as creative aspects of Oneness with free will to consciously co-create a positive nurturing reality around ourselves. All we have to do is communicate clearly to our Higher Selves and the Superconscious through our conscious and subconscious beings. In fact we are already doing this, on a daily basis, in an undisciplined and haphazard way, hence the apparent chaos that appears to surround the planet now.

Given that the Universe exists to serve us and respond to our expressed needs, it is not so difficult to affect the way that events unfold around us, initially on a personal level then on a local and subsequently a global level. It just takes a little discipline.

As we enter this prophesied Golden Age when we will all become very much aware of the mass consciousness, we are presented with both a challenge and a golden opportunity; to release our present artificially constructed reality based on and controlled by fear and limitation and create a new reality, based on unconditional love.

Creating Heaven on Earth, Now

The Universe is very obliging. Wherever we place our focus gives a clear signal to the Superconscious that this is how we wish our reality to come into existence. We can create a more harmonious and loving environment conducive to growth and our own wellbeing by focusing on that outcome on a daily basis. We do this by creating that reality firmly and clearly in our own minds and the minds of our friends, family and community. A powerful way to do this, apart from individual affirmation, is through group meditation.

Gather a group of family or friends for a group meditation. Stand or sit in a circle and hold hands. Prepare your group for meditation by leading them through the preparation exercise outlined earlier. You may call on any loving evolved being to assist with the meditation, (e.g; Jesus, Buddha, Quan Yin, St Germain...).

As the leader of this meditation, you will keep your eyes open and observe your group as you proceed. If this exercise makes anybody feel uncomfortable, sick, or nauseous, they have an energy blockage. You should pause and suggest that the person sit out of the meditation outside or in another room. Suggest they see an experienced holistic healer, explaining how they felt when they attempted to draw light into their systems, they should ask the healer to clear the energy blockage.

As you finish the preparation for meditation, focus again on projecting a pink ray of unconditional love in front of you or to the centre of the circle; add to it and create a spinning ball of pink light. Send thoughts and feelings of unconditional love into that ball and help it grow. Focus on selfless, non personal thoughts, starting with your family and friends, and then your community, your region, your country, those countries closest to it and beyond until you have covered the whole planet.

As you visualise this love encircling the globe, see the pink spinning ball in front of you expand and spread slowly outwards, dissolving or absorbing fear and ignorance as it travels. As it reaches the farthest point on the planet and completes its journey, see any residue of negativity spun out into space where it is dissolved and transmuted into light.

At this still point, intend, see and feel, with all your heart, every part of this planet at peace. Some of the images you might choose to create could be well fed children playing in an unpolluted environment, soldiers laying down their arms and embracing their foes, industrialists planting flowers and trees and releasing pure by-products into our environment, the affluent sharing their personal wealth with those less fortunate, indigenous people everywhere celebrating on their ancient sacred sites, arm in arm with those who have sought to suppress their birthright. Religious leaders agreeing that there is, always has been and always will be, one supreme creative being that we are all part of, that loves all equally and that knows no theological, philosophical, geographical, ethnic or financial boundaries.

Gaia and our mass consciousness responds to our projections instantly. If we choose to focus our energies positively, we can affect reality for all beings in this dimension and beyond. The first powerful step in creating Heaven on Earth is to crystallise our preferred reality in our own consciousness and then share it with the mass consciousness via group visualisation.

This meditation should always finish in the following manner. You and your group should say out loud:

“We call on the Universe and all beings of light who love us unconditionally, to witness our focused dedication to a peaceful planetary evolution. We dedicate ourselves to working for peace, light and love in every aspect of our daily lives.

We wish through our actions, thoughts and feelings to create a love based environment that will dispel fear and ignorance and create positive growth and harmony for all beings associated with this planet Earth. We call on Gaia the Earth Mother and humbly ask that she accept and share our love as she sees fit. So be it.”

Suggest that your group to create a golden fountain of love and light that erupts from their centre and soaks deep into the Earth’s core.

Gently bring your group back to full consciousness by suggesting they draw energy up from the earth through their feet, feeling themselves grounded inside their physical body.

Feeling their body’s density they may gently move their fingers and toes, stretch and then open their eyes..

Have a cup of tea and share your experiences. Congratulate yourselves - you have just contributed to inner peace, world peace and global healing!

Conclusion

Prayer, affirmation and meditation can be used as powerful tools to create life as we prefer it on Earth, provided we have a heartfelt desire to do so and we are focused on the divine highest good of all. Human beings have limitless potential. We are able to create our own preferred reality through positive thoughts, affirmations and group meditations.

As aspects of the Creator we are connected with all other aspects of creation and as such our actions have a far-reaching effect on others as well as ourselves. What we project out into the Universe we get back, sooner these days than ever before. As planetary evolution accelerates, the Universe is responding rapidly to our projections. What once took years or lifetimes now takes a matter weeks, days, hours or even seconds.

Human beings have the capacity to manifest what we think and say. In fact each and everyone of us does this on a moment by moment basis every day of our lives. Most of us do not realise we are doing it. Therefore we create in an undisciplined and chaotic way. If we choose, if we are disciplined, we can co-create peace, love and harmony by placing our collective focus on it, now.

Think before you think! Or at least think before you speak.

If we have the ability to create Heaven on Earth why are we not doing that now?

Chapter 3

Reality?

Reality - how we lose the plot

Modern society is presently ego based and as such most people feel they have every right to influence other people's lives and perception of reality. This manifests in all sorts of interesting ways and spreads from the family outwards. The easiest way to influence or manipulate another person is to make them feel fearful.

We all like to be loved and accepted. This need leaves us vulnerable to exploitation by others. A child fears that its parents will withdraw their affection if s/he does not do as they are told. So they behave in a way that will generate approval and affection. This carries on into later life when they may find themselves studying law instead of the arts in which they are very obviously gifted. Or perhaps the parents believe their offspring should be employed or married rather than studying. Either way we frequently give in to parental pressure to maintain harmony in the family. Financial incentives or threats of lack of support may be used to ensure we do what the parents think best. Fear of withdrawal of emotional and financial support combine to create the illusion that we may become a destitute and unloved loser.

Often at this point we opt for the easy choice and go against our inner knowing, agreeing to whatever those exerting power over us want. The pattern is set for further manipulation later in life. We may then quietly hand over our power to their boss, partner, workmate or peer group, all based on fear. Fear of lack of approval and fear of being the odd one out. The effect of fear is greater than the thing that is feared.

F E A R = False Expectations Appearing Real.

As we grow we may find work in an occupation with prospects that hold little or no excitement for us, or we might find ourselves with a young family at home or at work, either way the pressure builds to generate personal wealth. The bogeymen of unemployment, or abandonment loom larger in our consciousness. The "what ifs" of fear affect us

as we are pushed further and further into a situation that is far from our intuitive knowing or our heart's desire.

Confusion, anger and depression appear on the horizon as the our personal power seeps away as we comply with other people's concept of who we should be and how we should be living our life. Our situation becomes untenable. Marriage, health and/or relationships break down; we can not see the point in carrying on when we are so dislocated from our own truth. When we seek help, conventional medicine frequently offers a quick fix to suppress the symptoms rather than deal with the cause, the cause being that we have deviated from our life plan or blueprint by not listening to our own inner guidance.

This situation is one that you may have experienced or be familiar with. It is not exaggerated or unusual. We are all able to change the reality we live in, none of us need be a slave to the system unless we want to be. In fact we can change the system if we choose.

The beginning of a challenging journey often appears to be the hardest part of it. There is no one living on this planet who has any right to tell you who you should be or how you should live your life, there is only one person that can tell you that and that is you. If you have followed the exercises in this book so far, you have already started your journey into wholeness, self empowerment and wellbeing.

How do we buy into someone else's concept of reality and where did they get it from? Who is manipulating our reality and why?

Dealing with fear

The following exercise may be practised frequently if you are at the start of your journey of personal growth. After you have prepared yourself for meditation in your favourite place, make the following affirmation;

" As the Universe is my witness, I _____choose to live in a fear-free environment. I acknowledge my fear as a powerful friend that makes me alert and ready for action, and I thank it for serving me. However, fear does not control me.

I choose now to centre myself in love and light. I choose to live love, be love and share love. Nothing has power over me on this or any other plane. I am a sovereign being of love and light, my power is limitless. I choose peace, I choose joy, I choose love, NOW! So be it."

Repeat this affirmation any time you find your thoughts wandering to a less than positive situation or outcome.

Why everything is not as it seems

This is the information age. We are exposed to massive amounts of cleverly presented, slick versions of reality every day. Our governments, the media, religious institutions, multinational corporations and other bodies feed us their version of the truth in order to maintain the reality which they control. A great deal of information we receive may not be the whole truth. Much of this information has been manipulated by those in power who do not wish to see humanity reach its full potential. Human beings who are fully aware, in their power and in alignment with Oneness have little need for governments, organised religion, consumer goods, multinationals or war. It is in the interests of those who profit from these institutions to mislead the public and perpetuate ignorance and fear.

It is time to question information and perceptions of reality as they are presented to us. Human nature tends to be trusting of authority. This trust is allowing our biosphere to be destroyed and the human spirit to be enslaved. Part of your journey into self-empowerment is learning how to discern the truth. We all have an innate ability to do this - all we need is a little practice. Your own feelings about the truth are the ones you can trust.

How to perceive truth

You have an innate ability to discern the truth. This exercise will remind you how to tune in to your own feelings. Centre yourself in your favourite place, prepare to meditate, pause and observe carefully how your body reacts to the following statements;

“I _____ of my own free will now call on the Divine for guidance. Infinite Creator, please connect me to my own inherent wisdom. Help me perceive when I am being told the truth by sending positive feelings through my body. Help me feel when I am being misled by sending feelings of discomfort through my body.

I am always under Divine guidance. I am always aware of the truth. So be it.”

You may think truthful and then untruthful statements; you could listen to a news broadcast, or watch some TV adverts. You will probably notice something like a warm fuzzy feeling for the truthful statements and a tightening of the stomach or solar plexus area for untruthful statements. We are all different - so be observant and be patient.

From now on you only have to either ask or simply observe your body's response when you are being fed information that may not be completely true. Trust your own feelings - that is what they are there for!

Abundance

Ridiculous as it may seem to those who have travelled through the "third world," a common fear in Western society is fear of lack of abundance. This is a fear that is frequently used to control people. As an aspect of the Divine having a human experience it is ludicrous to consider that your Higher Self would want you to suffer lack in any way. If you have aligned with your Divine plan and surrendered to Divine will there should be no lack of abundance in your life.

Affirmation for abundance

The following affirmation should be repeated as frequently as desired, at least daily if you are presently financially challenged. Remember you are talking to both your subconscious and the superconscious when you make these affirmations - so state them with conviction. Prepare yourself for meditation prior to making this affirmation;

"I am surrounded by abundance. All my needs are met. I am continually provided for by the Divine. I now claim all that is mine by Divine right. Wealth comes to me immediately, by Divine grace and in miraculous ways. I accept joy, peace, freedom and plenty into my life NOW. So be it."

Make this affirmation with all your heart, repeatedly and with selfless motivation and you may be pleasantly surprised by the results.

The media

Most Western households and families have one or more television sets, radios and receive newspapers or magazines on a regular basis. Many are connected to the internet via personal computers and have entertainment centres, state-of-the-art systems with surround sound and big bright clear seductive moving pictures.

How often do we sit up and question the content and intention of what is projected into our consciousness from these sources? How often do we ask how it affects our beings, spiritually, emotionally, intellectually and physically?

Media news and current affairs focus on drama and conflict, usually the tragedy of somebody else's pain and suffering. We witness sensational snatches of someone else's reality, edited for maximum impact. This triggers feelings of insecurity and basic feelings related to our own physical survival, when our own domestic situation may be comfortable and secure. Violence and destruction from across the globe is fed to us in a daily dinner time diet of despair. Television 'soapies' focus on the trials and tribulations of their key characters, emotional pain, family pain, drug pain, sex pain. Taking our focus off our own immediate

emotional or family challenges, we allow violent or abusive behaviour into our living rooms that we would not tolerate from our own friends and family.

Wildlife documentaries take us out of our living room, filling our minds with the wonder of natural phenomena far away from our own homes and the (lack of) natural beauty on our own doorsteps. Educational documentaries look at the wonders of a disappearing world as feral cats may wreak havoc in our own local environment.

So what's the point? Who is trying to take our focus off what? Why amplify fear? Why encourage complacency and apathy?

A society that is preoccupied with someone else's pain, or fearful that pain will come knocking on their door is very easy to manipulate. Our media giants and those in power use fear as a tool for control. It takes our focus off things that we have power over and can change and places it on situations we feel we have no power over and can not change. It creates the illusion that we are powerless.

Until events directly affect your reality, it is pointless being fearful about them. Living in fear creates an artificial limitation in your life which is not real and can be easily removed. If your mind is distracted or on holiday, it is not working to its full potential, for yourself or your community. If your focus is elsewhere it is not on you, your own challenges and your own growth. It is not on your local issues or your immediate environment.

If you doubt that our focus is being manipulated, examine any evening's TV dispassionately. What thoughts and feelings have you experienced during the course of the evening? Was there any in-depth coverage of a local issue? Was there a genuinely uplifting and positive news story from across the world? Did you feel much joy or love? How many deaths, murders, violent or sexual assaults did you witness? What positive interaction took place between you and your TV? When did you last jump up, full of joy and hug someone after watching television?

If you can not answer these questions positively then I recommend you dispose of the offending appliance and celebrate your new-found freedom from fear.

Selective viewing is a real challenge especially with children or teenagers in the house. Out of home, out of mind is the easiest policy. Once the fear-generating device has been removed you can truly begin your journey of personal exploration into our emerging reality.

Television removal does not mean endless games of Scrabble and Monopoly in the evenings. It means playing with and nurturing your

partner and children. It means real live interaction with other human beings in experiential or discussion groups. It means a programme of self education and exploration through meditation, reading and study. It means exercise and community service if you choose. Above all, it means living in the real world in real time, interacting and sharing love with real people, NOW! Sound okay?

Living without media control in your life is a lot of fun!

How to be free of fear-generating appliances

Dispose of all fear-generating appliances now! Throw a party and celebrate your freedom from manipulation and fear. Ask your friends to share your rediscovery of joy. Make a list of all the fun things you are going to do now that you are not focusing on someone else's drama. Getting a decent night's sleep will be one of the surprise bonuses in your new found liberty. Talking to your family and friends, actually relaxing in the evenings and rediscovering long lost passions and hobbies is another. If in doubt, try it for one month and see how it feels, get a few mates to do the same thing. You will soon get a reputation as a radical!

The following affirmation, daily, will help you through your early media withdrawal period,

"As the Universe is my witness I _____ of my own free will now break all attachments to my television and its projections. It no longer has power over me; I no longer need it. I choose now to focus on love for this planet, love for this place, love for my community, love for my family and friends and love for myself.

Goodbye media giants, goodbye news creators, goodbye senseless jingles, goodbye soapies, goodbye artificial limitations. Hello Fun, Hello Joy, HELLO FREEDOM! I choose to separate myself from media control, NOW!"

Repeat as many times as necessary and persevere, you can do it!

The cinema and its influence

The popular cinema industry is a multi-billion dollar industry whose foundation and reason for existence is essentially to make a profit through entertainment. This involves removing an audience from their current reality and taking them somewhere else. Most frequently this is achieved by leading the audience through a variety of emotions via empathy for the main characters. However, when we think we are being entertained we may be being manipulated. This applies to all genres, weepie, historical, sci-fi, action, suspense, horror or drama - all skillfully generate feelings related to the reality being presented on screen.

The cinema is undoubtedly a great populist art form, but how and why are billion dollar movies made? All major studios have departments whose sole purpose is to keep their finger on the collective consciousness - what do people most want to see movies about? What has the greatest potential to make a profit?

When confronted with a perceived desire to see movies about ancient wisdom, ET's or psychic phenomena, combining one concept with another (i.e. action or suspense with sci-fi) can reduce the risk of the film being a flop. Add to that well researched information about our deepest fears and you come up with films like Alien, Stargate, The Arrival, Independence Day and Event Horizon.

These films are made with the intention of making a profit but they also affect the mass consciousness in a big way, spreading a fear-based message rather than a love-based message. I suggest that those in power in the studios and beyond are well aware of that fact. Movies are a powerful tool for programming large groups of people. Your own research will reveal just how many major studios are now owned by multinational corporations.

Choose your movies carefully. Be aware and discerning. Do not allow your focus to slip into places where it is being controlled, places that will not benefit you or humanity.

Dealing with negative programming

Sometimes even when we are vigilant we may end up watching a film that has a negative effect on our consciousness. We may find images and dialogue from a film popping into our minds without warning and that may not have a positive effect on our state of being. Removing this programming is easy if you follow the following method.

Centre yourself and prepare yourself for meditation. Say;

"I_____ now release and dissolve any programming that I may have accepted that is not for my Divine highest good. I rescind any contracts made by accepting this programming (now visualise the scenes or hear the dialogue). I dissolve this image/ sound from my consciousness now and for all time."

Visualise it dissolving or place a red cross through it, or break it up, computer graphic style.

"This programme no longer has any power over me. I hand it back to the Universe to be transmuted into light for the Divine highest good of all (so it disappears) I AM A FREE SPIRIT! So be it."

This method may be used to dissolve any negative programming. Anything you have taken on consciously and voluntarily may need some sessions with a specialist.

