



DEAR *Child*

BY
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THE BOOK OF BEGINNINGS

The inner child

Kathryn Asher



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Acknowledgements

This book has been a decade in the making and it wasn't until I reached the roots of some hell and was able to use them to pull myself back up to the light 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 12 year old boy that kindly let me be his guide and mentor during his challenging 3 years of primary / high 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

But, more than anything, this book is written for my 2 daughters, Tahlia and Claudia, who I have known since forever and will know for an eternity more and while they fill my heart with so much love every single day and forever will, my heart bursts with love because of them! I spend a lot of time worrying and wondering about what would happen if we were ever separated and truth be told, that is the ONLY thing that scares me in this world but, we are bound to each other for eternity and beyond so I will fear not what comes but words could never express how much I love you both. So I am taking this moment to express that as for every word I have written in this little book DEAR CHILDREN OF MINE from my heart, they also come from yours because WE ARE ONE! So if you ever feel stuck in life, lost, frightened, alone, read this and know I am with you - I ALWAYS WILL BE!

You are the best things I have ever done! My absolute 100% success in life. Thank you for being my babies

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

LET'S GO BACK TO THE VERY BEGINNING, A VERY GOOD PLACE TO START.....

THE HISTORY OF US

It is said that at the beginning there was darkness, and then came time. And within the cosmos, when time began so the cosmos produced fire and ice. Then were born two twins, Manus (man) and Yemo (twin) and a sacred cow that gave sustenance, connection and companionship. The cosmos moved between a dance of chaos and order and over time, the brothers yearned for order and when they decided one day that they wanted a home, a place to live and thrive away from the chaos but in order to create this world, a sacrifice had to be made.

The Gods were to be feared and as mortal beings longing for order in the cosmos of the gods, they knew that they must deliver a sacrifice to the Gods so that their requests would be delivered with gentleness and ease as opposed to chaos and turbulence.

So, Yemo agreed to be sacrificed and Manus took his life by separating him into 3 parts. Head, torso and limbs, offering the body to Deus Puter (***Dyēus Phatēr***), or the sky Father as the Proto Indo-Europeans called their shining God, major supreme deity.

By Manus cutting his twin into pieces, he created the world. The sun, the moon, the land, sea, sky and stars and winds. He finally created people, and the first of these were called Trito. The third. Manus came down into the world and became the first priest and he taught ritual sacrifice to the people so that they could learn to keep it in order.

The Gods welcomed the sacrifice and gave their approval. And so Manus became the leading priest of the land, Yemo the way of the underworld leading departed souls back into the cosmos after death and they gave Trito cows so that they could be rich in sustenance and provisions. And all seemed well but chaos always had its way to trickle in.

One night, a six eyed serpent came and stole all the cattle from the land, leaving the people starved and confused. Trito was not strong enough to fight off the serpent alone so he went to the Gods and offered a sacrifice, his ritual drink, to the storm god Perkūnas in exchange for the Gods

strength. The next day, Perkūnas agreed to come help Triton fight off this six-eyed serpent and together they went into battle.

They travelled beyond their borders to seek back their stolen cattle and when they found the 3 headed serpent hiding in his cave, they slew him and took their cattle back to safe pastures and order prevailed.

When he came home with the cattle, the people recognised Triton as the first warrior. They celebrated their reclaimed wealth by giving the priest cattle as an offer of thanks to the Gods for their help.

Manus created a sacrificial fire and over it killed a bull, offering it to the Gods and as the flames grew higher, reaching the Gods, the Gods accepted their thanks and kept chaos away. The gods continued to give cattle to the people. Manus continued to sacrifice and then a new King was crowned, and he was called Yemo. He was the mortal that was prepared to sacrifice himself to keep the people safe and the lands fertile.

These brothers were twinned by fate itself. First man and twin, later Priest and King. Their thoughts birthed Gods and Goddesses. Entities that strived to create order out of the chaos that brewed below.

