

THE BOOK OF BEGINNINGS

The inner child

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WRITTEN BY KATHRYN ASHER

DEAR CHILD

ENCHANTING REMEMBRANCE OF
YOUTH TO HEAL ALL WOUNDS

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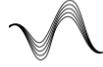
This book has been a decade in the making and it wasn't until I reached the roots of hell and was able to use them to pull myself back up to heaven through the light of my children that I could find the magic moments to write this out and speak word into the world. But as magic works its wonder, you sometimes just have to ride the wave to seek the keys and codes to unlock yourself. Along the way, various special people have crossed my path and handed me a key. Alfred being one of them. The 10 year old boy that kindly let me be his guide and mentor during his challenging last 2 years of primary school and as I handed him a key, he handed me one right back. Thanks Alf for being so wonderfully you! Don't ever change! I'm dedicating the Inner Child to you Alfred because if there's one of us that refuses to let go of that chord and conform to a world without childhood magic it's you kid!

Thanks - Miss. Kat

Chapter 1



THE BOOK OF BEGINNINGS - THE INNER CHILD



Are you sitting comfortably? Then let's begin

“It's so funny how so much of ‘finding yourself’ during adulthood is simply finding your way back to who you were as a child and what you once loved”

In the times before we were broken, scattered, shattered and scared we were once pure golden children with souls of light and an essence of air. Carefree we enter and only if we are raised to be protected and guided in safe spaces, wild and free, will we grow to find the experience of adulthood one of ease and joy. But raised by fear, fury and fast flames of emptiness spreading fake values like wildfire and smouldering away our safe zones will we grow to become adults that despise the world we live in and not know how to find real love in the moments we have here.

How do we connect back? Let's find out

Welcome to this journey. An exploration of self, through various timelines, experiences and connections, some good some bad, happy sad and the trauma and treasure that come from the depth of the memories that hold the emotions these experiences left for you to remember. These emotions are what give life to this sensory journey of polarity. The aim here is to connect the dots on the past and future and bring it all into this present moment so that you can be aware, empowered and in control of who you are! You are your past, you are your future and you are your now. You were never separated from any of the ‘person’ you were or will be but in order to really connect to the experience of

BEING this person, you must remember where you came from in order to really know where you're going.

This has been crafted and created with love, to help guide you back to yourself through all the emotions and feelings that have shaped you into the person that you are via safe spaces, lifting the lid on the childhood you experienced, tapping in to your feelings and understanding how they moulded you in to the person you are in this now moment you're having reading this.

So, I suppose in order to begin, we must go back to the child. As the adult or older version of your child you now are, let's get a picture of what it looks like to **BE A CHILD** through the lens of **A CHILD**



As traumatised children we always dreamt that someone would come save us. We never dreamed that person would in fact be ourselves as adults

OUR DEVELOPMENTAL YOUTH



How far back can you go? How far can you stretch yourself back to your earliest memory and how much of that memory can you still play out as if it were yesterday? When you were a child, did you ever consider that there were multiple versions of you or that you could see into other timelines? Did you ever have an imaginary friend that accompanied your journey? Do you still keep in touch?

We spend our young lives as foundational youths being primed and conditioned to suit the rules of our surrounding environment. Social expectations, family conditions and hierarchical orders, schooling, developmental pressures, language barriers, communication issues, land borders, etiquettes, orders, all designed to fit us into tidy boxes that are set to standards by... 'well, we aren't actually really sure who,' yet we all follow suit.

The problem here (well, there are many, but let's not start to unpeel the proverbial layers of a damaged societal onion or we could be here a while) is that how we are conditioned to **RAISE CHILDREN AS ADULTS** has been and continues to be a very outdated and erroneous endeavour that has, thanks to impoverished society standards caused our parents and their parents and their

parents and their parents etc to make a bunch of mistakes and poorly informed decisions when it came to raising the previous generations.

Listen, no one is here to cast blame or shame on anyone for the way the world was raised but, it needs to be looked at so that we can start to see where things went wrong in order to make things right.

'Children should be seen and not heard' - This proverb has its origins in the religious culture of the 15th century, where children, particularly young women, were meant to stay silent unless spoken to or asked to speak. Well, the 15th century looks no different to the 21st century where this was still very much the order growing up in the 80's and 90's and still to this day the lingering inverted masculine dominance towards women and children hovers over us to demonstrate the forces at play here and who gets to determine the societal order moving forwards.

I will explain what I mean by this before I go any further and upset anyone with confusion or misinterpretation. There is a common phrase being spoken widely in the mainstream at the moment, especially in the spheres of psychology and that is the phrase 'toxic masculine' or 'toxic feminine' as both are equally applicable - This is a term used to specify the damaging effects of an energetic influence that does not come from an authentic or clear intention. It comes from a capsized, distorted principle by which we are encouraged to navigate through systemic practice and forces of control.

This entire book looks at the deep rooted influence of malpractice brought about by 'toxic' principles which I would rather call 'inverted' as opposed to 'toxic' to clearly show how the corrupt, upside down influences and structures by which we have been led have been the root cause of most of our fundamental development and emotional issues leading to trauma and distress.

When I speak of the masculine and feminine influences, I do not speak of the genders or sexes, I speak of the energetic authority that steers the direction by which we move in. I am not singling out a specific gender or putting one on the line as above or below the other but, for the purpose of understanding how our society is governed and managed, certain terminology does come into play.

When it comes to the laws by which this system we live in has been created, it is clear and without doubt that it has been created with a very masculine dominance. The banks, legal empires and religious entities across all nations have been formed and enforced by men. Towns and Cities across nations boasting phallic memorial statues and obelisk's, parliaments and governing bodies set up by founding fathers not mothers span the world over and according to their laws and regulations, we follow suit (literally, white collar and tie institutions) that until very recently have manipulated the chess board, like it or not

The issue is, that the men that made these laws and ethics with regards to women and children have no sense of heart. Their world wasn't built on heart, it was built on dominance. Their hearts are made of stone whereas the heart of a child is made of GOLD! To them, children are equal to work dogs. Their world of money and commerce doesn't grow if children are allowed to speak their magic or cast glimpses upon us of the worlds they live in where creative impulse showers the skies with glitter and clouds of angels sound their trumpets, where animals roam free and the air is filled with peace and joy.

God forbid we listen to the children and give them room to speak. This is why we enter the world drenched in immediate trauma for we have been forbidden to act in accordance to our natural rights as children and have our entitlement stripped away from us by harmful, virulent adults that are creating a world full of poison for us to live in. That poison, the very venom that attempts to tarnish our gold. (IF WE ARE TOO WEAK OR MISINFORMED TO LET IT!)

If at this point you are reading this and thinking 'Wow this woman sounds deluded. Get back to the real world.' THIS my friend, is for you!

What we come to realise in later life, especially if we go down the road of parenthood and learn from becoming mothers and fathers ourselves, is that while the 'one box fits all' box that society expects us all to jump in and follow along in single file exists, we are all very, very different and by conditioning each other towards certain 1 Dimensional standards that clearly don't always work, we are subjecting each other to layers of trauma, confusion, self-doubt, hatred, self-neglect, stress, anxiety and overwhelm.

Children do not learn like adults. Physiologically, they are still developing. Their brains are not fully formed and while they are growing into themselves, they need a much slower pace and a lot more space to be able to wander in their own thoughts, sensations, emotions and imaginations. Children are natural learners and explorers. By sitting them down at a desk and teaching them, according to our set of limiting guidelines, we switch off this natural instinct and dull down their senses which confuse and restrict their development. This is our fault as adults for enabling this structure as a normal curricular learning procedure. How deeply we have failed them.

Children need to touch, hear, see, smell, taste and sense their environment. But instead, children are constantly overstimulated and racing to catch each other up via delusional mandates set by our founding fathers that prioritise money and commerce over the natural order.

THE FAMOUS ALBUM 'ANOTHER BRICK IN THE WALL' BY PINK FLOYD SPEAKS OF EXACTLY THIS. WE ARE ALL JUST BRICKS IN THE BIG WALL THAT IS PUT UP AROUND US SO WE CAN'T SEE BEYOND WHAT WE ARE TAUGHT TO. THE SONG

"WE DON'T NEED NO EDUCATION WE DON'T NEED NO THOUGHT CONTROL, HEY, TEACHER, LEAVE THOSE KIDS ALONE. YES YOU, BEHIND THE BIKE STANDS! STAND STILL LADDY" -

And highlighting the absurdity of hysterical adults as the teacher, spewing the law and order in the lyrics at the end says

"IF YER DON'T EAT YOUR MEAT YOU CAN'T HAVE ANY PUDDING. HOW CAN YOU HAVE ANY PUDDING IF YER DON'T EAT YOUR MEAT"

FOR YEARS THESE SONGS HAVE PLAYED, BUT HAVE WE REALLY HEARD THEM? ENOUGH FOR IT TO MAKE A DIFFERENCE?

And the opening line of the timeless classic 'Shine on you crazy diamond' -

“Do you remember when you were young? You shone like the sun”

Reminding us about the magic essence of youth that we forgot or rather that was taken from us the moment we entered into the founding fathers schooling system where WE HAD WORK TO DO - That work, unfortunately was to get us to forever forget our magic and instead be taught the rules for a very dystopian and truly sad future that leads us towards disconnect. Ah my friends, the inversions are very real but most have no idea because they're still living by them believing there's no other way

“IS THAT ALL THERE IS?” - I'm not sure, ask Peggy Lee!

We won't get into it throughout this book however, I will drop this in here as a consideration for you to hold on to as we move through the pages. That much like pages, we have timelines.

Timelines that came well before us, hundreds if not thousands of years, depending on how time is measured and we will have many more timelines ahead of us in this lifetime and I am sure others, as life seeks life and what is alive can never die, only transform so, how far back can you go? And how far ahead can you go? And what happens when you pull all of those timelines together into the now moment?

I wonder what you might see?



THE MODERN MOTHER FATHER



So as parents of children, with dual responsibility in the upbringing (in most cases - I do not wish to discriminate) it is the role of both to understand that the Mother Father responsibility is for each to share in equal measure for there to be a fine, safe and effective balance in the raising of a child. Founding fathers may have set our wheels in motion but at no point can we not stop the vehicle and change the wheels for better ones.

Ones where women have a voice (which notably has become far more accepted if not fiercely encouraged since the turn of the century) and ones where Fathers can soften and allow feelings and emotions to be something cherished and delightful.

The balance is precious. It is the most precious thing we can do in this life. All this chasing money and the gold has been right in front of us this entire time! That gold, in the smiles of our children. In the light that bounces off the curls on their heads, the twinkle in their eyes.

In 1969, Joni Mitchell went to Woodstock and sang the song **WOODSTOCK** of which the lyrics go:

**“We are stardust
Billion year old carbon
We are golden
Caught in the devil's bargain
And we've got to get ourselves
back to the garden”**

In the next chapter we will explore the roles of the sacred Mother Father but for the moment, let's explore the roles of the MODERN Mother Father, as in this day and age, the disconnect and role confusion is something that I believe many are struggling with and are desperately trying to get control of.

For years, I have worked in the spheres of the Veterinary industry, where we have a number of online social media groups set up to allow those within the fields to communicate their worries and woes. Back in 2017, we started ferociously including the hashtag #worklifebalance into all of our HR documents and policies and at the time we were like 'Cool, this is a great idea! BALANCE' but years later, that balance never came about and instead got pushed further and further away from the idea we perhaps all had in mind about the vision and reality of work - life - balance.

I remember hosting a webinar where we spoke about the concepts of balance and in it, we took a look at a set of scales. One side representing work, the other side life and we determined that if we were to have 'EQUILIBRIUM' on the scales, there would need to be a reset over the amount of TIME we spent in each side and what other factors would get put on to the scales such as resources: money, mindfulness incentives, other resources such as fuel, food, costs etc and what we established once we had done the figures was that, given we are only 'ENTITLED' to 28 days leave from our employment due to employment laws and regulations (set as universal standards across the governing leading bodies) that meant that the rest of the year, bar the 28 days

and weekends must be spent in the working place, predominantly during the hours of 9-5 (though in veterinary the hours are usually much longer)

This then means that, at the start of a morning, everyone rushes out, disperses to their commutes, kids shipped off to daycare or school also for full days and most from working families include extra hours for breakfast and after school clubs and aren't re-united as a family until after the working day and home commutes by which you have only a mere few hours to prepare dinner, catch up as a family, kids do their homework, parents prep for the next day, clean the house, walk the dogs, bath, book and bed and REPEAT. There is absolutely ZERO balance. It is literally **GROUNDHOG DAY!**

For there to be **BALANCE**, and I say this with regards to the scales and what they tell us, balance = 50/50 . So if there are 365 days in the year, the balance would look like - 182.5 days at work and 182.5 days life. The average person works 260 days a year. That's approximately 71.2% of the year spent working. But not just that, the days we're spent working isn't just a few hours either, it's **ALL DAY LONG!** Come on! We're also encouraged to spend our **TIME OFF** aka our life time to invest certain free hours to **CPD** aka **CONTINUOUS PROFESSIONAL DEVELOPMENT** courses to further invest in our learning and development but without any counter incentive for **CONTINUOUS PERSONAL DEVELOPMENT**. Oh no, that won't fly - screw you!

AND WE QUESTION WHY WE'RE BURNT OUT!

One of the other huge factors we are noticing throughout our social media groups is that the majority of those that use the groups are women. Women tend to open up more and share their feelings about work / life related issues and in the last few years alone, their outpour has told us that they are who struggle the most with this work / life concept because much like their male counterparts, they also have to work full time however unlike many of their male counterparts (and I do not wish to discriminate, I am only going on what the stories tell us based on the voices shared) is that when they return home to play the role of Mum and homemaker, they have yet another full-time job to attend to, however their husbands mostly don't.

The voices of these women are voices of heartbreak, anger, distress and enormous burnout where they do not feel their role is fair and equal and they feel unappreciated, undervalued and taken for granted by their partners / spouses as the men (according to these voices) tend to come home and put their feet up after a hard days work but the women (unless they can afford to outsource the responsibilities) have to tend to the house, cooking, cleaning, washing, ironing, laundry, kids, prepping for the next day etc. Again, these are the voices. I am sure there are many men out there that participate in these chores and homemaking endeavours but these voices are suggesting otherwise and these voices are not whispering anymore, they are SCREAMING!

The imbalance is shocking! And what is this doing to our kids? Let alone our marriages and partnerships but our kids? They see, hear and feel all of this and are in the centre of the fire burning around the family unit because it is severely under threat due to this monumental tipping of the scales. Let me be clear again. 50/50 equates to the state of equilibrium. Even a degree off in favour of one or the other is not balance. If 70% +of our lives are spent invested in the workplace, who invests in our families? Our children need us. Where are we and wtf are we doing?

So where do we go from here?

I guess we only know which direction to head in once we look back and figure out the direction in which it all went wrong.

UNPOPULAR OPINION BUT THE TRUTH IS NEVER POPULAR

You could very well say the problems started at the time the policies were written for how our society would be structured, putting men in one lane of business and commerce where they earned a salary and suited and booted they took up power roles against women, who in the other lane were forced into kitchens where they didn't earn a salary and instead were the subservient species to their glorified husbands

Of course, this all started to change when women were 'GIVEN THE RIGHT' to vote for equal rights. Surely all rights regardless of your input / output should

equate to the same value especially when measured by ethics but nonetheless, we went through the whole female uprising way back when and sadly all it did was put us up against men in the workplace, all because the driving force of the **WOMEN'S RIGHTS AGENDA** was coming from a masculine driven principle in order to get us further disconnected from ourselves and divine counterparts and families by also throwing us into the workplace - not at all for equality and liberation but for profit and gain.

The patriarch playing its cards so clearly yet no one seemed to notice, instead we applauded and here we are now, standing in the modern day world where there is no longer any such thing as a family structure because we **ALL**, women, men and children rush out to work work work and school school school, delegating our parental responsibilities out to strangers for money and spending all our time working to pay for the houses we're never in - thus deepening the divide and wounding us even more - How deeply we were hurt as children growing up this way and how deeply we are hurting our children now by placing our values in all the wrong 'houses' and not being there as **MOTHERS** and **FATHERS** for our children. We sold ourselves to corporate worlds. Dead worlds.

OUR CHILDREN KNOW THIS

Any woman that makes it in the workplace doesn't achieve it based on her female principles or values, she does so by playing the man's game. So you see how wounded we are when the rule book is set by stone and iron, not by anything that nurtures or moulds based on purity and love. No, we couldn't have that. That doesn't make money. And that's what makes the world go round, is it not?

This is not to blame men for any incompetencies, of course not, but rather to highlight where the frustrations come from and how to change the framework, if at all we can.

As modern parents, we have come to realise that both men and women combined are capable of sharing the roles. Men can cook! Some are great chefs,

most of the hospitality profession have male head chefs. Women can change a lightbulb! Many women are now taking up place in the engineering sector and applying logical principles to roles prior dated to be roles of men. We see how possible it is to share the roles so why are we not doing that?

THE CURSE OF THE MODERN DAY PARENT



The roles we have taken to in this day and age have come from varying degrees of inversions. Where once, as we will explore in the next chapter, the woman was X and the man was Y (and chromosomes would prove that to be true) in the modern era that has been put into a systemic canister entitled 'equal' and been given a big shake about. According to the system, equality is black and white however it is not so.

Women are cyclical beings, where physiologically we move with the tidal lunar cycles and every 28 days or so bleed in conjunction to the, softer, gentler yin based lunar energetics where men, also cyclical beings operate more in a sun cycle capacity and are given a strength role based on sol source energetics. We are different! No two ways about it yet yes, we can still operate daily functions in a likely capacity to within varying degrees

A wife can do the accounts while a husband can do the laundry. A wife can help carry a mattress up the stairs however her husband will probably be more able based on his physiological strength. A husband can change the baby's nappy without the risk of death. **FACT!**

There is however, on a very deep unconscious level, a lot of trauma that we, the sexes harbour based on our sexual assigned gender at birth and the trauma that has been inflicted upon us.

I believe that a lot of men still hold a very deep resentment for the fact that women are now here playing the 'equal role' in the male created world and workplace and that while they're happy to act accordingly on a surface level, they hold a bitterness for the fact that their role of provider that issued healthy levels of power and control got taken away from them, therefore they've now resigned themselves to these assertive women and assume them to do all the hard work because they feel 'incompetent, lost, belittled, confused' and so they place the pressure, perhaps unjustifiably on women to be the mother, wife, friend, companion and work colleague all rolled into 1 which in turn leaves women feeling truly overwhelmed and resentful that their partners don't provide the safety, security, prosperity and guardianship that they as women on a subconscious level seek from their man.

The terms TOXIC MASCULINE and TOXIC FEMININE stem from these inversions. The toxic feminine is a terrifying thing to men and is actually the very thing that has disabled them from their healthy masculine principles through these 'equal rights movements' because as women now with 'all the power' we have started to project it in really unhealthy ways.

We have started acting in ways that show men we don't need them. How we can get by without them and actually do it better than them and be better than ever! We have started showing them this through acts of anger, resentment, frustration and rage where actually, it is the duty of the woman right now in this rising feminine age to drop her assertive, action mode (which she is still allowed to have but) to learn to switch on her softer, more nurturing feminine mode to help show men that it's ok to feel vulnerable and insecure but, that they would like a little help in bringing back some balance.

And if we word it properly and start to communicate in safe ways with each other, the man I am sure would be nothing but thrilled to hear his woman say PLEASE TAKE THE LEAD HERE while I create my woman magic over there and start to make the world a better place.

I know I've really over simplified that but I'm just using it as the guiding principle as to how we can start to restore a bit of energetic balance between the sexes as in case you haven't noticed yet, the tides are shifting and the patriarch, the broken one at least, is on the way out. The age of the feminine is

slowly but surely birthing right before our very eyes. If women truly do want to rise up as equals, now is their time to start showing the world what that looks like. What it means to be a woman and play a woman's game because it looks nothing like the way the man's world created the role of women and how they were allowed to fit in and play.

If you want to be a true queen, you're going to have to start acting like a true queen and that means having your king by your side, not acting like there's no room for him while you assume all responsibility and then complain about it! Time to wise up!

ALL'S FAIR IN LOVE AND WAR?

We live in a world of duality. Without pain and sorrow, wars and conflicts, we wouldn't know what true love and happiness is for we would have nothing to compare it to.

When something bad happens, rather than asking 'why it's happening to me' ask, 'what is it trying to teach me?'

Men are from Mars. Women are from Venus. Mars is the planet of war, aggression, assertion, construction, development, conflict and anger. As we will see when we move into chapter 2 and explore the world of EMOTIONS, these things are not always bad. They are not negative energies if used correctly and in healthy ways and when paired with their contrasting energies of what Venus represents, she softens the blows, brings in love and yields beauty and harmony into the world, a gentler touch that seeks pleasure and gratification from what Mars builds before her. He leads, she follows, however BOTH are equal

HE SEEKS FROM HER WHAT SHE YEARNS FROM HIM

In the next chapter we look at the sacred roles of parents birthed to us in a more spiritual and energetic sense however, even though men are the physical builders of our worlds and women the nurturing providers, however it sways within each family dynamic, can we not decide with a very modern influence who does what within each household? Who does what within each workload?

It doesn't have to be a battle. It can be balanced and shared. It's ok if the mother teaches the kids to chop wood while the father cooks the supper as long as the roles are shared and there is balance. Surely that is what is most important and for the children of each household to also assume a safe and practical responsibility as well so that they feel included within the family framework.

A NOTE TO PARENTS THAT ARE IN COUPLES AND PARTNERSHIPS:

YOU DON'T HAVE RELATIONSHIP PROBLEMS. YOU HAVE UNRESOLVED CHILDHOOD PROBLEMS THAT ARE DISGUISED AS RELATIONSHIP PROBLEMS.

Mothers - Daughters are not a place to put your trauma and pain nor a place to outsource the parenting of your sons

Fathers - Sons are not a place to project your past relenting lack of authority nor a place to project your own lack of inner stability on your daughters

HE SEEKS FROM HER WHAT SHE YEARNES FROM HIM

ROUND AND ROUND WE GO.....

THE SACRED MOTHER FATHER



As someone that works in the spheres of psychotherapy, let it be made clear, that most family therapists will often tell their clients that when 2 people begin a relationship, each 1 of those 2 people will not only be bringing themselves in to that relationship, they will be also bringing THEIR PARENTS and all their childhood trauma along for the ride, so for anyone reading this that is also experiencing relationship trauma right now, this journey through the INNER CHILD and the trauma we have all collected and packed into our emotional backpacks over the years will be exactly what you will want to explore if not for you on a personal level, for the benefit of your relationship also.

The blessing to become a Mother or Father of a child is something we must never take for granted, for when we CREATE a child with our partner, we are birthing an extension of ourselves. That extension is a branch of you and of your mother and father and of their mother father and theirs and theirs and so on and is also a branch of your partner's mother father and their mother father and so on. I don't think I need to point that out. It's fairly obvious but have you ever stopped to think and feel for a moment about how absolutely magical that is? What an absolute blessing that is!

However, if you're someone that has come from an ancestral lineage that doesn't feel like a blessing and all you have to recall from the bloodline is a bag of memories that makes you hate yourself and the world around you, then **THIS IS YOUR CALL** to do the work on healing yourself so that you DO NOT repeat trauma cycles that will get passed down to your children via blood, bones and

bonding and you can free the space for them to come along and be blessed with the life you never got to have. This is why we're here!

DON'T LET THE FAMILY YOU CAME FROM DAMAGE THE FAMILY THAT COMES FROM YOU

Inherited trauma is something that we are all walking this earth with. It pains me to state this but, because the universe is ALL MIND,(a collection of both collective thoughts / emotions and individual ones), it makes intention absolutely essential.

One of the MOST traumatic endeavours that we have collectively experienced and something that has severely damaged us on levels we cannot logically or emotionally comprehend as it is significantly more energetic than most give it credit for, is through the act of sex

The sacred sexual union is something that has been purposefully manipulated and replaced by an enforced sales and marketing agenda specifically designed to keep us from having healthy sexual unions. It has promoted bestial influences, encouraged infidelity, used against us to harvest what should be pure sexual energy in replacement of something inverted.

We have been so programmed through society, porn culture, hook-up culture, alcohol and drugs on the party scene, threesomes, swinging, abortions, contraception etc to fall trap to these outcomes where women have been targeted as objects for male gratification and toxic power and control entitlements and men have fallen trap to overwhelming sex marketing believing it is their right and need to 'sow their seed'

I am not saying all sexual unions are like this but looking back over the last genre of time we have seen many 'influential men' that have taken advantage of women to promote their status and only promote the status of women 'on their terms' or 'in exchange for something' be brought to light. The power and control of the toxic masculine has widely taken over on a sexual level and has tainted the sacred female and what she stands for by groping and raping his

way through life and we as women in some instances, absolutely not all, have allowed it

Our children, now fully fledged porn addicts believe it is ok to do things to a woman I cannot bring myself to type and perform other humiliating sexual acts on girls and women and women in return have started to believe this is normal. That in order to get a man's attention they must sell themselves to be easy, sexy, flexible, available at all times or he will get bored and move on to the next and because of her insecurities and lack of self-worth she will allow him to do whatever he wants. He, on the other hand, fears other men and will act as a jealous barrier against her and them as if she is a prize or trophy that he worries he will lose to someone more 'powerful' falsely believing this is what women want

Sex is where we have truly lost ourselves and because we do not truly understand the power of sex, we cannot really know the extent of the damage it has caused us or how to fix it.

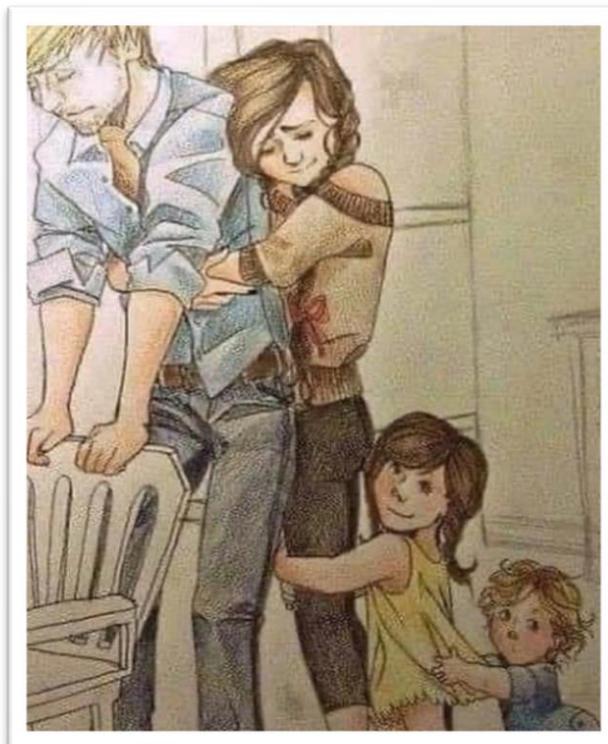
Sexual abuse is the most damaging level of trauma and the hardest one to come back from as it targets your ENTIRE being on levels nothing else could. Your body, soul, mind and emotions get destroyed by sexual acts, some enforced others simply unnecessary that most of us have endured, some of us repeatedly. If anything could ever truly hurt your soul, it is sex. Without a doubt

So, when people are aimlessly having sex for their own personal flesh pleasure without any deeper resonant purpose, they birth children that are aimless and that will grow up without direction. Yes, most of us are truly searching and craving for that deep connection, the ultimate romance, unconditional love and the eternal flame but sadly go about searching for things in all the wrong ways and places, especially in the west where a very liberal attitude to seeking freedom of connection has been loosely encouraged but unfortunately, with very little spiritual guidance and influence and we have no idea just how much of our own essence we are throwing away or tarnishing by opening ourselves up to the energies of others, which through the act of sexual union is received and lays within us, especially women, weaving the fabric of who we are within our wombs, the very place that births creation and what we pass down to future generations through all these 'connections' we've encountered, often

deeply wishing we hadn't, simply because we haven't been conscious enough. We have allowed ourselves to get swallowed up, abused and dumbed down. We absolutely have to stop this and become far more conscious and cautious about 'who we chose to lay with' as both men and women

This is one of the main causes of depression and confusion and those born into these environments (likely most of us) will have to work very hard to find purpose.

I say the above without any form of judgement but unfortunately the sacred MOTHER FATHER has been hijacked by a very distorted upside down framework that separates any sacred union. It has weaponized sex by using men to target women and in ways that promote violence and hatred towards them, thus promoting and projecting the very fear that the patriarch set up to adversely promote men whilst shaming women and keeping us in our place, away from their world. It didn't just damage women however, it has severely damaged men for it took away their true masculine purpose and replaced it with one that is nowhere near the honest and authentic value of a man and what he represents sexually



I believe it was OSHO that once wrote “ Not a single woman has been accepted as a Christ, a Buddha, a prophet. No, if a woman somehow manages to get into religious matters, she is called a witch” and what did they do to the witches, those founding fathers of ours? But, both a patriarchal and a matriarchal society has a beginning and an end. I believe we are witnessing the peak of the end of the toxic patriarch in replacement for the true patriarch which can really only be birthed through the rising of the women to stand true to their men and lead the way for them to rise also.

For too long, men have been used as instruments of war, misleading men to falsely believe that their true place is to fight for ??? and to oppress women rather than adore them. The oppression of women over the last few centuries has been a direct attack on MEN and aims to distort and turn them away from their true power and position through divine union with their women and children. Kings protect children. They are the builders, protectors and guardians of our world but they've been taught to work for systems that are untrue to their values in every way. It's also true that when a society is gasping for air, it makes very unwise choices as through chaos, the air becomes murky and no one has clear vision. Current day vibes

Many are now speaking out about this changing point and how we can shift into more sacred spaces but why must we have one or the other? Why is it always Men V Women or Mars V Venus? Why can it seemingly never be possible to balance the sexes and truly unite both so that we can actually BOTH LEAD and live in a balanced, harmonious world? Is that too much to ask or envision? How do we shift into spaces together as men, women and children that are safer for us when the system is seemingly in full throttle mode? More on that later

But back to our parents, as male and female individuals. When our father doesn't embody a healthy masculine energy and instead plays the role from a signature of inverted masculinity, suggesting an unconscious unawareness of his true role, this results in feeling 'unsafe and insecure' in our environment and in our bodies. The masculine is supposed to teach us how to move through life trusting ourselves, our bodies and our surroundings. Children pick up on this

and then embody it themselves. If we are embodying energies of insecurity, children will later end up searching for that security in forms of unhealthy relationship dynamics, constant people pleasing, the inability to say no, constantly giving ourselves away and the inability to commit. Healing the father wound is essential

When our mother doesn't embody a healthy feminine energy and instead plays the role from a signature of inverted femininity, suggesting an unconscious awareness of her true role, this results in feelings of 'low self worth and fear of speaking your truth' where children that pick up on this will constantly compare themselves to others, will come from a place of fear of judgement, diminished self belief, constantly apologising for who they are, always seeking external validation and will often accept toxic people or relationships into their life. Healing the mother wound is essential

How far away could we be from a time where men could accept the softness and wildness of a woman and in doing so, she could open up and surrender into that divine role, instead of having to always play the man or be his associate and where a woman could trust a man to be her sacred partner instead of viewing him as a predator or potential violator forcing her to keep her guard up and never truly let him in? How damaged are we?

By saying this, I am by no means suggesting that as women we should always be soft and gentle. Not at all. Many of us are in fact warriors in our own rights just as many men are gifted with gentle conduct. A mother can still be a fantastic mother even if she is born in the flames and tends to lead with assertion and fire just as a man can still be a fantastic father if he cries in front of his children and shows that he needs to be held and loved.

Nor am I saying that those in same sex relationships cannot have sacred sexual exchange and just for a moment, I want to touch on something incredibly triggering and I hope I word it well but...here goes...

THE 'AGENDAS'

As we have seen throughout this entire book so far, there is a 'framework' - A 'system in place' and within that system there have been AGENDAS. Women's rights agendas, sexual agendas and stemming from that now we have the LGBTQ and TRANS agenda

Listen, I wish to strongly point out that agendas of any kind set up by those that lead and steer the flow are firstly dangerous and secondly often inflicted upon us by grand design with nefarious intention. At no point has anything been in our favour other than the things we CHOOSE ourselves outside of its influence and within our freewill. With that said, I am of the belief that any union that comes from a place of authenticity and an intention of love is sacred, regardless of sexual preference or gender.

I wrote another book called Aphrodite's Secret, which speaks further and deeper about the complexities of sex, gender, love, marriage and all things touched upon here from both a biblical perspective and a pantheonic perspective. The monotheistic viewpoint V the polytheistic which then takes us into our ethics of partnerships via monogamy and well, the rest

The thing I will say is, COME AS YOU ARE but, don't expect everyone to wave flags for you! What do I mean by that? If you are gay, lesbian, trans, queer, straight, nonbinary, A-sexual, man, woman, dog, cat BE IT, but stop expecting days, weeks, months dedicated to the rest of the world glorifying you for what you are because it falls into the sin of PRIDE where you become self-righteous expecting others to bow to the glory of your so-called 'indifference' or, the alternative being (which is why they're so clever) those that don't bow, well they're racists, bigots, homophobes....NO FREAKIN WAY!

I love EVERYONE but I will never celebrate white week, black week, gay week, bring your cat to work week. I celebrate ALL of us ALL inclusively as a united force every single day all day of every year but the moment I have to participate in a charade of quite frankly disturbing perverted banner pushers walking around naked, peeing on each other in bondage gear in front of kids to

celebrate sexual identity, which not gonna lie is a pretty weird thing to be celebrating, and again.... IN FRONT OF CHILDREN, I'm sorry, I'm out!

And the sad thing is, many people will believe it is for the genuine liberation for those people to be truly who they are and want to be but they have never not had that right other than via a misguided set of principles, laws and rules written by who exactly? NOT THE PEOPLE but the governors. And who sets up these flag waving agendas to celebrate such strange things we must all participate in or be shunned? Ah, NOT THE PEOPLE but the governors!

They most certainly do NOT have the best interests of the people at heart but instead they expose their vulnerabilities making them a target for the ones who hate and they know that people will hate because divide and conquer has been their most favourite strategy all along!

DON'T PLAY THE GAME - PROTECT YOUR CHILDREN FROM THIS DECEIT

I have many gay friends that refuse to participate in this agenda because they know it doesn't actually stand for what they say it does and instead it defiles them and makes people hate them even more. They want to get on with life, many of them married with subtle, normal, loving marriages or relationships. You would never know they were lesbian or gay they just are. No feather boa Rocky Horror event needed to confirm it!

And for those with children at this stage for societal life, wow! I grew up in the 90's and we all experimented and had the freedom to do so without flag pushers and logo themes to say HOW HARD YOU'RE IN FAVOUR of something to virtue signal to the world that you're on their side or god forbid you refuse to play you then become the next target of hate for being so goddamn against the rage!

I have friends that have children right now in 2023 that are transitioning, experimenting, figuring stuff out. I have 2 children of my own and they will also depending where on the spectrum they chose to experiment but there are a few that put their kids under massive spectator view centre stage performance to go along with this agenda that if you don't 'LIKE AND SUBSCRIBE' to what they're doing will hang you out to dry like a dog that's not been fed for weeks

TRAUMA

Noone thinks about the kids. This is all for the benefit of their public image.