Multinational corporations

Multinational corporations exert power over billions of citizens, including those employed directly and indirectly by them and those affected by their operations worldwide. They influence democratically elected governments, they are accountable only to their share holders whose sole motivation is to enhance their personal wealth through company profits. They supply cheaply produced products that fulfill an artificially created market demand - products that actually are costing the Earth to produce, in terms of the damage sustained by the global environment.

Sophisticated ads use the latest technology to lie to us about how much we need something and convince us how much we will benefit from having it; from fizzy drinks, fast food and household appliances to cars, houses and fashion items. Via news corporations, the media and well paid "spin doctors" they influence large sections of the populace through forcefully presented fear based propaganda and half truths.

And we trust them! We believe their propaganda and buy their products! In doing so we are contributing to the destruction of the biosphere that sustains us.

Dealing with faceless conglomerates

Your purchasing dollar has enormous power. How you and your family spend your money has a great deal of impact on big corporations.

You can choose to patronise organisations that produce goods and services that are in harmony with our planet. Public opinion affects the way these huge conglomerates operate. A bad reputation and low sales affect profits. Organisations that do not love our planet do not deserve our patronage.

Consider buying local products made by local people, eat local food grown or prepared by people who care about the environment. If it costs a few cents or dollars more, consider that to be part of your contribution to global healing. If someone tells you, "It's all a waste of time you'll never change anything," remind them of a few key points in history when people have changed things, and maybe a few times when their apathy has allowed less than positive events to occur.

The state of our reality is our responsibility and we can affect it. We do not have to do it stridently or with anger. We do it gently and with

love, but above all we do it, each and every one of us, every day. There is always a choice.

The Church and Christ Consciousness

Jesus Christ incarnated on this plane in order to demonstrate to us every human being's potential. He is now an Ascended Master. His original teachings encouraged a focus on the God within each and every human being. His key teaching was "love all things," "do unto others as you would have done to yourself" and, regarding the miracles which he performed, "all this and more ye shall also do." His teachings were practised wholeheartedly by the Gnostics, a group of Christian mystics, who were systematically slaughtered early in the first Century AD by the Romans who took over Christianity and used it for their own ends. The Romans removed the sections of the Bible that encouraged solitary meditation and connection with the God within and Oneness. They constructed a church that was hierarchical, masculine and focused on fear and guilt, an easy way to control the masses.

It was at this point that the teachings of a great and loving being became tainted and those who were forced to become Christian handed over their own power to a corrupt, misogynistic, patriarchy with its own agenda, a scenario that has been played out in other organised religions throughout our world. Hypocrisy in the Church became commonplace as the Christ's message of love was diluted and manipulated by those in power. Historical and contemporary research confirms this and explains why many contemporary Christians are leaving organised religion in preference for worship and meditation alone, in small groups or "home churches."

Christ came as a model of what we all may become in our new global reality. His consciousness surrounds Earth now. His love, light and help may be accessed easily by each and every human being on the planet now, regardless of race, creed or colour. You do not need to be a Christian nor do you need a priest or clergy to help you with this process. You can access Christ Consciousness now - all you have to do is ask.

Christ Consciousness is Unity Consciousness. When we fully enter Christ Consciousness we become one with all of creation, and in such a state, realise that any negative thought or action directed towards any other being or environment is in fact directed at an aspect of our own being. In that state of oneness there is only one way to interact with reality. Christ Consciousness describes our state of being when we enter into a state of unconditional love for all things.

How to call on Jesus for love and support

Centre yourself in your still place, prepare yourself for meditation and make the following affirmation;

"I _____ of my own free will and with love in my heart humbly call upon the Christ Consciousness to fill my heart with light, love, and awareness of All There Is.

Jesus (or any other Ascended Master) I know that you love me and all the creatures that live here, unconditionally. Please help me love and understand them too, please help me forgive, please help me connect with my own divinity, and become the being of unconditional love, that I am. Lord Jesus, I humbly call on you, please help with this process NOW."

What feelings or impressions came to you? You may make this invocation as often as you wish. Always be centred and still when you do so. You may find that it has a profound effect on your reality.

It may be difficult for some people to relate to The Christ because of the corruption and destruction that aspects of Christianity and The Church have brought to many communities. Please try to understand that as a man Jesus had no control over how we, as creatures of free will, chose to interpret his teachings. Making this affirmation does not mean you are becoming a born again Christian. It means you are accepting unconditional love into your heart.

For those who still have difficulty with Jesus and Christianity, you may ask any other Ascended Master to assist with your journey into unconditional love.

Conspiracy theories

In this reality now there may be many fear-based groups who are attempting to manipulate our reality for their own ends. Often initially focused on short term financial gain or the advancement of the vested interests of their particular group, their need to control manifests as a desire to have power over others through fear. These institutions are collaborating with beings who do not wish to see our potential as a species realised. One such group established their grip on power by selling arms to warring countries and arranging finance for their customers at crippling rates of interest. Since the turn of the century they have had an insidious influence on our lives, perpetuating war, famine and political instability whenever it suits their purposes. They appear to be connected with key global financial institutions, arms manufacturers and trans-national corporations. Your own further research will, I am sure, reveal the truth.

I mention these lost souls only to draw your attention to a fact of life on this planet at this time. Please be aware of their influence on your reality. Secret societies may not be focused on the evolution of mankind as a whole, or the raising of mass consciousness or on the long-term wellbeing of the planet. They may be focused on the growth in power of their particular group and so they conspire to manipulate and distort the truth for their own ends. Members of these organisations will react with fear and anger to the dissemination of any empowering material. I suggest you question the motives of anyone who derides your research.

Dealing with secret societies

Any body or organisation only has power over us if we allow it. We can deny that power through our own will. You may or may not be consciously aware of secret societies or other institutions and their effect on your reality. Any one of your ancestors or even yourself in a past life, may have committed you before you were born, to an oath of allegiance to a particular group or body that may not be focused on your growth as a free spirit. The following affirmation will help clear the air and centre you in your power. Prepare yourself for meditation. When you are ready make the following affirmation;

“As the Universe is my witness, I _____ of my own free will now break any and all connection I may have accepted with any secret society, circle, guild, lodge or group that is not for my Divine highest good. I rescind any agreements that may have been made on my behalf before I was born. I revoke all past life contracts that are not part of my Divine plan or totally aligned with light and unconditional love.

I negate any agreements I may have entered into passively or unconsciously that are not focused on unconditional love for all beings. There never has been, is, nor ever will be, any organisation, group, circle or secret society that has power over me or my lineage. I reclaim my freedom, I AM A FREE SPIRIT! So be it.”

This is a powerful affirmation. You may be surprised at the reaction that your being has to this statement. Do not be alarmed - you have every right to claim your own sovereignty. Repeat as necessary.

Free energy and why we do not have it

Free energy machines have been designed and built since early this century. Nicola Tesla invented the Tesla coil in the 1920's, a method of tapping into the Earth's own energy systems. All American warships built since 1993 have been equipped with mono polar engines which use spinning magnets to generate power. There is now even an oil tanker equipped with this non-polluting low cost power generator.

Why have we, the general public, not got access to these non-polluting, low cost devices? Could it have something to do with the fact that oil and power companies have either bought up the patents or suppressed public access to these technologies by more underhand means? Why? Could it perhaps have something to do with continued profit and control? Your own research will reveal the truth.

Accessing other forms of energy

There are few alternative energy devices presently available. You may find, if you look in your local community, dedicated researchers into alternative energy sources. If you have money to invest, please consider innovative alternative energy projects. With the imminent approach of the photon band a few photon powered devices are being marketed. It is usually possible with these devices to take them on a trial basis. Do so and if they work buy them, if they seem expensive please bear in mind that they may save you a lot of money in the long run and they were probably manufactured by a small group of dedicated individuals who may have invested their life savings in order to share this new technology. Devices which access alternative or inter-dimensional sources of energy may also be called "Zero Point" machines. Look online for details of suppliers.

Reclaiming our power

Now is the time for us to reclaim that which is rightfully ours, our own free will, our own self determination, our right to live in peace and harmony with all things in a fear-free environment. Much of the information and many of the techniques and practices outlined in this book will lead to a growth in your own personal power at an exponential rate. This in turn will contribute to a raising of consciousness on a global scale and the realisation en masse that the "reality" we are being fed on a daily basis is just someone else's illusion.

Humanity can only move forward as a species if we stop being frightened and claim our birthright: love, peace, freedom and equality. It is time to stop believing what our media and power brokers tell us and start acting on our own behalf and trusting our own feelings. There are too many vested interests and hidden agendas on a global scale to accept anyone else's reality as truth if it is not experienced first hand.

Reclaiming your freedom

The following exercise will assist in your process of liberation to find your divine truth and live it.

Go to your favourite quiet space in nature or at home and prepare yourself for meditation. When you are ready, pause, then add the following affirmation, spoken from the heart;

“ I _____ of my own free will and as the Universe is my witness now reclaim my power as a sovereign being of Light. I call on all Ascended and loving beings connected with me, to cleanse and purify all my energy systems NOW.

I call on my own Higher Self to witness and assist me now.

I fear nothing, I have no fear of my own power and I dedicate it to be used in service to humanity and this planet now. I command all the resources I have developed in all my life experiences on all planes to manifest in this body on this plane at this time NOW. Body, I command you to release these resources into full consciousness. I choose to embody them in service to love, in service to light NOW.

I dedicate myself to Love, I dedicate myself to Light, I dedicate myself to Peace. I AM! So be it!”

How does that feel? Expect changes in your perception of reality and your own potential in the very near future. Repeat as necessary.

Conclusion

Many global institutions profit by limiting our consciousness and awareness of our own potential and abilities. There are many forces at play affecting our perception of reality. It is manipulated to perpetuate feelings of helplessness and fear in the masses. Our trust in those in power has led us to be deceived and our apathy is encouraging continuing destruction of our biosphere. We are being fed a diet of dread and dull distractions to keep us preoccupied and prevent us from interacting positively and stepping into our own power.

In acknowledging this fact it is important that we do not become angry about the ways in which we are being deceived. If we do so we are assisting the process of disempowerment by playing the fear game, anger being a manifestation of fear. If we refuse to play the fear game it cannot continue without us - our energy sustains it. We have all created this situation and we can all change it.

If we focus on our own personal development, aligning our whole being with love, we become love based rather than fear-based and are able to share love, the antidote to fear. By exploring our own potential we realise how powerful we are. By interacting with others on a local level we create positive change on a national, international and global level.

As individuals we are powerful.

As a group we are unstoppable.

Chapter 4

A new reality

Spirituality

Holism is a loose generic term which refers to the many manifestations of our burgeoning shift in mass consciousness on a global scale. This consciousness shift is reflected in art, music, healing, esoteric studies and new spirituality, with greater awareness of other beings, other realities and other ways of living. It leads eventually to a whole new way of being for those who choose it.

Holism can best be described as an amorphous collection of ways of being which access higher consciousness and expand knowledge of reality. This empowers us through recognition of the truth of our own spirituality. Many people perceive the truth of their own limitless power as dynamic creative beings able to shape their own future and that of this planet. Many also experience a blissful reconnection with their own divinity as aspects of All There Is when exploring holistic therapies.

Spiritual philosophies are diverse and embrace and develop many ancient belief systems. The common theme in this diversity of paradigms is that all people are aspects of infinite consciousness having a human experience. As forms of energy, our consciousness existed before we were born and continues after our bodies die, our existence is infinite. We have lived on Earth many times and our DNA or cellular memories hold the record of our past incarnations here and elsewhere.

Our consciousness extends out into the Universe and exists in many dimensions simultaneously, therefore using the appropriate techniques we can unlock the doors of our own perception and experience these other realities. With this awareness comes an increased perception of the interconnectedness of all things, and an understanding of the effect our actions have on other people, other creatures, other beings, our planet, other realities, the rest of creation and ourselves.

Spiritual philosophy encourages personal contemplation of the Divine or the Source of all. This Oneness is perceived by many names, and

appears in many guises both male and female. The overriding theme with all holistic beliefs is that The Divine exists and resides within each individual, indeed within all things we perceive. There is no organised form of religion or worship, no institutionalised churches, no core organisation, no rules and no hierarchy.

Holistic belief and experience testify to the existence of many highly evolved sentient beings throughout the Universe. These beings, extraterrestrials or inter-dimensionals, communicate with humanity not via primitive radio waves and satellites, but via individuals in meditation, spirit mediums and channels. Dialogue was established at the beginning of the last century and it has a common theme; it indicates that we are not alone and that our planet is in a period of great transition.

Holistic awareness affects the way we perceive this reality and in opening our senses and tapping into our own potential, we encounter experiences which our present scientific instruments have difficulty in quantifying. These experiences can create a mind blowing period of accelerated growth for the practitioner. However, their enigmatic nature leaves them open to derision from those who fear the results of a growth in personal power on a mass scale.

The holistic movement and therapies focus on helping you achieve your own potential by taking you within so that you may expand your own consciousness and self knowledge. In so doing you will realise your personal power and reconnect with your own Divinity as an aspect of All There Is.

How you can explore holism

If you practise the guidance offered in this section you will be well prepared to explore the third section as an intrepid adventurer, boldly going where you have not been before. Holism is fun, and you will tailor your explorations to suit yourself. You will, as you explore, find yourself presented with a dazzling array of wild theories and techniques, most of which you will discover work!

You may choose to embark on a path of exploration that is complex and diverse. You may find that you are at first like a sponge for knowledge that will feed your new-found sense of freedom and personal power. Whether your journey of personal exploration is long or short, you will find that all roads lead to the same place.

That place is the still centre of your being where the transparency of your three dimensional life will become apparent and you will once again become fully aware of all that you are. That place is peace, love and light; it is available to us all and it is a nanosecond away. All we

have to do is seek and we will find it. Good luck with your explorations.

Light-Worker

Light-Worker is a term applied to those souls who have consciously incarnated at this time to assist with the birthing of mass consciousness that is happening here and now. Light-Workers are born relatively Karma free and spend the first part of their lives resolving any three dimensional issues left over from past lives before they start work. They are evolved souls who already know all they need to know to teach, heal, or create on this plane. As they become aware of the situation here, they may experience some confusion and a little difficulty in understanding who they are and why they came here. Light-Workers are usually surprised to find out that they have a special job to do, having been under the mistaken impression that they were housewives, plumbers or mild mannered accountants.

All true light-workers are here to assist in the birthing of mass consciousness and global healing. They are ego free, do not wish to exert power over anyone, work from unconditional love, charge reasonable rates and have a sense of humour.

Finding a light-worker

Finding a light-worker is very simple. Centre yourself in your still place, prepare to meditate and ask out loud;

"I _____ of my own free will, humbly ask that the Universe provide me with a loving and talented light-worker to help me with my explorations into my deeper self. I ask for my own Divine highest good and the Divine highest good of all. I ask in full faith. So be it."

Do not be surprised if the telephone rings, or you pick up the local paper and an ad catches your eye. Or stroll down to your local alternative healing centre, holistic book or crystal shop and see who is there. Be open to meeting an appropriate light-worker, and listen to your inner guidance. Light-Workers come in all shapes and sizes, so do not have any preconceptions. A genuine light-worker will never attempt to exert power over you.

The Age of Aquarius

The Age of Aquarius is not a new idea, the concept of ages or long periods of time governed by particular stellar groups is as ancient as the art of astronomy itself. Our Earth revolves around our sun which in turn revolves around Alcyone the central sun in the Pleiadian star system. As our solar system moves through the cosmos, different groups of stars or

constellations align with our sun at the annual Spring equinox. This alignment influences our mass consciousness.

Our solar system moves around our galaxy in a 25,920 year cycle. Each of the 12 astrological constellations or houses fall into alignment for a 2,160 year period. At present we are transiting between the ages of Pisces and Aquarius with both influences being felt at the same time. The Aquarian influence was first felt during the sixties and will continue to affect our perceptions of reality as multi-dimensional beings, as we birth the third millennium.

The Piscean Age has been one of duality and separation, sacrifice and atonement, a mystical, religious, superstitious age. An age when we humans processed our deepest feelings, purifying ourselves in preparation for the intense individual energy and inter-dimensional awareness of the coming Aquarian Age.

The Aquarian Age will be one which will see us move beyond good and evil into a situation of gender balance or integration which incorporates the evolution of collective consciousness and technological development. This "New Age" of Aquarius will truly commence from the December solstice of 2012, which also happens to be the closing date of the last of the five great Mayan time cycles of 5,125 years each. Also at this time our sun will be fully immersed in the photon belt for the first time since 10,800 BC. That could be an enormous coincidence or the Universe might be telling us to get ready for a big change. We will all soon know.

Experiencing the Aquarian Age

In order to fully experience the dawning of the Aquarian Age you should start by acquiring a CD of the musical "Hair," put on a Caftan, place a flower behind each ear, light some incense, select the track "Dawning of the Age of Aquarius," turn the volume up loud and dance around the room freely expressing your male/ female gender balance. You may do this in private or with a group of friends, whatever suits you best.

This is a start, and if you do not find yourself giggling as you do this exercise you have missed the point. This whole area of study and experience can appear mind bogglingly complex and profound. So do not lose your sense of humour! Repeat this exercise whenever you find yourself taking yourself too seriously.

Vibration

Vibration is a term used to describe the resonance of a person, place or object, its essence or signature. This essence or signature extends beyond the third dimension and interrelates with other realities.

Everything has a vibration, or resonance which in turn matches or harmonises with another, in this dimension and beyond. It is possible for evolved beings to temporarily lower their vibration and so appear to our normal perceptions in our slow and dense third dimensional reality. Most humans cannot yet voluntarily shift their physical vibration, yet they can shift their awareness into other dimensions, and perceive and interact with the inhabitants of those realms. This is a common experience during Crystal Dreaming™ when a person's awareness may shift dramatically as they temporarily shift their vibration and enter an altered state.