The saga of creation is an eternal cycle, where peace is a precursor to the resurgence of chaos. A reminder of the delicate balance of the cosmic order of things

This then, is a tale of creation, according to early Indo-European myth some 8000 years ago, of beginnings and becoming, of sacrifice and salvation. A testament to the enduring quest for order amidst the chaos that exists in the cosmos today

Written by @Crecganford Jon. F. White

Dear children of this modern day and age,

We seem to have forgotten the laws of the cosmos. That outside of this veiled reality exists a raw and infinite flow of potentials and possibilities. That fire was gifted to us by the Gods as a tool long forgotten and is now only a threat as something that burns. That the winds were the last breaths of those that sacrificed themselves for us to be here and that the sky is the primordial essence that gives us our force.

We have long stopped trusting in these cosmic primordial forces and instead chose to honour a singular God that forced us to repent, pay rent and conditioned us as slaves to exist in shame within a framework built to destroy us.

And so now, we don't remember who we are or where we came from and instead we spend our days away from our families and communities in search of money to pay for land that was ours to begin with by blood rite and honour and we pay it back to merely exist here.

This isn't life. This is hell. This is persecution and purgatory and yet, we defend it like the fast asleep soldiers that we are.

And in this modern day and age, we speak of trauma but we blame each other for it. He did this to me, therefore I feel bad, She said this to me therefore I feel bad. All because we are living in a veiled reality hidden away in a lie filled with memories we cannot access because we're kept too busy and distracted to remember.

The rulers of this world we live in are six eyed snakes, hiding in caves while we do as they tell us so, we can create classist divides amongst ourselves and point blame and shame on each other and yet we forget who we are. How divine we are. How the mighty have fallen.

Brothers and sisters,

This world has for a thousand years been held captive by nefarious entities that have trickled in through the cosmos streams to create chaos so that we can feed it. And the 'order' that we think we create: Corporations, banking empires, tidy spreadsheets, safe zones for housing estates and convenience supermarkets to keep us comfortable while it thrives and we don't, is nothing but a comfortable fake bubble of Truman show entertainment for them while they watch us fight, scramble and divide ourselves while we offer no sacrifice (The word **sacrifice** comes from the

Latin words *sacer* (meaning "sacred" or "holy") and *facere* (meaning "to make" or "to do"). Combined as *sacrificium*, it literally translates to "the act of making something sacred") As we are not sacrificing to the Gods that exist in the sky, land, mountains and trees, we sacrifice to the snake in the cave and the more we work and the more we give away in this pseudo-framework of monopoly, the more it thrives and you die!

REMEMBER WHO YOU ARE!

A few years ago, I was working on a project thanks to some year 8 art lessons at school. I would sit with the year 8 kids in their lessons (The same group of kids I had joined in with as a mentor since they were in year 5) and I was so deflated to notice that most of them had very little enthusiasm towards what they were being taught in art in particular.

Not to blame the teacher at all, it's not easy trying to inspire a group of 12 year olds but they didn't really have any interest in being there. One week she was absent and they were asked to continue what they had previously been learning in her absence and the class turned to chaos. So I attempted to bring them back to focus by asking them about art that they did like. The conversation then moved towards philosophy, life purposes, religion and a number of other side streams and although the chaos was still there as it was me versus 16 of them, I had them engaged.

So I then asked them what they wanted to do for art and one girl said she is super interested in abstract. I asked her why and she said 'Because it isn't obvious and it allows me the freedom to create what I want without judgement as to whether or not it would be any good' - A freedom of expression method for her creativity

So I suggested that they continue with the original topic, which was a landscape drawing and painting on 4 different variants including trees and said 'Fine, do it as you like, not as you are expected to mimic' so at least they would be quiet and get on (and I wouldn't get in trouble - I'm not the teacher)

And so they did

I then told one of the other girls that I had a project in mind to do a 'Russian doll' art topic based on an ancestral psychology assignment I was doing outside of school. One that looks at generational trauma and she asked me to explain it

I told her, that it is my belief that as we all come through the mother, women are portals within portals of the continuation of life and that the mother is always the one to birth, nurture and care for the child while the role of a man is completely different. One is from within out and the other is from out in. And that 'in' that we deal with is because of a very patriarchal society created outside of us, predominantly by men or at least encouraged to be so, and because of that, what we see, feel, hear, think and experience from the outside now dwells inside all of us. It now lives in the wombs of every woman whether she is 1 or 110 and that is the space that children grow in from day dot to hence why we have so much trauma!

We are born with it!

