The journey you are about to embark on is a journey into the self. A journey that will connect you to

The field of all possibility

and allow your life to flow to you effortlessly. All you are asked to do is to follow the signposts and learn to Trust!

Introduction

Before we begin I want to say thank you for taking the time to give to yourself the gift of raising your consciousness, of connecting with the heart of who you are, for connecting with your Soul, and for allowing me to enter your space and share my knowledge with you. Thank you for giving yourself the gift of learning and for giving yourself the freedom to uncover more of who you are and to express more of who you are as a unique spark of the source of all that is. Thank you for giving yourself the gift of creating the life you truly want to live from the center of your Heart.

This program is intended to be a practical guide to learning the nature of the quantum universe or Matrix, what I call The Field of All Possibility, and how it works THROUGH YOU and FOR YOU. It clarifies how we are all beings of consciousness and how the voice of your Soul can be heard in your feelings, in the events that are occurring in your life, in the people you know, and in the silence of your heart. You will learn how to read the messages you are receiving from your Soul which come through life experiences, to see that what you are living now is what you are thinking, feeling, past beliefs and programming. And you will learn how to change this in order to compose the life you want to live in a more harmonious way.

During the program we will be participating in exercises to connect you more fully with your Soul Self and the Universe around you, and we shall be doing several clearings of your energy field so that you release the limitations that have been holding you back from reaching and living the best life you can intend, create and live for yourself. You shall also be given exercises to identify what really makes your heart sing.

The units are designed to bring you into the fullest potential of who you are and can be – in fact who you were born to be. This is NOT NEW TO YOU. You were born into this life with all abilities and gifts intact and we are going to uncover those abilities and gifts, clear away the debris of past beliefs that no longer fit, and bring you into your heart to experience a transformed YOU!

This is not a different YOU, it is a YOU that is at the very core of your being. And when you connect with your heart you will FEEL your Soul and it will set you free. All of us come into life with Gifts from Our Soul and it is your inherent birthright to uncover and live this.

This is a practical guide to living an abundant life full of all possibility!
Who I Am

I have been asked by my students, clients and friends to write and to teach others what I give to them. Many times my students and clients say that they wish they could transport me to their friends and family so that they too can experience connecting with the peace of the Soul! So I am sharing my learning with others, it is a part of my purpose. As it has helped the many that I have worked with so my wish is that it will help you also. I have been truly blessed by my students and clients as each has taught me that every human being wishes to be seen and heard, and that every human being is an amazing soul housed in the physical body and that soul can be embodied in this lifetime, here and now.

I have listened to and read many other thought leaders out there on the circuit sharing their knowledge. Many hold amazing wisdom and are fantastic teachers and motivators and I celebrate them all as they are truly a gift to humanity. Firstly however I want to say. I do not do the ‘ra ra I am out there’ kind of teaching. That would not be being authentic to myself for I am naturally reserved although quite direct at times! So although I may not shout from the rooftops to motivate you about what I know and what I can teach you, I can say with integrity that my voice comes from the peaceful place of my Soul, and it is here that it will be heard.....

..... in the silent whispers of my Soul shall I speak also to your Soul, for it is the voice of the heart and it is in the connection of the heart that we all experience each other at our deepest levels.

I am a human being, a soul upon a journey, as we all are. And for all I have learned, for all that I know, I realize that there is still so much more to learn and to experience, and we cannot with any certainty know the truth of why we have chosen to incarnate to experience this third dimensional world. But, we can get closer to living this ‘truth’ as we uncover the voice of the soul within our hearts. We can uncover our personal truth when we connect with how we feel, what we love, what we want in our lives and make intention to allow life to bring it to us. I share what I have learned and taught my clients and students but in the end it is YOU who holds the key to the greatest life you can live.

YOU hold the key to your life
We are all souls upon a journey and the journey takes us from one lifetime to another and between dimensions into eternity. That knowledge has, for me, occasionally felt tiring to be honest. For this lifetime alone I feel as if I have lived many lives within the one, and I am aware that many others have been feeling the same, for the journey is one of the Soul, and the Soul has eternity to experience itself.

I believe the Soul has a deep remembering of all the lives that have been lived, or maybe are being simultaneously lived. And the soul carries patterns and learning that has been experienced throughout these lifetimes as well as within this lifetime, and some of these patterns are no longer beneficial to keep because they keep us in a state of limitation. These limiting patterns return to be recognized and released, and those patterns have a tendency to repeat if we do not learn the lesson and allow them to dissolve in the face of new learning and experience.

The human aspect inside of us all likes the known and often fears the unknown, so perhaps those patterns feel known to us and so we repeat because we already know the story and how to deal with it? In other words the pattern is comfortable, it feels ‘safe’. We may not know this consciously for the patterns are held deep within, so we are required to bring this into our conscious awareness in order to uncover the gifts and features that we hold within ourselves waiting to be expressed in the fullness of who we truly are. These workshops and audios will assist you in clearing away the debris of old conditioning so that you can embody fully who you are.