The latest physics discoveries indicate that all atoms and molecules are constantly vibrating, therefore everything is vibrating all the time. Contemporary science and maths now speculate on the existence of other dimensions or parallel realities. Our scientists are at last becoming aware of a great truth that the spiritual adept has been aware of for centuries. So it is that certain crystals match the vibration of certain organs, or certain sounds match certain organs, or certain colours match certain organs. Thus we use the term vibrational healing; healing which uses the awareness of matching vibrations to trigger the release of toxins or blockages, or to stimulate self healing or harmonising with the stimulant.

Different people emit different vibrations. Those less evolved emit a dense and heavy vibration, those more highly evolved emit a high and rarefied vibration. Compare the energy of a British soccer crowd to that of a group meditation for world peace. Vibration also applies to colour, sound, density and quality of objects and the way they connect with other objects and other dimensions.

Experiencing vibrations

Stand close to a didgeridoo player and see how the sound affects your body. Stand in a blue room and then a pink or red room. How do these colours feel?

Crystals have a distinct vibration, and are readily available to the general public. Find a crystal shop and spend some time there. Place your hand in an amethyst cave, hold an obsidian ball - how does that feel? You will find that some crystals will make you feel very light-headed, others will make you feel very grounded and others may release feelings of deep emotion that may surprise you.

Visit a spiritual or health and wellbeing festival, find a healer you feel comfortable with and see how you feel during a brief session. Explore some of the other activities on offer, remembering of course to be sure that you like the feel of the practitioner that will be working with you. If you have access to any of the new inter-dimensional healing tools presently emerging on this plane, hold one for a while and see how it feels. Experiment without preconceptions. Sensations may be subtle at first, but as you get used to tuning in to your own feelings, you will notice a shift in energy as you handle certain objects.

The time-space continuum

Time is not linear, that is just the way we perceive it. We exist in a never ending now with limitless potential. As multidimensional beings, we exist in many times and places simultaneously, and are able to travel through time and space at will. Usually we do this by leaving our bodies in altered states of consciousness, and when we travel in this way it is called bi-locating.

We are powerful beings suffering a memory lapse caused by incarnating into such dense bodies and living in such a fear-based reality here on Earth. In truth we are masters of time and space.

Traversing the time-space continuum

As all time is simultaneous, we can travel through both time and space at the speed of thought. With the right tools we can access not just the record of an event but we can actually witness it. That event may take place in a different time/space zone outside of our present now.

For example in a Crystal Dreaming™ session a client “Bob” wanted to understand why, since childhood, he had always been sensitive to being touched, even by his mum, in the abdominal area. We returned to his most recent past life. He was immediately writhing in agony holding his stomach; he was badly wounded and frightened. He knew he was about to die. As he was in such distress we stepped out of his body and observed the scene unfolding from the outside. What we witnessed was a group of Aussie diggers in the second World War, in or close to a jungle. Bob had been hit and was surrounded by his mates, who were doing their best to ease his discomfort. His platoon were ordered to make another sortie into the jungle, his mates left him, reluctantly obeying orders, knowing he would die a lonely and painful death while they were away.

Bob was now witnessing his own death and it was not pleasant. He could see that his soldier self was frightened and alone. I suggested that he approach the dying soldier and see if he could see him - he could. I

suggested that he take the soldier in his arms and reassure him, explaining to him that he was his future self and that he need not fear as he was not alone and his spirit would live on after his body died. The soldier died peacefully in Bob's arms. a very moving experience for both Bob and myself. Before we left the scene, I suggested Bob wait until his company returned, they came back depleted and exhausted, and his mates went over to the body immediately. It was obvious that they were very sad that their mate had died alone. While he was observing this scene I also suggested to Bob that he look closely at his mates and feel their energy. This he did and immediately recognised a few people who were with him in his present life as a businessman. He also recognised one of his present spirit guides. Bob now understands a condition that had baffled family and doctors since birth, but more than that, he was able to interact with his own past life self and facilitate a smooth and fear-free transition from this world, thus affecting his present reality.

To attempt any thing like this exercise you will need training, tools or a specialist practitioner to assist you. It is possible and it is also a mind blowing experience to witness first hand an incident from your own past, from recorded history or from the probable future. In all such experiences the detail is staggering and well beyond anything Hollywood could create. In fact our film makers got more than a few things wrong when it comes to the Roman era!

In another session, a professional jockey wished to understand something of her present situation. She explored a past life with horses in Elizabethan England. Doubting the veracity of the scene she was presented with, I suggested she examine the horse's bridle. It was unlike anything she had ever seen or imagined.

The Harmonic Convergence

The Harmonic Convergence took place in August 1987. Its aim was to anchor positive energies onto the planet by reactivating an ancient Earth energy grid system through synchronised global meditations. The Harmonic Convergence was successful and was a major factor in the lifting of mass consciousness.

These Earth energy grids were established by our ancestors many, many thousands of years ago. They are a network of invisible interlocking lines of energy that crisscross our planet. Until 1987, these grids had both fallen into disrepair and been deliberately damaged by those not wishing to see humanity reach its full potential. Many believe the French nuclear test at Muroa Atoll was a final failed attempt to permanently damage this grid, preventing Christ Consciousness from being

fully grounded into the Earth, thus hindering the ensuing upswing in mass awareness and the freedom from fear that naturally follows grid activation.

These grids were activated by large groups of people worldwide, many on ancient sacred sites and other Earth power spots, synchronising their meditations to one time with one purpose. The atomic explosions did not damage the grids, and since 1987, there has been an exponential growth in mass consciousness and spiritual awareness which continues to expand.

Involving yourself in similar events

The power of group meditations and synchronised global meditations is profound. If you would like to contribute to the raising of mass consciousness and planetary healing, then apart from organising your own small group meditations at the solstices, equinoxes or full moons, you will find out more about synchronised global meditations through alternative magazines and bookshops. You should also ask at your local crystal shop about the next synchronised global meditation that will benefit mankind.

Pole shifts

Throughout the Earth's history the magnetic poles have shifted position on the Earth's surface possibly bringing with them sudden and dramatic Earth changes. The poles are constantly wobbling as the earth rotates, they are at present oscillating considerably from their plotted positions. Our scientists had a worldwide conference on this issue a few years ago and have been surprisingly tight-lipped ever since. Our modern day seers or channels assure us that if we focus on love and light any changes will be minimal, harmonious and smooth.

How to prepare for a pole shift

On a daily basis send love to our host and mother, planet Earth. Visualise the presently oscillating poles becoming more centered and stable. Trust that if such a shift happens you will be in the right place at the right time. Pole shifts happen in a matter of days. As we enter extremes of weather simultaneously all over the planet, use your initiative, think light, think love and do not panic. Listen to your intuition and you will know what to do and where to go.

The photon belt

The photon belt or band is one of the New Age phenomena which has been detected by conventional scientific instruments. Channels have been predicting its arrival for many years. It was first reported in the scientific community by Robert Stanley, after satellite observations, in 1991.

It is a wide band of positively charged particles which emanates from the centre of our galaxy and is shaped like the energy field around a magnet.

Our scientists are aware of its presence and the fact that our solar system is gradually entering it (from 1998). They have no idea how it will affect us. They are also aware that we will be traveling through this energy field for some time, about 2000 years from 2012 onwards, the time our solar system will be fully immersed in it. Conventional science speculates that as Earth fully enters this band of energy we will move into 24 hours of daylight, the positively charged particles in our atmosphere creating a luminescence or continuous twilight at night.

Our solar system orbits around Alcyone which is the central star of the Pleiadian star system and our galaxy. It takes 26,000 years to complete one orbit. Ancient astronomers believed that Alcyone was the great central sun of the Universe. The photon band emanates from this star and the Earth passes through it twice during our solar systems orbit.

When we are in this band, we are said to be in galactic day; when we are out of it we move into galactic night. Once fully in this band, our consciousness may shift dramatically, with a greater perception of other realities (including, initially, full cognisance of the lower fourth dimension and its occupants), greater sensitivity to other people's energy, feelings and thoughts, and almost instant manifestation of our own thought projections. Entering this band coincides with both the birth of the Age of Aquarius and the end of the great Mayan calendar, the Long Count.

Until recently what we willed or intended took time to manifest. As we enter the photon belt our intentions are manifesting much sooner and this is accelerating. As we birth the third millennium we all need to be much more disciplined in the way we think about ourselves and others, as our thoughts manifest sooner and sooner, eventually instantly. Complete emergence in the photon band will trigger a raising in vibration for all living energies including the planet itself. It is the trigger for mass ascension.

Preparing for entry into the photon belt

Prepare for the possibility of living without electricity for some time. That means no mains water, no internal combustion engine and therefore, for a period, no food deliveries or emergency services. Make friends with or acquire a horse, donkey or pony and trap, invest in a stout pair of walking shoes or bicycle. Become familiar with a place in the country with fresh running water that you could visit for a while.

Investigate seriously any photon powered devices that become available over the next few years.

Ascension

Ascension and the ascension process are terms used to describe the lifting in consciousness and awareness that coincides with our entry into the photon belt. Many are preparing for that shift now and the primary objective for all humans is to move into unconditional love for all beings on this plane and beyond. In this way we co-create the love-based reality we deserve, as one.

Ascension involves not only a shift in awareness but a predicted change in physicality for both us and the planet. That shift will be open to every individual in the third millennium. We will all have the choice to remain in the fear-based reality that most humans presently exist in, or to move into unconditional love or Christ Consciousness. That move may entail a whole body shift in density, and those who change vibration may become less dense, lighter and therefore less visible to those who remain in the third dimension.

As human consciousness shifts, so planet Earth will change physically, with the prospect of Gaia eventually becoming a vibrant centre of light on all planes. For those who remain in the 3rd dimension illusion of fear, this will not be a comfortable transition. Those people who choose to shift their vibration, in alignment with the planet, will not be adversely affected by the coming changes.

Preparing for ascension

The following invocation may be repeated with friends and family or alone in any tranquil setting as often as possible and always from the heart. Prepare yourself for meditation and proclaim in an authoritative manner, this version of the Great Invocation:

“From the point of light within the mind of God

Let light stream forth into the minds of all

Let light descend on Earth.

From the point of love within the heart of God

Let love stream forth into the hearts of all

Christ is now come

We are one as the Christ.

From the centre where the will of God is known

Let purpose guide the little wills of all

The purpose which the Masters know and serve.

From the centre which we call humanity

Let the plan of Love and Light work out

May it seal the door where negativity dwells.
Let Light, Love and Power restore the Plan on Earth.
I am one with the Ascended Masters of Light
I am one with the Cosmic Light Command
I am one with the Angelic Light Force
I am one with Love and Light Divine
I am at peace with all Humanity
Now there is peace in my heart
There is peace everywhere
I am that which I am
A shining light for all
I am that I AM.”

You have just contributed to your own and the planet’s ascension.
Well done!

Conclusion

We are entering an age of experience and reality where humans may realise their full potential to live in harmony with each other and the rest of creation. We are entering an era of evolution which will affect all our lives dramatically. The age of separation and duality is ending. The age of love and unification is beginning.

Chapter 5

New Chapter

Other dimensions and spirit beings

The spirit world, the truth of its eternal existence and effect on our lives can be a challenge for some sophisticated 21st Century people to swallow. Conjecture about ET's is a popular and cool subject for both movie makers and after dinner discussions. Discussion of our own spirit world however seems to fall into a different category. It is somewhat less cool to contemplate our own spiritual beings, our discarnate brothers, sisters, teachers and the spiritual hierarchy in and around our own planet.

The truth of this subject is shrouded in superstition and clouded by thousands of years of half truth, ignorance and fear. It is easy therefore for people to deride a reality that is hard to understand, or to perpetuate fear-generating superstitions and beliefs in the name of mass entertainment. Our own tribal ancestors and contemporary indigenous people are well aware of the reality of the spirit world and how it affects the lives of all humans. Contemporary Western society was, until recently, under the illusion that, in its sophistication, it had outgrown the superstitious mumbo-jumbo of the tribal forefathers. Fortunately attitudes are changing.

There are many schools of thought regarding the spirit world. What I offer here are simple universal truths based on my own and thousands of client's experiences during Crystal Dreaming™ sessions. Religions and cultures may vary on the details but the basic truths remain the same.

Perception of our own reality is for most people limited to the third dimension; that of flowers, trees, houses, cars etc. Existing side by side with this reality there are many other dimensions, most of which are not normally perceived by living humans. The one that is most commonly perceived by sensitives or clairvoyants on this plane is the astral or lower fourth dimension. We are all spirits, or aspects of infinite unity

consciousness, having a human experience. When our bodies die our spirit or consciousness leaves our bodies and is assisted with its transit through the lower astral or fourth dimension to the fifth dimension, a place so full of love and light it fits well the Christian description of Heaven.

In this place we undergo a life review and are counseled by more evolved spirits as to how we can best pursue our chosen path of growth. This could be by returning to Earth as a spirit guide, or more usually by reincarnating again onto Earth to experience third dimensional being, thus helping us enhance our understanding of how to balance physicality with spirituality, understand more about love and separation from it and so further evolve as spirits. Many people make this death transition with ease, having become spiritually aware during their lives, or being such pure and open souls that they do not fear death or are not overly attached to the third dimension and the pleasures of the flesh. When the spirit leaves the dying body it is assisted with the transition to the fifth dimension by loving friends and relatives who are also no longer living in bodies and are pure spirit. Providing the spirit of the dying person is willing, then he or she is helped through the fourth dimension and into the fifth. However, as this is a planet of free will, there is no obligation to make this transition with your loved ones and you may choose to ignore them.

If a person has not realised their own spirituality when alive, or has a very fixed conviction that there is nothing after death, or has become very attached to the sensual pleasures on this plane, or dies in sudden or violent circumstances, or has led a particularly misguided life and fears retribution on transiting to the higher planes of existence, then they may refuse assistance with their inter-dimensional transition by denying the existence of their friends on that plane. As creatures of free will, if we choose not to accept help, then well intentioned beings may not help us. Spirits who refuse to transit then become trapped in the lower fourth dimension or astral plane. This is not a pleasant place to be for any length of time.

The lower fourth dimension is populated by a variety of spirit entities which include the following:

- Unevolved spiritual beings (elementals) who are learning about good and evil.
- Confused or fearful human spirits whose bodies have died but who are still attached to this plane (earthbound spirits) usually because they enjoyed life so much they do not want to leave.

- The confused spirits of people who suffered a violent or traumatic death.
- Extraterrestrials and inter-dimensionals who have temporarily lowered their vibration in order to observe or interact with humans, more often than not these are misguided joyless beings.
- Negative energy created by the mass consciousness, such as the group fear created in areas of conflict or by the audiences of horror movies and the like.
- Negative entities evolved from negative energy (e.g. energy evolving and gathering together to such an extent that it becomes self aware).
- Entities created by misguided individuals practising black magic (self aware entities whose sole purpose is to create fear and mayhem as directed).
- Demons, which could describe several of the above and could also be primordial energies created in the times of our ancient ancestors.

The fourth dimension is on the whole, not a happy place - a fearful and confusing null zone which, for a spirit trapped there, would fit quite well the Christian description of purgatory.

Part of the present shift in consciousness entails humanity and the planet changing density or vibration. Earth and humanity are about to evolve into the fifth dimension. In the process we will pass through the fourth dimension, becoming aware of its inhabitants, at first in our sleep, then later in waking dreams, eventually as part of our everyday reality. This is one reason why many spiritual healers and light-workers are presently helping to clear this dimension, assisting the lost and confused beings there to evolve and move into the higher realms. Therefore as humanity's awareness opens, perception of this reality may not cause too much fear or panic in the unprepared, as many of the more fearful beings trapped there will have been assisted on their journey home to light.

Current scientific and mathematical theory speculates on the existence of other dimensions based on thought, numbers or geometry. Science is close to proving something the esoteric student and Adept has known for many thousands of years. Above the fourth dimension there is the fifth and, beyond, there are many dimensions in which our consciousness may exist. Each dimension represents an evolutionary challenge for the spirit. Each step takes the spirit nearer to the Source and further

away from our concept of space and time, separation and polarities. Each is a step on the journey home to Oneness.

It is an inevitable and unavoidable part of each individual's evolution to become aware of these higher planes. The following tools may be used to prepare yourself for your own shift in consciousness.

Interacting with the spirit world

In any interaction with discarnate spirits (spirits not presently having a human experience in a body) it is appropriate always to prepare yourself and the space you are in by filling both with love and light. Burn good quality sandalwood incense and take the time to prepare yourself before any interaction. You should be calm, centred and in a state of harmony and peace. Do not attempt any interaction with spirits if you feel uneasy, agitated or fearful, as that is the energy you will attract.

Always carry out the preparation for meditation exercise in chapter two, before interacting with the spirit world. There are many confused and fearful beings in the lower fourth dimension who would very much like to re-experience being human by attaching themselves to an unwitting or vulnerable person - not a recommended experience for anyone. You do not have to concern yourself too much about this possibility as the feelings of love and light that you generate are repulsive to those not presently aligned to that frequency. Should you feel an unwelcome presence, you should remind it, by speaking out loud, that it does not have your permission to be there and it should leave. It should leave or be transmuted into light by the ascended being you will then call upon e.g.

"I now call on the Archangel Michael (Metatron or St Germain) to clear this place of any negative entities or energies. Please escort them safely home or transmute them into light NOW!"