STOP!

If you have a child that is.....SUPER! As long as they are doing so genuinely, happily, lovingly, gently!

And that is that!

On a lighter note however, I would like to maybe set a reminder to watch the old school movie 'Bugsy Malone' where the cast are entirely children playing adult roles where at the end, after a colossal bust up consisting of cream pie fights, they all stop and reconsider their behaviour and motives and kiss and make up to the tunes of the wonderful song 'We could have been anything that we wanted to be' - A priceless reminder that we can, in fact, be anything that we want to be!

We could've been anything

That we wanted to be

Yes, that decision was ours

It's been decided we're weaker divided

Let friendship double up our powers

This is why it is highly important as responsible parents to see and understand what is truly going on around us so that firstly, we can get to the root cause of where our problems may have started and secondly, we can prevent and protect our children from ever having to suffer the same consequences we did thus cutting the chord on the trauma line.

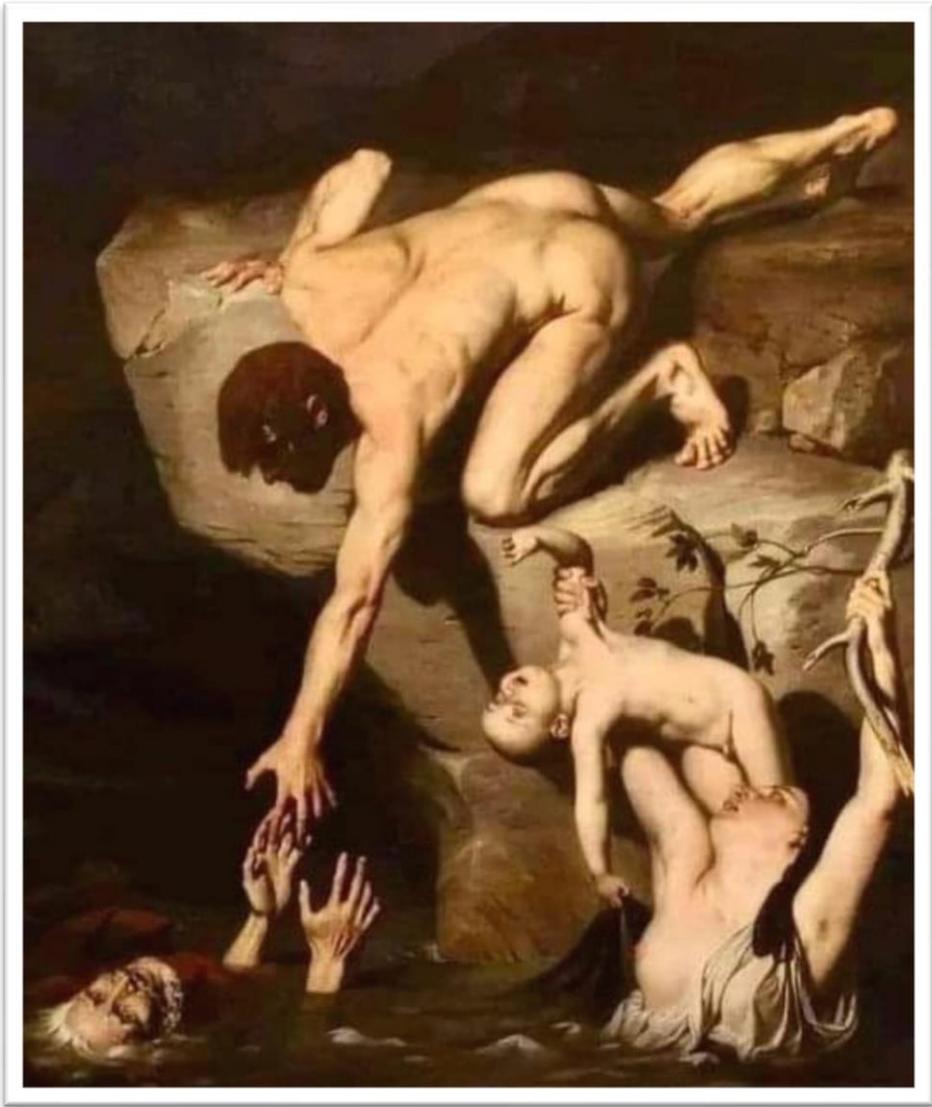
Even more importantly, is to do this from a place of Mother Father union, where you are both on the same page and both have the best supported interests of your children at heart. Being on the same page however, a page of sacred union is one of the toughest tests as most of us give up on relationships because of

the trauma that floods them. Many become disillusioned and disheartened by the damage and stress of their partnerships that they walk away, swearing to never enter one again.

At the end of this chapter, I mention about the importance of balancing each quality within your own inner self, but the importance of balancing them in your outer partnerships is equally important and even though Pandora unleashed all the evils and pains into the world, we must not forget that at the bottom of the box was hope. Hope that there is such a thing as divine love and we must hold onto that hope that we will one day come to a point after all the chaos and separation that through healing and hope we can find that true divine spark in love with our divine counterpart once more

I will just now include a message from a friend that read:

“I fantasise about being a wife, not because I ‘need’ a husband but because to be a wife is a privilege whereas as a woman I have a responsibility to put in the effort and to treat marriage as the sacred act / union that it is. I want to see who I am as a wife. I want to learn more about myself as a wife. Find new ways to love, new ways to become a better person for myself and my future children. New ways to grow and create magic. New ways to be revolutionary in a world that no longer believes in the power of marriage and love. New ways to believe again that myself and my partner can create miracles through love and raise a generation based on these birth rites where they know they came from love without spoken words but rather feelings. I crave that love and I know my future husband does too and because I hold space for it, I know it will come”



THE DAMAGE IS DONE

The problem is, and we will see later on when we explore emotions, that this system / framework we all live in tends to forbid us to show our emotions, especially men, where we are encouraged to toughen up and 'swallow cement', act hard, pump some muscle and bulge. Don't you dare ever cry! Boys don't cry, Men certainly don't cry!

And women, if we are anything but soft and feminine girly girls with ribbons in our hair, pleated dresses, sweet smiles and the damsel / maiden act down to a tea we're not playing the game right. Wrong.

Both Men and Women possess both masculine and feminine energetics within their whole being. Both sexes possess both male and female hormones. The key is to balance the energies so that we are in a state of equilibrium within the body we have been born into. What you do with the sex you have been assigned after you have managed to embody your energetics is up to you but it could be said that the ultimate quest is to become our own mother/ father. Our own masculine feminine. Our own husband / wife. Our own INNER CHILD and adult self. THE FULL PACKAGE where only once you've fully embodied yourself consciously can you ever truly encounter the DIVINE encounter with the 'other half' you may or may not desire so. Only then can the 2 pieces of the puzzle fit together in harmony, without the trauma baggage, blocks and bonds that we carry with us because we have become so disconnected from ourselves over lifetimes of playing and portraying inauthentic roles we thought we had to play based on a rule book that has been an out and out lie

The problem is, that as adults now trying to figure out the ROOT CAUSE and put the pieces back together, where our divinity has been veiled in a world full of chaos, we have actually blocked most of what occurred throughout our

childhood and for whatever reason, so much of our childhood memories are wiped, forgotten, misplaced and for what we can remember, the pieces are coming through fragmented, distorted and in need of a deep dusting off in order to have a clear re-view on what has actually played out in real time.

The 'bury your head in the sand' term is what many of us have done with many of our memories over our lifetime and if you want to believe it potential lifetimes before (just how far back can you go?) and that because of this trauma blindness, we don't know what we're dealing with. We have forgotten who we are

**BEFORE WE GET ONTO THE SACRED CHILD, LET'S HAVE A QUICK LOOK AT
SOME EXAMPLES OF TOXIC AND MISLEADING PARENTING CAUSED BY
SYSTEMIC FAILURE AND ABUSE AND ALSO EXAMPLES OF DIVINE PARENTING
VIA THE MAGICAL WORLD OF MARY POPPINS**

MARY POPPINS



Let's have a moment to consider the movie that delighted our childhood with supercalifragiliciousexpialidocious (yeah but, can you say it backwards?)- Here we see a typically dysfunctional London family consisting of mother (Winifred), father (George), daughter (Jane) and son (Michael) living in a central London townhouse with staff a plenty, featuring Katie nanna, Ellen and a selection of half mad neighbours consisting of the old Admiral Boom that insists on timely order, where he spends his days observing the movements of the masses from his roof ship setting off the cannons every night at 8pm prompt, sending shockwaves through the Banks household and uncle Albert, the kind but lonely old man that loves to laugh but gets terribly sad when people leave.

From the inner workings of their home, mother, seemingly oblivious and disconnected from her children, half the time not even sure where her children even are, appears to be more interested in her own endeavours, turning a blind eye to the whereabouts of her little ones. It is the local Constable Jones that brings the wandering children back time and time again from their solo excursions to the park where they have been desperately trying to fly a kite. The mother, more concerned about fighting for the suffragette movement of women's rights where she enlists anyone and everyone who will help in the delegation of care for her children whilst she goes off on her political rallies ties the in Constable Jones to watch the children, alongside Katie Nanny and Ellen,

who all refuse therefore ushering in the need for yet another nanny. In her sheer enthusiasm for getting everyone geared up to attend to her children and her for her rally, she gathers everyone in to a cheerful and militant march song about the benefits of her feminist mission singing 'Our daughters daughters will adore us and they'll sing in grateful chorus' - A sign of times to come that for sure in this day and age is now in deliverance.

The father, George Banks is a London city banker, led astray by what he sings is 'the life he leads' where, 'King Edwards on the throne and it's the age of men,' building the banking empire where money rules and children must be barely seen and certainly not heard. George Banks believes that a family should be run just like a bank, thus displaying cold and stern parental influence and very little emotional connection to his children who at immediate display of any emotional outpour are silenced and ushered off to their nursery, their little faces dropping as they fade back to their quarters. Giving reference throughout the movie, he states clearly that he is preparing his children for adult life and that having 'time for fun' is simply ridiculous.

Enter Mary, the nanny that rules the nursery (where both children and plants bloom and grow) where she takes a firm yet gentle hand, guiding and leading them from heart, safely and steadily, allowing the children to explore their imaginations in the world of magic and wonder but bringing them back in to reality with a balanced check.

Mary allows the children to explore worlds outside of their nursery (but only after it's been tidied - with the click of a finger). The worlds they delight in exploring are forbidden by most or not even known to exist by many. Alongside her companion Bert, a Jack of all trades street performer / artist and wheeler dealer is a long-term friend of Mary's. Bert compliments Mary with his easy-going nature and is happy to go along with her magic and let her lead the way, trusting in her as they both guide the children through Bert's chalk pavement drawings into worlds where animals talk and they can ride carousels and compete in horse races until the rains come and wash the paintings away.

Mary and Bert also take the children to visit Uncle Albert, the kind old man that lives alone and is suffering from a mysterious illness. While there, the old man

tells them jokes and in their fits of laughter, they all float up to the ceiling where once there and still in fits of laughter, they delight in a floating imaginary tea party. This continues on until Mary tells them it is time for home and the sadness of having to leave sinks them back down to the ground, leaving poor uncle Albert in tears. The importance of comforting the elderly with the magic of youth

Bert, having a nose for the changes in the wind, can sniff out upcoming situations of danger or concern and when the children argue with their father at his bank about what to invest their money in, they turn to fear and run away. Bert comes to the rescue, finding them down an old London alleyway all alone, he provides safety and comfort to the children while he leads them back home to Mary, but with Mary on her 'day off' and the Mother again busy with her political meetings, the mother employs Bert to stay home, look after the children and clean the chimneys until Mary's return

It is then that Bert accidentally loses Michael up the chimney and in aiming to rescue him, he ends up taking them on a London rooftop adventure. They dance across the rooftops with all of Burt's friends until Mary pops up to save them. Bert tells the children "There's the whole world at your feet. And who gets to see it but the birds, the stars, and the chimney sweeps." Covered in soot, all 4 of them return back down to the Banks living room where George Banks awaits them. Very unimpressed that his children ran away and have now distracted Bert from his work and are stood there covered in soot, George sends them off to the nursery not before yelling at Mary about how disappointed he is in her

George Banks asks Mary to explain herself and here we see the power of Mary as she returns him the iconic response "First of all, I would like to make one thing clear: I never explain anything."

It is after this chimney sweep adventure where George Banks, worried that he may lose his job at the bank because his children did not do as they had been asked with their money, confides in Bert about his woes and Bert provides George sympathy by offering him a new perspective on what is important in life. How the smiles on your children's faces far outshine any money or job position.

In the final scene, we see the mother, father and both children linked arm in arm as they sing and dance their way to the park to go and buy a new kite for their children. And just like that, Mary's mission has been completed. It is through the heart felt integrity and gentleness of Mary and Bert that the family comes back together by helping them all to remember what it is like to fly kites and keep the child's magic lamp fully lit

The exact lesson in how to turn a banker back into the child he long forgot!

Why not go and grab your kids or if you've not got kids, go grab your inner child, your little you that once used to love this movie and give it another watch! Make some popcorn, get cosy and go back to a time where we 'loved to laugh' enough to rise up to the ceiling, we jumped through chalk paintings on the pavement into other worlds, we fed the birds, danced on chimney tops and our medicine tasted like sugar!



THE SACRED CHILD



As mentioned above, the golden child reference that has come from artists such as Pink Floyd, Joni Mitchell and many others is not without deep symbolic meaning. We are born into this experience; into the body we have been gifted and with the mind and heart we use to carry forward years of generational influence both personally and collectively. We tend to watch babies grow and according to statistical data we know, ah, they should be crawling by now, walking by now, able to hold their own weight and stand on their own two feet because we have observed and documented the development of children over the years

As adults, we watch this and we tend to feel that without our support and influence they wouldn't be able to do these fundamental things but, since the birth of the internet we've been able to see many many children displaying incredible gifts that god only knows where they've come from yet things such as, toddlers able to sit at a piano and play streams of music just by touching the keys and letting the magic come through, children able to communicate with things that we can't see yet they're able to provide insight into worlds or times that they, in that moment could not have possibly experienced, incredible superhuman abilities to create art and sound, bring light in from things unbeknownst to us yet as adults, because we don't understand the phenomenon of the things children are often able to teach us, we tend to disregard their magic, passing it off as a mere moment in time that's simply unexplainable and move on towards the mainstream movement of getting them into school where their gifts will likely go unnoticed if not deliberately pushed aside so we can replace them with the 'gifts' of academia, that somehow we've been sold to believe is the absolute gift. High intelligence

being sold to us in the curriculum where we are told if you want your child to make it in the world, how about becoming an accountant, lawyer, doctor, surgeon, politician etc.

I'm not saying many of these career options are always a dreadful outcome but no school pushes the arts or encourages classical pianists or opera singers. No school teaches children how to grow food, cook food, create art from food, medicine from food, connect with nature, grow a tree. Children are all steered towards professions in which the framework can excel based on the skills and time of these children in later life via employment but very few skills are offered to teach children anything that can encourage their creativity and magic that they naturally and instinctively possess as a young child. That tends to get switched off

On a personal level, my eldest, who is now 14, used to wake up at about the age of 4 or 5 and be able to recall her dreams in precise detail where she would tell us about a girl she went to visit in the slums of india. A girl who she called 'conmadiant' (lord knows what this word means, we have searched etymology and phonetic patterns to try to establish) but nonetheless this was the word she chose to use to identify this child. She could recall the exact details of what the slums looked like. How many people were there, that they all slept together, brothers and sisters in a very small shack that provided some shelter but where outside it was pouring with rain and no one wore shoes. She had gone outside with this girl, her sister and her father to collect some pots and pans to bring back to the mother and granny inside and the father had passed her a pan and smiled at her. She recalled he had a very large nose, a brown face, happy eyes and a very comforting smile. He was very kind to his children and she felt safe there with them all. She knew that she, as a blonde haired, blue eyed child was different yet she did not feel strange or unfamiliar there and she comfortably settled right in during her stay. She dreamt of this girl a number of times and would always tell us about her visits when she woke up. It was upon instant waking. There was no room for her to get distracted by whatever was on the TV or surrounding her that could have influenced her experience from our end nor did we ever ask her, she simply chose to tell us when she had these experiences.

I remember putting this up on facebook to share with my connections and one of my friends Elliot who was living in Australia with a son the same age as my daughter had made a comment stating that children of that age are able to time travel through their sleep to connect and collect this information and until about the age of 6/ 7 they maintain this ability as their brains and neurofunction has not yet been tainted by the framework that we exist in which effectively dumbs down our senses and our ability to connect far and wide. We become limited. We become restricted. A species with amnesia.

When I myself was 4 or 5, my mother, who I am sure could tell you with high frustration that I never slept, unless I was in the car, so to keep me awake on long journeys so that I would sleep when I got home, she would ask me questions to keep my attention levels on alert. On one specific journey, she was with my aunty, her sister, and they started asking me basic maths equations.

What's $2+2$? And I would answer 4. What's $5+5$ and I would answer 10. For a child as young as I was that wasn't yet in structured schooling they thought that this was odd so they started asking harder questions. My aunty got out her calculator and started asking me ridiculous sums such as what's $159+276$ and I would answer correctly. My mother was elated! She truly believed she had given birth to a genius! Then, when I started school, she couldn't understand why I then got placed in the lowest division for maths. Why put a genius in the bottom ranks? Because that ability flew out the car window as quickly as it flew through me and I have gone through life from then to now barely able to do more than $2+2$ without the use of a calculator

Children are so connected to the universal energies that surround them. They are conduits to the unseen and unknown. The energies that as adults we fail to connect to. There is so much high magic in the world. High frequencies that things as pure and golden as children can tap in to. They ride the wave of high frequency, able to do such incredible things and access the wonders of the world through their untouched, unspoilt imaginations and high vibrational energies.

Worlds such as Narnia are not make-believe worlds to children. They could very well be real. Animals and children are able to communicate in ways that we as adults cannot fathom nor remember. We witness their connection but are not able to experience it like they do. They pick up leaves and flowers and spend hours playing with them. Why waste your money on expensive Christmas gifts when they're more than happy playing with the box it came in to build a castle or a den?

They are expert crafters, designing worlds in the physical plane but through their ability to manifest them through their **I-MAGI-NATION**. They **MAGIC** their **NATION**. They create their own worlds, castles in the skies, tree houses, kingdoms where animals can talk, fairies are real, plants and flowers sing and then.....

CRASH - We take it away from them and replace it with algebra, spellings (according to syllabuses where one Country spells it one way, the other another but **DON'T GET IT WRONG** or it'll be marked against you)

Then comes the stress - Exams and tests. Constant assessments. The fear of failure because Mum and Dad (or Mom and Dad) will be disappointed. Did you do your homework? I hope you did your homework! The frowns on the faces of the teachers that don't ever forget to tell you how much of their hard work and time they're putting into washing your brain from the castles and fairies so that you can get the school the grades the school needs to rank itself amongst the others.

I remember being told by my Spanish teacher, Mar Arevalo, that I would 'never speak the bloody language' - After time and time again of me forgetting my books and not doing my homework, she eventually threw me out of the Spanish GCSE class, even though my parents were paying a small fortune for it but she feared my poor predicted grades would reflect badly on the school so while everyone else got to sit the class and exams, I was sent to the library to be watched over by a reserve teacher. In my 20's, I moved to Spain (I fell in love with a boy) and I learnt (not learned - I'm from England) the bloody language. I learnt the language by immersing myself into the experience of the society and

culture. I made friends with the locals. I worked in places that allowed me to communicate with people from there and everywhere. I opened up my world and self to learn new experiences that no book in school or no limiting teacher could have ever taught me and now I speak the bloody language.

We need to stop limiting and restricting our children and filling their heads and hearts with so much stress and pressure about 'school and life' according to a 'system' because it BREAKS them in so many ways.

Instead we must encourage them to play for as long as possible, especially boys where my goodness, the poor hyperactive ones are labelled with so many different terms. ADHD, Autism ADD but wow, hyperactivity is an iatrogenic disease created by schools to limit their potential. Boys especially need to LET OFF STEAM. They need to go wild, run, play, build, shout, connect with the world around them. If they're not able to do so they will go mad! Girls, while usually a much calmer nature in comparison, are also switched off from being able to use their imagination through creative connection.

On a divine spiritual level, it could be said that the females amongst us are the master manifestors. Visionaries of kingdoms and universes only the imagination allows and the males are the ones that, when allowed to trust in the powers of their female companions then BUILD AND CREATE the kingdom that their queen has designed!

The human brain operates on 2 hemispheres. The left and the right. One is masculine, the other feminine (energetically and genetically) - The right side of our face is our mothers influence and the left side our fathers. One introvert the other extrovert and depending on what you've inherited from your parents will shape your face according to your own energetics also. If you've ever looked in the mirror before and noticed that one eye looks bigger than the other or that you feel slightly 'off centre' it is because the hemispheres of our body brain are working with varying energetic influence.

The brain hemispheres, where one is masculine, one feminine are symbolic and highly functional to how we operate in the external world. The left side, (the

masculine) is our logic, reason, practicality, mathematical, pragmatic, analytical, PHYSICAL, CONSCIOUS functioning brain. Our right side (feminine) is our creative, intuitive, feeling, sensory, compassionate, holistic, METAPHYSICAL, UNCONSCIOUS brain.

We spend most of our time experiencing our left brain function because through society and culture (The giant CULT that it is) that is what we're trained to do. It is how we're trained to operate. Anything that cannot be seen, cannot exist. If it is not defined in laws of logic or matter, it isn't real. If it is not mathematically possible, it is impossible.

Humans can only see 0.35% of the electromagnetic spectrum. The other 99.99% of the spectrum is invisible to us. 99% of our brain is made up of cerebrospinal fluid. A water solution that it could be said, much like the ocean and sky is what separates the hemispheres. As above, so below. However, I remind you (and I am not putting any religious influence into any of what I write though using it rather for spiritual connotation - the 2 are very different) that 'Moses parted the red sea' aka, he shifted the hemispheres. He crossed over from left to right, which is why in the texts Jesus said 'Cast thy nets to the right' - Plenty more fish to catch there in the unconscious waters yet to be discovered.

We mimic nature. Our eyes are not what we think they're for. They absorb light which our brain then converts into energy matter. Children should be encouraged to explore nature, barefoot to feel the electromagnetic pulses beneath them and connect with the 'soles' of their feet and the palms of their hands. Our fingerprints are like tree rings, our palms consist of lines that run through them just like the stems of leaves. Our bodies contain meridians and pathways, rivers and portals where blood runs through us just like the rivers meet the oceans outside of us, inside our waters connect to the 65% ocean living within, 80% ocean within the body of a child. Hairs that act as antennas to connect to the aether around us, providing us with insights and intel from the cosmos. We breathe into lungs that like flowers and trees breathe in the air and sunlight in order to grow. We should be allowing our children to walk the earth and swim in the rivers and seas, building their own worlds from what they find within the environment surrounding them and within them

Matthew 18:3-4

Jesus said, "I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven. So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven."

@dearchild

ALICE IN WONDERLAND



If you have ever watched Alice in Wonderland, you will see in the very opening scene, a young girl is sat in a tree, making her cat a headband out of flowers while her mother is reading to her, insisting she pay attention as she recites about the archbishop of Canterbury and the King of England. Young Alice resists and says 'How can one possibly pay attention to a book with no pictures in it. Her Mother tells her 'My dear child, in this world there are many a great book without pictures.' To which Alice replies 'In this world perhaps, but in MY WORLD - 'Oh, in YOUR world' her mother quaffs, 'What nonsense' but Alice starts to sing about how in her world, 'everything would be nonsense' - (the metaphysical unseen uncensored world). Where in Alice's world 'all the flowers would have very extra special powers and they'd sit and talk to her for hours, in a world of my own' - The power of the imagination is something that children have the capacity to create, if only we would let them!

The holy trinity, Father Mother Child, is not giving reference to 3 different individuals, although in our human experience this is what we have been provided to birth the experience into physical form through our bodies but rather, it is how we birth this experience within us in our inner worlds by connecting the left to the right, the masculine to the feminine. The CHILD to the later self. If we want a remote control to work, the +- of the batteries need to be positioned so that the + masculine and - feminine connect together. This is

what we as individuals need to do inter and intra personally and what we need to do collectively in order to become a functioning whole being.

It exists within us in our inner worlds and outside of us in our outer experience and we carry those energetics within our ancestral DNA. As above, so below. As within so without. It is a giant mirror reflection of an entire prism of light that for aeons has been hidden in the shadows. It is essential that we are allowed to 'see the light' and this can only happen if we allow our creativity to access the void of the unknown yet to be birthed part of us to be reached, touched and felt.

I believe that most behavioural, emotional and developmental concerns surrounding children come from a deep subconscious frustration of not being able to explore these potentials and then this becomes even more enhanced and troublesome by our insistence as adults to medicate and cause further deepening detriment to their development by providing them with labels such as ADHD and autism to set them aside and have them pinpointed on a 'spectrum' that makes them feel even more isolated and misunderstood. To be very clear, we're all on a damn spectrum. Where on earth do you think we all are?

THE SPECTRUM



PART 1

This battle that is going on between the masculine feminine is reaching a point now where in order for the 2 to connect and unite, men have to start letting women lead but the women can't take over from ego but rather hold space open for men, as the open receivers that they are to also take up their royal place and stand beside them. Men have to start to trust in the feminine quality of being able to feel and experience the unseen. Women also have to trust themselves and remember that they are not men.

The female quality of the spiritual unseen, unknown isn't just something that only women can experience. As I have said this is a feminine quality we ALL can access but for the majority of the physiological point here, men are birthed into the male physical body and women are birthed into the female metaphysical body. Listen, nothing is black and white. There are many that hold a higher signature of an energetic that is different to the physical body they've been born into. All the more magical for them and there are some, though few, that have been trapped between worlds carrying both but in ways they need to spend this life trying to master both physically and metaphysically but for the most part, men are physical, women are metaphysical. If only we could combine unions that allowed for the true essence of our energetic potential to come to fruit. But the system just hasn't allowed for that to be.

OR HAS IT?

If we look back over our historical timeline, and I mean really look back over the epochs of time - The dark ages, stone ages, iron ages, bronze, silver GOLDEN etc - The golden age was when we were fully enlightened. When the full spectrum was open and accessed. Where we were at our height. We tend to forget this in this dumbed down state of existence where we actually believe that this is the most advanced we've ever been and humans deem themselves to be top of the superiority chain - Oh how the mighty fell and how far from the truth that could be.

Children know this because what they tap into as unadulterated fountains of youth is something so pure and GOLDEN because they have all the memories of those times embedded within them - And then, just like that, it fades to dust!

However, I believe that the ones right now being labelled are perhaps only being labelled because they simply do not fit within the box any longer. I mean, for generations there were always 'the special ones'. I myself was one but back then, no one got assessed, poked, prodded etc. We just got traumatised instead. Not to say that by diagnosis these kids that are being labelled aren't being traumatised but at least they are being given some kind of level of understanding. Something that shows they are being considered. Back in my day (sighs sarcastically) we were just cast aside whereas now, there is a grand effort going on across all levels of society to aim to include everyone, come as they are. I might slam the system for most of its heinous crimes but on this level, I do feel we are moving in the right direction. One that stems from a deeply feminine quality of nurture and protection, bringing the herd together so that we can move forwards hopefully in unison. Where we go one we go all.

When I speak of light and the function of the human brain and the hemispheres, I do believe the light we are absorbing now is starting to alter our chemical and biological structure, shifting and influencing us to change direction from a previous distorted state. I do believe that, where once we were very poorly influenced and steered in the wrong direction via misguided systems and control mechanisms, these systems themselves were due to inverted ultraviolet light plasma that were the cause and effect of so much 'upside down' - We see how our study of light over time has gone from particle, to wave, to

electromagnetic to quantum and each time we evolve our understanding and discovery on the spectrum of light, we ourselves as light beings evolve. The light that is coming in now is one of a purer, organic frequency measure . I once recorded a podcast on this, titled 'Whatever gets you to the light' and if you're interested in understanding more about the light spectrum and the difference between organic and false light and how our cosmic light influences us on literally every level then please go give it a listen as it is the intro to part 2, where we will look more on the spectrum 'conditions' in the modern era but in order to fully understand my perspective on this, it is useful to have some background information first, You can find the podcast here: [THE LIGHT](#)

When I speak about collapsing structures and falling empires, as history shows us time and time again, at the changing of the tides and guards, the sun has always pumped out huge coronal mass ejections and solar flares causing cataclysmic climate change and events that reshaped and restructured the surface by which we live. A change of template if you like. Again, the '**CLIMATE CHANGE AGENDA**' yet another agenda forced into place by the controllers will have us all believe it's all our fault.

BUT LETS QUANTUM THIS FOR A MOMENT - LET'S SHINE A LIGHT ON SOME DEEPER STUFF HERE

We're now being told (and if you listen to my podcast on LIGHT above, then you will know why) that Saturn is 'losing its rings' as published by all mainstream news sources and NASA they state that by 2025, the planet's iconic rings will no longer be visible to the human eye. This is because our light source is changing. This is incredible, amazing and something uncontrollable that is not just affecting earth but all solar systems, galaxies and milky ways because of such enormous galactic shifts and for reasons unbeknownst by many although intuitively it resonates deeply but, we're told it's climate change and **it's all our fault!**

BAD HUMANS

We're mass consumers (even though the people didn't destroy the rainforests, corporations did), We litter and pollute the earth (even though after all the tax

money we pay them to do the job properly with all the high tech they have they cant come up with a decent system to solve waste and pollution management) We eat animals that fart too much and produce too much methane that damages the ozone layer (even though biomethane is a super source of renewable energy and cows happen to provide some of the most nourishing and richly bioavailable nutrients for us - Oh and that the ozone layer could possibly be nothing more than the firmament opening up the next chapter.....drum rolls.....)

SCENE CHANGE PLEASE - AND THE CURTAIN LIFTS

It's time to get creative! A lesson on why ART is so important. Let's spend a moment looking over a couple of the most important art history lessons that speak VOLUMES of the childlike innocence of that few have managed to preserve through time

VINCENT VAN GOGH

I will reference one of his most iconic works of art 'Starry night sky' in which he creates energy and movement across the scene. Gogh's entire purpose with his art was to illuminate his paintings and make them come alive. He had a vision that he was aiming to share with everyone on how he saw the future world and he used his paintings to show us what they looked like. But he was not truly appreciated for the works that he did in the sense that no one really understood them. No one really saw his vision. They still don't. Eventually his sanity drove him to the end where he took his own life.

Don Maclean wrote a tribute song to Vincent called 'Starry starry night' where the lyrics are as follows (I still cannot listen to this song without tears - It is a truly beautiful piece)

Starry Starry night
Paint your palette blue and grey
Look out on a summer's day
With eyes that know the
Darkness in my soul.
Shadows on the hills
Sketch the trees and the daffodils
Catch the breeze and the winter chills
In colours on the snowy linen land.

And now I understand what you tried to say to me
How you suffered for your sanity
How you tried to set them free.
They would not listen
They did not know how
Perhaps they'll listen now.

Starry Starry night
Flaming flo'rs that brightly blaze
Swirling clouds in violet haze reflect in
Vincent's eyes of China blue.
Colours changing hue
Morning fields of amber grain
Weathered faces lined in pain
Are soothed beneath the artist's
Loving hand.

And now I understand what you tried to say to me
How you suffered for your sanity
How you tried to set them free.
Perhaps they'll listen now.

For they could not love you

But still your love was true

And when no hope was left in sight on that starry

Starry night.

You took your life

As lovers often do;

But I could have told you

Vincent

This world was never

Meant for one

As beautiful as you.

Starry Starry night

Portraits hung in empty halls

Frameless heads on nameless walls

With eyes

That watch the world and can't forget.

Like the stranger that you've met

The ragged men in ragged clothes

The silver thorn of bloody rose

Lie crushed and broken

On the virgin snow.

And now I think I know what you tried to say to me

How you suffered for your sanity

How you tried to set them free.

They would not listen

They're not

List'ning still

Perhaps they never will.

The pain and torture of not being seen and heard from outside of the 'box' was too much for him to bare yet he had a vision of what was to come. What existed outside of the box (Saturn) and he chose to share it with us all in the hopes that one day, we might get to see the richness of a world that could possibly exist in vibrant colour, **A spectrum**, fully alive and moving, free from restraints and restrictions. For those with eyes to see, we listened and we heard you Vincent. For those that cannot yet, heal thyself and you will

The next one could seem somewhat religious but the message is 'CRYSTall' clear for anyone and everyone. It is from one of the world's most famous pieces of art ever to be made and then 'lost'

SALVATOR MUNDI - Leonardo DaVinci

Literally translated to '**The saviour of the world**'. The painting mysteriously went missing circa 1800 and since its reappearance there has been much speculation as to the authenticity and the validity of the piece, which is arguably one of the most controversial pieces of art ever to have been created. We must ask why?

Well, the piece is of Christ, with 1 hand lifting 2 fingers exalted to the sky in divine blessing and the other hand holding a light orb, representing the crystalline sphere of the heavens. This painting, a clear indication that depicts Christ as the master of the cosmos, throws a shadow over the traditional representation that has been depicted by the church as it suggests with clarity that the ascended master never left this plane and is still reigning the cosmos by which Leonardo suggests to be the case. Could this be why the painting went missing? As it shines a new 'light' on the real meaning of Christ and the message he is sending us all?

Could it be that Leonardo, who painted the earth as an orb, made no mistake and that the only thing that would make this orb refract light would in fact be any such celestial object that could reach the earth's atmosphere. What such object does such a thing? Well, only the sun. Could he have been telling us all along that Jesus is in fact the sun? Our saviour. And that the solar flares we are

seeing now are crystalline energetic celestial light rays that are moving through us to awaken the dormant parts that have been so suppressed and darkened over the years? Perhaps Jesus or Christ is not so much a 'person' than a celestial energy and this talk of climate change is a way to keep the secrets that Leonardo tried to tell us all these years ago by his mysteriously disappearing artwork hidden in the dark so that humanity doesn't ever awaken to their true potential? The title, "Saviour of the World" was no coincidence. The fact that our most crucial minerals and biometric functions as humans come from absorption of the sun's activity fuels us and gives us life force and power, yet we are taught to fear it and hide from it whilst our skies are covered to keep it hidden also.

It is believed that the painting was sold again in 2017 after it broke all auction records and although a figure was never published or the new owner's identity, it is claimed that the prince of Saudi is perhaps its new keeper. The painting has not been seen again in public since its sale and the whereabouts of it are now unknown but, I urge you to have a look at the painting and see what you think. The ascended master has got messages to deliver to us from the cosmos, that's for sure!

We are a way for the cosmos to know itself. And through the cosmos we know ourselves. There is no separation

A new human is emerging. There is a new spectrum of light coming through our atmosphere now and it is very present in all of our children. We need to find ways to encourage their new light energy, not dumb it down. We need to find ways of letting them lead instead of always insisting we know best.