**The Great Awakening**

Many spiritual teachers are saying that we are all here incarnated in this lifetime to clear our karma and to make a shift into a higher consciousness. This brings to mind the promise I made myself way back in my early twenties. I wanted to learn all that I needed to learn, and to experience all that I needed to experience, so that I could finish it all in this lifetime, so that I could return ‘Home’. Well I think I got my wish but who knows? For with the perceived limitations we have put upon the human mind I am aware that we may perhaps know very little of how the universe works and what the journey is really about, and where ‘Home’ truly is.

There are so many explanations ‘out there’ and we have choice in which path we choose to follow, yet in the end it is the path of the heart that is the place we must find the truth that resonates with the self, it is the heart that knows which direction we are required to take and what brings the greatest sense of purpose upon our journey. The role of the mind is to put this into action. As we continue together through these units you will connect more fully with the voice of your heart.
It is the path of the heart which leads us to the quiet wisdom of the Soul. The quiet wisdom of the Soul leads us into our Expanded Self. The Expanded Self leads life to us effortlessly the more we trust in the process of our Souls’ Evolutionary path. There is no wrong way, all paths lead to the same destination.

I realized at a very young age that systems and rules did not suit me, and in truth I have never truly felt at ‘home’ or found my roots as my family was constantly moving during my childhood. The usual comment towards me from home and school was that I was gifted with a high intelligence and talents but was “defiant”. This defiance has remained throughout my life, although I do not call it defiance, I call this being myself, and living authentically, following my heart and the sign posts upon my journey. This can be a challenge in some circumstances as I also have a tendency towards withdrawal from others and sometimes from myself.

Still these are all signposts indicating that I am either on the correct path leading towards chosen destination or taking a detour. Yet sometimes those apparent detours have led to the deepest learnings. Everything holds message if we listen to it and I believe life always unfolds in the best way possible if we just allow it and see what we experience as …

messages from the Soul …

I have been learning this step by step and this is what I also teach to others so that they can experience the living life embodying who they truly are. You also have signposts on your journey, messages from your Soul that tell you whether you are on the path you need to be or whether to take a different direction. Only YOU can choose to listen or not to listen.

There have of course been times when I have endeavored to play by the rules of others so that they could feel comfortable and happy. Or to change or to hide aspects of myself so that I would be loved. This has inevitably led to my feeling lost to myself as each person has their own agenda and some agendas may not be loving ones. And I realized, if I had to change myself in order to be loved then the love cannot be authentic, for I was not trusting I could be loved for who I truly am and this meant I was not loving myself either. This is true for all of us, and we can FEEL when we are doing this.

During these times I have hidden my authentic self within the shadows and I have felt lost to myself and become depressed when I have done this, for we are creatures that require light to survive. I have met many others during my journey who have done the same and have become unhappy and feel lost to themselves. For how can we be at peace with the world if we are not at peace with ourselves, showing the world who we are and allowing others to see us? So I have learned and I am still learning for myself and those I share my life with.
It is this learning that I bring to you as a guide back to the authenticity of your heart and to the voice of your Soul.

I guide others to uncover and express their authentic selves, yet at times I have found this difficult to fulfill for myself, it is part of our human condition to sometimes hide in the shadows when we feel challenged or misunderstood. But when any of us are behaving like this it is coming from fear and we cannot be truly happy if we act from fear rather than from love. The voice of the Soul is not fearful, it is quietly courageous for it already knows ...

... you are a perfect expression of The Creative Force of All That Is.

Soul purpose

It is our purpose to live and express who we are as unique aspects of the Source of All That is and do this from a place of love for ourselves and for other. When we hide ourselves we are making ourselves wrong, and if we were truly wrong then we would not exist in the first place. When we judge ourselves harshly we believe ourselves to be wrong and by default this makes the Source of All That Is wrong also! But there is no wrong. There is fear and there is love, we can hide who we are or we can be authentic.

You may be asking what is being authentic? I am talking about living who you are, what you are feeling in the moment, and expressing this in all circumstances rather than wearing a mask and hiding the self as if there is something wrong with you. It is following your heart because your heart knows what you desire at the deepest levels. It is the voice of the soul, and it is a voice that is discerning, quiet and gentle yet it always leads to the chosen destination. My greatest wish is that my work, my learning and experience will help to facilitate you to journey deep within your heart and find the truth that lies within.

Always remember the voice of the Soul is discerning, quiet and gentle but always leads you to your highest good!