Proud and not to admit that it then caused a heated discussion where all the females in the room started saying about how they see on tiktok the fake projection of feminism, an ideal created by men to somehow create the illusion of 'equality' and that the concept disgusts them (they are 12) and they then started asking to the boys, 'Do you think we are equal to you?' and the boys said 'Yes, of course we're not Trump' and the girls laughed back 'We will never be equal to you. We are Women. We bleed. We hurt. We feel pain you will never know. We are not designed to be in the same spaces as you as equals because we are not equals.' Again, I stress, they are (or were, this was last year) 12 years old.

How do they know this as 12 year olds? Is it because of tiktok? Is it because a 12 year old girl is miles ahead emotionally, physically and intellectually that their male peers? Or is it because, as I had stated, from day dot, YOU KNOW because you were born with that knowing. You come from a generational line that is yikes long with all of the memories, knowledge, wisdom and remembrance embedded in your DNA. That DNA is what is running through the blood in your veins, your umbilical fluid when you are attached to your mother, your bones, your brain. It is in every single part of you!

You don't need tiktok (or me) to remind you of this.

But my Russian doll project was to honour the hundreds / thousands of past ancestors that allowed me the blood, bones and brain I have and the heart pumping in my body to access every single part of them also.

The dead don't leave. They are here with us at all times and if they could only see what a dog show of a world we live in these days they'd be devastated that it's come to this.

Our hunter gatherer ancestors worked for a couple of hours a day. The rest of the time (there was no king, state or tax man back then), they gathered in communities, danced, created art and made love.

Sure, they had harsher times because of illness and often lack of food resources and the elements but they themselves were resourceful. They were known by anthropologists as being the "original affluent society". They made early musical instruments like bone flutes and wore jewelry made of shells, teeth, and beads. They carved in rocks, made small ceramics, they lived in mobile bands of 20 to 50 people to make it easy to find food and move when needed and they shared their resources with other communities also. They didn't wage war for profit or attack other tribes outside their own. They lived a deeply spiritual life, connected to nature and the forces of the cosmos

Do we? Only if we pay our taxes on time and during the annual week off vacay we all live for!

They didn't have days or weeks. They operated in seasons. They understood their environment profoundly and could predict threats and blessings in equal measure. Women and children stayed together, often in caves during menstruation and men provided for their needs.

Do we? Only if you stop having children and grind for the machine otherwise you can't afford to, men and women alike

Their Gods were found in and through animism, A deep connection to nature. Every tree around them, every animal, every river, every star in the sky and they

worshipped 'The guardian of the game', a powerful, non-human spirit who served as the protector and owner of all wild beasts. Hunters believed they had to ask this entity for permission before a hunt. A sacrifice if you will. If the tribe took only what they needed and gave proper thanks, the Master would "release" animal spirits to be caught as food. An excellent example of this is the Inuit sea goddess Sedna, who rules over marine mammals and controls whether hunters can catch seals or whales.

They understood that there were flawed beings. Shapeshifting tricksters—like Coyote in North American indigenous lore or Anansi the spider—who were clever but also greedy, foolish, and playful so they could adapt to threats, see through veils, know when they were safe or unsafe and worked together as a team.

They believed that when a family member passed away, their spirit remained nearby to protect the band. Shamans (the tribe's spiritual healers) would enter trances using rhythmic drumming or sacred plants to cross over into the spirit world, seeking the advice of these ancestors to cure sickness or find out where the herds had moved.

Women in particular way back when lived extraordinarily close to the biological realities of existence. And yet they also participated in the **continuity of the group**. Your mother gave birth to you. Your grandmother may have helped raise you. Your daughters might eventually have children. Knowledge, stories, skills and genes moved through generations. So there could have been a powerful sense that: **An individual dies, but the lineage continues**

Compare this to modern life and we think of ourselves as: **"I am me."** My career. My house. My possessions. My achievements. My photographs. My identity. My future. My plans.

And therefore death can feel like the catastrophic destruction of an individual project. But many small-scale societies have historically understood the individual much more relationally.

You are:

Your mother's child. your father's child. your sister's brother. your daughter's mother. your clan's member. your ancestors' descendant. your community's elder. And one day a memory of all of the above

Your identity exists **inside a network**. THIS is what we must remember and continue. YOU, **DEAR CHILD** are an extension of many ancient threads and chains that came before you, and this is evident within your DNA.