Remember, nothing has power over you unless you allow it. ALWAYS surround yourself and your home with love and light and do not forget to ask for help when you need it from the beings who always love you unconditionally. Our loving inter-dimensional friends may only help if we ask or give our permission for them to intercede.

Nature spirits and devas

We understand that we as humans are an infinitesimally small aspect of the same Being or Oneness evolving towards reunification with itself. We are part of that Being's consciousness enjoying free will and having fun evolving, in our limited human consciousness, here on Earth.

In order that we might experience this earthly reality of trees, rocks, rivers, sky etc., other evolved beings have volunteered themselves in service as part of their growth to maintaining this reality for us. They are

dedicating their consciousness to holding this reality in place for our enjoyment and unfoldment. One of these very wise and loving beings, for example, has dedicated itself to being water and its consciousness is in all water throughout the planet. This applies to trees, rocks, flowers, vegetables, etc. - in fact everything on Earth.

Naturally there are beings dedicating themselves to sustaining the animal kingdom and all species therein. So, for example, we have a being that is dedicating itself to creating and imbuing all bird life with its spirit or life force. This being dedicates parts of its consciousness to creating and sustaining particular species. The aspect of that being that is focused entirely on starlings, for example constitutes the spirit or group soul of that species and is referred to as the "overlighting deva" of starlings. This nature spirit or deva directs, sustains and is aware of every starling on the planet. This applies to every species of every creature living on this plane. There is spirit in all things, rocks, plants, animals, insects, fish, etc. and, as our Native American ancestors and other indigenous peoples knew very well, we are able to dialogue with any of these nature spirits, and work with them in all sorts of positive ways. Therefore if we take part in a Native American ritual, when we call on the spirit of the bear, we are not communicating with just any bear, we dialogue with the overlighting deva or spirit of all bears.

All things are imbued with spirit, indeed all things must be imbued with spirit in order to materialise or continue their existence. Each type of animal, bird, fish, rock or plant has its own overlighting deva, spirit or group soul.

Apart from these overlighting devas there are nature spirits which include the "little people," the pixies and fairies our Celtic ancestors loved, cared for and respected. These small and beautiful beings have retired to the deeper sections of forest and woodland not wishing to interact with a species that cares so little for its environment. As part of larger Earth spirits they continue to look after unspoiled areas of land but will not go where they are not welcome. If you would like them to return to your garden, create a small area of uncultivated land just for them and invite them back. Your garden will do very well if they feel comfortable there.

There is spirit in all things, all things have consciousness and all things are part of the same Great Spirit.

Interacting with nature spirits and devas

Take a blanket or rug to a peaceful and secluded place in nature. Announce your presence and state your intention to meditate and meet some loving nature spirits. Ask permission to use the space and be still

and wait for a response; proceed if there is no negative indication. It is respectful to do this in any part of the world, particularly in Australia where some places have been honoured as sacred to Aboriginal people for many thousands of years.

When you feel comfortable and ready to proceed, carry out the exercise and affirmation under “Caring about our home, our planet” then announce that you have come to this place with love in your heart to meet with any loving nature spirits who would like to talk or play with you. State that you freely give your permission to those beings who love you unconditionally and are focused on your divine highest good to interact with you.

Find a place to lie down on your rug, cover yourself if necessary and prepare yourself to meditate. As you reach the end of this exercise allow your senses to be immersed in nature, smell the earth and vegetation, listen to the trees, birds or water, feel the air on your face and allow yourself to drift.

You may drift off into a half waking half dreaming state. Do not question what comes into your mind, relax and enjoy any interaction or play that takes place. Savour the simple pleasure of being at one with nature. Nature spirits may be shy but if you radiate feelings of peace and love they will approach you. You can radiate positive loving feelings by remembering those nearest and dearest to you and focusing on the warm feelings of love that the visualisation generates. Note down any impressions you have, and please do not dismiss anything as flight of fancy.

Ascended Masters and the spiritual hierarchy

Life, death, reincarnation and Karma create a complex web of interrelated events which someone has to keep track of. There exists in the spirit world around this planet a spiritual hierarchy of more highly evolved spirits than most of those presently here in bodies. These beings have experienced the pain and joy of life on this plane many times and evolved in their later reincarnations into masters who were known and recognised during their own lifetimes. Count St Germain, for example, was an alchemist who last incarnated in the 1700’s in Europe. According to eye witnesses, he lived for 150 years without ageing. He has evolved beyond the need to reincarnate on this plane and is now in service to humanity as an ascended master.

Ascended masters can help us in many ways, provided we ask, for our own divine highest good, and we give our permission for them to help. They are working constantly for the positive evolution of the planet and humanity. Each has a specific area of responsibility, and so different

people will be attracted to different masters during periods of their own evolution. Ascended master is not a gender specific term, the masters have reached a state of perfection that is beyond gender, although they will frequently appear to our consciousness as they did in the incarnation in which they achieved mastery. So, for example Quan Yin, The Lady Nada, The Lady Mary will appear as female energy, and Serapis, Kuthumi and Maitreya appear as male energy.

Calling on your Ascended Master

Each living person has a relationship with a particular ascended master and that master may assist that person's growth provided they ask and give their permission. To become aware of the master that you are closest to, you may try the following exercise. You may choose to do this exercise when you are in bed immediately prior to sleep. Centre yourself in your special place and prepare for meditation. Say out loud if possible;

"I _____ of my own free will, now call on my spirit guides, teachers and friends, I ask you to surround me with your love and light (as I sleep). As the Universe is my witness, I now humbly and respectfully call on the ascended master closest to my heart..."

Dear friend and teacher of unconditional love and light, I freely give my permission for you to enter my consciousness now (or in my dreams tonight) and show yourself to me. I am ready to know more of my life's plan and ready to act upon it for the divine highest good of all. So be it."

Trust what you see and feel in that moment and later that night. You are worthy of the love of the Master who appears before you.

Spirit guides and angels

The spiritual hierarchy extends "above" and "below" the ascended masters. Below the ascended masters are our loving spirit friends who do not need to incarnate here at this time but who can enrich their own experience of life here by assisting individuals who are in bodies. These friends have often known us in previous lives and may occasionally be grandparents from this life who are no longer living on this plane. All guides love us very much indeed and are not attached to outcomes here. They help in planning our blueprint and volunteer to monitor our life's progress and to help us, if we will allow them to, when we become aware of their presence.

These friends are generally referred to as spirit guides. Every human being on this planet has spirit guides. True spirit guides are always positive, loving, selfless and focused on the divine highest good of their friend on this third dimensional plane. Any being that presents as a spirit guide and is not totally positive, loving and selfless is not a guide.

Each person has several guides, sometimes many. They may include a spouse or relative from a past life. Often people have a Native American guide, not because it is trendy, but because these people were and are a very spiritual race and many have reincarnated again at this time. So it is natural that their friends should help them out.

Above the ascended masters there are many levels of consciousness, one of which is the angelic realm. The beings who reside here are love. They have never needed to experience the density of being human. They have not incarnated on this plane, but nonetheless love us and this planet. They, like the ascended masters, have particular responsibilities and work in particular areas of awareness. Every human being has an angel watching over their development. The laws of the universe prohibit their interference in our affairs unless requested. So ASK for help when you need it.

Meeting your spirit guides or guardian angel

You may choose to record this meditation and play it back to yourself before sleep, or at a quiet time when you can lie down to meditate.

Centre yourself in your still place and prepare for meditation. Call on your spiritual guides, teachers and friends to surround you with their love and light. Give your loving guides, that are focused on your divine highest good, permission to enter your consciousness by the easiest route during the meditation or your sleep following the meditation.

Picture yourself in a place in nature you know and love, explore the area, see the trees, smell the flowers, touch the plants and animals, be there and feel comfortable in your chosen space. Announce that you come to this place in peace, for your own divine highest good and with love in your heart. Say that it is your intention to meet your spirit guides; then explore a little.

You may be attracted to a particular animal that appears. Ask it to help you find your spirit guides and give it permission to help. It will lead you to a place where they may be waiting, or you should wait for one or more of your friends to arrive. Before interacting with anyone in the space you have created, ask them, do they love you? Their answer should be unequivocally positive. You should ask three times and receive a clearly positive reply after each request. If you receive a vague or nonspecific reply such as "I can teach you" or "I can help you," you are not dealing with a loving being and you should discontinue the interaction by clearly stating that you are only willing to interact with those who love you unconditionally.

You may explore in a similar manner with the intention of meeting your guardian angel or higher self - just change the words in the affirmation to suit. This is an advanced exercise and may need the assistance of a practitioner. By doing it before sleep you give your guides a greater opportunity to appear in your dreams. Write your dreams down as soon as you wake up, even if you wake in the night. You should receive some impressions of one or more of your spirit guides.

Higher self and soul family

Higher self is the term given to the main part of our consciousness which we are generally not aware of on this plane. Our higher self may be experiencing several incarnations on several planes of existence simultaneously, each different personality experiencing a different life. Every human being belongs to a group of souls which travel and incarnate together as a soul family. Each and every one of us is an aspect of a more evolved being that has split its consciousness in order to incarnate here and evolve and grow as a spirit.

Being aware of this could be a little distracting for us on this plane, though that awareness can be accessed through a variety of techniques. On dying, provided the free will spirit does not become confused or earthbound, it may merge again with the oversoul. On merging, the spirit becomes fully aware of all they have experienced on all planes of existence. This knowledge and experience contributes to the pool of wisdom of the higher self. The last Earth incarnation is reviewed and decisions made regarding possible future incarnations here or on other planes of existence. It is not normal for us to become aware of any of the other simultaneous incarnations that our higher self is presently experiencing.

Reconnection with the oversoul or higher self

The following exercise will help you to become temporarily aware of your higher self.

Centre yourself in your special place, ask your spiritual guides teachers, friends and higher self to join you. Prepare for meditation and, when you are ready, make the following invocation with all your heart:

“ I live within the light
I love within the light
I laugh within the light
I AM sustained by the light
I joyously serve the light
For I AM the light, I AM the light, I AM the light
I AM, I AM, I AM.

I am an aspect of the Divine
I am an infinite being of light
I am aware of my higher self
I AM THAT I AM. I AM THAT I AM. I AM THAT I AM.
I now request a merging with my Higher Self.”

If you are sensitive you will feel peaceful, powerful and energised or see or feel a beautiful and powerful presence as your higher self temporarily merges with your physical body. Please do not expect to discover that you are connected to a well known person, this is a rare occurrence.

Third dimensional reality and how it affects us

Most people are for most of the time focused on their day-to-day reality. This is the third dimensional reality of bodies and how to feed them, cars and how to drive them, jobs and how to keep them, mortgages and how to pay them. This perception of reality is limiting and can entrap humans into thinking that this is all there is to existence. People who become entrapped in the third dimension believe that their lives revolve around the material world and not the other way around.

It is easy to become a slave to consumerism, greed and all the sensual pleasures that living on this planet offers. It is easy to never feel there is enough of whatever is desired; money, power, sex, drugs, alcohol, land, cars, shopping or beautiful houses. There is always something missing, a nagging, gnawing space inside that can never apparently be filled. A person in this state fears death because it means losing all they possess on this plane. Their focus stays fixed firmly in the third dimension. Eventually they start to feel bored with life itself. No matter what they acquire, this empty feeling will not go away. You may have experienced this feeling yourself or know somebody who is experiencing it now.

This empty space can never be filled with material possessions or sensual pleasures and, in trying to do so, we are avoiding searching for the cause of that feeling, which is what our whole being yearns for. In this state, we are experiencing the temporary illusion of separation from our own spirituality, and connection with the Divine. This illusion can be dissolved easily once any person starts to look with an open heart and mind inside themselves and outside this third dimensional reality.

The spirit world is constant and we are all part of it. All humans interact on a daily basis with other spirits because we all are spirits, having a human experience. There are many other levels of existence or dimensional realities right next to us here and now, and they are not difficult to penetrate. They can be accessed via altered states of awareness. Anyone who takes the time and trouble to enter these different levels of

consciousness is very quickly rewarded by a sense of wellbeing and oneness that far exceeds any third dimensional pleasure.

It is worth spending a little time exploring your own infinite being and spirituality. In a journey into their own awareness and being, students understand the reality of their limitless existence as spirits, and so the third dimension ceases to exert power over them. They realise the third dimension exists to serve us, not to enslave us. They do not fear death because they know that their spirit is eternal. They reconnect with their blueprint or life plan. They live life to the full on this plane, realising their full potential, working in service for their own, and humanity's divine highest good.

Entering altered states of consciousness is not an escape from this dense reality but rather a means of connecting with one's life purpose and understanding our reason for existing on this plane.

Exploring other dimensions or levels of consciousness

There is much more to our existence than we commonly perceive, and exploring other realities is a great adventure.

There are many modalities presently available for the keen student. As a Crystal Dreaming™ practitioner and teacher, I have had the privilege of facilitating altered states of consciousness and access to bliss and oneness for thousands of people. During these experiences it is common for people to meet more evolved beings in the higher dimensions, including great spiritual teachers who are no longer living in this third dimension. When in an altered state it is possible to travel through time and space visiting other times and places. It is also possible to experience total past life recall or interact with extraterrestrials or inter-dimensionals as the client travels between dimensions. There is such a commonality to the places and beings experienced by each client, it is far beyond coincidence and there is no doubt that these experiences are genuine.

Whatever the modality you choose to explore, the healer you work with should NEVER ask a leading question or manipulate the session by telling you what will happen. Your experience will be unique and very personal, but the healer will be able to place it in a larger context AFTER the healing.

Accessing other states of being need not involve the use of mind altering drugs, natural or man-made. I urge all students to stay within our society's laws when exploring this path; all levels are accessible through other means. Uncontrolled drug use is foolish as it leaves any human

very open to psychic attack by opening the auric field in an unprepared environment, which may lead to spirit attachment or possession.

Psychic attack, spirit attachment and possession

Any person may at any point in their life come under psychic attack. Psychic attack is defined as any attempt to intrude on a being's sovereignty and influence them negatively by focusing negative energy or thought forms on them. It can manifest in the subject as repeated nightmares, nausea, pains in the neck, headaches, pains in the solar plexus or stomach and uneasiness or fear. Humans become vulnerable to attack when they become weak or fearful, or have an addiction to drugs or alcohol or use recreational drugs such as ecstasy or LSD. Use of any hallucinogenic substance including natural drugs like marijuana or mushrooms weakens a person's natural defences to attack, creating gaps or holes in the human aura. Anyone genuinely pursuing personal growth and healing is well advised to avoid these substances.

Experiencing a psychic attack can be disturbing, but it is not hard to deal with once you have dealt with the issue that created any weakness in your defences. Any being misguided enough to be abusing their power by trying to cause another being pain or suffering is operating in a fear-based reality. Those operating in this reality are repulsed by the higher vibration of love; so by surrounding yourself in that energy, you create a natural protection for yourself. By visualising etheric mirrors around yourself and your home, mirrors that have a coating of love and a wish for enlightenment for all the negative energies they reflect, you may return any negative intentions to the sender, with a supercharged coating of love.

Those of you who have encountered misguided individuals who are dabbling in black magic, may have wondered why they look rather jaded. It is not only because the negative entities they bargain with take a heavy toll, it is because very often the negative energies and thought forms they have sent out to others are sent back to them. Those of us projecting thoughts of love and wishes for enlightenment, have nothing to fear if they are sent back to us. Many healers will be able to assist should you feel you are under psychic attack if the exercise outlined above does not remedy the situation immediately.

Spirit attachment and possession are a more serious and much misunderstood phenomena. When our society as a whole accepts and understands them, it will lead to much joy and relief for many thousands of people and spirits alike. Spirits that are trapped in the lower fourth dimension become frightened and are sometimes hostile, anger being a

manifestation of fear. Fearful spirits will take advantage of a vulnerable person and, with their unconscious permission, attach themselves to that person when they are most in need.

It is very common for people to have spirit attachments. It does not mean they have been bad people. It means at some stage in their life they have been very vulnerable and needy. Some skilled practitioners are able to deal with spirit attachment without distressing either the client or the attached spirit too much. Any form of attachment will stifle both the host's and the attached spirit's growth. The host will be impulsed by the spirit not to grow or develop in any way that would create a feeling of independence or freedom in the host and thus threaten the tenure of the spirit attached to that person. The host will be encouraged to continue behaviour patterns that subjugate and disempower them. Any person with any spirit attachments will be prevented from accessing their own spirit guides by that attachment. Occasionally desperate or cheeky earthbound spirits may pretend to be a person's guide. Guides are utterly selfless and not remotely interested in earthly pleasures, Earthbound spirits are the opposite. Spirits may remain attached to a person for an entire lifetime without detection. They will leave, desperately looking for a new host, on the host's death bed. The attached spirit will have prevented the host fulfilling their life purpose, although apart from some odd personal habits, the situation would not attract undue attention.

Possession is a different matter, in this situation the attached spirit is not lost or confused and is probably well aware of the situation with no intention of ever transiting to the next level of existence. The possessing spirit controls the host's life by impulsing them through their emotions to behave in a way that entertains the spirit or gives it pleasure. Often recreating situations that gave it a thrill while alive, it may lead people to do the most bizarre and misguided things imaginable. Most frequently, victims find themselves subject to deep irrational fears, murderous thoughts or contemplation of suicide. This situation can and does happen to the nicest of people and when it is detected can usually be dealt with, permanently, by an expert, in a matter of hours.