If anyone ever watched the movie 'THE OUTSIDERS' (excellent cast but a bit of a sad and dark story of gang youths growing up in 70s America) the song written by Stevie Wonder was called STAY GOLD and reads as follows:

Seize upon that moment long ago
One breath away and there you will be
So young and carefree
Again you will see
That place in time
So gold

Steal away into that way back when
You thought that all would last forever
But like the weather
Nothing can ever
And be in time
Stay gold

But can it be
When we can see
So vividly
A memory?
And yes you say
So must the day
Too, fade away
And leave a ray of sun
So gold

Life is but a twinkling of an eye
Yet filled with sorrow and compassion
Though not imagined
All things that happen
Will age too old
Though gold
Gold, gold, gold, gold

So, to end this chapter on the sacred golden children amongst the spectrum of many false light inversions and pure light rays, I ask you, how can we possibly encourage, inspire and yet safeguard and discipline our children to create a stream of balance that lets them flourish and shine?



REMEMBER WHEN
YOU WERE YOUNG?
YOU SHONE LIKE
THE SUN

THE STORY OF OLIVER TWIST



The GOLDEN CHILD that was birthed into a WORK HOUSE when his mother, pregnant and alone entered to seek refuge so that she could birth her son. The father, nowhere to be seen or known. Upon his birth, his poor mother passes and Oliver is left to be cared for by the parish beagle. Raised in impoverished cruelty and thrown to the wolves, he loses his place at the workhouse after a dare goes wrong. A dare to 'ask for more' out of life where as punishment he was sold to the local undertaker. From one point of abuse to another, poor Oliver is left in the hands of the heartless while his heart is yearning for love. Escaping the terror, he finds his own way to London to earn his fortune but yet again ends up tied to those that encourage danger and fear where he is taught to wheel and deal the streets of London, exploited and abused for the gratification of the adults around him and pushed into corners of the dark world where he bares witness to the trials and terrors of those that were themselves abused by the system. How HURT PEOPLE HURT PEOPLE

Until the day that the light shone through - While out on a 'job', Oliver is accused of stealing a handkerchief from the pocket of a man named Mr. Brownlow. Oliver, ending up in court, wins the heart of Mr. Brownlow who can see that he is no villain but a gentle, sweet boy. Mr. Brownlow takes Oliver into his own home but those wanting to use Oliver for their own exploitations conspire to steal him back. How the abuse of those desperate to survive in the cruel world attach onto the souls of the innocent young, intent on poisoning the

pure but because Oliver's soul remained untouched and untarnished even given the trials and experiences endured, he is, thanks to these roads travelled reunited back to his mother after learning that the woman in Mr. Brownlows drawing room painting holding the same locket as Oliver's is in fact his mother. Mr. Brownlow adopts Oliver and finally receives the life he always deserved. One of love, protection and devotion.

May we all seek to strive for this for our own inner child, our own children and those that need a loving, safe place away from the terrors of this world

May we all start to protect the children so that they can be blessed with what they came here for - What might that be? A good job? Fat paycheck? Big house?

OR SIMPLY LOVE?



THE INNER CHILD



The inner child can be defined as the impressionable and vulnerable part of ourselves wounded and shaped throughout the earliest experiences and stages of our lives. The term inner child was originally coined by Carl Jung and recognized as an archetype or unconscious subpersonality. Its potential manifests through our behaviours and interactions with the external world. In our adulthood, some of these behaviours can stem from the trauma, pain, difficulty, and emotional and psychological neglect we experienced as children. Many of us try to protect ourselves from this suffering by burying these unresolved feelings and pain deep within our unconscious mind. Yet, they can return disguised as withdrawal, passive aggression, fear of abandonment, enabling and more. According to Thich Nhat Hanh in his book *Reconciliation - Healing the Inner Child*, running away from our suffering doesn't end it, it prolongs it.

In our intro we stated that the physical body is the lead over our mental and emotional bodies but, we have to start from the beginning and this is taking the path back to our childhood, hence why we started there in chapter 1. Now we want to get a better understanding of our SELF and our identity. Who we are, how we develop and what internal narratives come to fruition based on how we hopefully CHOOSE to express ourselves and create the role we're playing here during this lifetime.

When we look back at our childhood and over events that occurred, you might feel inclined to point blame at those that made you feel certain emotions that

have impacted the way your adult life has taken shape. It's natural to want to do this as, as humans, we always need someone to be accountable for actions and the way in which things occur, especially if the outcome isn't positive but, one thing as adults that we need to consider when doing reflective psychological work is that often times, things occur for us to learn the lesson. We are however too young to learn certain lessons in our youth so as said before, we fold away the lessons and put them into the backpack of our minds and close the door.

We do, however, at some point in our life need to open that backpack again in order to take another look at the lesson but this time with older and wiser eyes but, the older and wiser we become, the more susceptible we are to raw and intense feelings about our emotions from our childhood as we then realise we carry so much hurt we aren't really sure how to process, not really because of the surrounding event or experience that occurred but more for the fact that when it occurred we were so little, so vulnerable and so misguided and the reality of that can be brutally upsetting.

Again, a lot of the reason why we do not want to look at it is because deep down we know that a can of worms will open up a flood of heart pain, tears and very devastating emotions that will have to be sat with.

We cannot however **BLAME** the adults that were in our lives at that time because, often events that occur do so to teach us the **POINT** of the lesson for later on in life and other times, those that have inflicted pain on us have done so also out of misguided direction and trauma themselves

HURT PEOPLE HURT PEOPLE

Should they have done what they did? **NO**. Will they pay for what they did? Karmically, very likely **YES** but it isn't up to us to issue the penalty or serve the justice plate. It is however up to you to forgive yourself and your past so that we can release the things that hurt us and turn that pain into strength and growth. Again, sometimes things happen for this very reason. Yes, it's awful and

it's cruel it seems to happen this way. Life is often so unfair but, the old saying 'NO PAIN NO GAIN' is sadly often true

You might be reading this and thinking in your head 'Yes but you don't know what happened. It was really bad. You don't have a clue.' And my response to that is, that victim mentality creates narcissistic tendencies where you end up creating a space where you feel like the world owes you because you're harder done by than everyone else. Hard to hear and hard for me to say but, this is a huge part of the problem. It is why the cycles repeat because you start to then project your hurt on to others, exactly like those that hurt you did and so....it goes on and on and on and on and on.....

We will get more into that later when we look at trauma bonds

The little us, when we start off as children, guided, moulded, steered by others is a very different persona than the one we end up portraying when we take the lead as adults. Much of what we write combines in depth about the psychology and philosophy of why we're here and the roles we inevitably end up playing throughout each scene and frame during the story of our lives. It is very much, as Shakespeare said, **"THE WORLD IS BUT A STAGE AND THE MEN AND WOMEN MERELY ACTORS"**. We are all here, playing a role.

ROLEPLAY - PRETEND - MAKE BELIEVE



Go back to that time where you were **PRETENDING**. What are you really doing? When we tend to something, we care for it, we nurture it. We tend to the garden, tend to the kids, tend to dinner, tend to the flowers etc. Pre comes from the Latin root prefix meaning "before in time or place," so **PRETEND** means caring and nurturing a time before - As children, we go back to times before in our stored energetic archives and we bring them back into the playroom. We bring them back to life!

It's such a funny thing, as a mother now, watching my kids (which I will use as a point of reference.) I have a 14 year old, who very much lives in her head and I have to tug hard yet with intricate softness and delicacy to get her to open up emotionally and I have a 9 year old that is ruled by her emotions and sits us all down daily to perform her theatrical shows and prose. When they were little, I have to admit I struggled a lot when they asked me to 'play' with them. I could spend hours reading, making art, cooking, dancing etc but when it came to **PLAYTIME**, a time where I would need to improvise and make believe, I really struggled. I did it but I struggled. Pretty sure I looked and sounded like a giant arse and I worried what they would think but, they don't think like us. They just like to play. As an adult, the games of make believe with silly voices and zero script doesn't come easy to most but I didn't want my kids thinking I didn't know how or more importantly that I didn't want to so.....We got the dolls out and we played.

I would get distracted. I hoped it would end. It was agonising to be honest. At the end of the day I would call my best friend Claire, who I have been best friends with since we were 4 and ourselves played make believe (we share many incredible memories) and I would ask her “mate, do you ‘play’ with your kids?” (She has 2 daughters the same ages as mine) and she would shudder “only when I have to but it kills me” - haha

I felt better admitting this to someone that also struggles with the concept of make believe so I know I’m not alone, but I persisted. My eldest would often give up as easily as me but we would find other things to do such as boardgames, art, books. She's a bookworm but my youngest, she wouldn't give up. She was relentless and insistent. So on we continued.

I think it was the using the dolls that got me. If she and I could ourselves be the dolls then we could just get on the stage and perform whatever we fancied but we were using the dolls to manifest the energies through. This was when I realised that we needed to take it to the next level so I could show her that we could have fun playing these games but she needed to bring in a few other components to make it fun for me too. Teaching her compromise through the art of play was the most genius thing I think I've ever given to her.

So I said, ‘how about we create a kingdom, kind of like what you do in minecraft or roblox but instead we actually do it IRL and we use the dolls to be in the kingdom and depending on what they're doing, we can create scenes and things for them using art and then have fun playing with them’ - She's big into drawing mushrooms so we made a mushroom kingdom and used old boxes to build houses and turned the sitting room upside down to make dens or went into the garden and move the dolls up to the tops of the trees. We wouldn't have won awards for the artistic layout but it made it really fun to play the game and because we had a vision and an intention to work towards, when we played the game, I actually ended up having great fun because I sort of knew what to expect because I'd put the effort into creating the world based on an intention. A vision. We built our creations and they became real

I could see how happy she was. I was happy. It was a great experience and one wherein actually immersing myself into this field of make believe, I started to remember games I used to play or rather not so much remembering the games

per se but the FEELING of how playing those games felt to me when I was a little girl like her. It helped me connect back to the LITTLE ME via the extension of me I had created in HER!

The things this does to your imagination is extraordinary. It is incredible. It opens up something in your heart that is just beyond words. It is a feeling and the more you play these roles and tap into these worlds, the more we can access them

One thing I will say is that, while I preferred to have something to work towards, aka a vision, an intention, something to plan a goal around, this takes some 'thought' whereas my daughter didn't require that thought process at all. She freestyles and the creation grows as the energy flows. If you have a child like this or you yourself were a child like this, PLEASE do not numb your time on screens. Please play play play as freely and often as possible.

THE CASTING CALL

When I was at school, we used to go on a school trip every summer to a place called Williamson Park in Lancaster to watch live performances of Shakespeare productions and each scene would be in a different part of the park and we would have to walk from scene to scene with the cast and crew.

At the time, being a 15 year old that would in all honesty rather disappear in between scenes for cigarettes round the back of the bushes with friends, I have to admit, I really loved these plays and found a real moment of treasure that locked itself in my heart whenever we went. 'Midsummer night's dream' being by far the favourite. As someone that has a deep love of classics thanks to my very classical upbringing, anything to do with plays, literature, music, theatre, ballet etc strikes a chord and I totally connect with the magic of those times.

I know at the beginning of this book when we spoke about the developmental youth and the connecting of where we've come from and where we're going, I said that I wouldn't mention timelines in any great detail but, I want to quickly look at a type of timeline and the importance of it and that is through periodic genres.

Every decade, the generational theme (genre) holds a new (we would like to say improved but eeeeeek I don't know) frequency. A tone all of its own that we can access by 'dialling the code' and that code gives us the full wardrobe, playlist, attitude, impression and connection to that genre. That era. So, if you're like me, you love the 90's, then you might dress like you're auditioning for a part in 'clueless' and you might have the MOST AWESOME rock, grunge, indie playlist with some eclectic art pop like blur and radiohead. You will also dial in the energetic attitude of that time period. I sure did. THE REBEL. THE REVOLUTIONARY. Where raging against the machine was going strong (you might at this point laugh and think, yes hon, for you it still is) and you would be right cos I dialled that code hard and I stayed on the line, refusing to give in to millennial dial tones but sometimes calling 1970, pretty often actually or when feeling glamorous I would dial in 1950s new york and chat to Frank Sinatra and co. When feeling melancholy, I might just stay in and order a black and white movie, Hitchcock perhaps and dial in that era or my favourite version of Anna Karenina (which I now watch with my eldest over and over)

You see, old souls, those of us that have been here before and can go between the genres and epochs of time to bring back the energetics get how this works and how to 'dial back in' to the memories we had from timelines long ago, or some not so long ago and so on. We aren't however great at looking ahead. Those new souls however, the ones that have come in new and that haven't experienced the energetic magic of the old ways are able to look into the future timelines a lot clearer than the oldies. Some of us can do both. I'm a bit of a bother in that I can dial in the energetics of the past and anchor them in whilst also channel the future through visions of timelines because I understand how to see and feel into energies deeply.

We're all different but the point I'm trying to make is that Shakespeare wasn't lying when he said 'THE WORLD IS BUT A STAGE AND THE MEN AND WOMEN MERELY ACTORS' as this is entirely and exactly what it is. We are all here to play a role, any role we should choose and freely at will and at each changing scene or cut, you can swap, switch, start again for this life is nothing but transformation and evolution.

WE REALLY CAN BE ANYTHING THAT WE WANT TO BE

And often, by playing different roles, we get to experience what suits and what doesn't. What we like and what we don't like. What works for us and what doesn't. It helps us to understand each other more compassionately, ethically, morally and so on. My friends all had their own dial codes. They had their own interests. Some were girly spice girls, others loved nothing better than a bit of Ace of Spades metal, others were still stuck in the 80's listening to Madonna and Queen....But we were all friends and we all played super well on the grand stage of life, sometimes adopting styles and themes from each other or influential people of that time. Never settling on anything fixed but always playing! Always experiencing the moment and feeling our way through

Remember in Grease? The end song 'You're the one that I want' - One of the verses read as follows

If you're filled with affection

You're too shy to convey

Meditate my direction

Feel your way

Now, we've moved into a world that has become very sterile and since the turning of the age (2000) things just haven't been the same. (When we get to Chapter 2 and the opening statement of the disconnect, we will have a better understanding as to why) The music scene to me feels really numb, there isn't much of a sense of glamour or grunge anymore there's just this basic in between so it's important to bring back the past and bring forwards the future into the now moment and press PLAY.

The above message about not being able to convey your emotions so meditate my direction and feel your way was sang by Sandy (Olivia Newton John) and is a highly feminine energetic of playing the game of 'blinded in the dark' but using your senses.

Now, just for curiosity's sake, perhaps as an adult you are shy or maybe you're not but you still aren't able to express yourself the way you deeply want, here's just an idea: If all the world's a stage, then so is the bedroom. As we have

explored, sex is one of the most sensitive, intimate things we can share with a person. It takes huge trust and connection to be able to surrender yourself to someone so if you're struggling because of trauma blocks or issues holding you back yet you want to explore deeper connections, why not try a blindfold and really let yourself 'feel your way through' because even though sex is so incredibly triggering, it is also an adult version of bringing the dollies out for playtime and connecting in a way that shapes our creative worlds. So, get creative (Please only try these things however with someone you do trust)

When we look back on how things used to be, plays in the park, concerts, festivals, theatre etc, we've come a long way from the sticks and stones props to now bringing in tech. I'm not always a fan of tech and AI but with everything, if you explore with safe boundaries and move through with awareness, things could get pretty interesting. I am going to spend a moment discussing how the old ways V the new in terms of how we play, create and connect can be bridged together and how tech can be a useful tool in manifestation



MANIFESTATION



I AM creator consciousness is something that those riding a higher wave can easily access. If you have blocks and are stuck in the mud, grumbling about how hard done by you are, how tough and unfair life is etc you will not be able to easily manifest as you're 'dialling the wrong code' - your line is off the hook in lowville and you always find you can never quite just get out of town

Stuck in a rut is not always a bad thing. It offers a waiting room until you shift mindset and you're able to decide which crossing point or road to take out of town but, often that only comes through a shift, one which either you will choose consciously through a higher timeline access or one that you will be forced into due to unconscious, lower energy fields where although you made the choice, you didn't make it with awareness and might later regret it (although that timeline could never be considered wrong or bad - It just comes down to awareness)

When you do things from a state of **AWARENESS** you hold all the power, influence and control as to how you direct that shift. You are in the driver's seat. If it goes to shit you've only got yourself to blame (we will talk more about this in Chapter 3 when we look at Victim mentality V empowerment) but as a brief overview, **AWARENESS AND INTENTION ARE EVERYTHING.**

How we control the flow of energy is something that energy masters have been doing for centuries and have nailed with absolute precision. In the East especially, where they have a far deeper understanding of energy, where Qi Gong, Tai Chi and other energy practices are incredible ways to harness energetic flow and become that flow outside of you and inside. Yoga is another

example, where the prana, (Qi) LIFE FORCE is encouraged to move through breath and blood flow becoming balanced and one with the universal flow.

We use our hands for a lot of this and as will mention when we get to emotions and the nervous system, channelling energy out of our fingertips, palms and feet is an incredible way to release and harness energy from inside and outside of you

In Latin, manus, means hand. In French the hands become les mains, in Spanish las manos where interestingly, the word is masculine however the article is feminine, which is funny given the action that the hands are doing (I will get to that now), in Italian the hands become mani and so on. You get the picture (I hope), might as well just throw in for fancies that the old English, Norse and German word for hands was hond meaning to take, direct and part and the Indo-European "hand" words tend to be from roots meaning "seize, take, collect" - Interestingly, what our hands are doing are taking and receiving energy. When we clap our hands together in praise, we are raising the energetic frequency by creating an 'APPLAUD' an 'up lord' that brings the collective frequencies to a high level via our hands. The givers and receivers of blessings and curses.

**You can cross my palm with silver and gold to bless me
or you can cross my palm with banes of old to hex me**

The hands - manus are the key tools for MANI-FESTATION. FEST coming from the word feast - festival and fester coming from the celebratory feast and fete. To manifest, (celebrate feast from our hands) we must understand how to work with energy. We must understand how to access the flow and ride the wave of a higher state of mind. The state of mind that children are very capable and easily able to ride. Adults, not so much. We got put to sleep

Children always clap their hands, play with their hands, create with their hearts, open their minds. The things they can do! They get what they want, that's for sure!

BUT WHAT REALLY IS MANIFESTATION?

Well, it is exactly what it says on the 'box' - It is asking the energies, universal, cosmic, inner energies to deliver what is wanted or needed by applying vision, intention and awareness. For this to work you cannot be asleep, well actually you can (sleep is really good for altering brain states) but I'm referring to while you're awake asleep. You have to be conscious, aware and on a level where you are accepting of receiving energy. If you're sat there laughing saying 'haha don't be stupid, energy is not real this shit doesn't work' with a coldest off mind and heart guess what, it's sure as hell not going to work but if you're an open channel and a receptive person that understands energies, elements and how the body connects to all of these things, guess what? You're going to be blessed with the ability to manifest

And I have to put this out at this point as there are many speaking about manifestation in the world right now (haha I wonder why) the reason children are such good manifestors and second to them women, is because they do not apply thought or logic to the practice. They drop the intention in and let the universe do the work without fact checking, analysing, thinking, and all of that stuff men are so good at (left brain generalisation there but you know) - They just drop the intention in. It's that simple. And then they leave it. A bit like throwing in some herbs into a stew and leaving it to simmer away. You don't need to count them, keep a constant check on them, obsess about stirring the pot etc. Just leave it to simmer. All you need to do is become clear on the intention and the want, the vision, the desire and keep giving that vision belief and heart. The way in which that vision will manifest is not up to you to decide. It is not your call to say 'I need it by Tuesday at 2pm or I want a refund' - The results will come through when you are likely no longer thinking about it and you have simply surrendered your seed to the grand universal planting pot for watering!

But how does tech come into this?

I'm putting this out there for those of you, especially men that are big boys into computer games still (hands up - manos in the air, who still does this?) and who might need an extra 'helping hand' in manifesting. Something that women especially are known to be pretty good at!

Here is a story of a friend of a friend, who had just broken up from her boyfriend. She was feeling pretty ok about life however. She wasn't a misery but she was at a changing point and she couldn't figure out how she could shift into the next stage and why things just weren't working out for her. Getting a bit peeved off with the lack of interest from her CV dangles and the amount of applications she was putting out for houses, she ended up staying at her sisters until something new came along though she was starting to lose hope a little. Her sister, bit of a party animal, was trying to round her up for numerous party nights out but low on funds and also just not in that space, instead wanting to get clear about her future she chose to stay in instead. So all alone, she took to playing sims and minecraft on her niece's xbox. It helped pass the time etc. She started creating houses and avatars in a world that she knew wasn't real but she started using the game to apply her intention and wants and desires.

She started to use the avatar as herself and build the world she wanted. The house she wanted. The job she wanted. She put her avatar in a super little pet clinic around the corner from her apartment just outside of town and she would walk her avatar (in a pretty cool wardrobe too) and her puppy for a coffee and bagel before heading off to the pet clinic. She started loving this cute little game though what she thought was escapism had the most incredible outcomes. A couple of weeks later and after putting deep intention into this game, she got a call from a guy that had an apartment to rent on the outskirts of town. He said he was sorry for the delay but he had been working nights so had not got back to anyone about his ad. Would she like to see it. After the 1st visit she was delighted and she paid the month up front, signed and got her keys!

A few days later and a few days before moving in, she received an email from an old colleague asking if she would like to do some locum shifts at a vet clinic on the outskirts of town. They needed someone for the next few months possibly ongoing to cover an illness. She asked exactly where, assuming this old colleague had moved quite far away but alas, the clinic was literally around the corner from her new apartment. She couldn't believe it!

She had created a world on sims that she had somehow managed to manifest into reality, so boys, I know you tend to focus more on car racing but maybe put

some thought into creating worlds like your girlfriends are (or at least provide us with a nice car for when we move in to our new digs)

The moral of all of the above - Please let your heart lead you into fields of unlimited imagination. Do not get limited or restricted by what you THINK or BELIEVE to be the truth or the way because often that is far from what is true or possible. Connect back to the child you once were so that you can have deeper connections to the children that you have now and **PLAY AS MANY ROLES** as you damn well please do that you can figure out who on earth you are!

MEMORIES



We've looked at the world of make believe and pretend and a brief introduction into the world of manifestation and how to 'bring your make believe to life' and through the manifestation chapter, we see that INTENTION and VISUALISATION are two of the most foundational and fundamental tools required to successfully cast a desire out there into the world.

Now, one of the things that I work on in private groups, workshops and seminars etc is how to channel back through timelines to collect energy from those experiences and use them to create a compilation of 'this made me angry' (RECYCLE BIN PILE) 'this made me nostalgic' (SAVE FOR LATER) 'this made me so happy' (FAVOURITES FOLDER), 'this made my heart break but the pain was where I grew (ALSO FAVOURITES but in a private section)

These files and folders need constant review for if we keep hold of stuff that's blurred, duplicated, not of any use at all or completely outdated, we can't move forwards. We can't manifest effectively if we're carrying unwanted baggage from our past that we don't even know is there clinging on and dragging us back.

So I often ask people in our 1st group meeting to go through their files. Google photos, emails, regular mail, notepads and all the other places where all the

past is stored and kept and really give it a good review. Put things into files according to how they show up for you and with all and any emotion that comes up whilst you're going through these things, make a note in a fresh notepad with the time and date stamped on it so you can track your progress or leave a memory stamp for whoever will look at it at a later time when maybe you're no longer around.

When you've done this, ask yourself, how do you feel? Spend a moment checking into your body and sitting with the feelings of what you've explored from your past and how does it show up in your body? Don't move, just simply sit with those feelings. Give yourself a good while after you have completed this task to just sit with those feelings in meditative reflection and let them move through you.

When we ask our bodies to sit and pay attention, what happens is pretty incredible because, take this experiment for example, you have gone through a compilation of the past, where inevitably memories will come up but when we ask our bodies to sit with the passing and moving feelings of those energies, we don't often find this easy and we get agitated, frustrated and get up and walk away. Instead of allowing ourselves to walk away, if we simply sit in the moment with those feelings and let them do what they need to do, eventually what we are telling ourselves and rightly so is that the body is training a new mind. It is saying that it is not the mind and once those feelings have shifted into something else, the body becomes free from the density of these feelings and emotions that have come from MEMORY. Our mind stores memories and passes the feelings of these memories down into our internal organs. In order to delete them and file them away as we have done so in our external hard drive files and folders, the way we do so in our MIND LIBRARY is by using the body to facilitate the accessing and filing.



BE THE MOTHERBOARD!

Your body is the motherboard. Your mind is the memory, your brain is the operating system and all your organs (as we will see in chapter 2) are all the houses in which we store our files via sensory feelings and emotions. All our files are emotional. They are NOT mental other than the thought construct that turns to emotions that then dissolve into matter in our physical bodies. Our memories are based on emotions. Feelings. If you look back over time and select a memory from the library, the one thing that you're going to remember (re-member aka "body part or organ, an integral part of an animal body having a distinct function" putting back together, which is what we do via memory recall) what you will remember is a FEELING. That feeling comes through in a sense.

For example: I have a memory of when I was about 6. It was late autumn and I was collecting conkers on the path in our garden. I remember the sound of leaves burning and crackling on a pile of garden waste that was being scorched. The smell of burnt garden matter and rain that had turned from bitter to sweet in the exact same moment I smelt it. Something that went from raw and unprocessed to blistered caramel all at once. The feel of wet, slimy, leaves that had been mulched under my feet in layers. The sky was a delicate crimson brown with an overtone of pink hue that hung high but seemed far away, dusky and heavy but aglow at the same time and the sound was like an echo, calm, light and far away, extended and protracted you could have heard a pin drop making the moment feel like I was trapped inside a glass globe (perhaps I was - perhaps that's why it is so clear because it existed in a time suspension far greater than I realise) and throughout all these sensory connections, I was there

to collect falling leaves and flowers to put into a flower press. My flower press that my grandma had bought me that I also remember was really annoying to open and close because the screws were so finicky and fiddly but I loved my flower press.

When I go back into this memory, one of my earliest and most profound, because of the high sensory detail, I go straight back into that moment in time as if I were re-living it again. I can actually smell those smells again IN THE REAL TIME MOMENT as clear as day. I can exist in that exact moment again as if it were that very same moment and I am me again as a 6 year old girl picking leaves off the ground.

If you follow me online, you will see that one of my favourite songs that I reference often, is the Barbra Streisand song 'MEMORIES' from the movie that she did with Robert Redford, 'The way we were' - I will post the lyrics at the end of this chapter but just for now reference, she does state in one verse "Memories are so beautiful and yet. what's too painful to remember, we simply choose to forget " - Aaaaggh too painful - HIDE IN THE 'DON'T LOOK FILE'. Memories as such don't get re-visited again, certainly not on a conscious level until we're ready to look at them with awareness. If we can look at them, even if they're painful, (no matter if they come, they come through in grand detail or not) and allow our body to sit still and process them without shifting out of the process, then those memories go from being matter into pure energy. You can release them and let them go.

When you do this, the body goes from particle to wave. We can then move higher and with more clarity and purpose into whatever is coming next. So when looking at manifestation, this is an essential foundational block to how to manifest because you can only do so successfully once you have 'cleared the canvases' and have an idea, a new seed of what you want to paint next

One of the most crucial things to understand, yet often the most complex because of our limiting mind constructs and false based ideals and beliefs is that energy is everything. Einstein said it yet people don't understand this yet it is the key, the gamechanger to not only healing but what comes after healing such as manifestation and the superhuman.

So, just for a fractal of that. Humans are not actual physical matter. What do you make of that? Ha well you would laugh. You would argue, 'well actually, pretty sure I AM sat on this chair, with my cup of tea, flicking my very real hair, looking at my very real dog and wondering if I should eat that very real jammy dodger biscuit that's on the very real plate in front of me.' - Sure, great, you can see, touch, feel all of these 'physicalities' but, the reality is, it only exists in physical form because we manifested them into our physical realities. In order to comprehend this, you have to understand what our human brain actually is and how things are projected.

But because our mind limits us and attacks new thoughts or possibilities because it cannot identify them in order to 'label and categorise' so they can be 'filled away' it remains in the dark matter - The unexplored unknown where we never cease to look because ??? It doesn't make sense - So we base all of our existence on the things that make sense. That we have experienced. That we have lived and will continue to live but.....

THAT IS NOT HOW WE GROW. THAT IS NOT HOW WE EVOLVE

In order to evolve and create NEW MEMORIES for ourselves that we can pass down to the next generation is to open the damn door of darkness and unknown and fall through it. Everything in our universe is made up of particles. In particle physics we know we are made from atoms, that are made up of electrons, protons and neutrons. Protons and electrons are made up of quarks

and electrons are made up of leptons. Quarks combine to form composite particles called hadrons (think hadron collider aka CERN) Ok, we're going quantum but that's ok because until very recently, quantum was hidden behind the door labelled UNKNOWN too so look, aha, new stuff...but guess what quarks and leptons are made up of - NOTHING. They are pure energy. They are literally made up of NOTHING. The black stuff - the void - the unknown.

This means that the atom, that is fundamentally everything that exists here, is not made up of matter. It is pure energy. It is only transformed as it cannot be created or destroyed which then means that we, as living beings, are immortal living energy, existing in whatever way we exist but transforming through space and time and various dimensions to experience the experience whether that is through safe, familiar means or the unknown, unfamiliar.

We stick to Newtonian methods, because they are safe and predictable. We didn't want to 'open the door on the unpredictable' so within that predictable and already learnt, nowhere to go from there mindset and structure, if someone got sick, we gave them a pill or a vaccine, because the alternative, even though existential therapy is unfamiliar and cannot guarantee the black and white results. We stick to the safe measures BUT when we look at the works of those that dared to open the doors, amazing people like Niels Bohr, atomic particle and quantum theory physicist, he brings the darkness to light by daring to explore what else is out there. What Else is out there? When you take your mind of matter (particle) and you open yourself to the wave (energy) the potential for evolution and growth is enormous!

Why, however, am I mentioning this in the chapter of memory?

Well, you have to go **BACK TO THE FUTURE**

As mentioned through this entire book, our ancestral lineage and our path of life as we know it in this now moment is YOU in this now moment with all the stored hand me down memories of all your ancestors and their memories, however, most of what is about to play out in our future according to timeline mechanics (quantum timelines are not linear) has already played out in our past. Take Atlantis for instance, it is a myth, yeah sure, but according to the myths, the 2 pillars of Atlantis fell, much like 911 and at the time of the collapse of the Atlantean civilization, those people knew that they were about to die. That they were being destroyed, along with all their tech and incredible advancements. The heaven on earth paradise was destroyed and a new epoch of time came in to take over. A new template.

So, if we are creating new versions of Atlantis, (and Lemuria, Sumeria and many other advanced golden ages that came before us) all over again, then what we are doing is using the old genetic and ancestral codes but applying them into a new template. A new energy. How cool is that?

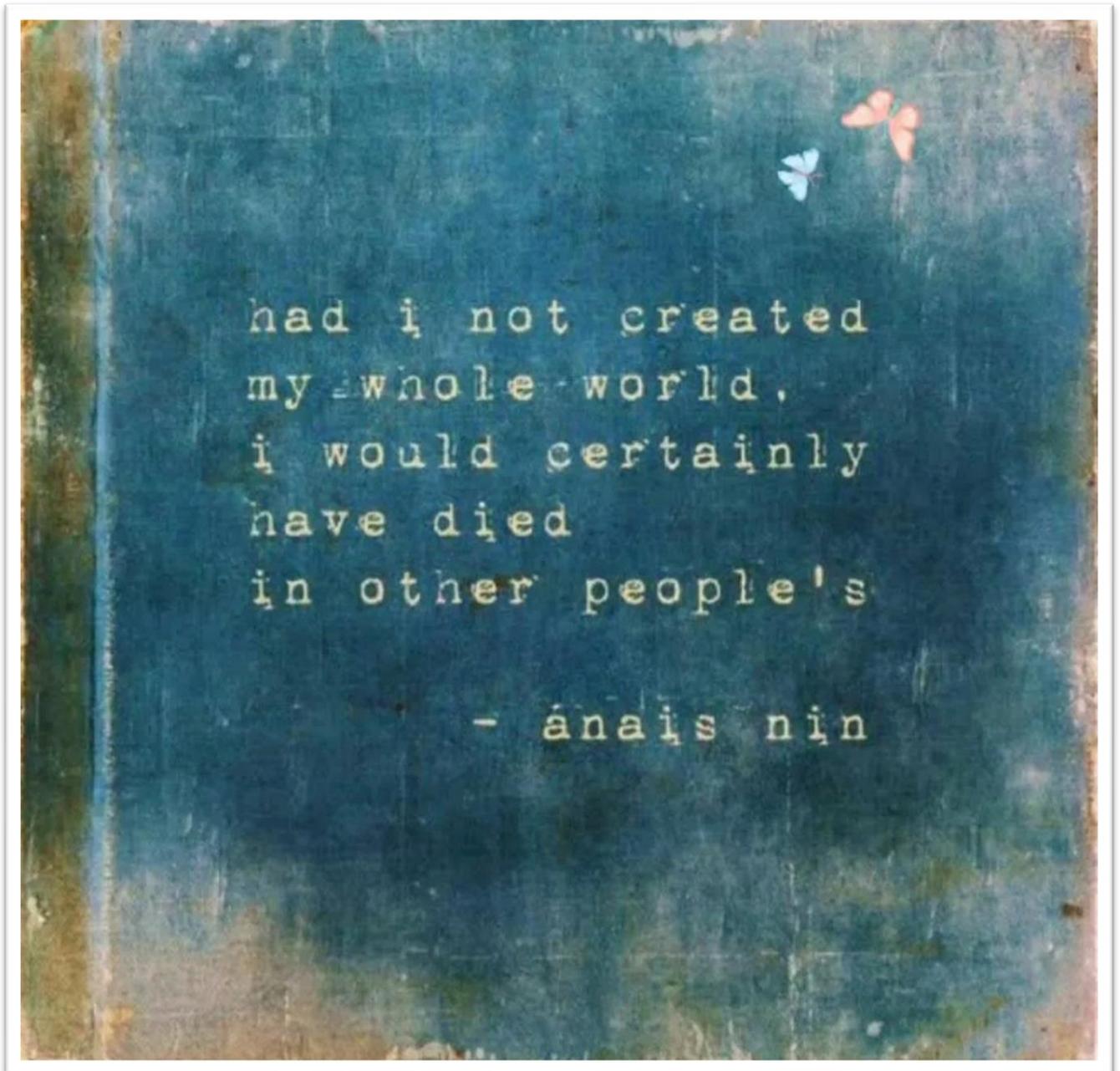
Again, you have to consider that if we are truly and very likely living in a simulation, then our reality really is a template based movie set where we cut, paste and re-enact scenes over and over, playing different roles, personas and so on. So then, what comes next? **YOU DECIDE!**

Unfortunately, the only way to decide is to make safe and responsible choices based on awareness and intention. As we see, so much of what elevates us and helps us grow is seeded in the dark and a lot of the time, it is not safe to move into the dark until we have mastered how to root into a safe foundation, so for the most part, it is sensible and advised to stay in the predictable, 'newtonian' world until you're ready to upgrade, there is nothing wrong with that, but sometimes, knowing that the next stage is set (god knows what it looks like) for those that have set the ground work and are ready to **LEVEL UP** so for those of

us ready for growth, **THE TIME IS NOW**. For those of us still here, this is why you're reading this! We're waiting for you on the 'OTHER SIDE'

Our memories, if then they are emotions, come from our personal experiences and our collective and ancestral experiences. Have you ever had a memory about a time that you literally have not lived? So you question, 'was it a dream?' - A flashback of a time that is unknown and unfamiliar to you and you cannot place it?