My work

I work as an integrated therapist synthesizing mainstream, quantum and metaphysical modalities to help others release what is holding them back and to express their true purpose. I am an intuitive, some people like to call me 'psychic', but I prefer to be called intuitive. EVERYBODY IS INTUITIVE. I see energy around others and can ‘see’ the path that is most beneficial for them to take. I also channel higher consciousness and hear and see peoples’ guides who give them information through me about the best path to take. And I clear blocks that are holding them back, whether these are physical, mental, emotional or spiritual. All is part of the same system so when one aspect of a person is transformed all transforms.

Over the years I have met many clients and students who have read the books, practiced the spiritual modalities, practiced the law of attraction, and are still feeling stuck. They ask me how
to apply the concepts from the teachings. They often ask “Why is it not working?” I explain to them that it is because they continue to hold the same beliefs, they continue to practice the theory without Heart, and the practices speak to the Ego self, and the Ego self does not believe that there is a force that we are deeply connected with and we can contact and use that is there for our benefit and sees a bigger picture that we may have missed seeing – this force is called The Soul which is expressed through the voice of the heart. The Ego believes that it already knows how and already has the answers!

And please don’t get me wrong. We have an Ego for a reason. The ego has a job to do as a protector of the self. That is all that it wants, to keep you safe. And without the ego we would all be blobs of flesh without personality. But that does not mean we need to allow the ego to run the show. For the ego only sees as far as it has learned and is often afraid of entering into the unknown.

**The ‘How’ is not the business of the mind it is the business of the Soul**

In the West especially we are taught that we need to plan and to know the end of the journey before we have even begun it. But as the great Chinese philosopher Lao Tsu says, “The journey of a thousand miles begins with a single step”. We may know the destination that we want to get to, but like driving a car at night, the headlights only shine on the road immediately before us, they do not shine past the corner and over the mountain top so that we can see the destination without the miles in-between! We have a journey to go through first, and we trust that if we keep shining the headlights on the road before us eventually we will get to where we want to be.

So it is with life. We decide the destination, we start the car, we switch on the headlamps, and we begin. Along the way we are given signposts that say left, right or straight ahead, and we follow the signposts. Perhaps we decide to take a detour or stop and take a rest and look at the scenery around us. Perhaps there has been a storm and a something is blocking the road so we may turn around and take another route or we wait for the obstacle to be removed so that we can continue our journey.

**But we are still driving towards our chosen destination, we do not expect to get there without taking the journey.**

So why do we expect to know all that we will encounter upon the journey without making the journey in the first place? Yet this is what is expected in our westernized conditioning. We are told we are meant to know how, and if we do not know then we feel we are wrong or stupid.

But all we really need to know is how to drive the car, remember to fill up with fuel, know the ‘rules’ of the road, and how to read the signposts. And that is my job, you know how to drive the car, I teach the rules of the road, and life - together with higher consciousness - gives the signposts to follow.
One of the best things we can do for ourselves is to realize that we do not always know how.
This is a place of freedom and expansion for when we do not know we open the door to new knowledge, new possibility and new ways to experience ourselves and our lives. This brings us to a different experience and quality of being, and opens the door to awareness and higher consciousness. At first perhaps it is scary. It requires trust, yes. But as you do this, as you open the door wider, you will find that life becomes a flow of effortless manifestation. And that is exciting.

And we may not always know ‘how’, but we always know ‘what’. We are aware of what we want to feel, we know what we want to do that brings us the greatest fulfilment, we know what makes us feel expanded, passionate, interested and enthusiastic, in other words we are aware of what makes our Soul sing! I realize with all the people I have worked with in my practice that they usually know the ‘what’!

“When the student is ready the teacher appears”.

I believe this is true. The teacher can come in many guises. In the form that you are reading now, in the form of life experiences and situations, in the form of a stranger saying something random yet meaningful to you, it can come in the form of sickness or relationship problems. In many, many ways we are given the signposts and all we are really required to do is to either follow them or to change direction and if a signpost does not appear sit still and rest for a moment and connect with your heart, your feeling self.

I am not asking you to blindly follow. I am asking you to practice discernment whilst you are going through this learning. If something does not resonate with you then it is ok it just means it is not your truth, and your truth is what matters to you. I am not here to dispute or to change that. I am here to connect you more fully with YOUR TRUTH. I am here to offer what I have learned, and what my clients have told me has worked for them through what I have done and still do for them. I am here to use my ability to transform and transmute the blocks and obstacles that have been standing in the way of you living your life the way you desire to live it so that you can sing the song your Soul yearns to sing. I am here to clear away the debris of old belief systems that have been holding you back and to introduce you to your Soul.

Discernment is important, because there are many teachings out there, there are many belief systems, and it is up to you to allow the one that resonates with you to come to you.

If the material I offer is not for you then that is ok with me and I want that it be ok for you also.

Learn to follow the signposts and take what is useful to you and let go of the rest.

Listen to the meditation audio