Possession is a difficult subject for contemporary Western culture to deal with and it gets thrown into the "too hard" basket. Just because the majority of contemporary Western society considers this subject to be in the realm of hysterical superstition, does not mean it ceases to exist. In other more "primitive" societies the shaman or village priest knows how to deal with it, and people know who to go to. In our society now, very

few people are willing to deal with this situation. Churches may be unwilling to deal with it, or deal with it by scaring the pants off the victim. Modern psychiatry labels many cases of possession as schizophrenia, and provides suitable medication to suppress the situation. Often family and friends may suspect or understand what is happening to their loved ones but do not know who to turn to for help.

I believe many serious crimes may have been committed by possessed people and I know if they or their family had found a genuine practitioner, a great deal of pain and suffering could be avoided for both them and their victims.

I hope that with the coming shift in consciousness people will see for themselves that this is a real issue that is really affecting people's lives and that treatment for both victim and spirit will become both acceptable and readily available.

How to deal with spirit attachment

If you suspect any minor spirit attachment, which is common, the following exercise should assist. Prepare yourself for meditation in your special place. When you are ready make the following affirmation out loud with all your heart;

"I _____ of my own free will, and with love in my heart, now dissolve any agreements that I may have made consciously or unconsciously with any negative energy or entity on any plane at any time.

Thank you for your service. I no longer need you. Please leave me now. By the law of grace I command that you return home to light NOW!"

If you find resistance to this exercise, e.g. headaches, nausea, physical pains etc., or if you find yourself becoming emotional as you make the affirmation, discontinue and seek a reputable practitioner who specialises in "clearing" or "rescue" work. That person should be a loving, wholesome person that you (or your friend or family member) feel completely comfortable with.

"Clearing" is a calling, not a trade or profession, it should not cost a fortune or take a long series of sessions to deal with this situation, neither need it be frightening or painful. Look hard and you will find someone to help, probably by word of mouth. It is a specialised area of healing that calls for a particular type of dedication.

Ghosts

As earthbound spirits, ghosts have refused their opportunity to transit to the higher planes because of their attachment to the third dimension and a particular person or place. This attachment means that their

energies are focused so intensely on this plane that we occasionally perceive their presence and movements. Ghosts are stuck. Their existence is like a constantly repeating loop tape, a nightmare that they will remain in until a medium or spiritual healer intercedes. They have created their own personal purgatory. As awareness of the higher dimensions increases, we can expect a dramatic increase in sightings and interactions of this nature.

Dealing with ghosts

Ghosts can be helped out; it is not too difficult. In helping a ghost transit to the higher realms you are helping a tortured and confused spirit find peace, assisting in clearing the astral or fourth dimension, creating a more harmonious space here on Earth and helping the people who are experiencing the haunting. Ghosts are real. Please take them seriously and help out if you can. Contact a reputable psychic, spiritual healer or your local spiritualist church if you become aware of this situation.

Conclusion

Our awareness of the higher dimensions is increasing at an exponential rate. More and more individuals are seeing and feeling energies that are new to them. They are beginning to perceive the higher dimensions and are more sensitive to vibrations generally. This is a natural part of human evolution. When it happens to you, do not be alarmed. Becoming more sensitive, experiencing lucid dreaming, seeing and feeling "presences" is part of your natural abilities.

If you feel concern about your growing awareness of the spirit world and higher dimensions, find a group of wholesome people who are also aware. These people are probably meeting regularly to share their experiences and focus on world peace through meditation. A small group of this nature is able to support its members who are at the start of their journey. Seek and you will find a group that suits your needs.

It is okay to be you. You are special and have special abilities. You have nothing to fear. Now is the time to acknowledge these abilities and step into your power.

Chapter 6

Ancient mysteries, modern realities

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Indigenous peoples and their beliefs

The Australian Aborigine

The Australian Aborigines are an indigenous people who have much to teach us. Living on this continent in complete harmony with nature for around 200,000 years, their culture was decimated by the white man within 100 years of our arrival here. Australian Aborigines, like many other indigenous peoples around the world, understood that all things are interconnected, and treated the environment and each other accordingly. This race, with its enormous diversity of tribal traditions and cultures, has been cautious in its sharing of its own indigenous wisdom. This is understandable given their recent history and interaction with the white invaders, who poisoned, deceived and massacred them in their thousands. Reconciliation may be a challenge for some of our leaders who refuse to accept many of those beliefs, refuse to sign international human rights agreements and question the right of indigenous people to visit their own ancient sacred sites and perform their spiritual practices there.

I hope that one day soon our native Australian brothers and sisters will be able to trust non-Aborigines and share more of their spiritual beliefs, ancient Earth honouring ritual and initiation with non-Aborigines. At present however, their reticence is understandable. I recommend you accept any invitation to take part in a genuine site-specific Aboriginal ritual or celebration. Should this opportunity present itself, you may consider yourself fortunate.

One of the few pure and original DNA strands of humanity is carried by the native Australian.

Hawaiian Kahunas

The Hawaiian Kahunas are the indigenous priests or shaman of Hawaii. When the Hawaiian Islands were colonised, attempts were made to destroy the existing native culture by the Christian colonists. The ancient Kahuna tradition went underground and continued, so that

today in Hawaii there are living shamans who come from an unbroken line of priests and healers. The Kahunas of today are reputed to have magical powers and are respected by their own people. As the Kahuna priesthood is restricted to Hawaiians, full initiation is not freely available to outsiders.

Some general teachings are being shared and Hawaiian temple massage is now being taught to non-Hawaiians and is becoming increasingly available outside of Hawaii.

The Native American

The Native Americans were, and many still are, a very spiritually aware race. The arrival of white people in America almost completely destroyed a culture that had been living in complete harmony with Nature and the Spirit World for thousands of years. They understood the cycles of our world and the importance of not taking more than we need. They understood the connectedness of all things and the importance of love and respect for all creation. They had methods of connecting with the spirit world which can still be used today. They see the Great Spirit in all things.

The Native Americans are and were human beings, and as such enjoyed free will and the responsibilities and consequences of that great gift. That means that some tribes and communities became misguided, choosing to become warlike, desiring to exert power over others. Despite their inter-tribal disputes, these people lived in harmony with the Earth for many thousands of years, and probably would have continued to do so had the white man not imposed his will by force on them.

We have a great deal to learn from our Native American brothers and sisters. Fortunately many are prepared to share their wisdom with us. The Native Americans had an ancient prophecy, that when a pure white buffalo was born it would be a sign that all tribes would unite in peace for the dawn of a golden age. That buffalo was born just before the turn of this century.

The second part of the prophecy is that to assist the birthing process, the Rainbow Warriors would return. Native Americans from all clans reincarnated throughout the world working as one, to clear away the old and bring in the new. They are here now, and you might be one of them.

Experiencing native wisdom

Native American shamanism is at present the most readily accessible form of indigenous wisdom available. You may choose to spend some time with a Native American elder if you have the opportunity. I

recommend taking part in a sweatlodge, shamanic drumming journey or other Earth honouring rituals.

At this time the shaman who leads these rituals need not necessarily be of Native American bloodline. S/He may have done some revision with a tribal elder but as this is the time of the return of the Rainbow Warriors, shaman come in all shapes and sizes. Their training and initiation will have been in a past life. Their presence will testify to their abilities - trust your own feelings.

The Rainbow Warriors

“When the earth is ravaged and the animals are dying, a new tribe of people shall come unto the earth from many colours, classes, creeds, and who by their actions and deeds shall make the earth green again. They will be known as the Warriors of the Rainbow” - Old Native American Prophecy. The Rainbow Warriors are amongst us, cleverly disguised as ordinary citizens in a variety of occupations. They are under such deep cover that many have forgotten why they incarnated here this time around.

Involving yourself in native spiritual practices and other holistic therapies will jog your memory and get you back on track. Do not be surprised if you know the words to an old chant you have never heard before, or suddenly feel a deep upsurge of emotion when you enter a ritually prepared space - you have done it before. The challenge you face, once you realise who you are, is how to live in this reality and fulfil your purpose without your friends and neighbours thinking you have completely lost the plot.

You incarnated into contemporary Western society and that is where you are. You may not like it but you understand it. Because you are in a human body now, it is not appropriate to escape into some drifting half reality of myth and legend. That is not what you came here to do. You came here to share light, love and knowledge. You are a fearless warrior. You have all the tools you need at your disposal. You were born with them.

You have been here before, you are highly trained, confident and versatile and you can pass off as one of the locals without any difficulty at all. In fact it has been so long since you communicated with another team member you probably believe you ARE one of the locals. The rest of the team is up and at 'em. So rise and shine - try some ancient native wisdom. Time to wake up!

Am I a Rainbow Warrior?

I strongly recommend participating in any positive Native American ritual (e.g. a sweatlodge or pipe ceremony) that calls to you. Experiencing that, along with the affirmation under "Recalling the priest or priestess you were" (suitably reworded if you wish), should jog your memory. Participation is the key. Reading and listening are not enough to dislodge deep cellular memories - actions speak louder than words.

Shamanism

Shamanism is a solitary way of honouring the Earth and all her creatures and spirits. In all tribal cultures there is at least one shaman or medicine wo/man. They live on the fringes of the tribe and are respected not only for their healing powers but because they act as an intermediary between the physical plane and the spiritual plane. They go to places most people fear, and they return with useful information for their tribe.

Shamans are not always chosen by their three dimensional elders. Many suddenly discover by some unexpected inter-dimensional or out-of-body experience that they have the ability to walk between worlds. It is clear that they have been chosen by the spirit world to be the next shaman in this world, and they receive support and training from the existing shaman on their new path.

Today in our predominantly urbanised society, the shaman still exists, still connecting with nature and healing, often unrecognised. This solitary figure fulfils many of the tasks of his/her predecessors. There are many books to help you along this path of self discovery and healing. Shamanism is a way of connecting with and celebrating timeless Earth cycles, without joining a group or coming under anyone else's influence.

How to experience modern shamanism

Holistic publications, your local alternative book or crystal shop or your own research and networking will lead you to an appropriate event. Any shaman (male or female) you choose to work with should make you feel relaxed and comfortable.

Modern shamans work in the space between this and the Otherworld or Spirit World, and should therefore be accorded some respect. They do much unsung positive healing work in areas that most prefer not to explore. Your shaman should be wholesome, even jolly, and need not dress the part.

Rainbow Tribe

The Rainbow Tribe is a comparatively recent phenomenon, a loose collective of people living mostly outside of contemporary society, in semi permanent encampments, often on private land. This collection of well

intentioned people has no discernible hierarchy, arriving at decisions via lengthy meetings or circles, at which everybody has an opportunity to speak.

The Rainbow Tribe is international, and is well aware of the major changes that are coming to our planet. Some may well be reincarnations of the legendary rainbow warriors discussed earlier. The Rainbow Tribe is not an exclusive group, although the style of dress and hair worn by most members could be described as tribal or feral, with dreadlocks, tattoos, branding and body piercing being a common addition to simple hand-made clothing. Tipis are the favoured accommodation, and sharing food and resources is a way of life. Often traveling in convoy from one location to another, this group is amorphous and a little inward looking. The Rainbow Tribe is not on a crusade to convert anyone to their way of life. They are too busy living it. Modern primitives that walk their talk, they live without electricity and with the most basic sanitation, usually in remote bush areas. They have little time or respect for conventional society, the media, and politicians. Their gatherings include Earth honouring ceremonies often with the help of local indigenous people. Their way of life is one possible future we all may need to consider during our transition. Without power or the internal combustion engine, they at least, are prepared.

Contacting the Rainbow Tribe, attending a gathering

There is no central contact point for this group. You could search for "rainbow tribe" online as websites seem to change often. There are regular national and international gatherings. News travels by word of mouth. So drop in at your local environment centre, or approach any fairly wild looking bunch of travellers. Gatherings are a unique experience and recommended for any explorer wishing to reconnect with our planet's tribal past (and possible future).

Equip yourself well, first aid kit, basic medication for intestinal disorders, conjunctivitis and tropical ulcers, lots of fresh water or foolproof water purifier are all useful items to carry. Chocolate is a popular gift to bring from the outside world.

Conclusion

Indigenous peoples are fully aware of the changes that we are presently experiencing. Their cultures record predictions of this transitional time. They have been waiting patiently for this final unification of all beings with unconditional love. Study of these cultures will reveal that now is the predicted time of change.

Extraterrestrials and inter-dimensionals

Introduction

At the beginning of my own journey I would have found the information in this chapter laughable or bizarre to say the least. However I have witnessed so many recalls of interactions with ETs and inter-dimensionals that I now have no doubt that these beings exist. Some of our popular TV shows and movies may be close to the truth.

ETs, helpers and hinderers

Many beautiful and loving sentient beings throughout creation have responded to our planet's cry for help. They have offered to assist this unpredictable and beautiful Earth, declaring their unconditional love for us. Our friends seek to reawaken within us the truth of who we are. They wish to see us reach our full potential and be free of all limitations, on all levels.

Extraterrestrials and inter-dimensionals have paid regular visits to this planet since humans first incarnated here and there are references to them in many ancient texts and cultures. Not all visitors have loved us unconditionally - some have mined Earth's resources and manipulated us for their own ends. Contemporary human beings may be the results of the genetic engineering of humans with several species from other parts of the galaxy.

Most evolved Extraterrestrials exist in the 5th dimension and beyond and are therefore not readily visible to our eyes, unless they choose to lower their vibration into 3rd and 4th density. Many beings are observing us at present and many are here to help us make our evolutionary shift smoothly. Much attention is focused on this planet at present, as what happens here affects the rest of creation.

Crop circles

Crop circles are huge circular and geometric patterns that appear overnight in corn and wheat fields mainly in America and Europe. They are three dimensional and have scientists perplexed. Some designs are

larger than football pitches and when samples of corn are examined microscopically what appears at first glance to be broken, turns out to be bent and still living. Crop circles are one way that our ET friends are using to nudge humanity into wakefulness. They are non-threatening and do not harm the environment. The patterns are codes designed to trigger a response in those that see them. It is also a playful way of letting the mass consciousness know that ETs are not a figment of our imagination. Conventional science has no plausible explanation for crop circles or how and why they manifest.

Pleiadians

The Pleiadians originate from the Pleiades star system and appear to be focused on helping humanity. They are loving beings who have a very strong karmic connection with humanity. They indicate that what happens here will affect them in a big way. Pleiadians may have been responsible for manipulating our DNA many thousands of years ago. They tell us that they are our future and I believe our development will directly affect their future. They are of a nurturing female energy and they appear in our consciousness almost transparent with elongated heads. There are many channels presently receiving information from them and much of it is published.

Sirians

The Sirians are a race which evolved in the Sirius star system. They are a peace-loving race and love order. They have formed an alliance with the Pleiadians and appear to want to help us. Many are incarnated here as dolphins. Parts of their society appear to be ordered to the point of regimentation. Others appear to be dolphin-like in appearance and nature.

Orions

The fashion statement on Orion at present is the long dark cape look and that is how they appear in our consciousness when we encounter them. They are a warrior race and are split into two camps, those who seek power over and control of others and those who wish to share power with and serve for the greater good of all. The misguided Orions are beings with fragile egos who seek to mix the power of light with the darkness they are in, an impossible feat as one naturally eliminates the other.

They are presently here in force, mainly in our cities. When people encounter them they appear "Darth Vader" like and are not heaps of fun to be with. The positive Orions, those warriors with strong egos, are similarly clad in brown capes. Although gruff, they appear to view humanity

positively and in my experience are not actively interfering with our race, merely observing. When a client was interacting with positive Orions, I asked for guidance as to how to understand the Orion mentality. I was advised to watch more Jackie Chan movies. They apparently find them very entertaining. I leave you to draw your own conclusions.

Collaborations

Before ETs and inter-dimensionals made their presence public, they contacted our governments to offer assistance to our leaders. Contact was made during Eisenhower's presidency in the US when a 3rd dimensional spacecraft crash landed at Roswell. This became known as the Roswell Incident and several books and a film have been based on it. There was for a short time at least one living ET survivor of that crash. This incident was classed as above top secret and was hushed up for decades. I believe all the major powers refused help and expressed interest only in weapons technology. The more positive and loving beings naturally refused to collaborate and proceeded to contact humans en masse, directly and via spirit mediums and channels.

The less positive beings offered future technology in exchange for the right to meddle with humans provided that they were not permanently harmed and had no recollection of the experience. Many governments accepted this deal on our behalf and they had no right to do so. Numerous people are now finding that they have very disturbing memories of their experiences, often remembered when they enter altered states or under deep hypnosis. These experiences are either hushed up by the government or until recently derided by the media. Who is interfering with humans and why?

Misguided ETs

There is a technologically advanced race that have been engineered to the point where they have lost their awareness of their own spirituality and love. They are small, slim, bluey-grey humanoids with large dark, almond-shaped eyes and they do not have a great sense of humour. Their next possible evolutionary step is the shift in consciousness to a love-based reality that we are presently experiencing. This makes us a fascinating subject to study. I believe they are attempting to combine elements of human DNA with their own so that they can reclaim their emotions and through that access the evolutionary shift which is open to them.

Dealing with interference

Interactions with these beings are mostly etheric or energetic. They are weak and rarely manifest in the third dimension. Should you

become aware in a dream state that your consciousness is being interfered with, remind yourself that nothing has power over you unless you allow it. This is your reality, not theirs and any feelings of fear are an illusion. See your abductors as ineffectual and powerless naughty little children. You are surrounded by a brilliant and radiant white light, which forms a bubble around you. You can change the reality you are experiencing by visualising both you and them in the middle of an football or rugby grand final, a stadium rock concert, baseball game, cricket match, or some other mass human gathering. They won't like it at all. You may also recall your favourite funny story or rhyme and tell it to them. Your genuine laughter and joy will be very disempowering for them. Remember, no fear... no problem.