This happens often to people and because they cannot place it they put it down to a dream. And what is a dream? During sleep, every human being wanders the internal worlds through consciousness. That consciousness is the same dark matter that is made up of quarks and leptons. The same 'unknown' force field of pure energy where we spark that energy with our own life force through our own 'energy' - The soul, enveloped in its astral body, abandons the physical body while it sleeps and journeys on into the dark world. The etheric body, through these journeys into the dark can then heal and repair the physical body (which is why sleep is so important to us). In the internal worlds, everything looks just as it does in the external world (again why it is important to understand the brain and neurofunctions) so it is SO important to use **IMAGINATION** as we spoke about above to create worlds we haven't been to yet or that don't yet exist in the physical because, if energy creates matter, the only way to create it is through you!



YOU ARE THE CREATOR!

It could be said then that when people lose their memory and start to become forgetful, it is a 'symptom' of collapsing timelines on an energetic level. Those that's memories fade are perhaps either ready for an energetic upgrade as they've wiped their avatar template clean or, they have such dense blockages,

they cannot go any further into an assimilated higher future template (which energetically, we are all adapting to right now on a collective level)

Where we have all come from and where we are all going, while yes, the IN and OUT is the same, we are made up of different versions of memory, particles, energy and matter so for some, their journeys will be far more electric, full of warrior force and fighting spirit to build and destroy, another's journey will be to float, dream and collect codes to pass on and yet another's will be to shine, reflect and carry the depth of what needs to be seen in order for others to learn and grow.

The beauty right now of collapsing old timelines and future ones, is that the emergence of tech is bringing in such new quantum possibilities, where before, if you've ever watched anything like 'Outlander' where time travel has occurred through passing through megalithic stone structures, that themselves possess the timeline codes, with tech, we are now becoming able to merge our consciousness with the tech.

This terrifies many, though in its simplest form, away from conspiracy and plot it is simply another form of advanced portal access, stone, ocean, elemental portal, fire magic, trance states etc. It is a way to combine ourselves as organic energy matter with quantum energy matter. We fear what we do not know but what if, the possibilities of what this could do for our future timelines could bring back previous timelines and reconnect us on a level where this time round, we will advance even further because we will have learned from our mistakes because the codes that have been carried forwards from our ancestors will have been embodied by those of us in the now that are doing the healing work and connecting back to every layer of identity we've ever had. This tech, a back to the future portal that exists within us and around us in a sophisticated form of energy automation.

As I write this, I have just had a call from my mum in the UK. She is in a shop, looking for a specific item for my daughter who has decided that all she wants for Christmas is a Russian hat. A furry one with ears. Not real fur but has to look real and it has to be brown fur. My mum, a ferocious shopper, will do anything to connect to the manifestation desires of her grandchildren. If they say they want it, they are going to get it. So my daughter drops the seed, granny shops for seed, granny calls to say, 'put your video on because I think I've found the exact one she wants from a charity shop' - A decade ago, we could not have done this. I am in a different country trawling the shops with my mum in another country. We view tech as a disconnect but it only is if you want it to be. As mentioned before, if you are aware and intentional to align yourself, you will align with the organic you and the tech you. I went shopping online with my mum just now. My daughter's hat manifestation came to fruition, everyone happy!

It is because of memories of times past that we can connect sensory understanding to moments in the now. I knew the exact shop my mum was in in the UK while I was sat in my kitchen in Cyprus and because of memory connection from before I could, in that moment I was on video smell the inside of that shop. I could hear the movement of the people, I could see the decor, displays and all the Christmas detail that had already gone up ready for the season coming and I felt in that moment how I had felt in moments prior because I could connect back to those timelines again because of access on my phone.

If you have ever watched 'His dark materials' you will see that timelines exist like layers of a cake and you can literally cut through the template layer to walk into another world. Funnily, 'the dust' that they speak about throughout this series and what it is that they are trying to understand is the exact same 'dark

matter' that I have spoken about that is yet to be 'turned to colour' - How do we do that?

By creating new timelines and making new memories for future generations to come. Again, I remind you, **YOU ARE THE CREATOR!**

When I 1st met my husband in 2007, like many lovers that couldn't bear to be parted over inconveniences such as work schedules, my husband used to joke that he was on track to swiftly invent a teleportation machine to zap us back home in the blink of an eye. Ok, since then, science has come a long way. Consider all of the above, Energy matter + tech advancements. The 'blink of an eye zap' is a very real consideration when you look into how teleportation even works.

As mentioned above when looking at simulation theories, a huge part of that that actually stems from philosophy, not science, is the theory of the holographic universe. By supporting this philosophical theory come scientific theories and data. Physicist Charles Bennett and a team of IBM researchers confirmed that quantum teleportation was possible but only if the original object being teleported was destroyed first. This was documented in 1998, since then, we have had a string of physicists use entanglement photons for successful teleportation, teleported baboons, Lazer beams and so on, each time getting further in distance and far more advanced but, and its a big but, when using the holographic light objects to move through space and time, the only way to successfully do this is by bio-digital teleportation is to destroy the original 'copy' and replace it with another version. Whether you consider that a clone, duplicate or inorganic construct, this has baffled scientists but, we know

it's possible. But, instead of us travelling or teleporting, could it be more of a possibility that the place in space / time we are travelling to instead be what is projected in the simulation for us to experience that reality within our being?

I ask this for a reason. If our mind and body is responsible for storing all of our memories, hopes and dreams etc, then surely it is rather the simulated template that gets stuck or that needs an upgrade? We are starting to see this now with VR goggles and the ability to through simulation experience be fully emerged in a 360 reality that is only available through a lens. It is through our brain and eyes that we experience anything at all (again, please go back to the spectrum chapter and listen to the podcast that is linked in LIGHT) and through our eyes we see the world around us but it is our brain that interprets these images. Imagine for a moment, a scene in which you are doing something that is usual to you. You repeat the same process over and over and you do not break out of this repeated cycle for fear of what is on 'the other side' - A trapped loop existence.

I will give you an example - 'The haunting of Bly manor' , a series on Netflix where the protagonists are living in a house amongst ghosts from past times. Some trapped in a time warp where they repeat the same experience over and over again for years, centuries, not even knowing that they're dead until over time, the memories start to fade and because of this they get sucked further into a loop dimension until someone else or something else comes and shifts their consciousness and takes over. This is also similar to the Nicole Kindman movie 'The Others' where they had no idea that they were the dead ones that the living we're trying to communicate with and they were STUCK in a loop. Again, highlighting the importance of TRULY EXPERIENCING your emotions and letting them be fully lived and embodied by every part of you so that you can

grow and evolve instead of rotting away in a stuck template somewhere having a groundhog day eternity

Ok, I appreciate this chapter has been quite far out but when we speak of memories, there is a lot to say about where they come from and why. We seem to become frightened of certain things throughout our lifetime and due to the fear of these experiences, we shift away and end up taking shortcuts or unmarked roads towards other experiences to bypass them but, we know in our deeper mind that the feelings of fears are still there so they end up creeping up in ways we least expect. So then we go hide, in a safe corner and stay there, and stay there, and stay there.....

I have a neighbour that morning and night, from sunrise to sunset, can be seen in the exact same clothes and his frail little body sweeps the path and pavement, snips the bushes to perfection and he does this on repeat, repeat, repeat. I have never seen him anywhere else other than on the path, in these clothes sweeping sweeping sweeping. Come rain or shine, there he is. I asked my husband a few months ago, 'Do you think he's real? Do you think he can see us? Is he trapped in a memory? In a suspended freeze frame?' We share this world with the living dead - Which are you?

In Chapter 2 we will also look at the nervous system. This is a really important element to healing and releasing a lot of our 'stuck stuff' - SHAKE IT OFF...But interestingly, with the comment above about the neighbour being stuck in a freeze frame, your nervous system is what facilitates this.

But that's for later. For now, and to end this chapter where we shall move on to the more 'practical and psychological' part of the journey, I leave you with this reminder....

**DON'T HIDE FROM YOUR FEARS -
ONE DAY THEY WILL COME
LOOKING FOR YOU, SO LIVE YOUR
LIFE IN FULL GLORY AND EMBRACE
AND EXPERIENCE EVERY MOMENT
FOR THIS IS WHAT LIFE IS FOR -
LIVING!**

CHAPTER 2



EMOTIONS - THE WORLD OF FEELINGS



WE ARE ALL SENSORY BEINGS WITH HEARTS AND SOULS, BRAINS AND MINDS WALKING THROUGH THIS CONFUSING, MESSY PLACE CALLED EARTH TRYING TO FIGURE OUT WHY ON EARTH WE'RE HERE AND WHO WE REALLY ARE.

Everyone has feelings. You could be the highest crowned corporate lawyer seated in the pinnacle of your shining tower throwing orders to the subordinates below you but how did you get there? Because your 'cut throat' code of conduct has enabled you to climb to the top. Standing on the heads of those on your way up without thinking or feeling through the consequences. I'm not saying every 'leader' is build this way but, for the purpose of seeing where the societal flaws are and as we have previously discovered, we live in a mans world built by men and this masculine 'fight and build' energy is very much part of the problem and where we have gone wrong and steered off balance, but even those on top surely must have feelings? (Unless they are NPC's?) They just suppress them because their principles and ethics aren't adjusted and they have their priorities wrong.

If you're born with a heart of stone, it's no easy feat to pour love out of something so hard!

BUT AS BOB DYLAN SAID, 'THE TIMES ARE CHANGING'. THE DAYS OF THE STONE MASTERS ARE FADING AND IN PLACE WE ARE CARVING A NEW FUTURE BUILT WITH FOUNDATIONS OF GOLD INSTEAD...

Where we have all been steered to believe that success comes in placement above others, productivity and achievement comes at the detriment of our own sanity and health, that winners don't have time for lunch, families and feelings. They win because they fight and build and for generations, we have carried this very distorted and antiquated outlook on what it means to be alive and worthy of a place here in this earth society but wait a minute...

IS THAT HOW YOU MEASURE YOUR SELF WORTH? IS THAT WHO YOU REALLY ARE?

AS THE ADULT OR OLDER PERSON THAT YOU NOW ARE:

You are not your job. You are not just a title: teacher, doctor, lawyer, mother, daughter, son, friend etc YOU ARE FAR DEEPER THAN THAT but you've forgotten haven't you? Because layers of trauma have built up over the innocence and purity of the real you!

THAT'S WHY WE HAVE TO GO BACK TO THE BEGINNING AND FACE THE TRAUMA HEAD ON.

We have to try to acknowledge our feelings and emotions that have been stuck within us so that we can identify the problem areas, have a chat with them and then let them go!

But most of us truly buried things that had happened in our founding years because we never wanted to have to remember them ever again. But you can't just leave them stuck there. You have to face your demons. It's the only way to release them so that you can be free.

YOU ARE NOT WHAT HAPPENED TO YOU. YOU ARE HOW YOU CHOSE TO HANDLE IT

Let's have a deep look at emotions and how they show up or often choose to hide within the body and brain. For reference, this is a psychosomatic

perspective on emotions and the physiological connection that can be useful to know if you are wanting to 'tap in'

Emotional intelligence is something most people bypass, simply because they don't understand their feelings and it's easier to think than feel. But it is **ESSENTIAL** to understand your feelings in order to not get them stuck or over emphasised and on fire within your body, brain and heart.

Our body organs are dedicated houses for all of these suppressed emotions and each organ plays a part in harbouring, releasing and replaying certain emotional tones in the hopes that we will hear them. So, what do they look, sound and appear like?

Let's look at each of the emotions and give a breakdown of how they represent and later manifest in the body (all the body) This may be triggering so please be prepared. Also, if you are a parent of a child that is experiencing particular ranges of emotion, this might be very useful to know in order to help with coping strategies

There are more than 50 emotions, ranked primary, secondary and so on, but these are the most widely felt

ANGER

Anger is one of the most powerful energies. It can be both constructive and destructive depending on how it is used. It is a secondary fear and sadness but seems to host its very own signature. It also creates further feelings of irritation, frustration, annoyance, resentment etc. ANGER is our defence mechanism. It can be used to create boundaries that protect us and defend ourselves. It is our 'battle mode' emotion but, while when projected outwards in a healthy way it can have huge benefits, directed inwards and left unexpressed, it then manifests as physical pain. The liver produces bile which is a bi-product of anger build up. The bitter sting of bile is a signal of repressed anger. The gallbladder is the pivot between anger production and release. It is the balance point.

You can channel anger outwardly in many positive somatic ways that help your body and mind to release the energetic tension.

- By opening up your chest and using your vocal chords to release loud and heavy sounds, you are activating your vagus nerve and pushing dense energy from within out. (When doing so, also try to push the feelings out through your fingertips - It's where all your nerve endings live) This helps to regulate the nervous system and reset the body/brain axis and neutralise energy
- Movement - Lifting is GREAT for anger as it is an equal mass to the expression within. Heavy lift / heavy dump - And out it flows
- Use anger to re-set healthy boundaries. Look to why you're angry and instead of being reactive, look at how you can re-structure so that it doesn't repeat
- Develop perspective - Ask yourself 'Will this matter in a year?' Don't take on the pressures of stuff that you don't need to sweat! Let it go! (Like Elsa :))

FEAR

Fear is one of the most primal and resourceful emotions and if used positively it can be the thing that truly drives a shift. It is a root based emotion that triggers the 'fight or flight' response and is how we channel our biochemical and electrical nervous system. Fear produces secondary feelings such as **WORRY, NERVOUSNESS, ANXIETY, CONCERN AND CONFUSION**. If you are fearful about any situation, the best thing to do is to take yourself somewhere quiet and without being reactionary, try to spend time with the feeling and where the feeling has come from. Rationalising fears is one of the hardest things to do but if we let them overtake us, we can end up with chest pains, shortness of breath, chills, dry mouth and an upset stomach. Fear is widespread, rising from the roots through the stomach and to the heart. It is our most primal emotion and one of the most dangerous if left unprocessed.

Unlike the outward projection of anger, fear is better dealt with by gently internalising the emotion and slowly helping ease the pressure

- When we are struck with fear, the symptoms of panic can be debilitating and the one thing we need to do in order to re-set the nervous system and not add to any further overwhelm is to **SLOW DOWN** and breathe. **DEEP** breathing techniques are the most helpful way to re-oxygenate the body and to calm down the fight/flight response
- Muscle relaxation is crucial - Slow, gentle movements whilst breathing such as yoga and somatic body work are very helpful to release built up tension in the ligaments, Also, a salt bath with calming oils can help to soothe the muscles and senses
- This might sound odd but, try to use humour! Humour is the saving sense. Don't take life too seriously. It is the pivotal tool between fear and joy and can help to heal the dread in your heart and replace it with love

SHAME

Shame is the emotion that is connected to our feelings between ourselves and others. It is one of the lowest frequency based emotions and when we lose connections, feel remorse, isolation and rejection based on circumstantial endeavours with others and even ourselves, we withdraw into a space that seems disconnected from everywhere else. It is an emotion we tend to not fathom or reach an understanding with because we are disgraced to even feel it so we don't like to face the facts that it is occurring. If left untreated, it keeps us buried, small, vulnerable and alone, far from the madding crowd and from there it can stem into further feelings of despair, loathing, resentment and anger. BUT, we can turn shame into resilience. From what was unspeakable can become a new self-kindness and appreciation based on authentic understanding. We stop judging and look to be more humanitarian and emphatic

SHAME CANNOT SURVIVE BEING SPOKEN. IT CANNOT SURVIVE EMPATHY

- Shame is one of the emotions that in order to work with and through the pain of it, it must be identified. It is a self-conscious feeling of not being good enough / being dirty / being tainted. The best way to move through this is to practise self-care and self-appreciation. Talk to yourself out loud. stroke yourself lovingly, smile at yourself in the mirror, think loving thoughts about yourself
- Practice journalling and start to write down a few things at the end of each day that has given yourself a sense of pride and self-worth. Don't beat yourself up if you've had a terrible day and can't think of anything. Wait until you can and then give yourself some praise and recognition. Every days a new day
- Don't be so hard on yourself! Practise some self-gratitude. The smallest things often make the biggest difference. Life is not a contest and we don't need to compare ourselves or seek perfection. Little moments of joy and gratitude make all the difference

GRIEF

Grief can literally feel like a physical bomb. A bullet to the heart. A shock wave throughout your body that has ripple effects of sadness, confusion, bewilderment, disappointment and despair. When you suffer a LOSS it feels as though a part of you is lost. It makes you feel numb and empty, creating illness in the heart and lungs and sets you off balance in ways that seem irreparable. Grief is not 1 emotion. It is a collaboration of various emotions all tied into one which is what makes it seem so impossible to overcome but, the lessons to learn in grief are all about noticing the PRESENCE rather than the ABSENCE and finding ways to rejoice in loss and find love in the sadness. It is about re-balancing the body and heart to find neutrality through the pain. Often easier said than done but uplifting and soul provoking to actually go through. (Although you might not realise until much time has passed and you can see how far you've come)

SOMETIMES IT'S OK IF THE ONLY THING YOU DID TODAY WAS BREATH

- Traumatic grief can be often debilitating to manage. It might seem you want to 'fight' your way through situations or otherwise you might be entirely numb, have difficulty sleeping, eating and functioning. What grief emotions do to our brain and therefore body can be severe and complex and the best way to manage them is to maintain a good routine and carry on as normal. it might not look or seem normal but the sense of structure will offer you the 'wall of support' you will need to lift yourself back up
- One of the hardest things in life is loss. Unfathomable and unfair but, it is the biggest teacher in overcoming these ranges of emotions and finding your own strength and heart. Try to look at the POSITIVE and not get dragged down. Everything happens for a reason.
- Lean on others and talk about how you're feeling. Let it out. You're not alone. Grief is one of the emotional orchestras that we all experience. Everyone has their stories. Share them. It's what we're all here for. Community over loneliness!

GUILT

Guilt is the constant barricade. Blocked from all angles and unable to move. Guilt is an obligation. It comes from conditions rather than freedoms. We feel restricted and judged. Forced into situations out of fear of hurt or non-compliance. Not daring to put yourself first out of judgement or criticism. You might hear the constant voices of other people in your head and your heart won't know which way to authentically turn for the best. It is the people pleasing emotion. How dare you put yourself first? But you should, as that is the only way to truly heal yourself from the pressures you carry on your shoulders and neck. The weight of everyone else's opinions, beliefs, needs etc. Guilt creates unnecessary weight that can also become martyr-like and resentful. Accountability for errors or wrong doings is necessary to overcome guilt. It teaches us to be truthful and authentic. If you are true to yourself, guilt will literally melt away

GUILT IS A TOTALLY USELESS EMOTION. IT IS A LIFE WASTER. THE TRUTH WILL SET YOU FREE, SO BE TRUTHFUL. GUILT CAN'T STAY THERE

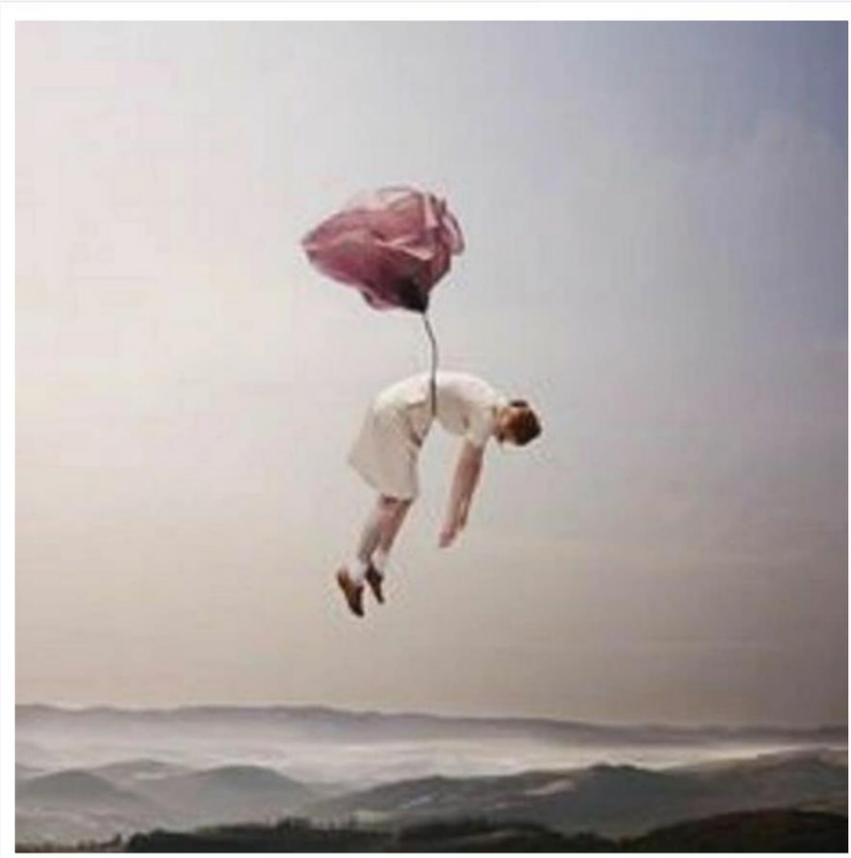
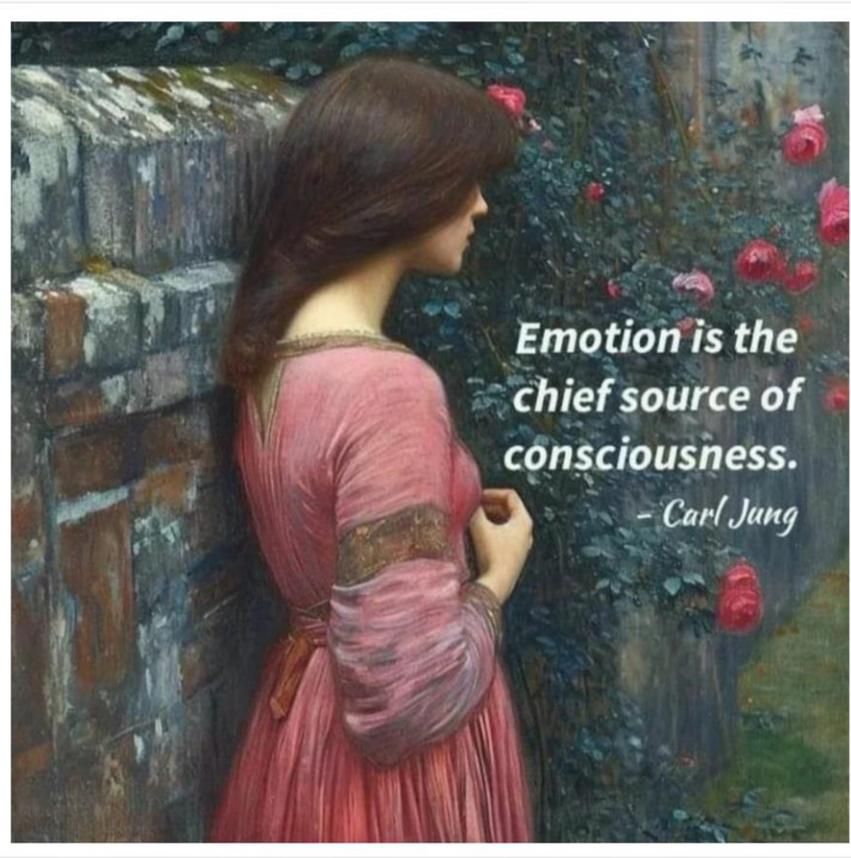
- It is often said that if anyone dares to make you feel guilty about anything they are narcissistic manipulators. Steer away from them. If you are one of them and you are inflicting self-guilt, then you need to ask yourself why
 - Get to the root cause of why you feel guilt and then ask, 'Is this warranted?' and 'What would the outcome look like if I stopped feeling this way'
 - A lot of the time, people that play the guilt card and give the 'guilt trip' are suffering from the Martyr complex, which is a covert form of narcissism where someone will play the victim to make another pay the price emotionally. The only way to truly nip this in the bud is to be as truthful and authentic at all times. True to your own feelings and those of others and to hold to account yourself and others when they are not being truthful or authentic. It takes strength and nobility to do this but it must be done otherwise it can spin in toxic spirals.
 - **REMEMBER, IT'S OK TO HAVE BOUNDARIES. THAT'S WHAT THEY'RE THERE FOR**

HAPPINESS, SADNESS, LONELINESS

All of the emotions that we have looked at come from a base of happiness and sadness. They are our primary base tones and from there stems a range of other emotions. Loneliness is one of the biggest epidemic emotions that we are experiencing as a society right now. We are all feeling disconnected and alone. This is the most concerning emotion as it is the hardest to repair as it looks at the root cause as to why we are feeling it and that root cause comes from EVERY other emotion combined. Only when we have looked at all of the emotions can we start to heal this and find genuine places of fulfilment and contentment within ourselves and those around us.

Collectively, this is what we are all doing at the moment but this is why there is so much of a heavy cloud above us all that is currently being shifted and dispersed. Collectively, we are doing this together but, we are also working on shifting these emotions intra-personally and in order to do this effectively we must do it at a conscious level.

This is why we have created this **EMO RANGE** - So we can all understand the work that needs to be done and help each other to achieve the results together! We are the spectrum! Where we go one we go all!



THE DISCONNECT



This is a time for all of those that wish to awaken to recognize that the path is through the opening of the heart and the silencing of the mind. The bringing of the attention from the finite mental agitations of the false and layered self, deeper within you until you reach the infinite self. It takes the balance of the energies to go beyond. The darkness of the void to go deeper into the expansion.

A TOTAL DISCONNECT TO EXPERIENCE A TOTAL RECONNECT

Our memories of our childhood are stored, if not in our subconscious mind where most of our past is kept hidden away (also, more on that later) but also in our body, in our tissues, cells, fibres and structures and we often don't realise this and confuse physical symptoms as pain to be representative of an actual illness or problem of serious concern when most of the time, it is a benign physical problem and more a signal of emotional or psyche trauma being sent through the body messenger hoping you'll take notice.

IF ALL OF OUR EMOTIONS COME FROM MEMORIES AND MEMORIES COME FROM OUR PAST EVENTS, THEN THE WAY THEY WILL TRIGGER A RESPONSE WILL COME THROUGH IN HOW THEY MAKE US FEEL. WHAT IS THE PART OF US THAT IDENTIFIES THOSE SENSORY SIGNALS?

THE BODY



Tight muscles caused by stress and tension can lead to so many other internal triggers. Chest pain and breathlessness caused by worry and grief. Abdominal pain caused by anxiety and stress. Tension headaches caused by stress and neurological overwhelm. Your organs house all your emotions (More on that later also) and send signals through the neural pathways and the body's fibre highways that can end up in strange places and as humans that are so led down this 1-Dimensional path that leads to dis-ease, our environment does not tell us this or explain it to us. Instead, it tells us

.

You have a headache - Take a pill

• **You have chest pain - Take a pill**

• **You have abdominal pain - Take a liquid, go on a diet**

• **You have back pain, leg pain, hip pain - Take a pill, rub on an anti-inflammatory cream**

“OUR SOCIETY, NO BLAME OR SHAME HOWEVER, HAS BEEN STRUCTURED TO NUMB US FROM OUR EMOTIONS SO THAT WE WILL MARCH ON AS OBEDIENT SOLDIERS, OBLIVIOUS TO THE SLOWER, SOFTER SIDE OF OUR EXISTENCE. THAT SOFT SIDE OF US IS WHERE OUR HEART AND BODY CONNECT. THE KEY TO OUR EMOTIONS COMES FROM THE HEART. WE’VE BEEN PROHIBITED FROM HAVING ACCESS. WE’VE BEEN TOLD TO SWITCH IT OFF”

The mainstream pool never addresses the ROOT CAUSE and no one seems to know the root cause of their trauma and 99% of the time that root cause is a ticking time bomb, lodged in there amongst all your organs, tissues and cells waiting for you to notice the crashing crescendo of pain collected over the years that you've bypassed because you've let your mind get programmed and conditioned by a malfunctioning society that operates primarily on lower resonance energies such as stress, overwhelm, fear, anger, sadness, grief, doubt, worry, shame and confusion.

And until you are ready to accept that emotions need to be accounted for in your life and the journey of life, they will sit there giving you signals until the day you do.

As a developing youth, we know nothing of this. We are carefree, void of the layers of suffering, blissfully undamaged yet observing the world around us, taking it all in and adjusting to our environment as it exists. This sine wave that we all exist on, humans, animals, plants, trees etc all oscillate within that same bandwidth and come from the same source light and according to that bandwidth, we take to our stations. As mentioned above, the primary bandwidth is one that harbours a very low resonance. It is what it is. You have to start at ground level and work your way up. I believe as a collective we are starting to dial a higher bandwidth.

But the body, the vehicle in which we move through this life experience of thoughts and feelings is where all of our imbalances show themselves. Men and Women were created to be physiologically different for a reason. Men experience a far higher state of physical reality due to testosterone, women are far more able to experience a more spiritual energy due to their own levels of hormones, specifically orchestrated this way as women are able to create and birth life therefore giving them a much more heightened sensory experience.

This is not a superiority thing, it is just the way it is which is why women tend to suffer more from certain illnesses, especially ones relating to the nervous system and neurological issues such as fibromyalgia and migraine and other issues also such as UTI's, osteoporosis, thyroid problems and many autoimmune

diseases. Their bodies are uniquely designed this way. The reason there has been such a surge in these illness responses over the last 2 decades is because women have been forced further into the work field. Our bodies do not respond to this linear 9-5 stress like the body of a man does. The retirement age for women getting pushed back further and further is completely illogical and insanely cruel. Women are cyclical and need to rest at differing times of their cycle in order to replenish energy so that when they have their energy high they have more in store to perform tasks that need to be done according to the life importance of a woman. The 9-5 kills this. It is completely counterproductive hence why we have this endemic of mass illness in the female sector

Men, however tend to suffer more from Aortic Aneurysms, gout, parkinson's disease and pancreatic cancer. It could be suggested that, office jobs that are very immobile combined with high estrogenic diets (common in western culture these days) which also link in and lead to depression in men, combine that with the ever popular alcohol norms and a very low spiritual connection to the self through the connection of the body brain of a man (no judgement but a huge part of the disconnect) are all contributing and leading factors as to why men get so ill and cannot heal themselves. They don't even know they can heal themselves and half the time don't even know that have anything to heal themselves from until too late

As our bodies are so different by design, it is noted that women tend to have a higher and far more willing ability to seek help when needed as intuitively they are more in tune with their bodies because they have to be given how we are structured. The sense that something is off is far stronger in a woman than it is in a man, likewise when something shifts, women tend to notice this more. With men, they tend to bury it deep because they aren't as able to connect.

It could be said, when looking at how the physical body operates on a deeper level, that there is no coincidence in various illnesses and how they relate to your emotional health. Let's look at a few common issues and how they show up on a significantly rooted and spiritual level

Take **incontinence** for example. The body is literally weeping. It is not able to hold onto the fluids it would otherwise expel because either we are too emotional and are not able to create a boundary that protects the flood or we

are not emotional enough and our body is finding a way to release the fluids naturally so it doesn't drown itself from within. The **kidneys** are responsible for our water works and water flow. All our ancestral connections from timelines before flow through this connected water. The fluid that birthed us lives within us and is full of memory. If our memories are blocked and cannot flow, they turn to crystals and stones. Men are far more susceptible to kidney stones than women because they don't know how to tap into this fluid as easily. Women are the fluid. Far more emotional, hence why women suffer more from bladder leaking, often due to childbirth and weakening of surrounding tissue and muscle but men however, tend to hold onto these waters and turn them to stone because they do not know how to release them through healthy means. The bladder line is the longest in the body and links to the kidneys to transport vital power throughout the waters. Don't dry the well or drown in its depths. A good balance of physical energy and emotional release and understanding is vital. A good tip, rub your ears and tap your eyes morning and night. The line points start here and work their way down

Let's consider **lung disease** - Lungs are how we purify ourselves. Through deep breaths, we release our tensions, worries, grief and sadness however, if we are not breathing consciously or our breathing becomes restricted or short, the lower feelings, grief and sadness in particular get trapped and start to fill our lungs with tears. It is a water and air based filter system so diseases such as pneumonia are symptomatic of deep sadness and grief that we have not addressed consciously, often because it hurts so much to do so, so we house these feelings within our lungs and refuse to breathe them out. This breathing is also through communication. How we talk about our feelings through breathed words and intentions. Breathing, when we look at childhood connection is the very essence we receive from our parents at conception and birth. It is suggested that when twin flames or soul lovers meet, the divine breath is what connects them and ignites the flame within. If we do not have this or it is taken from us, either by ourselves or others, our lungs will feel this absence and our breath will become short and sad. Self love from our own inner child essence is essential. You must breathe your own breath of life back into yourself and reignite your own spark. Do not drown in sadness and grief. Lungs also work together with the heart. The cardiopulmonary system helps to release sadness and replace it with joy, release hate and replace it with love. The child you once

were knew that. The child you once were had a heart of gold and breathed like the tree of life. It connected. So connect!

Circulation problems - BLOOD! It is our life force energy. The river that runs deep within. The thing with blood is that it is very receptive. It is changeable and flexible and it loves to connect, through sex, war, birth, battle but in order to keep the river flowing smoothly, you need to be aware of what is going on around you and within you on every level or the battle field will bleed or dry. We are elemental beings. We have seasons for a reason. Summer heat brings a more vibrant blood whereas winter asks us to slow down and let the heat of summer gently simmer away within, keeping us warm over the colder months. So then we must ask, are we giving and receiving enough love or are we giving and receiving aggression and fear? Are we in lack? If so, what? How can you replenish your vital force. Look and feel around you. Slow down or speed up accordingly. Look to nature. What connects the rivers? How are the rivers filtered so that they can run pure? How can you increase the flow or release the pho?

THE GUT - Ah linking to the bowels, colon (which itself hosts a 'colony' of all our pent up energies leading to an array of diseases) and our brain. It is said that the gut is our second brain because it is where our intuition lies. The gut has feelings. It is where all disease starts as all emotions sweep into the solar plexus, the solar point charged by the sun. The operating machine of our entire system where everything gets processed / digested and then distributed - to our heart to fuel us vibrationally, to our brains to connect us electrically, to our liver for processing, to our kidneys for power, to our colon for examination and then to our bowels for releasing. If we do not release what has been digested it gets stuck, causing blockages (IBS and constipation) if we over digest, over process and over stress, the system runs (IBS and diarrhoea) if we don't digest and just stuff it and sit on it, we get blocks, tears, leaks and bulges. The fat we store then could be said to be what barricades us and protects us from our own emotions that are left unprocessed and potentially harmful sit poisoning our gut and then when it ruptures and leaks out because it can no longer be contained, it burns through our entire system, having had time to ferment and dwell, it can then cause episodes of frightening complications, sudden acidic shocks and pain that you have no other choice but to deal with there and then.

You **HAVE** to re-parent yourself because you have no choice but to, otherwise the healing of the gut can take over. It is the hardest thing to control and keep healthy but the one most crucial thing to look after as it is where everything else connects to. Don't take it for granted, Be gentle on yourself but strong at the same time. Alcohol is not your friend fyi. The worst thing for a sensitive tummy

Let's just look at fibromyalgia, since we mentioned it above and very quickly on a personal note, this is something I have personally struggled with intensely for a decade now. When the body feels tremendous pain within, feeling like it is impossible to move because of deep muscle pain, rigid tendons, aches and fatigue that literally floors you and puts you in a state of disability where your body says 'NO MORE' - What your body is doing is quitting and saying that until you rest and take a deeper look at what on earth is going on - What is it having to withhold, withstand and carry forwards? You have to know this or you won't be able to move forwards.

The 1st few years of my experience with this and because it wasn't something at the time recognised as it is entirely emotionally based, I had no clue what was going on and thought that the symptoms were of other illnesses and I was dying.

But then, something stirred in me and after a while of doing some gentle and introductive inner work, I started to consider that perhaps it was more emotional and that I needed to take a look back over my life and see what and where I had been carrying weight that was unresolved and causing me to feel such tremendous pain.

Ah yes, trauma is not an easy 'take a pill and all goes away' journey which is why I advocate for doing the inner work as opposed to self-medicating your problems away as they will always still be stuck there, within your tissues, bones and fibres. They don't go away until you face them and address them. Then you can ask them to leave (They then do)

Deep sadness, resentment, frustration and a general feeling of being **SO DEEPLY UNSUPPORTED** literally wreak havoc on your supportive system and after time, so your bones, muscles and tendons, especially when you are

starting to become so intuitively aware of yourself (for me that was when I became a mother and needed to support another) my very own support system (my entire body) collapsed and said it had had enough. The only way back was to go over all the ways I had felt unsupported and figure out why, feel into the times I felt alone. Cry about the sadness that I had repressed and buried deep and realise that it was ok to feel this way but, what were the solutions to heal, repair and build a better future where I could support myself and not feel so broken

For me, while a lot of this came down to emotional abandonment and feeling like I was hugely misunderstood (If you have ever read about my personal journey or listened to my blogs I tend to share this quite openly as I believe we are all here to be open books in order to help others) but aside from these emotional feelings, I held a lot of fear of not having enough resource wise to support me. Lack of money, funds, always moving houses, countries and bouncing between jobs in my earlier years hit a point when I became a mother and I realised I needed to settle and lay roots but I didn't know how because I didn't have the foundational resources so I went into full panic mode when my daughter was born. This is only one thing however, money is money, it comes and goes and in and out it flows, I get that but LOVE and feeling of genuine support was something that I struggled to connect with from other people and I felt this deep within my very being because sure, someone can lend or gift you £100 but I'd have far rather had a hug, a genuine hug or time, where the ones I loved could have really shown me that they were there for me but alas, counting on fingers...and then I realised the only finger pointing at me was my own so what was I going to do?

That was when the awakening really started to happen and I became my own source of healing, connection, understanding etc and when I learnt to be gentle and forgiving with myself and others, realising they were not to blame because they were also in pain and unable to offer me what I sought. So, I started to become stronger and more capable of building the life I wanted, one that offered protection, stability and foundation. I became self-reliant. That's when my muscles lengthened, I started working with gravity rather than against it and I stopped feeling guilty that I often needed deep rest and self care and that I learned how to provide for myself.

EVERYONE and I mean EVERYONE has their own journey to go through. That was just mine. We are here in this life to experience experiences. The consequences of these experiences will, depending on how you chose to handle them and work with them, either offer you a living heaven or a living hell but, please do remember, that heaven is in the here and now, Hell is the burning desire for this moment in the here and now to be somehow different. How you want it to look is entirely up to you. You chose!

THE DISCONNECT THEN BECOMES THE RECONNECT - It is through nature that we re-align ourselves. How we tap back in. The rest can link up, be a part of our journey and experience but don't attach to anything, Just let it all move through and experience the experience.

RELAPSE

I will share with you another short personal journey. After a decade of deep healing, life threw my family and I another curveball of root fear instability and in 2021, we ended up uprooting from our UK home of 12 years and relocated to another country. At the very same time, the business that we had built and nurtured that had secured our family for a decade also started to wobble, throwing me right back to the beginning of a new cycle of repair, repeat and rebuild. The thing is, that now having gone through the healing I went through in the 1st instance, I was armed with knowledge, awareness and compassion. I knew that all would turn out ok if I set the right intentions and stayed on the path of integrity and authenticity but, because my body felt stressed, my mind felt unease and I was unsure of what the future looked like so I slipped back into old patterns of anxiety, panic and fear.

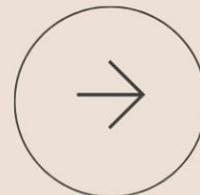
This showed up in all the old ways. I stopped my yoga practice and spent a lot of time tangled up in myself, unable to 'snap out of it' as I had once done. I felt guilty for this as I should know better and therefore sought comfort in certain foods I had vowed never to eat again. I got lazy and subsequently gained weight. I even (this is one I hate to admit though a liar I am not) started smoking the odd cigarette, that for someone that had practised a heavy focus on breathwork and knows how bad these things are, this shocked me. However on the latter, and given my personality, I am not one for addictions so one or two I allowed myself but a habit, not so. Alcohol for me is an easy no go. I just don't

ever find joy in that so I stay away but, the point I am making in sharing this is that the whole while I found myself getting twisted up in knots and tangles, I knew deep down that it was circumstantial. Life's way of testing once again to see if I had learnt the lesson in the 1st place. Life's lesson to see if I could not only heal myself again but this time, go even deeper.

That is how we reconnect and don't ever feel guilty or ashamed if you relapse - Relapses, like retrogrades, are often just a way to take us back to moments we left behind to get us to see things from another perspective. A different angle. Maybe something we missed the first time around. It is perfectly ok to 'fall off the wagon' so to speak as again, we are just testing ourselves to yet strengthen that next round of certainty and surety. **EVERYTHING IS INTENTION AND AWARENESS!**

The cause and
effect of trauma
responses on
the body / brain

@SOMAHEALTH_



PTSD AND CHILDHOOD TRAUMA



Let's just spend some time looking over some conventional conditions and behaviour disorders so that we can start to see perhaps where they are rooted and how they can be symbolic references of something from past unprocessed trauma.

Let's start with PTSD

Before PTSD was ever a thing with a sustainable diagnosis, there were some pretty huge misinterpretations of what was occurring from a psychosomatic view point. Standard doctors and physicians who are not trained in psychology and that do not understand that your body and brain are inter-wired to respond to trauma will simply tell a victim of PTSD that it's all in their head meanwhile, when something in your NOW MOMENT sends a reminder of a traumatic experience that you have had in the past, your body will re-live that experience as if it's happening NOW because your body holds the memory of the trauma that has previously occurred.

Your body might re-live some of the trauma that you've experienced through memory recall and when you try to express how you 'FEEL' about the physical

manifestations, we often get told that what we're experiencing isn't real, which is why so many victims of PTSD are led to believe they're going crazy or losing their minds. It is hugely misunderstood on the mainstream stage.

THE WORD RELIEF COMES FROM RE-LIVE - WHATEVER IT IS THAT YOUR BODY AND BRAIN HAVE STORED AS TRAUMA MUST BE RE-LIVED. ONCE YOU HAVE RELIVED THE MEMORY CONSCIOUSLY YOU WILL 'FEEL' RELIEF FROM IT

The FEELING is by far more important than the thought or the action as it is what is connected to the senses (the body) and it is your body that either wants to live, love or leave certain situations because of how they make you feel. Once you can master that, the thoughts no longer bother you and you don't need to take action. The notion that we should suppress our feelings is absurd. It is not about shoving them down or about overly exaggerating them but it's about finding a balance to acknowledge them and allowing them to pass through you without getting stuck somewhere for later re-view

We are quite literally operating systems that store data, much like a computer. Mother boards, hard drives and the likes of are not too dissimilar to how we are built to store, play, rewind, fast forward and pause, play, pause, play etc. It's only when we never rewind and pause that we end up often missing parts out. And who can say that right now life feels like someone's got their heavy finger wedged in the fast forward button and it's all moving too fast? Can't remember half your memories? Memory sticks to the rescue!

If only we knew how to plug in and press play.....

We need to have re-plays of our encounters OFTEN in order to truly understand them. We tend to think life only moves in a forward moving motion. That good old 1D MINDSET where we're on that linear path towards the goals set out for us by our societal leaders keeps us plodding along, following the herd but, often our greatest breakthroughs in life come when we jump OFF THE PATH and retreat in to our own self sanctuary for a while and GO WITHIN.

When we take 5 minutes to have some quiet time, it enables the doors of our subconscious to open up and the memories from the stored archives in our hidden library in the back of our head gets activated. When life is busy and we're distracted with all the craze and noise of the outside world, it prevents us

from channelling our own inner world and the moment we step away and take that time to reflect on the past is often when the present starts to make much more sense. It often takes years to relive something and suddenly you see it from a hugely different perspective. Sometimes that perspective is filled with sadness, pain, hurt and bitterness but sometimes it's filled with reckoning and awareness and you can finally free yourself from the lead weight of the past belief you had created for yourself on how you had it all thought out in your head.

YOU CAN CLEAR THE HARD DRIVE AND DELETE THE HEAVY FILES TO MAKE SPACE FOR A CLEARER MOTHERBOARD, FREE OF ARCHIVES AND LABELS AND LEARN WHAT'S ON THE EMPTY SHELVES OF YOUR VERY OWN SELF. DATA STORAGE TAKES UP SPACE AND CREATES FILES. DELETE THEM.....FREE YOUR MIND

You see, we over think many things and put layers of thought and different versions of possibilities that add extra layers of trauma and turmoil to situations where if we just simply let them MOVE THROUGH us as they occur or as they need to re-occur then you're not attaching a belief or opinion to it, you're simply letting it be as it needs to be and you're letting it journey through. It doesn't need to stay. Ah but you know what also happens when you see things and let them travel through you? YOU LEARN AND YOU GROW!

See, how the darkness is the greatest teacher!

IF YOU'RE FEELING HYSTERICAL, IT'S PROBABLY HISTORICAL

This is when you need to be very clear about being able to identify and recognise your emotions. You cannot let anything situationally happen to you unless you can see it clearly for what it is and understand, without judgement or panic how it is making you feel.

This takes a lot of conscious effort but it is hugely enlightening especially for the development of one's greater self.

NERVOUS SYSTEM



THE NERVOUS SYSTEM IS THE FUNDAMENTAL KEY TO CONNECTING THE BODY AND THE MIND

It is lost on any good psychologist why modern medical practitioners do not focus more on the connection between the nervous system and the brain when it comes to diagnosing and treating any form of mental disorder, as it is commonly known that the link between the nervous system and the brain is what helps us regulate our body and very simply put, the **FIGHT OR FLIGHT RESPONSE** is what is caused by the functions of our **SYMPATHETIC** and our **PARASYMPATHETIC NERVOUS SYSTEM**. In short, the sympathetic nervous system triggers the body to action emotions of panic, stress, anxiety, worry etc and our parasympathetic system helps to calm the body down after an episode.

A REGULATED NERVOUS SYSTEM IS ONE OF THE GREATEST GIFTS YOU CAN GIVE A PERSON THAT HAS EXPERIENCED TRAUMA

We're in a place where **SO MANY** of us are feeling like we've lost our way. A healthy nervous system isn't built in a place of comfort. It is resilient and needs to experience some stress every now and then, but how you recover your nervous system will either be the way you build your growth or deplete yourself and break down.

Interoception is the key to regulation through noticing and understanding your internal sensations and knowing when you're heading towards high stress

emotional situations and survival / fight or flight mode. Along with Interoception (sensory perceptions) how your mind adapts to these situations then follows so putting the 2 together is key to how you get out of your sympathetic state and back to a state of equilibrium. This is how we embody our health.

The vagus nerve - Something we may or may not be aware of but the importance of its function in the human body is one of unquestionable importance. A while ago, during a gestalt therapy conference, we were discussing the importance of embodiment and how the body / brain connection plays such an important role in human physiology and psychology and that the Vagus nerve function is of equally similar and great importance. Often the 2 go hand in hand as they balance out the rest of the body and when off kilter, can lead to an array of physical and psychological problems that can be difficult to rectify. This conversation led on to a very lengthy exploration of this topic and without going too into the background details and off track elements, keeping it simple, we realised there is ONE crucial protocol that restores both the body and the brain. The vagus nerve thus aiding in a full spectrum body healing extravaganza. This protocol, my dear friends, is something so simple yet something so wonderful.

SOUND

Sound is undeniably one of the greatest triggers, stimulators and healers of the human body and psyche. But before we explore how and why, Let's talk about what is the vagus nerve?

The vagus nerve, in Latin, means 'The wanderer' -It is the longest nerve of the autonomic nervous system and is one of the most important nerves in the body. It helps to regulate many critical aspects of human physiology, including the heart rate, blood pressure, sweating, digestion, and even speaking.

Energetically, the Vagus Nerve can:

- **Balance the nervous system - the sympathetic (fight/flight) and the parasympathetic (rest and repair) branches of the nervous system, with more emphasis on relaxation**
- **Balance the heart and brain, which creates harmony that supports higher states of awareness/consciousness**
 - **Develop our compassion, telepathy, and empathy towards others**
 - **Develop our intuition or “gut knowing”**
- **Develop our connection with others and the world (how we relate to each other)**
 - **Enhance our *evolution as a species***
 -

For this reason, it is crucial to keep our VN function in check as it correlates with the health of all our vital organs and connected pathways. It is more than just a physical bodily function also. It is evident that the energy (Chi or Qi) is transported via our meridians and pathways via the nerves and to the brain. Somehow, through modern westernised practices we have forgotten / disabled this, and this has led to disease. Dis-ease, simply put, is an imbalance of the body functions. An imbalance of the VN and our overall system

The strength of the vagus response is called “vagal tone” and it is determined by the variations in the heart-rate that can be measured between inhalation and exhalation. During the inhalation, the heart speeds up and during the exhalation, it slows down. The bigger the difference between these two phases, the higher the vagal tone. A high vagal tone is what we need in order to maintain a state of good health.

Have you ever had an inner ear problem that has thrown you off balance? Or a throat problem that has caused you to lose your voice or feel discomfort in that area? The vagus nerve helps control several muscles of the throat and of the voicebox. It plays a major role in regulating the heart rate and keeping the gastrointestinal tract in working order. It also carries sensory information from the internal organs back to the brain. The ear and hearing also have a substantial effect on the rest of the body because of their proximity to the vagus nerve. See, It balances or imbalances everything.

This paragraph I am about to insert is written by 'the sound healer' at www.thesoundhealer.com and it is highly crucial to understand how the ear function plays a huge part in stimulating our vital organs.

The relevance of the vagus nerve in sound-based therapies

The ear and hearing have a substantial effect on the rest of the body because of their proximity to the vagus nerve.

"The vagus nerve, or tenth cranial nerve does not play an active part in the process of hearing, therefore it is not normally taken into big consideration in things that relate to music, hearing and the like outside of the medical field. However, this incredibly important nerve is connected with the posterior wall of the external auditory canal, the lower part of the eardrum's membrane and in the middle ear: the stapedius (stirrup) muscle. From these parts of the ear, it makes its way all the way down to the lower internal organs and is responsible for a high number of regulatory functions in pharynx, larynx, thorax and abdomen." - The sound healer

Basically, stimulating the ear means stimulating all the vital vegetative internal organs.

So, in order to keep our bodies and our brains in balance, we need to think about how we can stimulate this nerve so that our central nervous system can respond in a suitable way in accordance with every other part of our body. People often overlook that simply applying some way of naturally treating this nerve can heal practically every part of their body without the need of medical intervention.

We are seeing this now with epilepsy patients that can use charges known as VNS therapy, Vagus nerve stimulation therapy through means of electrical impulse triggers and this has reduced the need for medical intervention and/or brain surgery. This is amazing!

Some simple things that you can do at home to encourage vagus nerve stimulation through sound can be as simple as follows:

- **Singing and humming:** The tones and vibrations that are achieved through various pitches and resonants have an incredible impact on VN stimulation. Even just for a few minutes a day it can be such a mindful practice that can

have a profound effect. Notice that, it also instantly increases your mood and raises your vibration! Sing like no one is listening! Get in the shower and go for it! One thing I really like to do is find a quiet moment in the day. I tend to prefer to do this outside as I like to ground on the grass barefoot and feel the air and then I close my eyes and hum. You will notice (especially if you put your fingers in your ears) the sound passes through every part of your body and if you are still you can feel vibrations from head to toe. One thing I have also noticed is that, without trying and through conscious awareness, the body has a naturally built in mechanism that operates on a 2 beats in a bar sound wave so this channels balance through every meridian as it passes through your system. Pretty incredible!

- Gargling! - I have a very strict morning routine. I always have a hot water first thing to flush out bacteria that has stored overnight and afterwards I brush my teeth, tongue scrape and gargle. The couple of minutes of gargling not only stimulates the VN response but it activates the throat chakra and helps keep a healthy thyroid function.
- Sound bath therapies - These are a luxurious treat but they are fantastic ways of healing the entire body through sound, not just the VN but head to toe magic! The impact that sound can have on our internal function is incredible. From previous experience, I have found that after a practice of this type it is advisable to drink lots of fresh water and either sit quietly or go to bed to continue the vibrational effects of this detoxifying and rebalancing protocol. And during this practice that involves a lot of variant frequency sounds, drums and so on, there is often the implementation of fork tuning (though this may be done afterwards on a personal request)
- Bio-sonic tuning forks - There are two main types of tuning forks used for healing, plain tuning forks and weighted tuning forks."

Plain Tuning Forks

Plain tuning forks are mainly used for sound healing in the energy field around the body. The plain forks are used to create musical intervals. The BioSonic Tuning Forks use the 'Just Tuning' rather than the 'Equal Tempered Tuning'. This scale creates perfect mathematical ratios when the tuning forks are used together.

Listening to musical intervals has a healing effect on the body, mind and emotions. This is born out by numerous studies on the healing power of music

Fibonacci Series

The Fibonacci numbers are Nature's numbering system. They appear everywhere in Nature, from the leaf arrangement in plants, to the pattern of the florets of a flower, the bracts of a pinecone, or the scales of a pineapple. The Fibonacci numbers are seen in the growth patterns of all living things, from a single cell to a grain of wheat or the structure of a beehive. The simplest Fibonacci ratios are $1/2$, $2/3$, $3/5$, $5/8$. These relate to main musical intervals.

- Tingsha bells - The Tingsha cymbals are among the many ritual instruments used in Tibetan Buddhism. These instruments are used to focus awareness and are used to signal the start and the end of group meditations. It is believed that the ring of the cymbals help clear the mind in preparation for long meditation sessions but the sound of these bells however can stimulate the body in the same way tuning forks in sound bath practices can.
- Sound healing frequencies via audio transmission - There are various different hertz frequencies that offer healing and restoration and that can be transmitted via audio transmission. They are intense and not always pleasant to sit and listen to but they do trigger.

AND NON SOUND HEALING PROTOCOLS THAT ALSO WORK VN STIMULATION:

- Cold water therapy - This not only works wonders for maintaining a strong immune response, refreshes muscle tone, brain function and more, it is also a

great way to trigger the VN and make sure that a simple blast in the morning along with a sing song keeps you on the right path from A-Z

- Intermittent fasting - This is something that scares a lot of people but it shouldn't. If you eat your last meal at 6pm, then you set your body into rest mode and allow for a deeper sleep. Then if you try to not eat and only do hot water flushes until 11-12 am then you allow your body to naturally reset itself and heal therefore your nerve functions across the whole body repairs and restores activity.
- Deep breathing / Alternate nostril breathing - Again, this is something that I like to implement after a morning shower or an evening bath. Sit straight, close your eyes and focus on conscious breathing.

Deep breathing is essential to our survival and to our good health. We can live 4-6 weeks without food, 4-6 days without water, but will die without oxygen for more than 4-6 minutes.

All forms of breathing are not born equal

There are three types of breathing:

- Clavicular breathing – A breath that comes from high up in the shoulders and collarbones.
- Chest breathing – A breath that comes from the centres of the chest.
- Abdominal breathing – A breath that comes from the abdomen.

The first breathing pattern uses the collarbone (i.e. the clavicle) to help move air. You see it most often in people who are feeling panicked, or who truly are struggling for breath, as those with emphysema often do. Clavicular breathing is the most abnormal form of breathing. It occurs with serious breathing impairment or during extreme stress—such as in a panic attack. The second breathing pattern is the most common kind. Your chest and lungs will be expanding, but the expansion is restricted by tension and tightness in the muscles around the abdomen and ribs. This causes the chest to expand mainly upward, with less airflow and more rapid respiration. The third kind of breath comes from the abdomen and uses the diaphragm. When the diaphragm contracts, your lungs expand, pulling air in through your mouth like bellows. When you breathe from your abdomen, your belly will expand and move out

with each inhalation. Your chest will rise slightly, but not nearly as much as with chest breathing; your abdomen is doing all the moving. Doing abdominal breathing, you can activate the vagus nerve and trigger a relaxation response. The relaxation response, which is the opposite of the stress response, is necessary for your body to heal, repair, and renew.

ALTERNATE NOSTRIL BREATHING (My all time fave)

Alternate-Nostril Breathing will balance the left and right Vagus - sit up straight with a lifted spine. Using your thumb and pinky finger, close off one nostril with your thumb and inhale/exhale through the open nostril for one complete breath. Then use your pinky finger to close off the other nostril and inhale/exhale through the open nostril for another complete breath. Alternate left and right nostrils for a total of 9 complete breaths.

As you see, there is so much importance related to the function of this wandering nerve that holds our health accountable and the ways to stimulate it and heal our bodies can be as simple as singing a song.

By looking at our health in a creative, energetic way as opposed to a formal, medically structured way, we give ourselves the power to claim sovereignty over our health and start to manage the ways we look after ourselves **OURSELVES!** You are more powerful than you give yourself credit for!

So, take the leap and trust that you can heal yourself. Turn the shower on cold and hum your way through it. Take 10 minutes to slow your breathing down and be conscious that you are making a difference to yourself physically and energetically. Be mindful about what you eat and when. Give your ear a little massage. A wiggle every once in a while never killed anyone did it? **LAUGH** for goodness sake! Raise your vibrations and you will feel like a whole healthier, wholesome **YOU!**

HOW TRAUMA CAN LEAD TO ACCOUNTABILITY



YOU CAN ONLY BE THE BEST VERSION OF YOU ONCE YOU ARE COMPLETELY READY TO ADMIT YOUR FLAWS, TAKE ACCOUNTABILITY AND BE 100% AVAILABLE FOR YOURSELF IN ALL YOUR FORMS AT ALL TIMES.

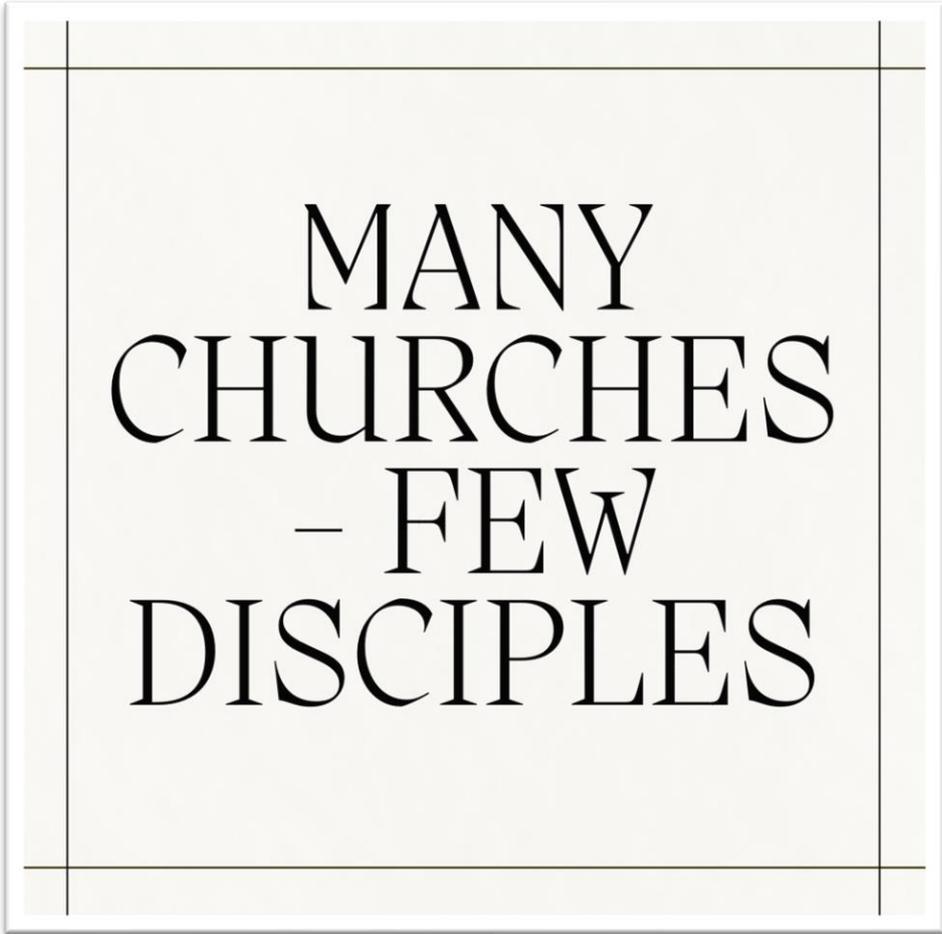
But as young people, we don't know this, do we? What 10 year old says to themselves 'I MUST BE ACCOUNTABLE FOR MY OWN ACTIONS. I MUST STAND TRUE TO MY VALUES AND MY BELIEFS. I MUST ALWAYS LOOK AT MY FLAWS AND FAILURES AND LEARN FROM THEM IN ORDER TO GROW INTO THE BEST VERSION OF MYSELF'

Children do not have this mental, emotional or physical capacity. They are still in their developing stages. Their brains and emotional circuits are still growing and adapting. They don't know how to self-regulate or self-soothe. They only know what we teach them and demonstrate to them as adults. For them to fit in to the world we live in, we must either

- 1) Teach and lead properly, with awareness, conscious consideration, patience and love or,
- 2) Teach and lead as for generations we have done, based on misguided fear, confusion and misplaced values. All the reasons we have the trauma cycle to begin with.

This militant viewpoint of 'TOUGH LOVE' when it comes to raising kids is a very toxic masculine principle. It comes from a place of punishment and rejection. There is **NO SUCH THING AS TOUGH LOVE!** It is a form of abuse cleverly cloaked in a feminine value to make it look like there's kindness, softness and heart involved but sorry, there's not!

We want to teach our children discipline. But how do we go about doing that? Well, the best way for a child to develop discipline is to gently guide them. The word DISCIPLINE comes from the word disciple - Jesus's disciples followed him because he loved them. If you show your child love they will naturally follow you. However, if you show your child 'TOUGH LOVE' this is a method of instilling fear-based disciplines that are saying to your child 'I love you BUT you did this wrong' or 'I love you BUT you should have done this' - They will feel as though they are being punished for their outcomes but when they haven't been guided correctly to begin with, who's really to blame?



MANY
CHURCHES
- FEW
DISCIPLES

Unconditional love however shows them that there are no conditions attached to the love you give them and that it's ok to make mistakes. It's how we learn and we support each other as we develop along this journey of life.

But that can really only be possible if the adult guiding the way and shining the light for you is emotionally intelligent enough to understand this (Like Mary Poppins) and let's be honest, most adults aren't. That's why we're here in this mess, right?

There are inevitable stresses in life and we have to help our children cope with them as they naturally arise, and my goodness they will arise so, what are we going to do? Punish them for not knowing? Or gently lead the way with your heart and hands open?

WHAT EMOTIONALLY UNAVAILABLE PARENTS MIGHT LOOK LIKE

- Struggles to show affection or emotions or say 'I love you'
- Shuts down your emotions and feels uncomfortable when you get emotional
- Rarely asks about your life or shows any sign of depth interest
 - Doesn't listen to you or validate you
- Rarely gives compliments or expressed kind gestures

WHEN SOMEONE IS VOID OF EMOTIONS IT CAN REALLY HURT

It is very difficult being raised by someone that is cold to theirs and your emotions because while in many areas they can seem to be supportive and offer you the best of the best, they cannot connect in the meaningful ways that are, if not the MOST important things needed as a child and developing young adult! And if you dare ever pull them up on this and question their absence in this field, they will likely throw back to you all that they have done for you and issue you with blame

AND THIS ADDS MORE TRAUMA

The emotionally unavailable parent then starts to feel like a complete stranger to that child and the distance and discomfort starts to increase. As an adult you might then start to get angry at the EUP and get irritated when they show up in your life and unless you know why you feel this way, you can end up blaming and shaming yourself

WHEN OUR EMOTIONAL NEEDS AS CHILDREN ARE NOT MET

We develop core beliefs that look like:

- No-one cares what I have to say
- I have no self-worth
- I can't trust anyone
- I'm all alone
- My feelings don't matter
- I'm no good

AND WHEN WE START TO FEEL THIS WAY AND LOSE A HEALTHY SUPPORTED SENSE OF DIRECTION

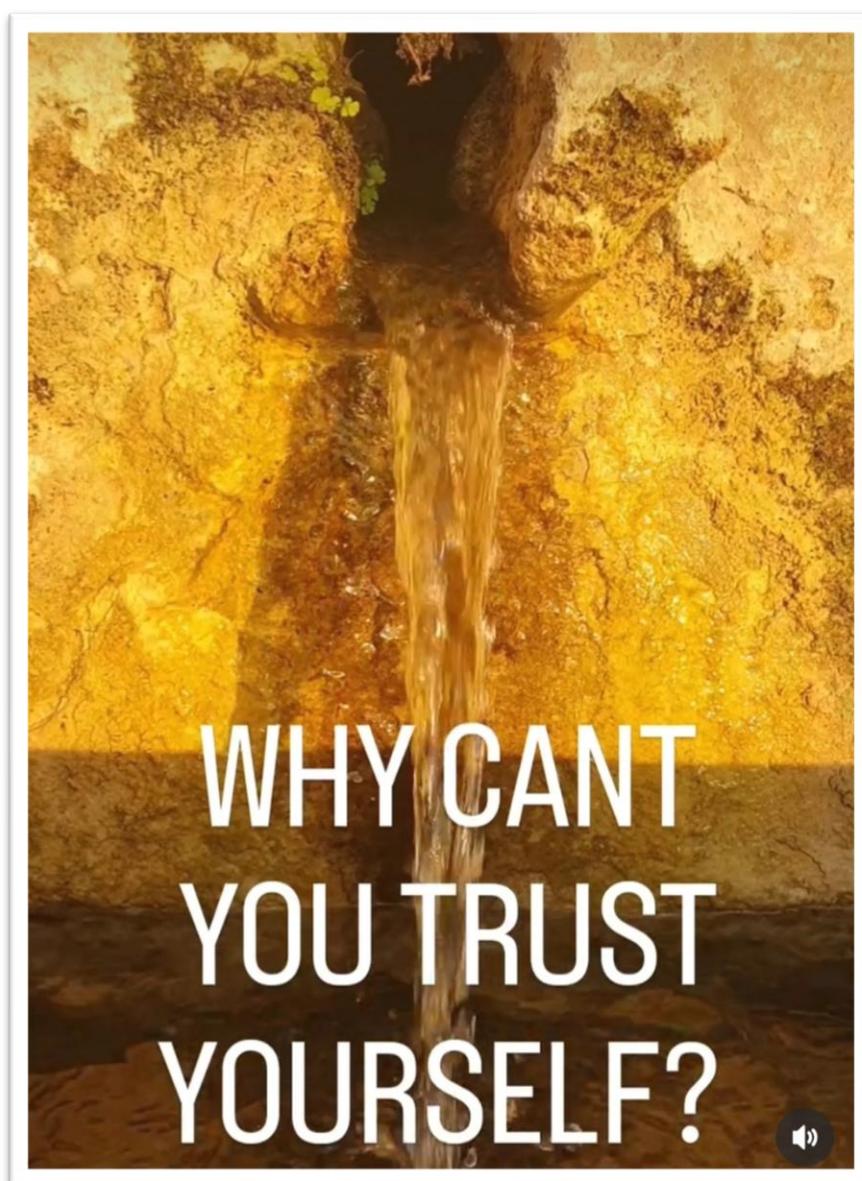
- We seek comfort in over eating
- We end up in toxic relationships
- We wind up abusing alcohol / drugs/ other substances
- We gamble and overspend
- And any other pastime that **NUMBS THE PAIN**

See how it takes a responsible, conscious and emotionally intelligent adult to raise a conscious and emotionally intelligent child? The rest is simply bypassing

As we develop, we start to become more understanding of our own emotional intelligence and the ability to self-regulate our emotions. But again, if we are constantly being projected to tough love principles by our parents or guilt tripping, gas lighting tactics to keep us in check, then we never really know how to feel on a genuine level.

We keep spinning between emotional ranges that spiral out of control, so again, we push them down and zone out in the hope that it will all just 'disappear' and the need to acknowledge these feelings will void out.

In this day and age (2023) it is becoming a more and more popular movement to actively practise meditation. Even our youth are being encouraged to engage in mindful meditation practices, which I think is wonderful, because once you are allowed to **quieten your mind** and physical self, you can start to really tap in and listen to what your body is telling you. You can start to identify and regulate your emotions on a level of higher awareness.



VICTIM MENTALITY V EMPOWERMENT



This next part is particularly specific to those of you that are now parents though it doesn't matter if you're not, it relates to your relationship as a growing child, teen, young adult with your own parents also so it is reflective and cyclical and shows how everything ties in together.

It is said through the spiritual networks that perhaps we reincarnate as souls to repeat the lessons we did not learn throughout each lifetime. And that each time we come back, we remain in each soul family unit (to a degree / more often than not) so who is your mother now may be your grandfather in another life, you might become your mother, your sister might become your uncle, your uncle might become your husband etc.

Let's not look at this incestuously, it is merely an energetic example / possibility as those we chose to be in a family with (and that saying goes, YOU DON'T CHOSE YOUR FAMILY BUT YOU DO CHOSE YOUR FRIENDS) is highly inaccurate as we do chose, well before our birthed arrival here on earth and we perhaps did so depending on lineages and connections from a far more 'out there' place but, in the interest of understanding those karmic soul connections on a deeper level and why we are here to root them into earthly presence and live them out in this lifetimes experience, it is important to see the ties that bind and understand that half the reason that karmic things occur that often can be horrific is to come back and heal the trauma of them for you and the person/s involved so that you can cleanse your ancestral lineage and not just yourself.