Unhappy inter-dimensionals

Another species interested in humans are the pre-human inter-dimensional occupants of this planet. They exist close to the third dimension and are therefore often seen. They are humanoid reptiles or reptoids and they thrive on fear-based emotions some humans generate, energy they can both resource and manipulate. Often encountered in a dream state, their grasp of our beautiful language is limited to simple four letter words. They are not articulate or happy beings. If encountered they should be treated firmly and with love. They are repulsed by this energy; so generate and maintain it. They wish to block our evolutionary shift as it is presently dissolving the fear-based matrix around the planet that they seek to control. Many people believe the increasing volume of light we are generating as a species will make it very difficult or impossible for these beings to stay close to us. This is certainly true on a personal level. So walk, talk and BE love - it is your best protection!

Happy ET landings

Extraterrestrial landings en masse have been predicted for some time. Should this ever happen be aware that those that love and care for us, our planet and our evolution emit light and love - they are absolutely unmistakable. Unconditional love cannot be faked, as those of you who have been in the presence of a living master will testify. It is an intense and real feeling, in the heart, not the head.

So if one day you step out into the yard to discover a recently arrived craft, do not bother putting the kettle on and making tea until you have been virtually knocked off your feet by waves of love. If you can actually knock on the spaceship's door put the "gone shopping, back later" sign up and head for the hills. The more highly evolved species do not operate fully in the third dimension and their craft will not be solid in

our sense of the word. In any encounter with ETs and inter-dimensionals, it is wise to place yourself in a bubble of joy, love and light. It may also prove useful to have mastered the Merkaba breathing mentioned earlier.

It is always good to have the ingredients for some home made scones in the cupboard in case of unexpected visitors.

A final word on ETs

There are many species observing and interacting with us and our governments at this time and much has been written about them by researchers, conspiracy theorists and explorers of altered states. There is much misinformation on this subject. So I advise discretion when absorbing such information. Your own personal experience of the truth is always your best guide. I choose to write about beings that my clients, in deeply altered states, interact with or recall interacting with. Each description is based on different experiences of different clients who do not know each other or anything about ETs. I share more in depth information on this subject in my book "Alchemy of Crystals." Generally the ET agenda appears to be to monitor our experiences through etheric implants. The challenge for us is that these implants affect our energy systems and throw them out of balance. These beings very rarely have our conscious permission to do this.

Extraterrestrials and inter-dimensionals are a fascinating subject. However we may be getting distracted from the situation in hand by looking to the stars for saviours and solutions, while our planet is abused rather than honoured by our own species. Extraterrestrials and inter-dimensionals are real. They may generally be operating in a different dimension but the truth of their existence may be easily confirmed by accessing that dimension yourself, through entering an altered state.

Chapter 9

Our future

2012 and beyond

Humanity is being fast tracked into an evolutionary leap that may leave those who are unprepared very confused.

The immediate future brings instant manifestation and clear perception, not just of how your loved ones feel but how others in your vicinity feel. We will perceive beings in the 4th and later the 5th dimensions as part of everyday reality. The best possible way to prepare for this is through self cleansing, purification, active focus and participation in love and peace-generating activities. You do not need hordes of food or arms to enter the next dimension. There is only one essential requirement - to be surrounded by love, you need to project love, share love, Be love.

Live by example, and do not worry about what other people think. You will find it will not be long before friends and family want to know what your secret is. In a state of harmony and love, you will feel the presence of the Creator, because love is what is holding our Universe and the whole of Creation together.

Why the future of this planet is so important

This planet has created a bottleneck of entrapped souls which has reached such an extent that it is affecting the rest of creation. Many misguided beings are enjoying the power they have over humanity by keeping us and discarnate spirits trapped in the illusion of fear. If they succeed here, it has enormous implications for many other realities. So many beings are observing the struggle being played out on Earth with more than dispassionate interest.

Given the interconnectedness of all things, restoring love and light to its intended place will not just benefit the souls presently incarnated here, but innumerable others. The vibratory transition before us may be a rapid and joyful leap into light, or a fear-filled fall into the void - it is up to us. I know which one I prefer.

My understanding at present is that the way in which Earth makes this transition will affect the blueprint of the reality in the next dimension or Universe we enter, therefore affecting that reality for all the other beings that follow. I believe Earth's transition will create a portal or gateway to a dimensional/ time/ space shift on a cosmic scale, which is why there is so much attention focused on our wayward, random and exquisite home Earth.

You now have a grasp of the complexity and implications of the challenges unfolding here on Earth at this time. The solution may be a simple one, that we all live in a state of unconditional love for all of creation, but how do we do this? Where do we start our journey of self healing and personal growth? How do we the human race realise our full potential and create Heaven on Earth? How do we become truly fortunate?

Your reality now

Your thoughts shape the future and the Universe responds to your projections. If you foresee gloom and doom, that is what will show up in your life. If you project thoughts of joy, peace and love then that is what will manifest around you. The Universe exists to serve us. It responds to what we think we need for our own growth. It does not ask why we are putting out negative thoughts, it just reacts to them.

In the short term you can help yourself by removing yourself from fear (and fear-generating appliances) and resolving negative situations. You can make it easier for yourself by creating a more pleasant, relaxing and peaceful situation in your home and workplace. You can assist the start of your growth process by changing your life, now. That may present you with some difficult decisions and challenges, all of which you are capable of overcoming.

Our reality is a result of individual and mass projections. If we concentrate primarily on our own state of wellbeing, resolving personal imbalances and creating a harmonious body, mind, spirit and emotions, we positively affect ourselves, those around us and our environment. If we are well and in our power, we can create miracles. As more individuals move into this state of harmony and wellbeing they affect the mass consciousness exponentially, until a critical mass is reached, resulting in irrevocable positive change on a global scale.

Some time ago a group of researchers observed monkeys on a Japanese island learn how to gather food in a more efficient way. The aim of the experiment was to see how quickly the other monkeys inhabiting the island would learn this new technique. The results were astounding.

Not only did the other monkeys pick up the technique very quickly, without any apparent visual contact with the trained monkey, but the awareness of the new technique grew exponentially, from one to two to four to eight, to sixteen and so on. Until one day half the monkeys were practising the new technique, and the next, the whole island knew how to do it.

The experimenters drew the conclusion that this new technique or awareness was passed on through a collective consciousness. This was confirmed when monkeys on a neighbouring island started to use the new technique. It was impossible for one of the newly trained monkeys to swim between the islands. This phenomenon is often referred to as the 100th monkey syndrome.

Our human consciousness is affected in a similar way. Once enough human beings are at peace, living in a state of love and harmony with nature, aware of their own divinity, powers of creation and manifestation, the rest of the human race will follow. Our behaviour, state of knowing and being will affect and then become the consciousness of the rest of humanity. They will not even have to even think about it. Like the 100th monkey their awareness will shift and they will become it, thus creating global healing and peace on Earth. It may take one self realised being to do that and it could be you!

This process starts with you and your own personal journey into well-being. Part three offers you a guide to some of the techniques you may explore for self development, personal growth and therefore planetary healing. Good luck!

Chapter 10

How your body works

Introduction

The only way to change our world is to change ourselves. Our world responds to us. On a global scale it will respond to a shift in mass consciousness. That will be achieved by individual and then group shifts in consciousness which will join together to affect and eventually become the collective consciousness.

That process starts with you, now.

If your being is at peace and in harmony with All There Is then you will find that peace, love and harmony surrounds you and is attracted to you. The more people achieve this state the more this state of being will spread like ripples moving outward in a pond. This process has begun and it is manifesting in pockets throughout our planet. People are finding themselves drawn to particular locations to seek the peace, harmony and healing that these areas offer. The key to your own personal journey is in experiencing rather than talking or thinking about what might be. It is all very well in theory but it must be personally experienced and integrated into your own energy systems if it is to be of any practical use in creating positive change for you and the planet.

How and where do you start your own personal journey into well-being and planetary healing?

Digest this section of the book and then approach your local alternative shop or healing centre and strike up a friendly relationship with the owner. Good healers have a good reputation and you should feel completely comfortable with both the person who recommends a healer to you and the healer themselves.

Trust your heart and inner guidance when choosing a healer. You know best.

Alternative and complementary healing modalities are radically different from conventional medicine. Conventional medicine deals with any disease, as it manifests, by cutting out disease and treating symptoms.

The techniques outlined in this book deal with the cause of any mental, emotional or physical imbalance, energy blockage or disease. As such you will be required to look at yourself with all your perceived imperfections, releasing past trauma and pain with love, and learning to truly love yourself.

Not all of the modalities outlined here will suit you. Listen to your own intuition. I give an outline of how modalities work and how they might affect you. Talk to your practitioner and ask them what might happen during and after the healing. Listen to your heart not your head when making decisions about your path to wellbeing. Some techniques are very gentle and gradual, others create a period of dramatic and sometimes cathartic accelerated growth. Choose those that suit your personality and circumstances best.

It is important to heal trauma from your past, but you need not dwell on it. Process it and let it go. Then get on with your growth - that is the fun part.

How holistic healing modalities work

The aim of all holistic healing techniques is to assist the growth of individual consciousness through the creation of a healthy mind, body and spirit. Our bodies are a living record of all of our existences. They carry with them all the unresolved issues and pain we have created in this and past lives. These unresolved issues are usually referred to as "energy blockages." Apart from hindering a person's lift in consciousness or vibration, these blockages can restrict an individual's growth to the point of manifesting in the physical plane as serious life threatening illnesses, like cancer, if they are not released or resolved as etheric blockages.

Holistic healers will be treating the root cause of any perceived illness or energy imbalance, not the symptom. Therefore, rather than suppressing the condition, it may appear to become worse after a healing, as part of the release process. This state does pass and you should be advised if that is likely to occur. Any medication given will be lovingly prepared by another person, not mass produced by a multinational pharmaceutical corporation focused more on profit than your wellbeing.

Most of the techniques outlined, work on the energetic bodies of humans. This is most easily understood by visualising the human body surrounded by etheric layers or coatings. Each relate to the area they are named after and can be worked on simultaneously or individually. Every human being's physical body is surrounded by a mental body, an emotional body and a spiritual body, also referred to together as the etheric body(ies). Each body may be said to be existing in the mental plane,

the emotional plane or the spiritual plane. Different healers and modalities are best suited to resolving or releasing different issues as they appear. It is rare for one modality or healer to be able to deal with all planes equally well.

Many of the healing techniques or modalities emerging at present are channelled or inspired through visions, dreams and altered states. Many are rediscoveries of ancient methods of healing; some are remembered from past lives; some are developed using the old formula of inspiration plus perspiration. All are effective tools for healing body, mind and spirit, and some may be used to enter altered states of consciousness and thereby access the superconscious or spiritual plane.

Some of the modalities mentioned here can take years of study to learn and some may be practised after a weekend's intensive training; some gifted healers just "know" what to do. The reason some techniques can be learned so quickly is that all human beings are born with the innate ability to heal themselves and others - sometimes we just need our memories jogged.

I have included methods of divination for your consideration. It is not always easy for us to hear our own inner voice or higher guidance. If you try, you will find at least one method of communicating with yourself that will work. Your clear and selflessly honest intention is what matters most when using these techniques.

The human aura or energy field

All living humans are surrounded by an aura or bioplasmic energy field. It extends for about a metre around the human body and its condition can tell a healer much about a person's state of health. The aura can be felt using the hands, it can be seen by clairvoyants, and it can be perceived by using a pendulum.

Chakras

Chakras are spinning energy centres or vortices within the aura and close to the body. The seven chakras closest to the body are situated at the crown (top of head), the third eye (centre of forehead, just above the eyes), the throat, the heart (centre of chest), the solar plexus, the navel, and the sex (pubic bone), there are also chakras at the rear of those mentioned. Each one relates to different aspects of the etheric body. They are real and tangible.

The most commonly used term for these energy centres is Asian or Indian in origin, however knowledge of these centres was not confined to the East. The Ancient Celts and Druids referred to these centres as the

seven seals, and initiates knew how to diagnose and treat illnesses through chakra awareness.

The state of a person's chakras reveals a great deal to a trained alternative or complementary therapist. They can, with a patient's permission, be manipulated by a healer. They can be unblocked, cleansed and re-energised. Any potential physical illness will manifest as an imbalance in the auric field or a chakra blockage before it manifests physically, therefore these methods of healing are also excellent preventative medicine.

Chakra cleansing meditation

We are all able to cleanse and purify our own chakras. The following meditation will assist you with this process. In your special place prepare yourself for meditation. You may lie down for this exercise.

Breathe in light through the crown chakra at the top of your head. See it flowing down through the centre of your body to the sex chakra at the front of your body between your legs.

Notice a beautiful red flower opening slowly at this place. Use the light you are drawing from above your head to gently open the flower and blow away any dust or debris on the flower. Allow the light to turn into a soft red mist, as it travels out of the flower.

When the flower is fully open and cleansed, move up the body to the next chakra opening a different colour flower at each energy centre as follows:

- The navel chakra - gently open an orange flower.
- The solar plexus chakra, a hands-width below the centre of the chest - gently open a yellow flower.
- The heart chakra, in the centre of the chest - gently open a green flower.
- The throat chakra - gently open a turquoise flower.
- The third eye chakra, in the centre of the forehead - gently open a violet flower.
- The crown chakra - ensure that the many petalled white flower that resides there is fully open.

You can do the same procedure for the rear of each chakra. Finish this exercise by bathing your whole body in soft pink light and affirm out loud:

"I am light. I am love. I am."

Ensure you are sealed inside your golden egg, then ground yourself drawing a spiral of red ochre earth energy up each leg. When you are ready, open your eyes.

Conclusion

Understanding just how much energy affects our physical body and our reality, is the beginning of realising that every choice we make affects us and those around us. Every thought we create, every word we utter carries with it a great deal of power. Contemporary science acknowledges that we ARE energy. Being aware of this truth enables us to appreciate that alternative and complementary pathways to wellbeing are a valid and effective way of ensuring that we live a harmonious life.

Chapter 11

Creating your now

Introduction

All of the techniques outlined here have the potential to lead you via different routes to the same destination, acceptance of self and love of self. Love, forgiveness and understanding are where the answers to all of our world's challenges lie. The fabric of our Universe is held together by love. When you harmonise with love you attune with the whole of creation. In doing so you become one with All There Is and you become aware of your interconnectedness with all things. In this state it is impossible to project any negative thoughts towards any other being or object, as in so doing, you inflict that projection onto yourself, because you are part of everything or All There Is. In this state of awareness and being you naturally attract good fortune into your life.

You will change your relationships and the world around you by harmonising with love. In doing so you must heal, love and honour yourself as you love the rest of creation, unconditionally. The following techniques will assist you with this process.

Acupuncture

A form of healing that the Chinese and Japanese have been practising for centuries. It is a very effective way to deal with ailments that have already manifested in the physical body as well as being a good preventative medicine. Using ancient knowledge of energy centres and meridians (energy paths) around the body the practitioner inserts very fine needles into the body to release the blockage that is causing the illness and restore the correct energy flow. Effective and painless, a wide variety of disorders may be treated using acupuncture.

Agni Hotra

Agni Hotra is an ancient Vedic (Indian) fire ritual that cleanses and purifies the area in the vicinity of the ceremony. A mixture of dried cow dung, rice and ghee (clarified butter) is placed in an inverted copper pyramid and burnt over an open fire. This activity takes place at the exact

moment of sunrise and sunset as the practitioner chants a Sanskrit mantra. The ash remaining in the pyramid after the ceremony is then sprinkled on garden or crop and when mixed with ghee can also be used as an Ayurvedic medicine for cuts and bruises etc. When this ritual is practised daily over a period of time there is a noticeable improvement in both the atmosphere of a location and the fecundity of all the plants where the mixture is sprinkled. This system combines well with permaculture, biodynamic or organic farming - and it works.

Agni Hotra has found favour in areas of Europe that suffer from acid rain or were close to the Chernobyl nuclear disaster. Cow dung is one of the few natural products that does not continue to hold radioactivity. Details of Agni Hotra courses may be found in whole earth type magazines, environment centres or health food stores.

Angelically channelled vials

Available in the US and Australia from different sources, these small plastic vials of coloured water have been energised and programmed by human channels acting as a bridge for more highly evolved spirit beings. Vials may be used in different combinations to treat a variety of imbalances, they may be held or worn or left in drinking water and appear to affect some people profoundly.

Aromatherapy

The ancient and gentle art of using essential oils to affect moods and states of physical and emotional wellbeing. Aromatherapists documented their work in Ancient Egypt. All oils used are pure extracts from plants and flowers. Different combinations of oils may be used in inhalants, as massage oils, in vaporisation or mouthwashes. Each oil or combination of oils can have a profound effect on the people exposed to them. They are capable of energising, relaxing or respirating people exposed to them. Most commonly used in oil burners, vaporising a mixture of oils in hot water to create different atmospheres or moods in an environment. A gentle healing technique.

Astrology

A study of how the planets affect our reality. Given the interconnectedness of all things, it is quite reasonable to assume that the position of various planets in our solar system at key points in time, affect our lives. This is how a person's horoscope or star (sun) sign is arrived at.

Where the planets are in relation to each other and you at your moment of birth, set out a blueprint of the karma and influences that you bring with you into this life and the areas of your life that will be most affected. Each being chooses the precise moment and place of birth and

a mind boggling array of accurate information can be obtained about a person by reviewing their natal or birth chart.