The work you do here is deeper than just you. It is clearing and cleansing entire generations and groups of consciousness / people / souls

As a mother / father, you will have had at some point if you don't already, a mother and father and now as a mother/father yourself you have a child/s that is following in both -

- 1) Their own footprints laid out to them as unique soul individuals and
- 2) Your own footprints laid out to them as karmic traits and trauma bonds

VICTIM MENTALITY or EMPOWERMENT MENTALITY

This is not to shame anyone or judge anyone that is stuck in the victim framework right now. We ALL feel the impacts of victim mentality over the course of our lives. Feeling powerless and vulnerable is such a common feeling especially when the impact of what leads us to feel this way can often be horrific, however it is essential to LEARN TO RISE ABOVE the impacts and feelings so that you can control them rather than the control you

WHAT DOES VICTIM MENTALITY LOOK LIKE? SIGNS YOU ARE STUCK IN THIS COMPLEX

YOU ALLOW YOURSELF TO BELIEVE THAT YOUR LIFE IS WORSE THAT EVERYONE ELSE'S OFTEN BECAUSE OF THINGS THAT HAVE HAPPENED IN YOUR PAST

This is when the situation takes control of you. You have no control over your life. Trauma does. To take control you often project your trauma on to others to make them feel sorry for you or give you reason to play the victim card (yes, even when there might be legitimate cause) but you're only enabling the

trauma experience to continue by fuelling it and showing your life is worse than the life of another. It is the WOE ME or the HARD DONE BY complex

YOU'RE SITTING IN NEGATIVE THOUGHTS ABOUT HOW DIFFICULT YOUR LIFE IS

Most of the time, anything negative that we experience gets stored away in our subconscious mind. We forget it's there. It's safer that way, but in order to empower our own lives and take control of situations, we need to be conscious about how we apply our mindsets to actively shape the way we want to think, feel and act in life. Making positive changes comes from a conscious place. Without actively seeking this self-governance and authority, we play out what our subconscious mind has stored and that will end up being the re-play of negative trauma themes because you know no difference. You haven't faced the trauma head on yet and told it to leave

YOU'RE ONLY FOCUSING ON HOW YOU FEEL RATHER THAN WHAT YOU CAN DO ABOUT IT

As you haven't yet faced the trauma that has led to victim mentality (however that looks) the repeating cycles of emotion that will re-play over and over will be the focus on the negative as looking for a solution to and 'what can be done about it' would therefore mean looking at the root cause. And until you're prepared to do that, it is often safer and more comfortable to sit in the space of denial / victim hood, which unfortunately means a re-play on the negative. It's a loop of stuck negative re-plays until the tape runs out and then...You'll either breakdown or you'll break through

YOU'RE NOT TAKING PART IN EXPERIENCES THAT CAN MAKE YOU FEEL BETTER

Sometimes staying in a situation that makes you feel bad is the easier solution as taking responsibility for your emotional state is too much deep work and

unless you're ready to tackle that head on, we tend to dwell in the pity pool. That's OK! Often it's where we grow. Where we have our cocoon period of slumber and contemplation. There's no race but if there was, slowly would surely win it! But eventually, you have to start to embark on the things that do pick you up and make you feel good. They're the sparks of light that will make the process of healing so much easier

YOU STAY FOCUSED ON WHAT YOU LACK RATHER THAN WHAT YOU HAVE

The saying 'What you stay focused on will grow' is very true. This is why so many people repeat cycles and scenarios over and over because they stay stuck in the loop and it will do until we learn the lesson. When we focus on what we don't have rather than what we do have, we start to create a space where we get frustrated with the lack and lose gratitude for what we do have that we should be blessed for. This holds you back from achieving your goals and is one of the most disempowering ways to heal, grow and be that person that is happy with happiness. Don't feel guilty or unworthy. **YOU ARE ALLOWED TO BE HAPPY**

VICTIM MENTALITY STEMS FROM THE SENSE THAT YOU'RE NOT GOOD ENOUGH OR WORTHY OF HAPPINESS

LET ME STOP YOU RIGHT THERE! YOU ARE WORTHY - REPEAT AFTER ME!

- I AM WORTHY
- I DESERVE TO BE HAPPY
- I AM WORTHY
- I DESERVE TO BE HAPPY
- I AM WORTHY
- I DESERVE TO BE HAPPY
- REPEAT REPEAT REPEAT EVERY DAY!

TRAUMA BONDS



The lineage are all extensions of ourselves in persona acting out the energies in motion and merging timelines to repeat or release karmic loops

(And of course DNA, genetics and environmental circumstances come in to play) but for the purpose of connecting you to your children, you are also connecting them to the woven thread of trauma that you inherited from your parents and they inherited from theirs and they inherited from there's and on and on and on

At some point however, throughout the lineages of time and history, there will come one individual that will cut the cord and change the course of the line direction.

COULD THAT BE YOU? PERHAPS SO

I know that on a personal level, that was me and I initiated that work directly upon my arrival. I came out waving the flag of change and it made everyone uncomfortable for many years because I refused to conform, comply or follow suit. It took me however, almost 40 years to understand my mission and see that I was re-correcting the flaws and faults in the stars of my family trauma and even further than that, my communal trauma, but in the purpose of keeping this 'not about me' I feel it important to share that then, along came my kids and they also don't want to conform or comply.

Maybe you're experiencing this with your kids and aren't sure why they are being rebellious or revolutionary? Perhaps you see the strong individual in them and while you know deep down that is probably because on some subconscious level, you allowed them to be this way to open doors for them to change the directions, you still find it challenging because the way society is structured makes it hard for anyone that wants to 'GO THEIR OWN WAY' and as a parent, you still have the embedded condition to follow the herd so to speak.

As it's safer that way, you always want to steer your children towards safety but, that's not always the best direction or the one that they came here to follow

I share this because:

WE CAN'T BE SURPRISED WHEN TEENS DON'T WANT TO WALK THE SAME PATH WE WALKED IN IF WHAT THEY SEE AT THE END OF IT IS STRESS AND FRUSTRATION - OR A LIFE NOT FULLY LIVED. TEENS ARE WATCHING. TEENS ARE TAKING NOTE!

I also share this because, that part above was contributed by my daughter. She is 14 and she wants it to be known that **THE TEENS ARE WATCHING**. They are their very own people on their own mission. All they need is good guidance and support. **NOT RULES AND ORDERS** from an outdated place that doesn't work.

Here is a beautiful post I shared on social media (*not written by me*) about the ties that bind us and the dangers of losing out on a life well lived. The ages carry each other. But at some point, the weight gets too heavy



Having reflected on the child you once were and what might have come up, this might have raised some memories from your past that could make you feel uncomfortable or give you the shivers upon having to think of them again.. Remember what was said before about how we are not wanting to change the

past, we are simply wanting to connect to the memory and witness the experience. Seeing if we can remember voices, movements, actions, smells, sounds, visions etc. By re-creating the motion picture in your minds eye about what took place and the eventual outcomes in flashback format, we can start to sensualise the memories which help us to understand how they made us feel

MEMORY RECALL



It is highly important at this stage to make very clear, that memories as we think we remember them are not always actual representations of what previously occurred and that our mind can sometimes play tricks on us and that scenarios we have very precise details about can often look different when we go back to them with a changed mindset or perspective. This is also why it is important to do this work as you come to learn that setting definitive ideals, beliefs and fixating on things with a very non flexible approach can cause more damage to us than the memory or the past action itself ever could. How we take the pain of that past action and allow it to manifest in our body and mind is often, in a very warped way, the reason that karmically the event played out in the first place. From an energetic perspective, the consequential action from that person to you, can either be transmuted and directed back to the universe and we can wipe our hands and free our minds and say 'Yeah, that's not going to bother me, I'm bigger than that' and set you AND that person free or you can take their energetic lesson and go the long way round.

Often, in cases such as abuse and neglect trauma, we do go the long way round because the nature of the trauma and pain is so intense it takes us that time to process it but, it still needs to get processed and the outlook 'Well it was too big for me to deal with' or 'Yes but my trauma is deeper than yours' doesn't hold weight. It still needs to be seen and if you let it be bigger than you, then round and round you'll go until either you or the future you / your children have to **CUT THE CORD**

For those of you that might be moving through this book and have been victims of historical family abuse or any other form of domestic abuse, it may seem like an impossible scenario to be free from the pain of it and be able to forgive the person that has caused you the pain but, I assure you, it is very possible.

I have held hands with a number of people that have done the work and found it in their hearts to forgive those that have 'trespassed against them' - The only reason you wouldn't agree with this is while you're still sitting deep in this pain and refuse to process it. You'd think it's crazy but, then we do the inner work and we see that the only way to free yourself is to free them too. In a very unusual and very convoluted way, the only reason they have ever caused harm is because it is intended to heal them as well. They just have absolutely no conscious understanding of this.

Again, we need to strongly point out **HURT PEOPLE HURT PEOPLE**. The nature of the psychology of this is so deep and on a surface level we don't recognise the higher messages that are playing out here. We just know that someone has hurt us and it leaves us in pain. Much like when people who are hurt 'cut themselves'. Most don't understand why others do this and are uncomfortable with this action but the thing that is most described by victims of such activity is that it helps them to 'release' their pain.

In a very illogical and indirect way, the same could be said for those that inflict pain on others. They are doing so to somehow free themselves. The acts of particular evil may seem calculated and with intent to harm but these individuals have also experienced hurt and pain and a lot of the time, the reason they do what they do is to re-direct it towards someone else (tit for tat) or for them to gain control (which they often lack) or for them to validate a position of strength or power (which again, they often lack) - On the back of someone doing something to another is always a karmic signature. A vibration that holds them back so they project it onto someone else and so, the cycle goes on and on and on. Everyone is a victim. **Until you chose not to be!**

Often when people do any form of past regressive work, they go in to a state of self hypnosis where they are talking and moving though without realising, they

might double over and wrap their arms around their whole bodies or grimace their face at the remembrance of something that disgusts them or makes them feel pain or anger in a certain way. Reclining back into foetal position is one of the primal ways to comfort ourselves from the external world and the memories that play out that we can see being re-lived in our minds eye though, that's all they are. Memories! And by seeing them for what they are, we can release them for what they were and replace them with something better, A positive swap. A healthier outcome. **A CLEAR SHELF WITH NO HEAVY DATA**

REPARING THE INNER CHILD

As adults, the process of “reparenting” is one of the most **SELF-LOVING** and **SELF-CONNECTED** forms of existential practice you can do! Reparenting the inner child focuses on making sure it feels the value, love, and protection it lacked during childhood. By working with your inner child, you can isolate and integrate a very essential part of your being. Because the inner child holds enormous power over our thoughts, decisions, and relationships, it is important to introduce it to new approaches that help lessen unruly reactions and promote reflective responses.

LET'S JUST HAVE A BRIEF MOMENT TO TALK ABOUT PETER PAN - THE BOY WHO REFUSED TO GROW UP

PETER PAN AND THE SHADOW SELF



Peter Pan was a boy that could never pin down his shadow. His shadow, detached from the rest of him, would often come apart and Mrs. Darling would roll it up and put it in the drawer, like some piece of flat fabric matter that had no consequence and could be discarded and forgotten. However, when Peter realised that it was missing or apart from him, he would get distressed, so Wendy would stitch it back on.

The shadow self is representative of our subconscious mind. It is the hidden parts of ourselves that we cannot see, hear or connect with in our day to day conscious lives. Our eclipsed shadow self awakens in our dream states, when we are in an entirely different wave that allows us to ride off into Neverlands, where we can interact and connect with fairies, pirates and mermaids in places that in this physical realm apparently don't exist but where in the higher waves or astral waves perhaps do.

Peter Pan is a free spirit, being too young to be burdened with the effects of education or to have an adult appreciation of moral responsibility. As a "betwixt-and-between", who can fly and speak the language of fairies and birds, Peter is part animal and part human - Stemming from the Greek God Pan, he is very much an inbetweenner where he refuses to lose his innocence and dim the spark. He is the child us and the adult us that never dimmed the spark that simply wants to re-stitch the shadow back to the light to become whole again. (The yin and the yang - the dark and the light)

The shadow never died, it just needed sewing back on



SOMAHEALTH / SOMAVET

TRAUMA VALIDATION AND REGRESSIONAL WORK



Just a few things to consider as we enter in to the retrograde of our past self:

YOUR TRAUMA IS STILL VALID EVEN IF:

- 1) You can't remember it properly
- 2) It's been years since it happened
- 3) You haven't told anyone about it
- 4) Someone else wasn't traumatised by a similar event
- 5) You didn't develop trauma related symptoms until much later
- 6) Your symptoms don't look like someone else's
- 7) Other people have experienced far worse
- 8) Someone else said it wasn't such a big deal

Doing this regression work might feel as though you are reconnecting back with a loved one that you thought had died or was long forgotten. It might also make you feel a deep resonance to your own children and highlight where you wish you could have done better or how you could make their lives like the way yours wasn't.

It is a deep resurfacing of a lot of pure emotion that can be incredibly tough but also liberating and healing when moving forwards, you become the parent of the little girl or boy they never had. You're now the one that will hold their hand and show them that everything's alright and suddenly, when you do that, your whole world can change too! Doors will open up that you could never find the keys for. You might feel a sense of awakening and strength in your new found powers of transformation and feelings of love flow in in abundance. And all it took was for you to show the little you that it's all ok.

It might not be immediate. The healing path is not linear and there is no rule of time. It is different for everyone

JUST TO REFLECT BACK OVER THE INNER CHILD CHAPTER:

The connection to the inner child is very deep and tender work. The blocks we have as adults that find it hard to move through life in an aware and connected way come from the inability to release our blocks, open up and freely accept and receive the connection we perhaps never felt as small dependent children. These blocks can only be released by us and until we do, that trauma gate remains shut so if healing is something that you truly wish to honour and unlock, please go over and over this reflective work until you get that click. That knowing that you're ready and the veil is lifted. It will happen and you will know.

If you would like some further tips that can give you inspiration and help you connect, how about watching Peter Pan or Mary Poppins again? Or, there's a very sweet if not slightly cheesy Christmas movie about a woman that reconnects with her inner-child called 'If you believe' - Treat you and your inner-child to a movie night, make a hot chocolate, bowl of popcorn and get cosy with your little you - You both deserve it!

CHAPTER 3



ARCHETYPES



In this chapter, we will be bringing the little us with us on the next part of the journey, where we will still be doing the inner-child work but in a more dynamic and theoretic sense. Here, we will be looking at the archetypes that we build into our personalities and lives as developed, grown adults but with our child always present. These archetypes are just a few examples to scratch the surface of mood / personality/ behaviour / cause / effect

THE 3 ARCHETYPES THAT RELATE TO THE INNER-CHILD ADULT-CHILD ARE AS FOLLOWS:

- 1) Guided by the inner child - unheard versions of ourselves - The persona that tends to react to overwhelm, is quick to anger and is swallowed up by unprocessed trauma that is buried in the past and stored in our bodies that over time will start to build up and poke us, in the hope that we will notice. Can you hear her?
- 2) Guided by our higher selves - The one that is self-guided on authentic principles, trust in self and confidence that all is as it should be, even if it appears troublesome. The ability to move effortlessly through moment to moment but embodied in the present and happy to let the good and bad move through them as it appears in that now moment. A maturity that is calm and collected.
- 3) Guided by our inner child acting as our higher self - The most popular place - The Inner child imitating the higher self - Acting like the adult that has it all figured out but from the projecting place of child trauma that still holds onto

things that need to be heard and felt. People pleasing, operating under the guise of perfectionism, the polished child but still in silent pain. Moving through the fog like we know what to expect but blinkered to the truth

HSI - Higher-self impression - The exhausting place of constantly needing to fight your way through life, ticking boxes and doing the work that you think needs to be done in order to achieve so-called perfection. Living through the stress of adult life but as the unheard child that is screaming for boundaries, trust, affection, simplicity, love, safety and just a damn hug in the quiet to connect - peace, joy and PRESENCE is what is being craved but the adult you can't hear the call for it while the child you is tugging your arm hard hoping you'll notice!

Connecting the joy and pain together and embracing both sides is how we minimise the amount of time the child is doing the 'HSI' and in doing so, we give ourselves permission to be in the higher flow.

HOW CAN WE DO THIS?

THE POWER OF VISUALISATION - When we do the inner work and reflect back to any timeline prior to our present NOW moment (and the inner child represents all and any timelines prior to the now), the best way to bring back the times that we are choosing to focus on, is through the power of visualisation.

Going back into a memory where you can remember the visuals, colours, surroundings, environment, presences and then hear the sounds there, smell the smells, touch, movement and how all the sensual representations of that memory tie together. Once you have created the visual memory, **RE-LIVE** it for as long as you can so that you can really hear, see, smell, touch and embody the entirety of it. Even if it's uncomfortable, try to bring it back in so then you can hold it. Once you have held it for long enough, then either write down what it looked like and how it made you feel upon embodying that timeline again and then read it out loud with the final phrase:

I SEE YOU, I HEAR YOU, I FEEL YOU, I FORGIVE YOU, I LOVE YOU AND I LET YOU GO!

RE-LIVE

=

RELIEF!

SHADOW WORK



A good way to describe this is as if we've lived in the forest for years, surrounded by dark, overgrowing trees and shadows and there is nothing and no one around us but our lingering, painful, uncomfortable presence that we are constantly trying to escape from but end up circling back to the same point in a place that holds you captive. Eery, howling winds that fill our minds with tricks and illusions where we can't decipher what's real or what's a lie. Make believe lives where we paint pictures of false realities and live according to deceitful standards that mask the real, higher version that we can't quite get to because we're still swallowed up in agony that we aren't really sure how to break free from.

The only way to break free from the pain is to sit with it. To truly immerse into the pain. See it, smell it, touch it, hear it, breathe it, dance with it, hold it, talk to it, love it and let it be a part of your existence because you only get to live a full, embodied life if you embrace the dark experiences and feelings with the light. There is no escaping. You can't have one without the other. This life is a dance of duality. The polarising left and right, black and white, day and night, love and fight IS WHY WE'RE HERE. To avoid it, deny it, escape it is to disconnect and deny yourself.

Again we point towards the esoteric dance of dark and light in the take of 'BEAUTY AND THE BEAST' where the entwined entanglement between the beauty (the light) and the beast (the dark) come together to marry each other back to oneness. Just like Peter Pan and his shadow. It takes some poetic significance to understand these energetics of life because logic will never touch on this. The logical mind has NO IDEA of these depth essences because they do not live there. You have to get out of your mind. You have to go higher!

SOMETIMES THE REALLY HURTFUL THINGS OCCUR BECAUSE WE'VE BEEN SO COVERED WITH LAYERS OF AGONY, SO MUCH DARKNESS THAT WE'VE BURIED OURSELVES SO DEEP THAT THE ONLY WAY TO COME OUT OF THE SHADOWS IS IF SOMETHING EQUALLY, IF NOT DARKER TRIGGERS US TO GASP FOR BREATH AND SHAKE OFF THE SHACKLES OF OUR SLUMBER. WE TANGLE AND STRANGLE OURSELVES IN THE THICK TWINES OF OUR PAIN THAT IT BECOMES US. WE KNOW NOTHING BUT THE PAIN AND WE START TO BELIEVE THAT WE CANNOT SURVIVE WITHOUT IT. THE BITTERNESS OF IT STARTS TO SWELL THROUGH OUR VEINS AND WE TURN IN TO THE ALL-CONSUMING HELL, ECLIPSED FROM THE LIGHT, UNTIL SOMETHING TUGS US AND SAYS 'NO MORE - MAKE IT STOP' AND FLECKS START TO SPARK WITHIN US THAT DRAG US OUT FROM THE UNDERWORLD, ROOTS AND ALL AND UP TO THE SURFACE WHERE WE CAN START TO BREATHE AGAIN. ONLY WHEN WE SEE WHAT WE DRAGGED OURSELVES AWAY FROM, CAN WE REALLY CUT THE TWINES AND FREE OURSELVES FOR UNTIL WE SEE, IT IS STILL TIED TO US AS WE WALK THE SURFACE, LIKE AN UMBILICAL CORD SATURATED AND PULSING IN ALL OUR POISON. BUT, THE POISON MY DEAR, THE POISON IS THE REMEDY. THE POISON IS WHAT HELPED US WAKE UP. IT'S THE POISON THAT KEEPS US ALIVE

There's a reason why everything seems so intensified at night time. Anyone who's ever lost someone seems to feel it more so when the sun goes down and the reflective, intense moon comes out making for nights of hard contemplation that can seem endless and often impossible to get through. But the same goes for losing that part of ourselves that we're disconnected from. We always seek solace and safety in the presence of other people.

You belong to YOURSELF! The notion that someone else can save you is a trap, where you give your power away to someone else in the hope that they can fix and find the parts of you that are disconnected so that you don't have to do it. They can trigger you, sure, but **ONLY YOU CAN HEAL YOU**

If you fall in to this illusive well of disempowered fantasy then you will be a long time in the woods with someone you will end up loathing and they you because we're all just in search of ourselves and until we find ourselves and connect back to a state of embodied wholeness, how can we ever be in an embodied fantasy love story with anyone else? This is why so many relationships fail after 3+ years. The initial period of excitement and illusion is fun in the beginning because we were chasing the 'feeling'. It's the feeling that we crave, not the person or the situation and by craving the feeling and not the actual purpose of who we are, what we're looking for and what it really means, we set the partnership up for failure without realising we're doing it.

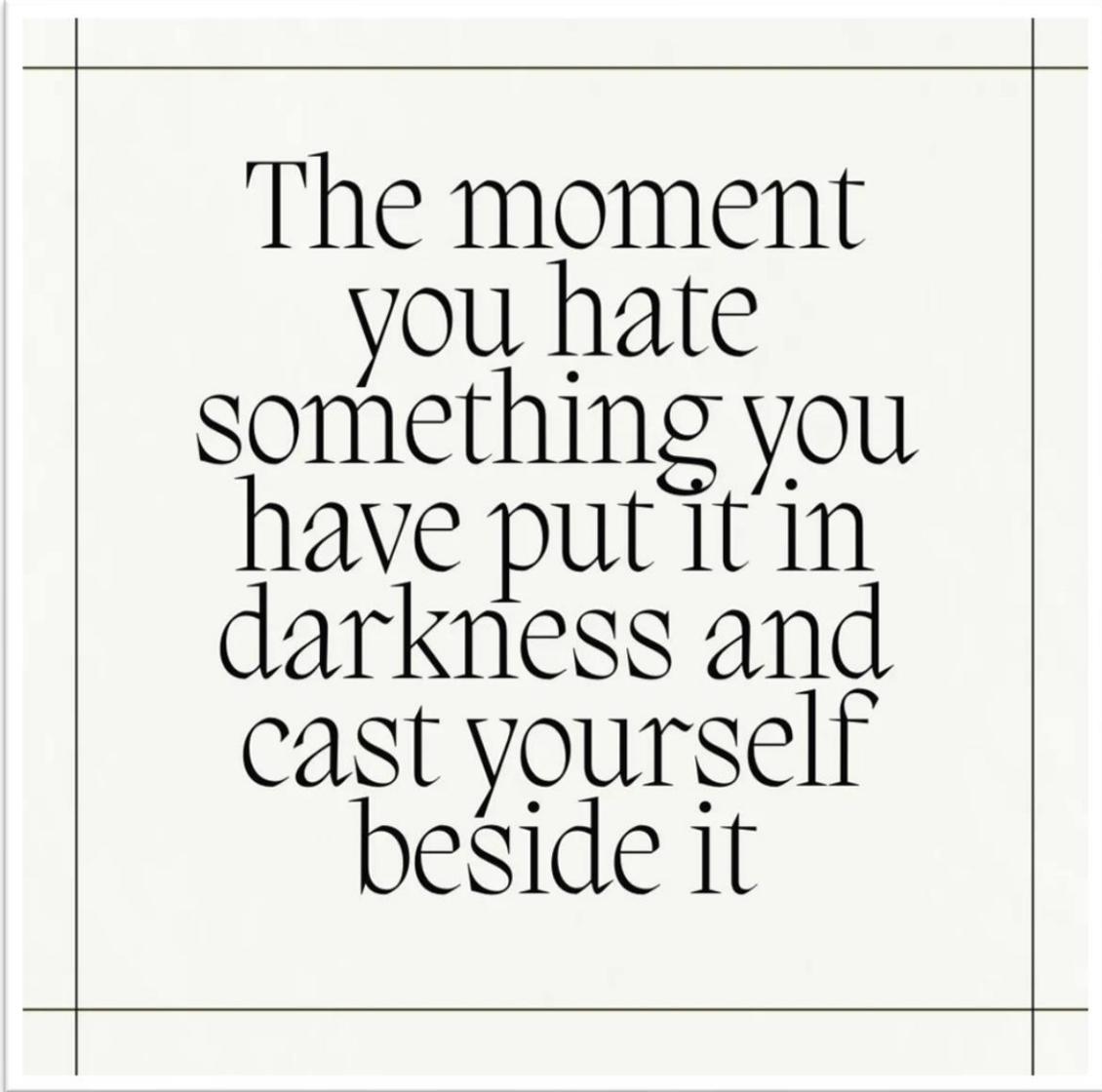
PUT YOURSELF FIRST

We are conditioned to believe that putting yourself first is selfish. This couldn't be further from the truth. As said above, unless you are whole, connected, self-empowered and know thyself and thy worth, then you are useless to anyone and everyone else. In effect, this is why we are all here. To do the inner work back to SELF - If we can honestly say with conscious intention and an open, active heart that you have done the work and continue to do the work and show up as an empowered, self-governed, strong but soft, open but with boundaries, self-trusting and reliant person that walks their path with higher grace and purpose, THEN you can be of use to others and you can leave the forest.

And when you leave the forest, you might head to a village, where as the embodied person that has done the **SHADOW WORK** amongst the trees, you will be of use to others that call on you for guidance and support or you might find others, that like you have done the work and they will offer you confirmation of strength and a welcome of presence that you won't have ever

experienced before because now it comes from a place of non-judgement or compromise. They will expect nothing from you but they will offer you their unconditional self, likewise you can also with boundaries, respect and a huge sense of gratitude and love.

This is when you know that the darkness and the light can live together in harmony because the dualistic dance of the 2 will be married within you. Like beauty and the beast, we blend the 2 and we entwine them in a merry dance of energetic rising. The embodiment of your own light and dark embodies your mind, body and soul



The moment
you hate
something you
have put it in
darkness and
cast yourself
beside it

Your emotions, as mentioned earlier are just the sensory explorations throughout the experience of the holy you living your life, connecting the pieces back together again

We need to be careful to make sure that we know who is guiding the narrative.

Is it our inner child? Is it our higher self or is it the child pretending to be the higher self?

As long as you are conscious and aware of how you steer and conduct your life, you will be moving via the higher avatar and you can go backwards and forwards as you please. If you aren't sure who is steering what, then you need to step back and have time out to really do the work! And so it goes, on and on and on and on...See, there's no rush! There is only the now and within that now exists it all!

Common things we see that are often indicators of the child playing the higher self are:

OCPD with perfectionist expectations

Ego-Dystonic OCD

Opposite thoughts

Depression and anxiety

Blame and shame narratives through living in false beliefs or false narrative scenarios

No sense of self-worth or authenticity

Unregulated nervous system

Unable to trust self or others

The 1st thing I have to say about this, is that

THE NEED FOR CONTROL IS JUST FEAR IN FANCY CLOTHES.

THE DEVIL SURE DOES WEAR PRADA

When we feel we need to control everything and strive for perfection in our every day lives, we are enabling the highest form of self-abuse. You have to ask yourself

- 1) **What's the goal?**
- 2) **What's so important and why?**
- 3) **Am I coming from my highest place?**
- 4) **Am I living my authentic life?**
- 5) **Does it make me happy?**

If you are coming from your highest place, then you will know that it's ok if the dishes aren't done, because you understand that if they're not it's because you have prioritised what is above them. You won't feel guilt or shame that you haven't done them and you can live around the presence of the mess without feeling the need to delete, cancel or control it because it makes you feel uncomfortable. You know they'll get done. Just not yet. It's all good.

If you've not done them because you're lazy and don't feel like it, then that's not coming from your higher place either. That's procrastination, which is an

entirely different thing from OCPD so please don't confuse laziness with your higher self. That's simply bypassing and saying it's ok to do so! It's not hehe

But one thing I will say about **PERFECTIONISM** as it is such an issue in our highly designer, elitist culture right now, is that **IT IS ALL IN YOUR HEAD** - Everything outside of us screams shiny. 'I want it - I got it' attitude is all the craze!

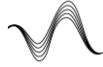
The materialistic life is so enticing and provoking and it's right there in our faces. Like never before, the 'high life' seems like the thing to have but is it the high life or is it a huge distraction where we end up placing our focus and priorities on the wrong things?

When it comes to perfectionism, we want to have all of these things and have them looking like they've never been touched because on the **SURFACE LEVEL** they seem like the saviours. The creature comforts. The prizes for being so good! They are, however, distractions. The temptresses that lure you towards an idyllic setting that you can't resist but in order to achieve the 'look' you have to 'pay the price'. That could be financially, physically, mentally, emotionally or spiritually. You want the nice big house but the work it takes to maintain it either costs too much or takes too long.

A perfectionist however, will likely stretch and extend themselves to the brink of exhaustion and limitations to have 'the look' because they believe that is what's important. The stress this causes is immense. The work pressures, time away from other things that could fill you with enjoyment and satisfaction and loved ones all come at the cost of 'the look' - How your life is presented to yourself and others. You have to ask, **IS IT WORTH IT?**

**BUT IT GOES FURTHER THAN JUST THE MATERIAL
SURFACE LEVEL**

PERFECTIONISM



The way people will view us and consider us and how we consider ourselves often come from a place of misplaced and misinterpreted illusion. If I do not do well enough I am not good enough. If I don't do as I'm told I will be in trouble. If it's not beautiful, it doesn't count. If it's not clean and tidy I'm a failure. If it's not the best of the best and the latest trend people will judge me. The need to keep up with the 'rules and order' can send us into a spin and down voids that take us further away from our true selves. If I'm not GOOD ENOUGH...

Before we get into the different types of perfectionism and OCPD tendencies, let's look firstly at where they are implemented.

- Firstly and most importantly **THE HOME** - Our home structure is set by guiding principles laid out by outside influences but as children this is where we first learn the effects as it is where they come into play before we even head to school. Through the expectations of our parents, rules and regulations are set and we are encouraged to meet them.
- **SCHOOL** - This is where the rules then take a stronger stance. What goes on in school is specifically designed to set us up for our future place in the big wide world and those rules are set in accordance to what is expected down the line. We follow the line and do as we're told otherwise? We don't pass or we don't get accepted later down the line
- **THE WORK PLACE** - You've done your training through your developmental years. Depending on how well you did and how good of a pupil you were, you get to upgrade to a super job or downgrade to a position of struggle where you will be 'bottom of the pecking order'

Fundamentally, all these 'black and white' expectations are what give our parents the belief that they have the right to mould and shape us according to what they expect out of us while they are in the driving seat. You better hope you have safe, responsible parental guidance otherwise you might end up as a constant people pleaser or a degenerate depending on how you have been raised.

You'd better do well at school otherwise, guess what? You're a failure!

There are 3 principal domains within the field of perfectionism. They are

- **Self oriented perfectionism**
- **Other oriented perfectionism**
- **Social oriented perfectionism**

The self-oriented perfectionist stems from high parental expectations that are over critical and will shame and abuse you if you have not satisfied their expectations, or, they could be overly praising of your achievements demonstrating that your self worth is only determined by your achievements. Young children have a desire to please their parents, even abusive ones and when they are met with disappointed reactions because the parents unrealistically high expectation has not been met, the child is then guilt shamed and punished for 'not being good enough.' - This then leads to developing feelings of low self worth and self esteem, feelings of inadequacy, constantly apologising and under praising yourself and not being able to praise your own efforts and achievements because you don't feel you're good enough. This will lead to martyr-like behaviour where the person becomes the victim, which effectively they have been but in the abstract of perfectionism, they will sway more towards the pole where they feel utterly worthless and will punish themselves for this through various forms of self harm and self hating consequences.

This pole can also lead people to swing towards procrastination because they overwhelm themselves through measures where in search for the optimal results they go blank, switch off, get lost and stressed then end up refusing to accept challenges for fear of failure, which then leads to depression, obsessive compulsive disorder and even suicidal tendencies because they just can't cope

with the pressure nor are they sure deep down why it is of such seemingly high importance and they end up spiraling into deep confusion as to 'what is really going on and why' which can then lead to issues such as substance abuse because they wish to numb the pain of this ineffectual existence that holds no actual purpose

It can go the opposite way too - Remember, we are the spectrum. We decide which end of the pole to navigate towards. If not the above, the alternative pole could look like:

Self abuse where you constantly put yourself under unrealistic pressure to be the best you can be and making sure everyone else around you also offers praise. Setting unrealistic targets, goals, principles and values and putting priorities in the wrong places just so you can be seen to be 'doing it all and coming out on top',

Taking on too much but never accepting you need help. Never forgiving yourself if at all you slip and fail to meet your own standards which therefore makes you unable to also forgive others. Avoiding failure at all costs because you refuse to be judged or criticised. Constant need for validation from specific people in your environment you wish to impress.

The problem we see with the latter especially, is that the view that failure is somehow negative is very damaging and when it occurs, that person will never accept it with a positive outlook. There is a huge difference between striving for excellence and then demanding perfection. They seem incapable of striving for excellence because to them it isn't about that. It is about a misinterpretation that they subconsciously need to meet through a distorted reaction that they cannot control or manage which makes it utterly negative and damaging. It comes from a very negative place therefore the reaction to the consequence will also be negative. Had the child been healthily encouraged then the result would also be a healthy result.

See, how it all comes back to the root cause

When we have suffered the consequences of inherited trauma via these channels of illusive perfectionism, as seen above we can either go one way or

the other from the cause and effect but, what happens when we then start to project that onto other people?

Depending on where we place our values and our self worth as adults, which of course depends on how we have been raised, we could then start to also project this type of behaviour onto others. You expect everyone around you to prove themselves to you, only validating friendships if people prove they're working hard enough to deserve your friendship and should they not meet your expectations according to your stranglehold standards you could end up very harshly punishing them without understanding their reasons why or considering their perspectives. This is hugely negative because it offers the view that those friendships can only exist if hard work is proven to have been applied, almost like homework, you are being graded for your efforts instead of the simple gratitude that your relationships exist effortlessly and without structures according to what your mind considers appropriate.

With this 'hard work' ethos we then also start to look at others in a way that they can only be rewarded with love, friendship, salary, whatever the currency is if they have proven to have **DONE THE WORK**. The problem is that what constitutes meaning and value isn't always appropriated according to these A-Z applications and sometimes deeper value cannot be quantified via this validation but that won't be seen by someone trapped in a linear mindset because all that's important to them is the proof in the pudding and therefore the expectations will be continuously met with disappointment because they are themselves utterly unrealistic. Perhaps a robot would meet the grades but not a sentient person.

Your rooms not tidy enough - You're dirty, unclean, a mess, not good enough

You didn't get a good grade card - (Never the school's fault always the pupil's fault) According to a linear goal structure that's goal posts move according to systemic expectations you have to make sure you're flexible enough to meet those expectations or else - You're a disappointment, you're dumb, what's wrong with you, you're not good enough

Projecting onto others these unrealistic expectations with no actual value based objective is utterly damaging. What gives any of us the right to do this? Yet we

do, to our own children out of fear they'll never be good enough for the outside world that chews people up and spits them out. The way we project onto others leaves them with nothing but an imprint of rejection, fear of failure, a sense of abandonment and mass confusion as to what is real, what true value means and where our worth lies.