Aura Soma and Aura Light

Aura Soma is a method of both diagnosis and treatment of emotional, mental, spiritual and physical imbalances. Aura Soma was developed by a blind British clairvoyant, Vicky Wall. It uses the client's choice of a selection of 93 bottles, which contain equal quantities of oil and water of differing colour and composition, to diagnose the issue at hand. The contents of the bottles, which have been prepared using plants and crystals, may be massaged onto key areas of the body to trigger a healing response.

Aura Light is a similar but completely separate system developed in Australia.

Australian bush flower remedies

Similar to Bach flower remedies but based entirely on native Australian flowers.

Bach flower remedies

These remedies were "rediscovered" by Dr. Edward Bach whose essences made from selected flowers are used to treat the less definable areas of emotional or spiritual imbalance.

Body electronics

Developed by American, John Whitman Ray, this therapy involves pressure point holding over long periods of time in order to release "crystals" or blockages held in the cellular memory. After preparing the body by saturating it with nutrients and after some emotional body preparation, the iris and sclera are examined to diagnose where the issue or blockage is held. A group of people then keep sustained and steady pressure on the relevant pressure point for up to two hours or more. This eventually triggers a release of the blockage. Sessions can be gentle or cathartic, with patients having out-of-body experiences moving into altered states of consciousness.

Bodywork

A generic term for therapists who mix a variety of techniques, including work on the physical and etheric bodies simultaneously. Bodywork focuses on treating the emotional body as well as the body in motion, using deep tissue massage techniques to release emotional blockages. Emotions that are not expressed are locked in the body as cellular memory and may be released by manipulating the body, freeing up the physical and mental bodies in the process. Emphasis is placed on co-

operation with the therapist through deep breath release and sighing. Manipulation may be painful and may lead to an emotional release.

A very effective method of getting the best of both worlds from one practitioner - highly recommended.

Bowen technique

Tom Bowen of Victoria in Australia developed this form of bodywork that works on ligaments, muscles and tendons, using knowledge of energy meridians. It results in increased blood flow, nutrients and electrical impulses in the area being worked on by the practitioner. Results can be immediate for ailments such as; stiff neck, shoulders and knees, asthma, bronchitis and a general freeing up of energy in the spinal area.

Chi Gong

An ancient Chinese form of gentle exercise to energise mind, body and spirit. It may be useful for stress and weight management.

Chinese massage

Using knowledge of meridians and pressure points (as in Shiatsu) combined with therapeutic massage, this is an effective form of healing massage.

Colonic irrigation

Much unwanted waste is stored in our lower intestine or colon. It serves no useful purpose and may relate to emotional blockages held in the body - so why hang on to it? A trained therapist removes this waste by gently pumping warm then cool water into the colon and massaging the area. This triggers a release of the waste products held there and as the lower abdomen is the place we hold old emotional pain this may also trigger an emotional release in the patient.

Colour puncture

A German variation of acupuncture, which was developed because of restrictions on needle use imposed by that government. The practitioner uses a small torch which beams light via different coloured filters into a clear quartz crystal, which is then directed at different areas of the body. No needles are used. Colour puncture may be used to treat a variety of imbalances.

Cranio sacral balancing

A subtle and effective hands-on energy balancing rediscovered by Dr John Upledger in the late 60's. This technique uses knowledge of the hydraulics of the central nervous system. Given that the brain and spinal chord are encased in spinal fluid, it involves gentle point holding over a long period of time. It is gradual and slow and may be used in cases of trauma where other techniques might cause discomfort for the patient.

This subtle and deep technique can be used for any problems connected with the spine and cranial area, working in the physical plane. It is also very relaxing and has a very positive effect on the etheric body.

Crystal healing

Crystals vibrate at a similar frequency to the human body. Quartz crystal is made of the most common mineral compound on Earth. Using the different properties of a variety of stones, a crystal healer will place stones over different organs or energy centres while the client is lying down. Crystals may also be placed in patterns around the body to focus different forms of energy onto it. Crystal healing can vary from a soft gentle and relaxing energy rebalance, to accessing altered states of consciousness. It can be used to release emotional, physical and spiritual blockages depending on the ability and experience of the healer.

Crystal Dreaming™

An advanced form of crystal healing developed by the author in which the client accesses deeply altered states of consciousness and, in that state, can diagnose and treat themselves. Crystal Dreaming™ is capable of successfully treating any imbalance on the spiritual, emotional, or physical planes, because the subject's consciousness opens to the spiritual realm where a clear overview of any challenge is given. Working with their own discarnate spiritual team and under the guidance of a trained practitioner, a client diagnoses and treats the cause of any issue themselves. Profound healing can take place in one session. Even conditions caused by karma may be addressed by an experienced practitioner. The aim of all sessions is that any client experiences a state of oneness and bliss, by consciously connecting to the superconscious.

Crystal Dreaming™ may achieve remarkable results. Through bi-location and interaction with inter-dimensional beings, it is possible to retrieve ancient and future technologies for positive use now.

Crystal singing bowls

Pure quartz crystal singing bowls emit the purest sounds imaginable. They are played by running a rubber striker around the rim or striking each bowl which is tuned to resonate with each chakra. The vibration, generated by each bowl and combination of bowls, releases cellular memories held in the body activating self-healing of mind, body and spirit. Crystal bowl music balances a person's energy, often facilitating past life recall and connection to oneness and bliss. In individual sessions the bowls may be programmed to achieve particular outcomes. An exquisite and unique experience.

Deep tissue massage

This technique is used to break unhealthy muscle patterns, encourage energy flow and release cellular memories held in the muscle itself. This form of massage splits the fascia from the muscle, allowing the muscle to expand and the fascia to regrow, and is usually combined with movement re-education. This technique can be painful and may also cause an emotional release.

Dowsing

A method of divination. Using two copper rods bent at right angles and held loosely in each hand, horizontally in front of the body, it is possible to dowse or detect a variety of substances based on the behaviour of the rods which may swing together when you walk over the energy you are seeking. Dowsing works by sensitising yourself and asking your guides to help. Most often used to find underground water sources, dowsing can also be used to detect earth energy lines, oil and other minerals. It is important to be very specific about what you are looking for when dowsing.

This method is often used by water boring companies and occasionally oil companies. Uri Geller receives high fees when dowsing for major oil companies prior to multi million dollar explorations. Dowsing is an effective method of tracking all sorts of things and is fun too. There are some kits and books available, or, to make the most basic rods, snap open a couple of coat hangers (although copper wire is better) and cut and bend two right angle pieces. Hold one loosely in each hand and you are off!

Druid Oracle

A method of divination. The Ancient Order of Druids, builders of Stonehenge who have had such distinguished members as Merlin and Winston Churchill, also read meaning into the appearance of animals in visions and real life. Contemporary Druids have produced a very beautifully presented deck of cards which may be used as an oracle. Past life Druids and Celts will find that they resonate with both the imagery and meanings of these cards.

Falun Gong

A form of Spiritual Chi Gung exercise developed by Chinese Master Li Hongzhi. Focusing on grounding supernatural energy, this energising and gentle health giving technique is popular in the West where community groups teach the technique for free. It has been banned in China where its practitioners are persecuted. Do the authorities fear a rise in individual power? Or are they mindful that every Chinese dynasty has

been overthrown by supernatural powers? Falun Gong is worthy of your consideration and support - highly recommended.

Feng Shui

The ancient Chinese art of placement, discerning the most favourable placement of homes and buildings in a landscape, the placement of rooms within a building and objects and furniture within a room. The aim is to create a space that is in total harmony with its surrounding environment, maximising the use of local natural energy flows. Feng Shui is an art that can take a lifetime of study, but the basics may be grasped through short courses. Many explorers who become aware of the reality of Earth and other energy flows, find themselves paying attention to their living spaces, some even going so far as to move walls and entrances after studying the subject. Feng Shui, when applied to the home, can create a peaceful, nurturing and harmonious environment in which all family members may live and rest in peace. You will at some stage find yourself drawn to study this topic and may then find yourself moving house!

Firewalking

A ritual preparation leads the participants into the state of mind and body where they are able to walk over white hot coals without feeling any pain and without their skin blistering. If you can do that, what else can't you do? This can be a powerful and exhilarating experience. See book shops and alternative magazines for details.

Flotation tanks

Based on sensory deprivation techniques the subject's body is floated in water saturated with 350kg of Epsom salts and is enclosed in a totally dark warm space, often relaxed by a Swedish massage before immersion. It can be a fast track form of meditation allowing the body to just float free of gravity and the subconscious to surface. Sometimes used as an effective problem solving technique. Many tanks are available in massage and therapy centres.

Feldenkrais

Developed by Moshe Feldenkrais, an Israeli judo expert, this technique focuses on re-educating the central nervous system into natural and stress-free ways of moving. It is used to return movement to damaged bodies (e.g. cerebral palsy or stroke) and also for athletes, musicians and performers to help make their movements more efficient. The therapist is usually referred to as the teacher as they are teaching the body how to move more effectively.

Gurus, New Age

What a long list this could turn out to be! There are and will be many more self-proclaimed New Age Gurus as the Age of Aquarius dawns. Good and loving teachers are a very useful tool to jog your cellular memory and help you remember how powerful you are. In your journey of exploration I hope you will be guided to a variety of those that suit you best, but please never hand over your power to anyone. You do not need a master on this plane because you are the master here. You have all the answers - all you have to do is find them. Any technique that does not involve the use of illegal drugs or any form of external mind control, that brings you closer to the joy of each present moment of existence, will take you closer to the source of unconditional love. In that state, all will be revealed to the ardent seeker.

Healing Touch

A complex melding of techniques that has found favour with the American nursing fraternity, utilising many of the techniques put forward by Barbara Brennan in her best-selling books, "Hands of Light" and "Light Emerging." Used for healing physical, emotional and mental blockages.

Holistic Pulsing

Holistic Pulsing is a gentle form of massage developed by a British osteopath. It works on the principle that our bodies comprise mainly of fluid and the gentle rhythmic rocking massage is like dropping a pebble in water. It sends ripples ever outward, releasing tension and blockages during the session. Deeply relaxing.

Homeopathy

A method of treating physical ailments in which diagnosis of illness is based on extensive patient consultation. Medicines are prescribed which are extremely diluted infusions of herbs or minerals which relate to the perceived cause of the imbalance.

Hypnotherapy

Qualified hypnotherapists may take a client into a light trance or more deeply altered state to relive and resolve past trauma or reprogram their behaviour; often used to assist in breaking addictions or other negative behaviour patterns. This therapy may be used to probe as deeply into the psyche as the patient desires.

I Ching

A method of divination, the I Ching is an ancient Chinese oracle. It traditionally interprets the sequence and number of yarrow sticks of equal length that are drawn from two piles in a particular way from a

total of 50 sticks. Alternatively three coins may be used and are thrown six times to obtain a reading.

Iridology

A method of diagnosing states of well-being based on information revealed by studying the patient's eyes and irises. Using knowledge of meridians, a trained practitioner can diagnose the cause of any perceived illness or energy imbalance. Practitioners prescribe a variety of therapies, often using Bach Flower Remedies. Iridology has gained some level of acceptance in Europe where it is now part of the curriculum for trainee doctors going into general practice.

Kahuna Massage or Hawaiian Bodywork

In the Islands of Hawaii the traditional shamans or priests are known as Kahunas. Their tradition still lives today and they are powerful healers. The traditional healing massage for body, mind and spirit is the Hawaiian temple massage or Kahuna massage. This rhythmic technique, which is usually practised to music, involves the masseuse using their hands, palms and forearms in a fluid rhythmical movement that sometimes feels like musical wrestling. A very relaxing deep massage therapy that may trigger emotional or other releases.

Kinesiology

A method of working on the energetic body using muscle testing to diagnose and treat energy imbalances. As our bodies carry the memory in their cells of all present and past life experiences, the therapist is able to ascertain both the cause and appropriate treatment by asking the patients or his/her own physical body for answers. This is done by muscle testing. The chosen muscle responds one way for yes another way for no.

Live burial

Another recently rediscovered technique in which participants are buried alive, with only their head above ground, from dusk to dawn. The situation is supervised and there is water available. Wrapped up in Mother Earth, the participant can allow all negativity to escape into their surroundings. People often enter altered states where they may connect with, and release, their deepest feelings and fears, before a dawn rebirth. Suitable for strong souls looking for accelerated growth. Details from your local holistic shop or magazine. Not for the fainthearted!

Magic(k), ceremonial

Interest in and practice of ceremonial magic(k) is undergoing a resurgence at present. It usually involves a circle of people coming together in a ritually prepared space, with ritually prepared bodies and minds

with a specific purpose in mind. They use ancient and powerful ritual to invoke spirit beings to work with them on the project at hand. It is an ancient, effective and respected practice. Occasionally some people may be drawn to become practising magicians because of a deep-seated desire for power, which may manifest as power over others, or you, if you are not careful.

Consider your own and the circle's motives carefully before taking part in any ritual. Please think carefully before repeating out loud any affirmations or statements in these situations. They will be binding. You should ascertain that any group leader is totally of the light, before you take part in any circle. Beware of handing over your power or sovereignty of your own body or soul to another being, human or otherwise, at any time under any circumstances. A well intentioned group of people meditating for the divine highest good of the planet and its occupants and asking for help from Christ, Buddha, Krishna or any other ascended master, is capable of creating powerful magic.

Medicine cards

A method of divination, these modern cards portray traditional Native American symbols. The Native Americans have across all tribes, a collection of totem animals whose appearance in three dimensional reality and in visions and dreams brings a particular healing energy or message. Medicine cards are a depiction of those totems in card form, and are read as an oracle or indicator of influences or potential outcomes surrounding a situation. Like the tarot, the cards can be laid out in a particular pattern in response to particular situations and can be interpreted and guidance received. Those who have incarnated as Native Americans may find themselves drawn to these cards.

Medicine wheel

A Medicine Wheel is a man-made stone circle on a sacred site that is used for spiritual rituals such as shamanic drumming or group meditations. Medicine wheels were used extensively by our Native American ancestors and are used by modern shaman. Medicine wheels are usually divided into four quarters by two lines of smaller stones on a North/South, East/ West axis. They create a sacred space and it is possible to create one yourself after you have researched the subject thoroughly. Information on this subject will be found on any book on shamanism, particularly those that offer step-by-step guidance for the modern practising shaman.

NLP, Neuro Linguistic Programming

Often used in conjunction with hypnosis, this effective technique is used to reprogramme the brain into more positive behaviour. Developed in California in the '50's it is most often used for motivation work, building self esteem and giving up addictions. A person's automatic response to a phobia was not learned. An incident created and programmed the response. Therefore, using NLP techniques it is possible to reprogram the body to create a positive response to chosen key stimuli.

Numerology

A method of divination, numerology is an ancient art of understanding how life patterns are affected by numbers. Numbers have a vibration which affects the other things they relate to. So your date of birth, the number of your house, etc. can all affect your reality. In numerology, numbers are normally brought down to a single digit by adding all the numbers together. For example if you were born on the 12th of August 1950 your birth number would be 8 ($12+8+1950=35$ then $3+5=8$). Numerology can be simple or complex and has an ancient history. It is a very rewarding study for those drawn to it.

Palmistry

Our bodies carry the records of all we have been and may become. This is imprinted in our DNA, in our cells and in the palms of our hands. A good palm reader may discern much about a person's life path.

Pendulum

A pendulum is a method of communicating directly with your own spirit guides. Pendulums are traditionally made of beech, and they are an ancient method of divination. These days there are many crystal pendulums available which are accessible and easy to use. The pendulum will act as a connection to your spirit guides. You simply hold the pendulum in your favoured hand and ask your guides to show you which way it will move for yes and which way it will move for no. Having established that, you may now ask a very obvious question like "Is snow green?" to check the response. You do not at any time consciously try to move the pendulum yourself. You may then communicate with your guides via yes/no answers to your questions. This can be an effective and portable way of communicating with your guides should you feel the need to do so. There are several books and kits available on this subject.

Pilates

Pilates is a corrective exercise regime which focuses on muscle isolation and awareness of how to use that muscle in correct motion. Repetitive exercise retrains the muscle to work in the most effective way. Often recommended by massage therapists as part of a general therapy programme.

Pipe ceremony

The pipe ceremony is a Native American ritual for honouring Spirit that is still practised today by the modern shaman, it often takes place within a medicine wheel. The pipe symbolises the coming together of male and female energies with the stem and the bowl being kept separately until they are ritually joined for the ceremony. A smoking mixture made up of sacred herbs is packed into the pipe as the relevant spirit beings are invited to share their energies with the circle. The pipe, once lit, is passed around and each individual honours their ancestors and other spirits as they take three long slow puffs on the pipe. These days the mixture rarely contains tobacco or hallucinogenics. The pipe ceremony is often a precursor to a sweat lodge or shamanic drumming journey.

Pranic Healing

Recently available in the West this ancient technique is being taught world wide by students of the late Filipino Master Choa Kok Sui. Prana refers to Universal or Divine energy which is channelled out of the hands of a trained practitioner. A form of spiritual healing that works on the physical, etheric, mental and spiritual planes. There is no physical contact between patient and healer and the patient remains seated and relaxed at all times. Over a series of sessions, chronic physical conditions may be remedied, as well as minor aches, pains, colds and 'flu. I believe if every family in Australia had one pranic healing practitioner, then our hospital intake would halve. Highly recommended.

Psychic reading

Psychics or clairvoyants are able to see, hear or feel into the 4th dimension and beyond. With this ability, they can retrieve information not readily available to most people. They always work with their own spirit guides, who assist with the recovery of information held in the etheric body of the person being given the reading. Readings can vary from stunning precision to wild inaccuracy depending on the ability of the reader. A genuine psychic can help you understand why particular situations have manifested in your life at that time. Always ask open-ended questions when dealing with a psychic. They are there to give you information - not the other way around.

With any readings that look into the future, it is important to understand that there are many future possibilities. You will be told of the probable outcomes of your actions up to that point in time. If you change your actions the predicted outcome will change.

Psychometry

Psychometry is the art of reading a person by holding an object that the person in question has recently worn or held for some time. It is sometimes used by psychics in collaboration with police in missing person or abduction cases. Psychometry may be practised for fun to tune into your own psychic abilities.

With a group of friends, each person discretely removes an item of jewellery and wraps it in tissue. You then place these in a basket and pass it around, each person removing a tissue wrapped object. Hold the object, tune in to its vibration and then speak from the heart. You might be surprised at how accurate you are. You may be able to describe the place where the object was kept or a scene from the recent past of the owner.

Quabalah

Jewish mystics have an oral tradition of esoteric knowledge called the Quabalah. Within that tradition is a diagram or plan which encapsulates the relationship of all things on all Planes, this is called The Quabalistic Tree of Life. This deceptively simple diagram can lead to a lifetime of study. Some of this esoteric knowledge has become available to non Jews and forms the basis for all Western ritual magic(k). I highly recommend further study of The Quabalistic Tree of Life for any student wishing to grasp an ancient but very relevant view of human existence. The Quabalistic Tree of Life also forms the basis of the modern Tarot card deck.

Rebirthing or breathwork

Developed by Leonard Orr after discovering the technique by accident when having a bath. After some experimentation Orr found that by guiding the patient into sustained connected breathing the patient moved into an altered state of consciousness, often initially experiencing total physical recall of their own birth, hence the name. However rebirthing may be used to connect with many of the energy blockages held in the physical and emotional bodies.

Reflexology

Reflexology is a form of foot massage that uses ancient knowledge of meridians, energy centres and their termination points in our feet. It is possible to diagnose and treat causes of illness or energy imbalances by

massaging the feet to stimulate the release of blockages. It is also very relaxing!

Reiki

Reiki is a popular and accessible form of “hands on” spiritual healing which is now readily available in the West. It was rediscovered by a respected Japanese minister and theologian in the late 1800’s. After 21 days of fasting and meditation this complete system of healing was given to Dr. Usui in a vision.

Reiki practitioners may work individually or as a group. The patient is normally lying down, and after proper preparation the practitioners hands are placed on or guided to various parts of the body. Reiki healers also use symbols “drawn” in the air over a patient as they channel healing energy from the spiritual realm, which finds its own way to the places in the body where it is needed most. Many intensive care units in hospitals prefer nursing staff to be reiki channels.

Remedial massage

Usually this form of massage focuses on an injury or chronic condition. The therapist’s approach is to focus on fixing the problem at hand rather like a conventional medical practitioner.

Rolfing

A form of deep tissue massage developed by Ida Rolf in which soft tissue or fascia is manipulated where it has become attached to the muscle. It facilitates a free flow of energy through structural integration and body alignment, creating freedom of movement. The soft tissue is massaged using hands and elbows and may cause discomfort and soreness. During sessions, head, shoulders, torso and pelvis are realigned.

Runes

Runes are an ancient Nordic oracle or method of divination that were given to the Norse God Odin. They consist of a series of small stones each marked with a glyph. Normally kept in a bag and selected three at a time with a particular issue in mind, they impart information by translating the selected symbols and their meaning in relation to each other and the issue at hand.

Runes may be laid out in patterns like tarot cards and are always selected without seeing the glyphs. A reading may also be obtained by throwing them all in the air and reading those that fall face up. Once the glyphs are learned, an instant set made out of card or paper can be made anywhere. Our ancestors used to create instant runes by carving on to twigs. They may be worn as talismans and their vibration may be used in support of personal growth if desired.

Sacred geometry

Sacred geometry describes the geometric forms that hold all levels of reality together. While contemporary physicists and mathematicians may agree that numbers are the primary language of reality, it is actually geometric forms that hold the fabric of our Universe in place. One of the higher dimensions comprises purely of fluid geometric forms. These forms are often referred to as the language of light as they are the building blocks of all knowledge and all creation.

The Flower of Life symbol of interlocking circles is said to contain the blueprint of all life forms and realities everywhere. You will find that the Quabalistic Tree of Life superimposes itself perfectly on top of the Flower of Life, which is no coincidence. All levels of reality and existence are founded on sacred geometry and it is an area of study that can lead to a greater intellectual appreciation of the Divine presence in all things. Books and some courses available - see holistic shops and magazines for details.

Seichim

An offshoot or further development of reiki, this form of hands-on healing may often be offered by reiki practitioners. A gentle yet powerfully effective method of channeling healing energy.

Shamanic drumming

Shamanic drumming is a method of assisting a group or individuals to enter an altered state through listening to constant drumming. The Shaman's drum is a sacred object ritually prepared and used only in proper ceremony. It is beaten in a continuous, monotonous and repetitive way, as those embarking on a shamanic journey allow the sound to wash over them, shifting their awareness into the Underworld (subconscious) or the Overworld (superconscious).

In these places and others, the shaman will be your guide. You may meet your totem animals or spirit guides and teachers, bringing back information that will be of assistance on this plane. This drumming technique has been brought to contemporary Western culture after years of field study by respected anthropologists. They maintain that the altered state induced by drumming is at least as powerful as those induced by taking natural hallucinogenics.

Shiatsu

Based on the ancient Chinese point holding massage technique. A trained therapist first diagnoses the blockage by feeling various pulses in the body then applies pressure to key meridians, massaging an opening

or release at that point to enable energy to flow more freely around the body.

Sound Healing

A technique most recently pioneered by an American clairvoyant Christopher Timms who witnessed the effect that Tibetan bells had on the chakras when struck and held close to them. After spending some time with the Dalai Lama and a group of Buddhist monks, and observing their practices, Christopher developed a more portable and accessible technique using tuning forks.

Using the principles of vibrational healing these techniques use the harmonising vibration of the tuning forks (a different fork for each chakra) struck and placed on the body to vibrate any etheric debris off the energy centre. The body is then further healed by placing particular tuning forks on particular meridians around the body. Tone chimes may also be used in this technique.

Sufi dancing

A form of movement meditation originating in Islam. Sufi means purity and the aim of this type of dancing is to purify the mind, psyche, emotions and body. The dancing combines rhythmic and fluid body movements with rhythmic breathing and chanting. It is a way of connecting with Spirit through action that will bring the practitioner into the moment and thence to the Divine. The Whirling Dervishes are Sufi dancers.

Sweatlodges

Sweatlodges are a predominantly North American Indian tradition in which a low bender or humpy is constructed out of pliable tree branches and covered with blankets. A pit is dug in the centre of the lodge and a large fire built outside into which river rocks are placed. It is important that this space be ritually prepared by an experienced Shaman as during the sweat, participants become very open spiritually. After all participants (often of the same sex) and the space is prepared, everyone disrobes and enters the sweatlodge on their backs, feet first, when they leave they leave on their backs, head first as if leaving the womb. Once inside the red or white hot rocks are dropped into the pit and water poured over them. It then gets very hot and steamy, much hotter and steamier than any sauna.

The participants are led in chanting and singing and may be asked to focus on a particular totem animal and “speak their truth.” What follows over the next four quarters (30 minutes each) or even continuous sessions, is that the incredible heat, combined with your nakedness and

the muddy floor, quickly strip away the niceties of modern living and you touch the real you in all its raw power and vulnerability. Sweatlodges can lead to cathartic breakthroughs for all participants, provided they are run with the highest intentions. A recommended activity for all bold explorers.

Swedish massage

Swedish massage is generally the term given to relaxation massage which focuses on the first layer of muscles, useful for treating sports injuries and the lymphatic system. Could be compared to having a workout in a gym without the aerobic exercise. It is often used to prepare patients prior to deeper therapies.

Tai Chi

An ancient Chinese form of martial art which has excellent health giving properties. Originally taught in secret by different clans, it was taught in slow motion to disguise the fact that it was a killing art. Using knowledge of body meridians and power centres, it consists of a very precise series of slow, coordinated movements which move energy around the body, thus releasing energy blockages and promoting good health. Once learned, it can be practised alone for life. There are many courses available, it is an excellent way of staying healthy and keeping the energy centres in your body decongested.

Tantric sex

For centuries religious sects in India and China have been using lovemaking as a way of touching Divine energy or bliss. By using breathing and other esoteric techniques, practitioners are able to control and sustain orgasms for considerable periods of time (e.g. forty five minutes!).

In that blissful state, practitioners use their training to both merge consciousness with their partner's and to enter into other states of consciousness beyond our 3D awareness. Teaching self love as part of the art of tantra, it can lead to greater self respect, awareness and understanding, and it is also lots of fun! You do not need a partner to learn these techniques, neither is it necessary to practise lovemaking in class. Tantric sex can be a great therapy for tired or flagging relationships. It will certainly deepen the love felt between any couple and is a great way to better health.

Tarot

The modern tarot card deck originated in Egypt and found its way to Europe in the Middle Ages. It is based on the Quabalistic tree of life. In the tarot, the main human archetypes are portrayed in the major arcana, as well as four suites of minor arcana cards representing physical,

emotional, mental and spiritual aspects of our beings. This card deck may be used for accurate divination of a situation and the influences surrounding it.

After asking for help and guidance from their discarnate friends and guides in the spirit world, the subject draws a selection of cards and lays them out in a particular pattern. The cards and their relationship to each other will shed light on the situation in question. An experienced reader will assist in the interpretation of the cards and help you understand the issue at hand and the influences surrounding it. Given the interconnectedness of all things and that there is no such thing as chance, providing you are focused and of clear intent, relevant information will be revealed in the cards that you are guided to select.

Tarot readings are a useful tool for self knowledge as they connect the client to the likely reality they are creating with their conscious or more importantly their unconscious mind. If the outcome of any reading is undesirable, the client is presented with the opportunity to change the circumstances around them and so affect the projected outcome. There is now a large variety of decks available from the traditional to the very modern. Tarot is accessible and it is a great way of receiving personal guidance from your higher self or spirit guides on a daily basis.

Tibetan pulsing

Tibetan pulsing uses point holding based on the Tibetan body meridian system and has some similarities to body electronics. It can be a very effective way of releasing negative energy.

TCM, Traditional Chinese Medicine

A modality finding favour amongst many holistic explorers. Using a variety of diagnostic techniques, this modality uses ancient knowledge of energy centres and meridians to treat energy imbalances on all planes. Practitioners may recommend a course of specially prepared herbal remedies (sometimes containing animal products), a change in diet or exercise, or other course of action in the physical plane.

Toning

Toning describes the use of the human voice to heal, in a similar fashion to that already described in sound healing. Toners have the ability to generate two sounds simultaneously. Group toning is fun and can be focused on the individual or the group. There are descriptions in the Bible of priests healing with the sound of their voices. Try toning in the bathroom. Bring up a comfortable sound from the chest and as it exits the mouth send it around the sinuses, changing the shape of your mouth as you do so. As your face begins to vibrate and tingle you may notice

you're producing two sounds simultaneously - you are toning! Some participatory groups exist or you can just get together with a group of friends and have fun.

Vedic astrology

Vedic astrology is the ancient Indian form of astrology considered by many to be the most accurate as it is based on the present actual positions of the planets, whereas Western astrology is not. As with Western astrology, natal charts and readings for particular dates can be given. In Vedic astrology your sun or birth sign is often not the same as in Western astrology.

Vipassana meditation

Vipassana meditation is often offered by charitable Eastern religious groups on a non-profit basis. This meditation involves the participant entering a vow of silence for several days in a quiet retreat. Each day there is supervised silent group meditation. The profound stillness that results after the senseless chatter of the mind has been exposed and released, can lead to a powerful discharge of old energy and clear insights into one's life path.

Vision quests

A solitary pursuit in which the participants, after setting themselves a goal, spend days in remote bush absolutely alone doing absolutely nothing, seeking guidance in visions, dreams or real encounters with animals or inter-dimensional beings. In native traditions the shaman on the quest will go without food or water for days when in the bush, inducing a deeply altered state of awareness. The results of a solitary vision quest may be profound and life-changing.

Wicca and paganism

Paganism and Wicca are enjoying a huge resurgence. Both of these ancient pre-Christian religions may lead the participant into a deeply meaningful communion with nature and nature spirits. Both are ways of honouring the Earth through ritual celebration at solstices, equinoxes and other feast days.

Wicca, also known as witchcraft, is similar to magic(k) in its methods of invoking various spiritual energies through ritual to assist with the project on hand. There is much greater use of herblore, and a greater connection with ancient nature spirits. Please read again the caution included in ceremonial magic(k). It applies to all groups and rituals that are in any way connecting you to the spirit world.

Both paganism and Wicca will assist with your reconnection with our planet and her cycles, and may help in releasing any suppressed bodily

or sexual inhibitions. There are many well-intentioned people exploring this reality. Always take the time to find out who will be running any ritual you take part in and what the focus of the circle will be. Any group leader you work with should be totally wholesome.

Yoga

The ancient Indian art of meditation and cleansing is a very appropriate and accessible way for explorers to maintain good health. Yoga involves putting the body in a variety of postures aimed to increase the energy flow and release blockages. Once learned, techniques can be practised alone. Yoga can be soft and gentle or intense and powerful depending on the style you choose.

Conclusion

There is a fantastic variety of routes you can use to access your own power and wellbeing. The key to your journey is experiencing a variety of these methods in order to discover what works best for you. You are now ready to actively explore through personal participation.

Chapter 12

Now is the time

Conclusion

You now have a clear idea of many pathways you can explore to reach your full potential as a human being and in doing so create the life you deserve. In so doing, you will assist the evolution of our species and our breathtakingly beautiful planet.

Aspects of this book may appear outrageous on first reading. Some statements and concepts outlined herein may even have made you feel uncomfortable. I urge you to probe those areas that cause you discomfort, for there, I assure you, you will find the key to your own growth. Do not take my word for anything! Explore, research and above all experience.

Please consider how you can change your immediate environment by focusing on love. We do not need to consume a media-generated diet of fear about terrible things that are not happening to us now. Consider what you can do to change that, starting in your own home. The best way we can stop war, famine and the destruction of our lovely planet, Gaia, is to work from our own centre out, repairing ourselves and moving into harmony with love and the rest of creation before we attempt to expend our energy elsewhere. Once we are at peace and in touch with our own divinity, then we are in a position of power, free from negative influences. Human beings who are free from fear are VERY powerful beings. It is not selfish to heal yourself first.

As your awareness shifts and your vibration lifts, trust that you will affect the mass consciousness and others will follow, with healing on a global scale as a natural consequence of your actions. As you become whole you will be guided to the activities that can best use your special skills to help the rest of humanity evolve into the peaceful reality that is our birthright. Every word, deed, and thought we create, has an ever expanding effect on the rest of reality. Consider the consequences of your

every action, word and thought. Be considerate and loving in your interactions with others.

Our human evolution hinges on individual self realisation. Once realised, each individual must become self disciplined, creative and positive in every aspect of their being. Groups of self realised individuals are forming cells to create both supportive environments for newly awakening souls and to generate light and love as a group, for the benefit of the wider community and the planet as a whole. In this way, as small cells emerge and focus on global healing, they interconnect with other cells and so the process multiplies, manifesting in locations like Mount Shasta, USA, Glastonbury, UK and Byron Bay, Australia. The chaotic and destructive energies which have predominated on this planet until recently are gently and joyfully being dissolved or brought into alignment with light.

It is time for you to accept your role in this unfolding saga, acknowledging your own power and the truth of your own infinite being and wisdom. It is time to be who you really are, a divine being of infinite love and understanding. Humanity is about to make an evolutionary leap. This journey as a species starts with you, your family and your friends, NOW.

You are now aware of the power that you have to create your preferred reality, on a moment by moment basis. If you do not take responsibility for your own words, thoughts and actions, then who can? Think positive, speak positive, act positive and be positive. Never underestimate the enormous power of your own words, thoughts and deeds. Love is the essence of creation. It is what is holding the fabric of reality together and it is time to fully align with it. It resides in your centre. Locate it, unveil it, BE IT and share it NOW!

Be bold!

You are Love,

You are Light,

YOU ARE A FREE SPIRIT!

New Section

Raym was born Raymond John Richards, in Merseyside, UK on July 26, 1953. He is a Crystal Master specialising in connecting people with their own higher guidance, the spiritual realm, bliss and beyond through deeply altered states, using an advanced crystal healing technique he calls Crystal Dreaming™. He will travel anywhere in the world to teach Crystal Dreaming™.

He holds a Bachelor of Arts Honours Degree in Fine Art and has enjoyed many years as a visual and performance artist. He has been happily married for over 30 years, has one daughter and a grandson. Raym lives in the hinterland of Byron Bay, Northern NSW, Australia.

Also by Raym “Diary of an urban shaman”

These twelve stories may be read as an urban fantasy novella or as an accurate depiction of the life of a twenty-first century urban shaman.

Stories include, Possessed, Demons within, Virgin sacrifice, Sex and death, Spirit guide, Alien abduction, Haunted, Templar knight, Cursed and more.

Diary of an urban shaman is available as an ebook from Smashwords, ibooks and Amazon or as a hard copy from the publishers by mail order, visit www.global-healing.com.

Also by Raym “Alchemy of Crystals”

The complete Crystal Dreaming™ technique summarised in one volume, a practitioner’s handbook.

“Alchemy of Crystals deals with aspects of Crystal Healing not covered in any other Crystal Healing book... an essential and comprehensive reference book for all healers, using any modality, not just Crystal Dreaming™.” White Light Magazine.

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