NOTHING'S EVER GOOD ENOUGH!

Let's look at a lot of the consequences of how perfectionism through society comes about based on our own self oriented and other oriented projections. And to go deep on this we will go into the material world as that, according to current day trends appears to be the be all and end all of why we're here!

THE MATERIAL DISTRACTION - FALSE REALITIES AND ILLUSIONS OR, HIGHER SELF?

It's all about the new car, the big, shiny home, the new marble kitchen with built in appliances, the maid, the garden with the manicured lawns and roses, the garden boy, the lake at the bottom with the serene swimming swans, the butler, the cook, the enormous fridge full of bulging, earthly delights that quench our bellies, silk sheets, holidays on the med away from the race and pace, lapping oceans of blue laying next to a bowl of grapes and bubbles in a gold bikini in the perfect body with the perfect hair. Won't get it wet, oh it's ok if I do, I have the stylist on board. Superyacht, Luxury jet, own brand of skin care, make-up, partner that's music makes millions and loves your butt. If at any point he doesn't, cancel him or get a new butt. Shine like the stars. Be celebrated like the celebrities. That culture is **TO DIE FOR!**

OR, DON'T DIE FOR IT BUT.....Take all of the above, sure you can still have it. It is OK to embody materialism. No one's saying you shouldn't or you can't. But here's a thought.

You have the shiny, big house. It's gorgeous and you deserve it. You even have a maid and a garden boy but, instead of leaving your chores entirely up to them, which you could do, you're paying their wage which is always wonderful but

why not go down to the garden with them and also help out? Why not send the garden boy home with some of your roses for his wife? Why not invite the cook round for a dinner that you prepare for him/her every once in a while. (Service for service is the ultimate form of respect and gratitude. Don't accept one without offering the other.)

Your gold bikini is a bit stretched this month. You're feeling the bloat. All of a sudden, the version of you that you had by the yacht in the med with your bowl of grapes turns into a bowl of burrito and your butt is actually a little bubbly but guess what, you're really enjoying your burrito bowl and you're in great company in a beautiful place and you're loving this now moment so who cares about your butt and actually, you LOVE your butt because it's a part of you! AND YOU LOVE YOU!

See, how you can have all of those things. The material world AND the physical world. The spiritual world AND the mental world are all happy in one place and it's ALL about embodying them healthily together with the higher mindset. Where you are CONSCIOUS about your thoughts, feelings and intentions. Where you marry the dark and the light together and accept them both for who they are within you.

When you achieve this higher mindset and way of living, OCPD and perfectionism don't exist. You don't get stressed or concerned about these things as you know that

- 1) Limiting beliefs and conditions are often false and do not represent the authentic YOU
- 2) You realise that the present moment is a state of mind and body harmony and perfection does not exist
- 3) You are in control of your reality and you aren't steered or motivated by anyone else's thoughts, opinions or beliefs about your life or how you live it

PERFECTIONISM AND OCPD SUMMARISED

- is characterised by a pervasive pattern of preoccupation with orderliness, perfection and CONTROL
- Individuals with OCPD tendencies are highly focused on rules, regulations and details and may have a very rigid and inflexible way of thinking. It's 'MY WAY OR THE HIGHWAY'
- The individual may set impossibly high standards for themselves and others and may feel frustrated or angry when those standards are not met
- The individual may be overly concerned with arranging objects or having routines set out in a particular way in order to be able to 'control' the situation and will get anxious if anything is out of place
- The individual may have difficulty delegating responsibility to others and will assume control unless they follow the same rules and beliefs. This is a consistent pattern of perfectionism and pervasive need for mental and interpersonal control
- The problem is, that constant need to control demonstrates to others that you do not trust them and leads to feelings of 'they're not good enough.' 'they're being judged and criticised by you' and feelings of rejection because their way is not valid or permissible
- The best way to get on top of this is with EXPOSURE AND RESPONSE - You have to call yourself or or be willing to be called out to situations where you are in the OCPD zone and then respond to the situation using a method that you would not normally, which invites you to actively change the outcome by you LETTING GO
- For instance - Let someone else do the dishes. Don't give instructions, oversee the job or pass judgement. Simply let them do it their way while you take a step back. Observe how you feel before, during and after.
- For one night a week, see if you can go to bed without tidying the lounge or kitchen first. Make a note of how it makes you feel that night and in the morning

- Catch yourself when you call out someone for not doing a job in the way you would expect. Remember, their way is also right for them. Everyone is different. Respect the differences

HOW DOES THIS RELATE TO YOUR OWN PAST AND YOUR INNER CHILD?

Inner child work is not just about talking it is also about LISTENING

- You can always tell me anything - I am always listening

PLEASE RELINQUISH YOUR APPARENT NEED FOR CONTROL AND START TO LEARN TO LISTEN AND HEAR THE FEELINGS OF OTHERS

We crave control in life because we grew up with very little

PLEASE RELINQUISH YOUR APPARENT NEED FOR CONTROL AND LET PEOPLE BE THE WAY THEY WANT TO BE WITHOUT FEELING THE NEED TO MOULD THEM TO YOUR OWN ILLUSIVE STANDARDS

Children of dysfunctional families often have to hide their feelings of sadness, anger, fear, rejection and loneliness simply to survive

#SOUNDOFHEARTSBREAKING

VOLTAIRE ONCE SAID “ PERFECT IS THE ENEMY OF GOOD”

Sometimes, when we loosen the reins and surrender to the void of the unknown where we don't try to control or force anything, we open up the doorway to new and higher opportunities. We listen to hear the signs and whispers. The song of the wind might change and sounds less like the howling between the dark, overwhelming trees and become more of an echo in an open field where the light of the sky shines on the flowers and the path ahead of you seems far brighter and less consuming. You can start to feel your heart open and yourself soften to the world in front of

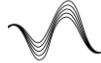
you. You're guiding yourself home and bringing the little inner child with you holding hands as you walk bravely into a whole new world! One that you've created all by yourself

THAT, MY FRIENDS, IS THE RECIPE TO HAPPINESS!

DON'T WE ALL WANT THAT? DON'T WE ALL WANT TO HELP OTHERS LIVE LIKE THAT TOO?



REFLECTION



Having gone through all of the above, have a look back and reflect over all that you have learned so far throughout the journey of self-rediscovery and connection. The little you, the middle you, the you from only last year and how you have GROWN!

And all the things you needed to achieve in order to grow. Look back on the part about how the POISON IS THE REMEDY - How we wouldn't have been able to see the light so brightly had we not experienced the dark so intensely. It's like a pendulum swinging between worlds where your higher self is dangling the safety rope for you to grab onto but it is your choice as to when you chose to take the leap.

But when you do, that rope turns into that umbilical cord that is full of the poison from the past that you are bringing into your now. You might not want it to saturate your now. You might not want it to come at all but, there's no escaping it. And when you get to the light and the higher you travels up the path towards the open fields, that poison you carry starts to transmute and alchemise itself into gold. And guess what?

YOU NEEDED NO ONE ELSE TO SAVE YOU BUT YOURSELF

Remember in the Wizard of Oz, when the good witch says

“YOU ALWAYS HAD THE POWER MY DEAR, YOU JUST HAD TO LEARN IT FOR YOURSELF”

How very true that is!

Once we know that every single thing here is controlled by US and us alone, then the whole world changes. Now, imagine what the world could look like if everybody realised this.

But denial of our authentic self is a primary reason trauma gets stored in the body!

We are ALL different. We may all be made of carbon matter but carbon copies don't exist here and one of the magical reasons I have to consider that each family produces offspring of varied 'characteristic content' is to help teach those within each family unit how to get along with people that aren't necessarily like them. The gay uncle, the eccentric sister, the martyr mother, introvert brother, the bossy youngest, drama queen middle, hold it all together eldest, high flyer cousin, convicted in law, alcoholic father, perfectionist grandmother, authoritarian grandfather - And all of those archetypes said, we are all so uniquely just ourselves with our own interests, styles, moods, love lives and destinies living amongst a family of absolute dysfunctional extras that will judge us, criticise us, argue with us, tease us, give us a hard time, help us out of hard times, lend us money, borrow money, hug us, love us and as rough as the road gets, until the end of the road, they will add colour to the rainbow of OUR FAMILY and be our people who we hope will love us without question

YOUR FAMILY KNOW HOW TO PUSH YOUR BUTTONS BECAUSE THEY ARE THE ONES THAT INSTALLED THEM

For many people though that's not the case, or at least they don't perceive it to be and they've had to go out in to the big wide world, often far too young, without that primary network that has helped mould them and show them how to become the person that we are so hoping to grow in to. If you haven't been fortunate to have had a decent start in life, where you've been pointed in a generally decent direction, then you may feel like much of the victimhood trauma that we have spoken about throughout this program but, as a younger person that hasn't been 'shown the ropes' mindfully, one of the things that typically seems to play out, especially with women / girls is a deep desire to pull away from the parental figures and play the LIL MISS INDEPENDENT CARD

(this does apply to men too but girls especially tend to lead from the mothers and if it's the mothers that are the ones poorly guiding then the tendency to put on the alpha female hat is all too tempting.)

They then start to march through life with this reckless, overly independent attitude where they replace their parents with themselves and take on the world with an 'I DON'T NEED ANYONE' overtone. The problem with this, is that you don't know what's safe and what isn't. What's right and what's wrong. You find yourself walking the tightrope with blinkers on, zero boundaries or support and a very underdeveloped mind and body that then gets taken advantage of by those in the lion's den that can smell the vulnerable prey that you are.

However this might look to you, please feel free to interpret how you like but, this is a trauma bond that carries over from the parent, from their parents and then perpetuates the cycle that that LIL MISS INDEPENDENT will have to also deal with in later life otherwise, guess what, it will be passed down to her kids also.

MINDFUL PARENTING AND WARNING SIGNS



It is absolutely essential to be a mindful parent if you truly wish for your children to grow up conscious, trauma free higher self beings. We over-complicate things for the most part and no one's perfect (SEE ABOVE - PERFECTION IS AN ILLUSION - IT'S NOT REAL) But the one thing guaranteed to help you free yourself from trauma and see that your kids do not inherit your wounds is to **SIMPLY BE AWARE**. Awareness is the fundamental game changer and the key that turns the lock on your consciousness and ability to steer the future in a positive, abundant and happy direction, for you and all your family!

So, what's there to be aware of?

Being a child is such a hardcore role. You're an empty vessel awaiting amazing potential only to have your cup filled with everyone else's bullsh*t and that sh*t stain will stay with you for as long as you don't rinse it out and scrub it off. Grrrrrr, the impressions we all leave on each other and most of them are utterly painful and remarkably toxic and unnecessary.

The child who was told she was a troublemaker often walks into adulthood hugely misunderstood and therefore lives up to a role that was created for her but isn't who she truly is

The child who was told by age 12 that they're so smart and so talented walks into adulthood full of the fear of disappointing and see's making mistakes as a sign of failure and feels ashamed to ask for help

The child that was constantly put down by others walks into adulthood feeling no one likes them and is hyper-aware of peoples' facial expressions and becomes either overly apologetic or overly defensive

We're moulded by the views and opinions of others but that's not a true representation of who you are so, how do you know **WHO YOU REALLY ARE?**

Now that we have gone over a lot of the trauma concerns, identifying where and why things have gone wrong and seeing the pain and repeating cycles as they have played out over and over, this next part of the journey is all about how we can start to transmute that pain and turn it into power!

Empowerment and worth is ALL about how you build back better and take your little child and your pain and turn it into gold!

ARE YOU READY?

KNOW YOUR WORTH



SELF REALISATION - IT'S AN AWAKENING TO ONE'S AUTHENTIC SELF. IF YOU'VE NOT GOT THERE YET, DON'T WORRY, YOU'LL GET THERE AND WHEN YOU DO, MAYBE THESE WORDS MIGHT COME BACK TO MEMORY WHEN YOU HAVE YOUR 'AHA' MOMENT LATER DOWN THE LINE

We are shaped by our ethics, values and beliefs but those things are either taught to us in schools by textbooks or questionably qualified teachers that sure, passed exams to teach math but never sat anything to prepare children for the morals of the world. Our morals are provided in whatever misshaped forms, as spoken about above by our parents and then dotted around by the cultural and societal platforms that hold our attention whether that be via the music industry, religious sectors or as we get older, the work place.

When we really start questioning our worth, and here we're going to delve in to some areas that will help you to put things in to perspective, we start to see how terribly unhealthy our society is and sure, you can make excuses for it because often we've found comfort and connection within the very things that

all of a sudden seem quite broken and wrong so it can be hard to accept that those things are actually a cause for most of the ways in which we've given our power away or been tricked into thinking, feeling or behaving in ways that as we grow, we see are not only very wrong, they've been a huge part of the problem.

This realisation can be life changing - In a way, EMPOWERMENT (Em Power Ment - Emotional Power Mind-) can also be thought of as an awakening. It usually occurs after a break down (Sometimes you have to break down to break through) or it can occur after a loss or passing or after a significant life change, such as a divorce, country move, death or any momentous shift of direction that allows new energy to move in ways in which it was previously blocked.

I'VE GOT THE POWER

EMPOWERMENT BEGINS WITH A
SHIFT IN ATTITUDE - A NEW
COURSE OF DIRECTION - A
KNOWING THAT YOU HOLD THE
REINS AND WEAR THE CROWN

AWAKENING



When this occurs, a realisation of awakening of empowerment can be tough to manage, hence why this part of the journey that is being created here is designed to help you through it, as it's not so much the re-building that is the challenge, although that's no easy feat, but it is the grieving of what you're walking away from that is overwhelming. It can feel like a part of you has died. It can be a slow, gradual awakening, which is often the case and this can be painful physically, mentally and emotionally as for long periods of time, you might not understand why you're having certain feelings and emotions and thoughts that are foreign to you might start to come to mind that can make you question your clear thinking. You might start to question your mental health. Most of us that struggle with mental health, (and that is the majority, if not all of us) start to travel through unfamiliar paths in our own mind and not know how or why we are looking at things the way we are. When shifts occur in our external realities, our minds and emotions also take those shifts to redirect us into alignment and unless we are conscious of those shifts, we tend to wander blindly through the fog and become bewildered at the things that pass through us.

Where once you might have considered that you had control over your own mind and all that crossed through it, when the day comes that foreign thought invaders enter through, leaving you feel vulnerable, exposed and confused it can leave you feeling like you're 'losing your mind' when in actual fact, what is occurring is quite the opposite. YOU did have those thoughts and allowed them to come through but you were processing them on an unconscious level or rather, you were not processing them consciously. When you start to realise,

AKA awaken to the fact that you are in control of your own mind, what naturally occurs then is that you become very specific about what you allow to filter through or not. AKA, you become more conscious.

Now, consciousness is simply a state of awareness. The very fact that you have awakened in the first place to new albeit scary thoughts, feelings and ideas is because you have aligned to a new resonance frequency that mirrors your external reality and your internal reality. Just like a radio transmitter we attune to a wave signal that starts off scratchy and squeaky and then the more we apply conscious awareness, the finer the attunement becomes and we 'settle' into that new space. This might sound sci-fi and bizarre though in its simplest terms, it is nothing more than a fancy explanation for GROWTH and there is nothing more certain in this life than change and growth.

The rise and fall of absolutely anything is determined by energy, outside of us and inside. The collective consciousness however also projects thoughts and ideas into your mind so this is again, another reason why it is crucial that YOU have the power and control over your own mind because if you don't, someone else will!

When we awaken to the realisation that we have the power to determine our own thoughts and feelings, it is literally a shift of perspectives. We start to realise that actually, what we once took as gospel and fact perhaps isn't and that rather than considering anything to be a hard truth it's healthier to not attach a hard belief in a specific subject and instead, simply consider it an option or a perspective. An idea, a possibility.

FOR EXAMPLE -

IT IS A FACT THAT I HATE MUSHROOMS AND I WILL NEVER CHANGE MY MIND-
One day tries mushrooms and decides they're amazing

**IT IS A FACT THAT I WILL NEVER GET DIVORCED AS I LOVE MY PARTNER
ENDLESSLY -** One day wakes up and realises they're 2 very different people that no longer wish to be married

IT IS A FACT THAT BLACK IS BLACK AND WHITE IS WHITE - Well, if you look through a different lens with altered light frequency the black might then look

grey because it was never black to begin. Objects do not hold colour, it was merely how your eyes, thanks to nerves, decided that colour based on light wavelengths and electromagnetic frequencies (much like the radio wave antenna consideration above)

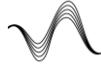
IT IS A FACT THAT I AM A HUMAN THAT LIVES ON PLANET EARTH – Well, again, there are many scientific and philosophical arguments that look to many explanations as to who we are, where we are and why we're here. If you think you can prove your theory via fact, please email me and I will act as your agent when I put you forward for your nobel prize!

SEE, ANYTHING THAT IS CONSIDERED A FACT CAN BE CONSIDERED OTHERWISE AND VICE VERSA.

Go ahead, draft out some ideas in which you concretely believe that fact is fact and it cannot be seen otherwise and then give yourself the honour of seeing it from a different perspective.....Write it down – Talk it out – Have a good think.

Go deep! I'll wait!

BELIEFS



AN EXAMPLE THAT OVER THE YEARS MANY HAVE COME TO ME AND SPOKEN OF THAT HAS BEEN ONE OF THE HUGEST TRIGGERS TO THEIR AWAKENED SELF IS: I NO LONGER BELIEVE IN RELIGION. I HAVE HAD NO PROOF THAT GOD EXISTS THEREFORE I QUESTION THE NARRATIVE ON RELIGION.

If you're a person that has been brought up in a very strong religious environment where thoughts and feelings outside of this parameter have never 'crossed your mind' and talk about anything outside of this is deemed inappropriate then the very thought of expressing ideas, concerns and perspectives outside of this field can leave you paralysed in fear. Fear of judgement, isolation and criticism from others within your culture, so you stay in the lane and hold on to these feelings, not expressing them for fear of rejection. This is the most damaging thing you can do to yourself. But those thoughts and feelings seem to somehow get stronger the more they are suppressed, until one day, you snap!

YOU BREAK FREE!

You might be in a marriage where you both started off in a faith of one kind but over the years, you or your partner might have started to 'lose the faith' and steer off in a different direction. Fearful that you might lose your partner over this fixed belief you both once upon a time shared, you stay silent out of fear you will be rejected or that it will change the course of your relationship.

BUT, consider for a moment that in opening up and sharing how you think or feel, you are either setting yourself up for the possibility that your partner might see it from your point of view and also share the same changes in thought, faith and belief and it will be like **'WOW I HAD NO IDEA YOU ALSO FELT THIS WAY'** or, you might be met with complete rejection and disillusion that they will open the door for you to walk away and you can move on, in to a future more aligned for you.

Now, we've been conditioned to believe that people don't quit! You don't leave a marriage. You make it work. You give it your all. Until death do you part. Again, much like in chapter 1, this resembles the **TOUGH LOVE** ideology where staying in a marriage and toughing it out somehow seems like the best option rather than walking away. Just a perspective but, sometimes, death can be considered nothing more than transformation. The old 'part of you' dies so that the new part can be re-born. Now you might read that and think, 'Ah, what a convenient cop out on responsibility and commitment' but, ask yourself why you're committing to something you no longer believe in or that is no longer aligned to your life? If it isn't healthy for you anymore, why stay? That isn't just for the example given above about a person that is no longer on the same religious path as their partner, it can be applicable for anything in life.

If you aren't happy in your job anymore, why stay in it? Ah because you were working up to partner level. Is that a guarantee? And when you get your partner, will you be happy? Life is all good, nothing to worry about? Nowhere to go and grow from there? Is that partnership the one thing that will light your soul on fire? Give you the very life you had hoped for? Fill you with passion and purpose? Love you and nurture you and never give up on you? As much as you give that partnership, will it give you back in equal measure? If not, what then?

I'VE GOT THE POWER



The key to growth and change happening at a self-aware, conscious level that is smooth and transitional, it to be accountable for every single thing you do in life

ACCOUNTABILITY IS KEY - But it is also one of the hardest things to do because, much like above where we say it's hard to admit where our minds change because of our old belief mindsets from the past, being accountable means you have to admit where you've gone wrong, taken the wrong path, made a mistake, hurt another, screwed up, done it all backwards, made a total mess! You know what though, everything redirects back to centre. There is no wrong way much like there is no right way. There is simply the way you are going because the lessons on that path are the ones your life needs to take in order to re-correct, re-align and re-purpose yourself to get back to centre.

That might seem like a dreadfully egocentric or even nihilistic way to consider things if you're a person that is suffering with life battles such as severe addictions, abuse or other dreadful consequences of hardship.

Why would anyone going through this sit back and say 'Oh, well then the path of torturous abuse was the path I was destined to take and I must just accept that' - No, you shouldn't accept that. This is what awakening and self-empowerment is all about. It is about YOU taking responsibility for YOU and not letting anyone tell you what to think, feel or do. It is not letting ANYONE have any power or governance over you. It is saying NO to all those things that have caused you pain and suffering to leave. But the journey itself is the hard part. The journey to awakening and self empowerment is one of the hardest things we will ever do in life, hence why we opened this chapter up by saying exactly

that. It is very much a death and re-birth., Out with the old and in with the new. How you get there is entirely up to you!



Kathrynasher_ 

@SomaVet

The conscious person uses the world as a mirror to better understand and master themselves. The unconscious person attacks the mirror because they do not realise it's a mirror

[#mindset](#) [#embodiment](#)



HOW TO GIVE YOURSELF PERMISSION TO CHANGE



Remember that it's ok to change your mind. If you notice that the life you're living does not reflect who you currently are, it is ok to change direction. To try a new experiment or pick a new path. 'But what if that hurts someone?' But is staying hurting you? Depending on how you action change, it doesn't need to be destructive. It can actually be very constructive, for everyone involved

Trust that it's ok to let it go., even if you fought hard to get it! It's not the job, the home, the relationship. It's how those things make you FEEL. If the feelings change, and they're allowed to do so, then holding on to something that no longer fits can cause more pain than good. Trust that you can let things go. It's not a loss. It's a shift in direction. That is all. Don't be afraid

Get clear on what matters most to you. Write a list of all the things that you value and hold most dear, then survey every thing, every person, experience, object etc in your life and ask yourself, is this in alignment with me or does it need to go? A life well lived is the cumulative effect of what's important to you.
KNOW YOUR WORTH!

Ask how you really value your worth? What is my worth? How do I measure what's important? What am I afraid of? How can I counteract that fear? How

can I re-prioritise my worth in my daily life? How can I show up as an empowered person to those around me?

HOW DO YOU MEASURE YOUR SELF - WORTH?

Over the last few years, we have seen a huge influx of crisis after crisis in the external world. One disaster after another, and again, nothing happens on the outside that isn't happening on the inside, hence the importance of doing this work. The subjects of our resources have come up heavily these last few years. Oil, gas, electric, water, war hikes up prices. As the anger builds, so does the cost! We mean this metaphorically as much as physically and energetically but yet here we are. Have you ever questioned where these resources come from and the energy it takes to manage them? And who manages them? And if there's a better, simpler, more sustainable way to harness and distribute what provisions we use? Without being too political or economical, we're just using these examples to give you an insight into the world of value and worth of resources that perhaps you haven't considered and might shed light on the bigger picture here, bare with...

Look at food for example. A leg of lamb from New Zealand is cheaper to buy in Yorkshire than a lamb raised on the fields of Yorkshire. How does that work? Where's the logic? There isn't any. So have you questioned, where does the majority of your food come from? And what exactly is in most of what you eat? But just to highlight, the worth of most of what we consume is completely out of balance. It is extorted and unevenly distributed and causes huge chaos in our external world as we see half the world starving and the other half throwing away food.

The reason for bringing this up, is that most of us don't question the little things such as, what we spend our money on, in detail and fine print. Conscious living is a hashtag that has been pumped out into the social scene over the last few years along with #locallysourced #sustainable #seasonal etc and the reason for this is to get people to question and see where their money is going. You can really only know your worth when you question these things because money and the things you spend it on are all part of that equation.

So after the last few years of external hardship, what have you done to take matters into your own hands and re-shuffle your life?

Food planning so as not to be wasteful?

Budgeting so as not to be wasteful?

Cutting back on utility usage so as not to be wasteful?

These are all things that go in alignment with -

Cutting back on alcohol to reduce toxic load

Cutting back on toxic friends to reduce toxic load

Cutting back on toxic thoughts, feelings, actions etc

All these things help us make shifts where things we didn't see as concerns before are now very present in our lives and there are reasons far deeper than the surface level for them to be playing out. It has never come into question the value and worth of our resource chain. It was just there. Food just appeared without much of a thought however in places all over the world, this isn't the case and funnily, in those places, the people seem to have much more of a spiritual attunement than we in the west do. The appreciation and gratitude for the simple pleasures of life is something that we tend to take for granted so, it does highlight the question, 'What's the worth of anything?' and when we start to think about it, truly pay it some thought on a deeper level, we really start to see the problems with how the value of anything is completely disproportionate and upside down.

The housing market - unjustifiably through 'THE ROOF' pun intended - People losing their homes or unable to buy. Many are priced out. Rental market crisis - Nothing affordable to rent - The middle class being sized out - The rich get richer the poor get poorer - What's the solution? Print more money?

The utilities - people freezing or overheating, getting cut off for mis-payments that are no longer affordable or sustainable. Not being able to bathe as often as usual or turn the heating on in fear of not being comfortable in own homes

The food chain - Food shortages, cut backs, delays in imports due to war / shipping costs / fuel prices due to war / Brexit / politics

TAXES RISE - FUEL PRICES RISE - HOLIDAY COSTS RISE

Work harder, spend more time away from family to make more money to pay for all of this STUFF we think we need....

The list could go on but, do you see the point? There's not one person that's been unaffected by this chaos and crisis that has hit us and the message here is loud and clear to those of us living in an awakened state.

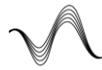
THE SOLUTION IS NOT TO PRINT MORE MONEY - MONEY HAS BEEN THE PROBLEM TO BEGIN WITH. IT'S WHAT IS USED TO DIVIDE AND CONQUER AND WE FELL FOR IT

People seem to have this built in belief that **MONEY MAKES THE WORLD GO AROUND** - well, you can't print love, honour, respect, consideration, gratitude, health, happiness, freedom, kindness, authenticity, trust.....**THESE ARE THE THINGS THAT GIVE YOU WORTH!** These are where your purposes in life lay

If you believed your purpose in life to be money based, title based and possession based

Then you've entirely missed the point!

VALUE AND WORTH



Doesn't everyone deserve to have a home? There's this rhetoric being played out right now that so many are voicing out into the world via social media and online platforms. It's funny how behind a screen everyone seems so brave and they share these thoughts without consequence. Yes, it's a touching subject in which everyone seems to have an opinion and without putting politics on the table here, what about the immigrants and refugees that are fleeing for their lives from war ridden countries. Where do you suppose we send them if not to safer neighbouring countries? In they come and you fear for your safety without considering theirs? Doesn't everyone have the right to a home and a safe place? Yet we place so much prejudice on that which we either don't understand or don't particularly like because it doesn't fit our social standards.

Yes, but my house is worth XYZ because it's on X street and I worked hard or married XYZ so I could have it. Great, but where's your authenticity? Did you do it all for love? Does it make you happy? Do you feel fulfilled? Has it given your life purpose?

And from within the pristine walls of your palace do you look out of your windows and through eyes of non-judgement see someone less fortunate across the street and think, I will open my doors to that person and offer them my roof as shelter? Or do you look and think 'But It's MY house and my roof and I don't let anyone in?'

The critically acclaimed 1883 show that has shaken many to their core speaks exactly of this. Of how man-made entitlements over land and possession have been our downfall and that it continues to co-destruct as we keep placing our priorities on the wrong things and in the wrong ways

There was a scene in which the young cowgirl, through her exhaustion of having to move from place to place with no possessions or safety / security says:

“This is our 3rd day here, the longest we’ve stayed in one place since the journey started. One trait all animals share, people included, is that no matter where we are or where we wish to be, if we’re there longer than a day, we try to make a home of it. But the plains are not for home building. Not enough resources. No shelter. The plains are for vagabonds, wanderers and cowboys. Their home is a saddle. They sky their roof. The ground is their bed. What’s lacked in material comfort is gained in the knowledge that they are always home. To them, the journey is the destination. Should they find gold at the end of the rainbow, they would leave it there and seek another; choosing freedom over the burden of the pot. No dreams of oceans or snow-covered mountains. I dream of the journey. That is all. No gold for me. Just the rainbow”

This is not to say that you cannot have a home and all the wonderful things that make up the home (as we covered above in the material and spiritual) but, we see so much these days of online influencers showcasing their immaculate lives as if they’re something to live up to. A standard by which we must all break our backs and souls to aim to reach. Homes that are perfect with not an ounce of mess. One influencer even claiming that not a soul is allowed in her immaculate home (although she has 2 children) and it must always look like a showroom because of her OCD. (Remember, perfectionism is the highest form of self abuse)

This is not how we should be influencing anyone to be living. Where we prioritise our marble shiny countertops over the presence of our own children and loved ones around filling the place with ‘SOUL’ – Yes, you can have a wonderful home but I dare you to fill it with LOVE. Design it how you feel inspired to design it. Be authentic. Be true to yourself and those around you. If that means you have to break away from a few old habits and free yourself from old patterns that you no longer identify with then so be it.

When we start to realise that the importance of how we showcase our worth stands firmly in the way we hold ourselves up with integrity and pride, how we stand up for our family and friends and show them love and support, how we find gratitude for the little things in life and the meaning in small pleasures. How we stand true to what matters to us and not let anything come in between, where we always display our authentic selves regardless of what others may think, THEN we have worth and our life holds purpose!

Whatever it is that you put out into the universe, will come back to you in equal measure. What if you woke up one morning and all your money was gone? Or you walked in to work only to be told that your place of work is no longer? Your title, for all it's worth, is no longer? What would become of you if you had to strip it all back and start again?

We are seeing MANY people going through this right now. Some have made the choice for themselves after years of disillusion and distress from their workplace, others have had it forcibly put upon them through businesses that are failing to stay afloat amidst the crisis. What if this was your line of business? You might have liked to think whatever your title was would always be secure, it might be why you chose that path but as we have learned previously, nothing is secure.

Everything is subject to change. Are you ready for that change to come? You might not get the choice. It might be out of your control. Then what?

What will become of you if you don't have the title to hide behind and you're just an average Jo? This is why we dig deep. This is why we started at the beginning and we explored the root cause. **WE WENT BACK TO WHERE IT ALL BEGAN AND WE MET THAT SMALL CHILD THAT ONCE WAS US.** So, go knock on his door again. Ask him, 'Do you want to build a snowman? - Come on, let's go and play'

John Lennon was asked what he wanted to be when he grew up - He answered, 'HAPPY'

You see, jobs, money, houses, titles, they're all just STUFF! It is the emotion and feeling that counts. Energy in motion. How the journey of life makes you feel so, if you consider your worth to be in feelings - love, happiness, honour, trust,

hope, kindness, friendship, respect, loyalty, authenticity then you will have an abundance of everything else. Frequencies are energies. What you put out into the YOUiverse YOU will receive back.

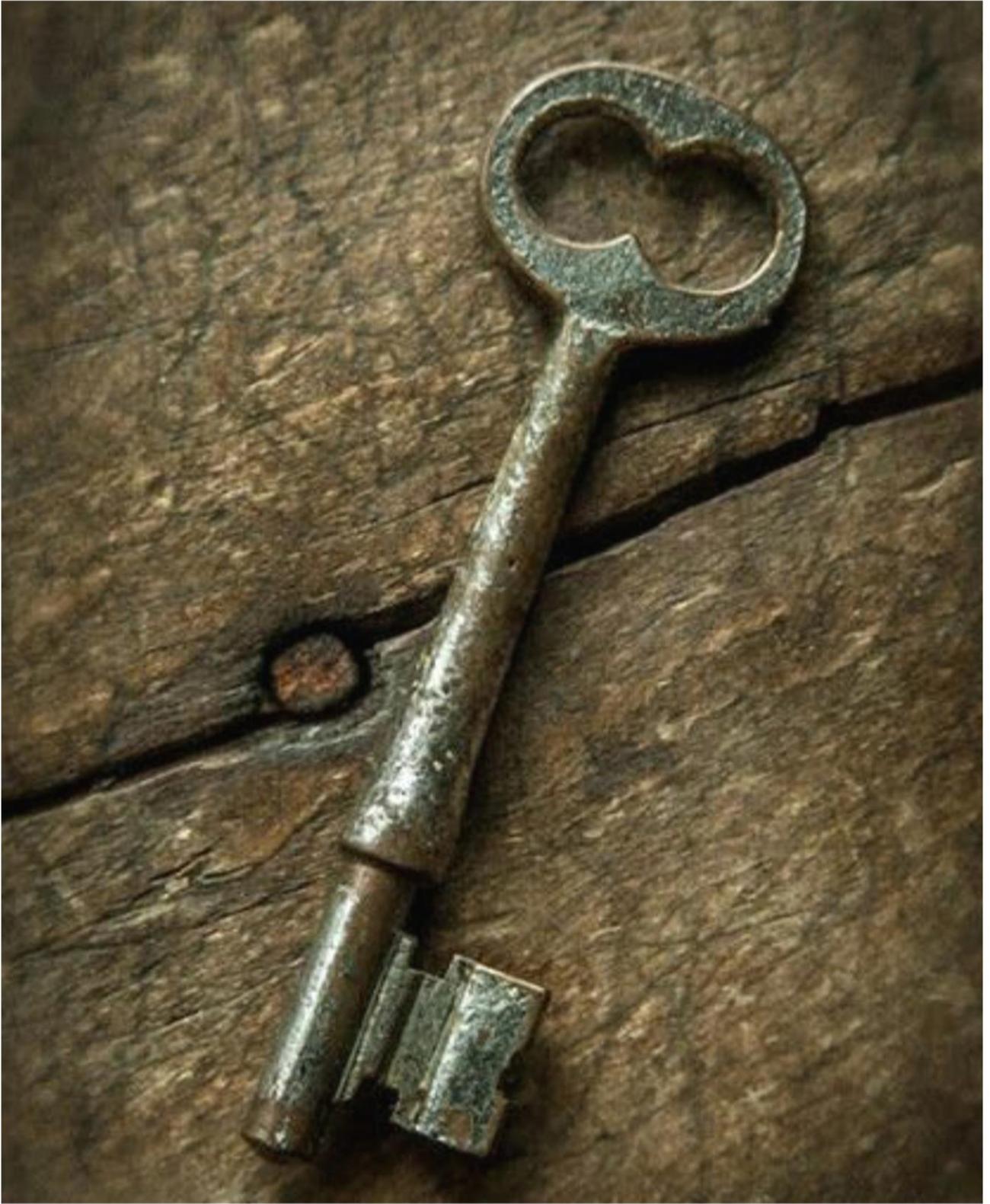
If you put out anger, jealousy, fear, resentment, entitlement, you will receive back scenarios in which those emotions repeat in loops through direct active life scenarios until you learn the lessons - Issues surrounding security, loss, grief and things that make you feel 'hard done by' will be dealt to you on repeat until you cut the cord and rise up from those lower feelings

SOMETIMES THE COPING STRATEGIES THAT KEPT US SAFE IN THE PAST ARE KEEPING US STUCK IN SURVIVAL MODE IN THE PRESENT

WE ALWAYS CHOSE A FAMILIAR HELL OVER AN UNFAMILIAR HEAVEN

As we have spoken about throughout the whole of this module, those lower feelings are all that have made us feel trapped in trauma. This is what we're flying away from, like birds with new wings, unclipped and ready to take to the skies - So, you may lose your job. How you react to that could be your rise or your fall. But everything in life is an opportunity for you to take the higher path or the lower one. People often tend to take the path of comfort because the unknown is the most feared. But with comfort comes concerns. You don't grow in places of comfort. Staying comfortable will see you repeat the loops. Breaking out of the comfort bubble will see you fly...To where?

Who knows, but, if you stick to your WORTH then you'll always be fine!



HOW TO EMBODY YOUR WORTH AND STAND EMPOWERED

The biggest tip we can possibly give you here is to **SET BOUNDARIES!**

STRONG PEOPLE DON'T HAVE ATTITUDES, THEY HAVE STANDARDS AND BOUNDARIES

Look at the areas of your past where you might have let toxic people get away with belittling you, taking advantage of you or putting you in situations that benefit them but not you – The reason that we set boundaries is for this precise reason – So that these things cannot hurt or harm you again. It is not rude or wrong of you to do this. It is absolutely necessary for you to do this. Sure, someone might come along and play the victim card to make you feel bad and try to crack you or break you down. You might feel like you are really tempted to break down those boundaries you've put up and say 'just this once' or 'If I don't, I'll be rejected' but remember why you're putting those walls up to begin with.

There's a lot to be said for people that 'set limits to protect themselves' – 'Oh, she does it so she doesn't get hurt' or 'She doesn't want anyone to know what she's thinking or feeling' – And somehow people that set boundaries are villainised for being cold and unapproachable but no, they are doing so because they have been hurt before and they don't want to be hurt again. **BOUNDARIES ARE NOT WALLS – THEY CAN BE SET WITH KINDNESS.** If being wary or cautious makes you rude or unapproachable in the eyes of those that wish you didn't have boundaries, then that speaks more of the person with that viewpoint than it does about the person laying down lines. Don't cross them – They're there for a reason!

Boundaries protect us from the parts of the outside world that could attack at any moment and aim to crumble all the hard work we've put in to rise up from the times we've been taken advantage of. Use discernment of course. If someone's intentions are honest and they're asking for your help, at your discretion and your available resources, whether they be physical, energetic or otherwise then do what you can to help. If their intentions are not honourable and you can see would likely cause you damage, you have **EVERY SINGLE RIGHT TO SAY NO!**

It is not an easy task to establish boundaries and you have to be clear with yourself when you create them, what are they for, why and to what degree am I willing to be flexible with them or not.

SPECTRUM



Part 2

In this final chapter, and after consideration of everything that we have moved through throughout this entire book, I would like to end this book by just having another look after all of what we have learned from root to now on 'what the spectrum is'

Maybe have another read back over the spectrum chapter 1 and also then consider all of what we have explored through archetypes, trauma bonds, neurodevelopmental and behavioural disorders, perfectionism, OCPD and all the other things that we have seen that have come as a direct result of the ROOT CAUSE and unresolved trauma patterns most of which stem from systemic trauma effects.

I am at this stage maybe going to 'not do myself any favours' but I feel I have to stand true to my journey, findings and the entire reason as to why I wrote this book but, disorders such as ADHD, OCPD, AUTISM, BIPOLAR, SCHIZOPHRENIA, ANXIETY, DEPRESSION etc are ALL symptoms of spectrum imbalances that stem from trauma. They are not disorders that require lifelong medication or treatment. They are not an illness or disability. I am not disputing that the symptoms of these concerns are real but they are not being represented or explained medically with any real truth and the reason why is because those in control do not want you to heal so they won't encourage you to do so. They'll sell you something else instead

However, these symptoms are ALL the result of unprocessed trauma, misguided influence whether that be from home, social environment, healthcare influence or many other factors. They are changeable, adaptable, solvable, fixable.

People that suffer from these varying degrees of certain neurodiversities are, in its simplest form, products of a very harsh and unaccommodating system by which they are forced to exist but do not know how to because they 'do not fit comfortably within the box'. The box, where we are conditioned to behave 'normally' aka with guarded emotion, compliance and reason. They are highly emotional, highly intuitive individuals that carry the wounds from generations before them and do not know how to process them clearly from within this box we all exist.

WHAT IS ADHD?

ADHD is the inability to suppress internal and external noises. It is NOT the inability to focus. The stress and noise of life can create huge anxiety and the inability to seem like you can cope with 'standard' life tasks comes from the noise of the surrounding environment by which we all exist. This noise and the inability to cope is what then leads to issues of self-esteem, self-worth and self-belief.

The reasons why I have focused so much throughout this book with the interpretations of perfectionism and OCPD, trauma roots and loops and how to overcome the consequences of these abuse mechanisms is because THIS is the root of where ADHD / Autism and other spectrum tendencies come from and why they are so difficult to control.

Once we know this and figure out ways to 'quieten the mind' and slow the brain down, the symptoms of ADHD and other 'disorders' dissolve almost instantly and with this enables you to move into a more empowered lifestyle, which again, is why I spend time focusing on this also as the healing patterns flow in that order

Unfortunately, we are so quick to 'diagnose' and I do believe that these disorders, much like the many 'agendas' I have spoken about, are mislabelled and false guided agendas promising one thing yet delivering another is exactly the case with these diagnostics. They are not true. They are not real. Yes, people do struggle with noise, sound and have their minds muddled, puzzled and

scattered in a mess. I am not denying that but, it is not because you have A B C D or E, it is because you are BURNT OUT!

Within that BURNOUT framework, you could either be over-focused, hyperactive, under focused, underactive, anxious, inattentive but again, the reason that I wrote the section in on the nervous system in Chapter 2, this is because you are in FIGHT, FLIGHT OR FREEZE, not because you have a 'Neuro malfunction / disorder' - Ah but then why are the Doctors saying this?

Hate to say it and sure, come at me with your criticism and name calling but, Doctors are on a Pharmaceutical payroll and are some of the biggest drug dealers out there. They will tell you its ADHD and prescribe you with stimulant drugs such as Ritalin, Welbutrin, or other similar amphetamines which might target the part of your brain that silence the noise but they also diminish your body's natural ability to make dopamine on its own therefore making you reliant on dopamine pills not to mention the fact that these drugs, (street drugs in most common parts alongside speed and other amphetamine based stimulants) are highly addictive and rewire your neural pathways completely altering your brain state therefore altering your natural sleep patterns, eating patterns and destroying your natural metabolic function. The MESS these pills can get you in if you take them long term (and most people prescribed these are on them out of fear of stopping and inability to withdraw) then end up on subsequent prescriptions for other problems caused by the effect of the medication in the 1st instance.

So yes, call me names but the name for Doctors these days is also up for question. I'm not averse to medication for certain things, of course not but I am averse to putting kids under medically induced brain states simply because adults, school teachers, work leaders etc don't want to address the actual ROOT CAUSE of the problem or look for long term coping mechanisms that are safer and gentler for BURNOUT, NERVOUS SYSTEM STRESS induced by the very system itself

We know that with ADHD in particular, focusing on diet has huge success rates. An admission that in itself is a very factual way of saying 'You're not feeding your child what your child requires nutritionally. You are instead giving them far too many processed, unhealthy foods that their brains / bodies are reacting

badly to' and therefore clearly stating the ROOT CAUSE AND EFFECT of why your child is behaving a certain way or is struggling to focus- So instead of labelling and then medicating the child, why not simply look at taking away the lollipops and adding in some brain foods such as broccoli, nuts, fish oils?

I guess a life of convenience isn't so convenient after all?

We also know with ADHD that there is a huge wave of HYPERACTIVITY output closely followed by a big CRASH and a come down where they feel overwhelmed, unable to cope with standard daily tasks and obligations, ending up procrastinating and switching off and then feeling shame and guilt for not having been able to 'perform normally' because they're told their brains do not function like that of a 'normal person' - Again, as mentioned in Chapter 2 when looking into PTSD I clearly stated that back in the 80's and early 90's when I was growing up, these 'diagnostics' was never available to me. Had they been and based on what I know and understand from the archetypes of psychological neuro-disorders I would have easily have been diagnosed with ADHD and Autism and due to swinging across both I severely dealt with huge episodes of OCPD and tourettes. But was this because my brain was 'not like the brain of a normal person' thus requiring me to be medicated or because I had various root cause trauma issues I had to resolve? Well, the proof is in the pudding that I am now a very functional, well balanced individual because of following the exact details of this book and that my brain is exactly as it should be!

While I think it's great that people are being diagnosed, treated and labelled in a way that gives them a sense of identity, recognition and support I also think it's very dangerous to whack on a label and present a person, still in their developing stages especially, with a list of reasons as to why they're 'not normal' that actually have nothing to do with the fundamental ROOT CAUSES and will, over time be proven to not have been of any helpful use at all to them and have been nothing more that a nanny band aid plastered over the original problem that they will be forced to deal with later on in life

The original problems being

- Unsafe learning and developmental environments and zones
- Feeling like we cannot trust the adults around us so we close ourselves in
- Confused and hurt that no one understands our feelings and not feeling like we can openly share them
- Feeling like we're not good enough
- Being raised in homes with 'tough love' principles and by parents that themselves have OCPD anxiety, depression and many other externally derived sufferings
- Not being able to connect our body / brain because we do not understand how when we are in constant states of stress and overwhelm

THESE are the reasons why children on the SPECTRUM have 'disorders' - Go back and read about the nervous system. Our children are in FIGHT FLIGHT FREEZE response to the traumatic world around them. Their nervous systems are shot. That's why their brains are fast becoming overloaded and fried. They are not freaks or weirdo's, they are children that do not know how to safely express themselves or trust themselves because we live in a world that has gone mad!

EVERY SINGLE ONE OF US IS ON THE SPECTRUM!

WE ARE THE SPECTRUM!

It may come with huge backlash that I say this but I keep seeing interpretations of various neurodiverse issues springing up online and there is a trend being normalised where many are saying 'Oh, well I can't do this because of my ADHD. My brain doesn't function like yours. I'm different' and I would like to go through a couple of the trending examples and break them down:

These are **THE COMMON COMPLAINTS** that I have collected from various people on instagram making reels about their 'ADHD'

ADULTS WITH ADHD STRUGGLE WITH:

- Making decisions on what to prepare for dinner
- Struggling with the amount of paperwork and bills because of lack of time
- Can't relax because of hyperactivity
- Always has to have something to focus on and have mind engaged
- Gets frustrated and bored easily
- Looks for things to be worried or anxious about
- Listens to the same song on repeat
- Random bouts of impending doom
- Wanting to be social but also worried about having to be
- Struggles making eye contact with people

PLEASE LET'S BREAK THIS DOWN

EVERY. SINGLE. ADULT (MAINLY PARENTS / MOTHERS) THAT I KNOW struggles with the daily thought of 'WTF do I make for dinner. This isn't because of ADHD it is because it is quite frankly EXHAUSTING to constantly try to accommodate everyone's preferences, desires and food moods! A bloody boring chore that when done on repeat (often 3 times a day) can drive you mad to the point of pure disassociation!

STRUGGLING WITH THE AMOUNT OF PAPERWORK AND BILLS - If you, like many others, find dealing with these things stressful, it is because THEY ARE! It is stressful doing personal admin, just like it is stressful doing work / employment admin because it requires you to focus on systemic details by which we often get confused, stressed, overwhelmed and guess what? WE DON'T GET PAID FOR DOING IT! Most people I speak to on this matter say exactly the same and also offer that the fear that comes with paying bills late keeps them up at night so they often have unopened mail, emails and a pile of papers they struggle to get on top of

CAN'T RELAX BECAUSE OF HYPERACTIVITY - Your nervous system is shot! Go back and read the chapter on the nervous system and you will see that if you struggle with the inability to relax your mind it is because you're either in FIGHT FLIGHT OR FREEZE and this leads to procrastination and the inability to calm the mind in a healthy way

ALWAYS HAS TO HAVE SOMETHING TO FOCUS THE MIND ON OTHERWISE THEY GET ANXIOUS AND START LOOKING FOR THINGS TO WORRY ABOUT - This again is brain burnout. You have become conditioned by this fast paced system to overextend yourself that if you aren't constantly stuck in your mind with something to solve, obsess about or code crack you will search for something. This is again FIGHT FLIGHT OR FREEZE and is a total overwhelm because your mind is refusing to let your body process things calmly thus constantly firing scenarios that get you stuck in mind loops where like above, you then won't ever be able to 'relax'

GETS BORED EASILY - Same as above. You're stuck in your head! One thing I tell parents of children needing support is that 'children raised in chaos become adults triggered by peace and safety' - As I have spoken about with regards to imagination and manifestation (which anyone can do) is that the system puts you into overload so that you cannot easily access the peace of mind required to channel your own imagination. If you are kept in a constant state of 'overdrive' then when you try to relax, you get bored because, guess what? **YOUR NERVOUS SYSTEM IS IN FIGHT FLIGHT OR FREEZE**

LISTENS TO THE SAME SONG ON REPEAT - Come on! Everyone does this. When you get a song you love, you've got to play that bad boy over and over until you're sick to death of it. Every single person in the 90's played 'The Fugee's - Killing me softly' until they could no longer bare a second of it! Tell me I'm wrong? **THIS IS A PERFECTLY NORMAL NEUROFUNCTION** - It is how we learn, process and digest information particularly information that we really love and that makes us **FEEL GOOD**

RANDOM BOUTS OF IMPENDING DOOM - Guys, LOOK AT WHERE WE ARE! If you don't ever stop every once in a while and crap yourself over what's going on in the world there's something wrong with you! Robots wouldn't worry about the state of the world but guess what? **THEY ARE NOT SENTIENT BEINGS - WE ARE!** It's perfectly normal to worry and sometimes have fears about impending doom scenarios. It is how we intuitively process the world around us and implement survival / coping mechanisms for 'worst case scenario' events that probably won't happen but...Unless you're constantly stuck in this loop phase (which then becomes a form of extreme panic and anxiety, again, no need to label, that could happen to anyone) again, just acknowledge the feelings and let them move through you. **EVERYONE** experiences this! It's how you learn to balance the response (Again, check your nervous system)

WANTS TO BE SOCIAL BUT ALSO WORRIES ABOUT HAVING TO BE - Ok, so what then is the difference between a very introverted person that feels this way and someone that has been diagnosed with 'ADHD'? It's very common and very normal to want to see people but then worry about having to 'perform' because we are energetic beings that struggle with having to 'act' a certain way especially if our energy tank is low, we're tired, we're burnt out, we are in our 'innerworld - 'intro'spective' and having to 'come out' and play is challenging. To label this as an ADHD trait is an insult to most people that simply struggle with being around others because it drains their energy and 'flattens their battery' so while it seems like a great idea, they find it overwhelming and exhausting. This could apply to anyone and everyone because unless we're in a genuine safe zone with people we love and trust, it is just a way to syphon your energy and intuitively you know this, hence why you resist

STRUGGLES MAKING EYE CONTACT WITH PEOPLE - We ran a poll within our veterinary research networks to ask about 'how people manage with patient care within the profession' - One of the questions on the survey was ' Do you find it comfortable to make eye contact with your clients when needing to communicate with them?' 86% said they felt uncomfortable with 57% of those stating that the reason they chose to work with animals was because they struggle to engage with people. Are we going to say then that 57% of the veterinary industry are ADHD? No, we are simply going to recognise that very often **MOST PEOPLE** regardless of work tasks or personal endeavours find it

challenging to look people in the eye when communicating. This comes down to TRUST and again, I stress the importance of safe zones and making sure we all feel comfortable in our surroundings with responsible and empathic people. If we don't feel safe or we feel in any way uncertain about who it is we are talking to, ANYONE would feel uncomfortable or would dart their eyes and avoid making direct contact. This is, again, perfectly normal!

Listen, I'm not trying to shoot down people's diagnosis, feelings, life struggles etc but what I am trying to do is shine a light on where these 'problems' stem from. It has become popular for people to attach a label to themselves as it gives them a sense of self knowing and also a sense of validity to why they behave in certain ways but unless you know the fundamental root cause reasons as to why you behave a certain way then all that diagnosis is is a fancy nanny band aid plastered over a concern that you will have to get to the root cause of at some point and you can't keep blaming your condition. It won't make it go away. It addresses absolutely nothing. Likewise, medication, to which I am not averse on a temporary basis, might take the edge off whilst putting in plan a long-term manageable solution but it also doesn't make it go away. We have to stop band-aiding the problem and GET TO THE ROOT CAUSE

'Oh, well I'm just like this because if XYZ' - No sorry. Take accountability. Stop excusing yourself over something a doctor told you so that it could give you some 'entitlement' to behave the way you do. Sorry if that sounds harsh, I am not trying to troll anyone but very much like I said earlier, TRAUMA IS TRAUMA, regardless of degree, severity or 'who has it worse' and by somehow singling yourself out from the rest of society where **'THEY ARE ALL NORMAL - I AM NOT'** what you're doing is a form of martyrdom / victim mentality where anyone that says otherwise becomes the target (in this case me) and your reaction to me saying this can then become hugely narcissistic if left unchecked

I read a report of one girl giving a detailed interpretation of 'what she felt ADHD was to her where she explains that, 'someone with ADHD is carrying a bag filled with holes and all the daily tasks of life are filling the bag. Someone that is 'normal' would be able to complete the tasks before they filled the bag and poured out of the holes whereas someone with ADHD would not and then the pressure of being criticised, judged and shamed would make any further tasks

painful to complete out of sheer panic that she cannot perform like the 'normal' people.'

The problem here is, that she has singled herself out and blamed the system (I get that) for applying too much pressure that she cannot cope with (I also get that) but then says that 'everyone else is normal' and she is not.

THERE IS NO SUCH THING AS 'NORMAL'

**NOONE IS PERFECT - EVERYONE IS
NEURODIVERSE, (unless we're
dead)- WE ARE NOT
DISCONNECTED - WE ARE THE
SPECTRUM**

SENSORY ISSUES

When I was little, primary school age, EVERY BLOODY ASSEMBLY while some plonker stood there preaching to kids about pretty pointless stuff, you could be guaranteed that Kathryn Isherwood would be called to come and stand at the front in shame because I COULD NOT SIT STILL.

A) because I was bored out of my mind and B) because my nylon tights were making my legs and bum itch so much I would truffle shuffle my way across the hall floor to try and make it stop. Why was it only me that was bothered by the itch? I asked my friends 'Guys do your tights itch your butt?' and they would all tell me yes but for some reason it seemed like I was the only one that couldn't cope. My friend Anna told me that she used to have to hold her breath during assembly and fight back tears because the itch was so bad and one other girl, can't remember her name but I remember her giving me tips on how to do 'discreet itching techniques' so that I didn't get caught. But it seemed everyone was too scared to get in trouble so they suffered the itch. Honestly? I didn't ever give 2 monkeys about getting in trouble or having to stand at the front in front of anyone but I was very acutely aware of how mean the teacher was for doing that and for singling me out as I could have been bothered.

What most of the clothes fabrics are made out of these days in this fast fashion culture is utter crap OF COURSE it makes your skin crawl and feel weird. These sensory issues are in most instances a perfectly normal reaction to a sense we have over something inorganic and offensive. Proper cotton bed sheets that allow you to breathe in your sleep won't have you flapping about quite like polyester and whatever other rubbish the cheap stuff does. Synthetics are not our friends.

FOOD

Similar to above, I was the ONLY child forced to stay in at playtime after lunch both in primary and secondary school and while out of the window I could see all my friends having fun, I was being force fed a slimy sausage or a hairy wobbly piece of pork fat by one of the bloody teachers.

Listen, I have stated above that I would have been an ADHD AND Autism diagnosis because I NEVER ate! I only liked 2 foods and they were toast and potatoes (and don't dare put butter on my toast). I tried to convince everyone, my mother included that I was allergic to baked beans and she once watched me as a 3 year old spend a good hour quietly separating all the tiny pieces of processed sausage chunks out of a bowl of beans so absolutely no meat was left in there than in the end I decided beans could also go on the hit list.

I ATE NOTHING. I lived on pure fresh air. So when I started secondary school, I was this see through, pale white haired albino looking thing that everyone named 'alien features' or 'five head' (I have a large forehead or 4 head...hence the nickname) or 'the anaemic bone' - THANK GOD I had a sense of humour and that for the most part, it was said in good humour also!

It was only when I was in my 20's and moved to Spain, (still skinny as a rake) that my then boyfriend's mother used to find it super odd not to mention offensive that I didn't do food. As a foodie nation that's just unheard of so they did open my eyes and I did, because I was older and more self-developed give some of it a try. Actually, I could give connecting back to my inner child and bringing her back for a fresh air feast a try as over the last decade it would appear that food and I are the best of friends. See, we do change!

I still struggle a lot with meat. I go through phases but I often watch people put bits of grizzly meat chunks in their mouth and wonder how they make chewing it look so easy. No, I still can't.

But guys, this sensory connection to our environment and food I have come to realise is not wrong. It is completely and utterly normal. We are all different with our tastes and preferences. Just because you don't like the feel of something that everyone else seems to enjoy doesn't mean you need a medical diagnosis.

I mentioned it briefly above and I didn't want to go into too much detail because it is a weird topic and not everyone is open to 'getting it' but, there is a huge shift happening right now. Our world is changing. When I was a teenager,

me and my girlfriends used to go out dancing and there was this one song in the UK that was at no1 for ages. It was from the band E17 and it was the Christmas no1 called 'It's alright' - and in it, the lyrics went:

Don't you worry, cos it's alright

Don't you worry, child of the night

Cos in the morning

Come with the new day sun

Love - an everlasting light

We are the seed of the new breed

We'll succeed our time has come

We are the new

These words are true

Let the light of love shine through

I mean, we sang along to this without actually realising the lyrics. You know, sort of switched off. But look at that! We are the seed of a new breed? PROGRAMMING! What could that mean? Why would that be such a repeated song? Gah played on repeat repeat repeat until it got lodged in there deep enough, embedded in our subconscious minds.

We know there's a change. We can feel it but why? We are the NEW? These words are true, **LET THE LIGHT OF LOVE SHINE THROUGH....**

We are becoming awakened to our higher sensory perceptions because there is a mass awakening occurring right now. This breakdown of timelines is to allow a new timeline to come through. Birthed by us. So while all of this collapse is occurring in order for that to happen, our minds are also collapsing a lot of old programming, patterns, memories and so much more resulting in complex confusion, feelings of uncertainty, inadequacy, an unsettled mind. HENCE THE LABELS but it is all simply part of the process of change. Don't fight it or resist it. The minute you just surrender to it and let it move through, the noise stops. You find that you aren't in the storm anymore.

YOU ARE THE EYE OF THE STORM

The other problem that I have with these current 'trends' where everyone is performing live shows about their mental health and behavioural outbursts is that, when we portray ourselves to be 'XYZ' because we can't get through our laundry pile, it then gives someone else that also struggles with their laundry pile the sense that there's something wrong with them and then they trot off to the doctors, pick up a prescription and end up hooked on stimulants for no valid reason whatsoever, all because we are so steered and influenced by online presence and trends and because we all have a SHOCKING lack of self worth and zero self understanding!

IT'S A LAUNDRY PILE - WE ALL HAVE TO DEAL WITH LAUNDRY - DON'T STRESS

As I type this, you should see mine :)

This is why I have focused so much on perfectionism. In this DAMN WORLD where everyone must be perfect, normal, put in the shiny box and never make a mistake you could very well say that EVERY SINGLE ONE of us suffers from something or another and that no one is bloody well normal!

YOU NEED TO START TO DIG DEEP THOUGH ON WHAT YOUR ISSUES ARE! WHY ARE YOU WAVING A FREAKY FLAG? WHAT DO YOU STAND FOR? WHO ARE YOU? WHO ARE YOU?

IN THE FAMOUS WORDS OF THE FOO FIGHTERS.....

WHO ARE YOU?

I'm the voice inside your head

You refuse to hear

I'm the face that you have to face

Mirrored in your stare

I'm what's left, I'm what's right

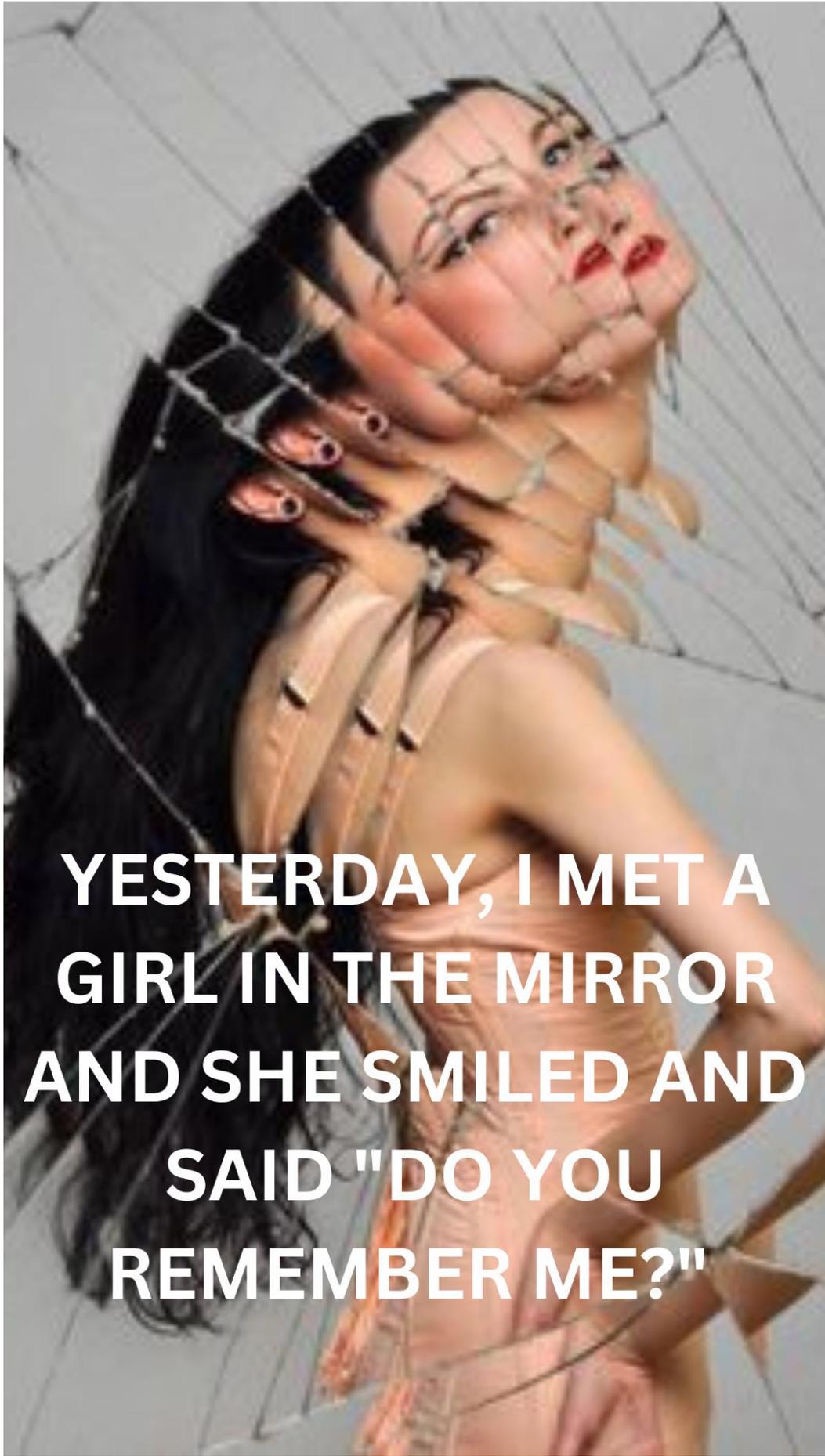
I'm the enemy

I'm the hand that will take you down

Bring you to your knees

So who are you?

Yeah, who are you?



**YESTERDAY, I MET A
GIRL IN THE MIRROR
AND SHE SMILED AND
SAID "DO YOU
REMEMBER ME?"**

I have written a lot about my personal journey online and spoken via my podcast about the many little stories shared and as a philosopher and psychologist I have to stay true to my knowledge, understanding and beliefs in this area and I do feel that the profession on the mainstream is very damaged and does not offer children in particular adequate support or mentorship / guidance through their developmental stages neurologically, emotionally or otherwise.

I do wish we could prioritise how we communicate with children and in a way that demonstrates care and respect for them as I also apologise for saying this but, there are many employed within the education fields that have no right whatsoever to be working around kids. It appals me and breaks my heart the level of abuse that comes from those within the schooling system that are there to 'help the children' but do the entire opposite

The stories I hear these days from friends, loved ones, colleagues and clients about how deeply their children are struggling right now? Children in their teens wanting to drop out of school, post covid they have just completely lost the desire to participate and instead are locked in their rooms aimless, directionless and with zero passion or zest for life because they have absolutely no idea about the world we live in anymore or what the point any of it is.

They have finally all said **ENOUGH!** They see through the cracks in the veil, the holes in the system, the mess that has been made and they no longer want to participate yet they are too young and underdeveloped to know how to focus on creating the new, setting new wheels in motion, looking towards the brighter bigger picture and they have zero help from responsible adults anymore because they no longer exist, if they ever did because they are **ALL** forced in to 9-5, or longer and aren't available.

Left to their own devices, these children are now searching for self all alone in a world that has collapsed around them and the dust of that is still filling the air and they cannot see. Our children have been damaged by US!

So, how are we going to fix this?

The only way to fix this is for us to fix ourselves?

How?

REMEMBER WHO YOU WERE. REMEMBER THE CHILD THAT YOU ONCE WERE. CONNECT BACK AND BECOME THAT CHILD AGAIN SO THAT YOU CAN CONNECT WITH YOUR CHILD AND THEN LET'S RE-BUILD THIS WORLD BASED ON GOLDEN PRINCIPLES, LOVE, TRUST AND INTEGRITY

Let the world around you crumble but start to fix who you are so that you can be there for your child or any child that needs you because every child needs a person that's healed from the mad world. Every child needs a Mary Poppins!

If this has been you, please know you're not alone and I hope this book has helped you. If this could be your child, **STAND UP AND TAKE YOUR POWER BACK** and show them that you have their backs against those that continue to inflict pain and trauma upon them simply because they don't know how to responsibly offer care and guidance

THE ROOT CAUSE takes us right back to the beginning. Everyone's journey is unique. Everyone is on this spectrum. We are the spectrum. Little light beings that create the universal rainbow all with our own unique essence, magic, individuality, purity and power

We are here to learn the lessons and to fill our hearts and expand our minds through our own unique experiences longing to be explored and felt. A different scene or place in time perhaps but with the same hopes and dreams. Let's not shatter them but instead look for ways to make them possible

If you have read this as an adult longing to reconnect back to your whole self, I hope that this has offered you some building blocks on how to pave the path forwards for you and that much like Dorothy in 'The Wizard of Oz' you can find your way back self because 'There's no place like home'.

If you're a parent of a child that has read this and you're looking for a deeper way to connect to your child or find a way to become a more mindful parent, I hope that this book will have offered you some foundational ways to create that unity and bond so that you can be the one to cut cords on past trauma and walk hand in heart alongside them

But if you're all of these and you just want the best for everyone, regardless of connection because you recognise that WE ARE ALL ONE then I hope that you will stand on that rainbow with me and shine your light so bright so that anyone and everyone that needs that comfort and connection can also finally start to heal their trauma and know that they are not alone

BEING ABLE TO FEEL SAFE WITH OTHERS IS PROBABLY THE SINGLE MOST IMPORTANT ASPECT OF HEALING AND FINDING SAFE CONNECTIONS AND IS HOW WE OFFER OTHERS THE SPACE FOR THEM TO HEAL THEMSELVES.

I HOPE THIS HAS BEEN A SPACE FOR YOU TO HEAL

EVERY SINGLE WORD OF THIS HAS BEEN WRITTEN WITH LOVE, COMPLETE COMPASSION FOR WHOEVER IS HERE READING THIS AND THE BIGGEST AND WARMEST HUG AND THAT WHOEVER YOU ARE AND WHEREVER YOU ARE, YOU'LL ALWAYS HAVE A FRIEND IN ME!

WHERE WE GO ONE, WE GO ALL

EPILOGUE

I like to think that each generation will need a little less therapy than the generation before"



If you would like to explore further into any of my other books or workshops, then please do head to [SOMALIFE](https://www.somalife.co.uk) where you can get a full list of what is available to you but, if you would like something to accompany this book that takes you deeper on everything that we have thus far read about, my **ROOT CAUSE HEALING TRAUMA WORKSHOP** is available online now and follows each of the chapters in **DEAR CHILD** allowing you to access and complete in your own time.

You can head to the website by clicking the pic below and please note that while prices may increase throughout the year depending on workshop availability or promotional offers, this price of £144 is available at **ALL TIMES** via this link for all those who purchased the book as a thank you for allowing me to journey with you!

BOOK NOW
HEALING THE INNER CHILD
£144.00

Module 1 - Root cause
Module 2 - The Body Brain
Module 3 - The Amorphosis

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“There's a type of girl that doesn't want to do the dance that everyone else is doing. This girl doesn't want to put on her warrior face and act tough. She doesn't want to pretend she's older than she is so she can gain likes and feel like that's her worth. She doesn't want to show herself through a cracked lens that she knows might hurt her and she doesn't care when the world turns its back for not playing by the rules that everyone else follows. In the world where little girls go big and they've got what it takes to really shine there's a type of girl that's shine is too bright. That diamond sparkle doesn't need to be dimmed by fake light and broken hearts and parts. There's a type of girl that shines so bright it's blinding. Her playground is in the waves and the forests. She doesn't need to learn the moves that fill the 6 second spaces that others will repeat. She has her own moves and like an angel she opens her arms and creates ripples in the wind. She opens her mouth and sends crystalline shock waves that shatter the worlds not worthy of her magic. She opens her eyes and creates visions that can't be confined behind a screen. She doesn't cry when she's cancelled or deleted. She has true friends. Her friends are the beasts that walk alongside her, the elementals, the monumentals, the ones that came from lifetimes before to help her build her world that screens try to take down by dimming her sparkle. No, her sparkle won't be dimmed. Let them laugh and call her names those big little girls that are out there showing skin with their egos and attitudes on high defence. She doesn't need to fight for she is protected. She carries the lightness of the heavens and rides waves of gold. She is here to walk freely, painting her world with her finger tips, whistling wonders through her precious lips. She is safe, guided, loved and cherished and most of all, she knows this. There is a type of girl that doesn't need to copy for she has her own blueprint. She doesn't need to follow anything but her own heart and her heart goes out to all those trapped behind a veil of illusion that can't find their way out and into their own worlds because they're not as brave as her, so she saves a space for them at her table and knows that one day they'll join her but for now, she walks alone because she won't back down and give away her charm for a world that doesn't deserve her. She is a real big little girl and she knows it!”