Mitochondrial DNA since way back when still exists within you. Almost all of your ancestry ultimately comes from hunter-gatherer societies. The mitochondrial chain is passed down through the matrilineal line, aka THE MOTHER!

Mothers are the direct providers of this DNA chain. They held the code and only mothers could pass the mitochondria to their children and then, only their daughters could then carry that on. Sons and fathers carry the DNA but do not and cannot pass it on.

Mitochondria, according to science and biology, are tiny parts inside plant and animal cells that make most of the chemical energy needed to run the cell. People often call them the **powerhouse of the cell**. **WOMEN PROVIDE THAT POWERHOUSE** and yet that has been long forgotten and conveniently ignored in the modern world of men.

The modern medical and religious complex does all its testing and praising on men. Does all it can to protect men. Focus on men. Research men. This isn't man hate at all FYI men are great but it's to highlight the direct attack on women. Across all of our stories, MAN is at the pinnacle. FATHER, SON AND HOLY SPIRIT. Mary was a whore. Witches got burnt for centuries. No woman is a prophet or a saint. We are martyrs. WHY? Because if we only knew how powerful we are, the whole world would change and THEY don't want that.

It is coming to light now that one of the MOST potent forms of regenerative healing is through menstrual blood. Yes, the thing we've been disgraced for and punished for. BLOOD! Yes, **menstrual blood contains living cells with regenerative properties**, including populations generally called **menstrual blood-derived stromal/stem cells (MenSCs)**. Researchers have been studying them seriously for regenerative medicine

Every month, the endometrium builds an extraordinarily vascularised tissue, prepares itself for implantation, and then — if pregnancy doesn't occur — **breaks down and sheds that tissue, only to rebuild it again.**

That means the female reproductive system has evolved an extraordinary capacity for: Tissue regeneration, blood-vessel formation, wound repair, controlled inflammation, immune modulation, cellular proliferation, rebuilding tissue after substantial breakdown

And some of the cells released in menstrual fluid appear to retain aspects of this regenerative capacity. Menstrual-derived cells have demonstrated **high proliferative capacity, immunomodulatory effects and the ability to participate in tissue repair.**

And this is where it gets really interesting. Researchers aren't just looking at menstrual cells for reproductive conditions. Experimental research has investigated MenSCs in areas including:

Neurological disease

Stroke, neurological injury and neurodegenerative conditions.

Cardiovascular repair

Heart injury and blood-vessel regeneration.

Diabetes

Experimental pancreatic/islet-related regeneration.

Lung injury, Liver disease, Musculoskeletal injury, Wound healing, Reproductive medicine, Immune-mediated disease....**WOMEN HEAL THE WORLD!** Not sure how they plan on extracting that though.....**Can you imagine?**

**AND THEY TRY TELL US THAT MEN CAME FIRST AND THAT
WOMEN ARE THE SECOND SEX! HAAAA**

When our mitochondria is weakened, we experience fatigue, muscle weakness, vision loss, hearing impairment and metabolic issues ALL leading to modern

health concerns and disease. It is a DIS-EASE from what is our natural state because the modern world and lifestyle is utterly unhealthy and separated from the lives our ancestors lived and knew.

And science can explain to us what mitochondria is in a statement form but it's far more poetic than that. This DNA are ancient ingredients. What you put into the pot matters. They are the original codes that create life, existence, energy, matter, frequency, vibration! On a profound level, they are the powerhouse from source of what is life and where we come from and also ultimately, where we are going, if we can remember our way

In other words, the maternal lineage isn't merely carrying information about *who we came from*; it is intimately connected with the biological machinery that allows us to remain alive. It becomes even more metaphysical, with many questioning: Is the cell communicating with an information field beyond what we currently understand? And if so, ARE WE THE TECH? We are the superhuman advancements of ourselves.

The mitochondrion isn't merely an organelle. It becomes a symbol of ancestral continuity.

Think about what is happening:

Your mother's mitochondria came from her mother. Her mitochondria came from hers. And hers came from hers. In the modern world, every King wanted a son to carry on the 'line; therefore we have also adopted this notion that having sons is the epitome of carrying on the 'family name'. With such pride we hold up our sons and declare a job well done. Daughters went on the back burner but **OH, HOW WRONG WE'VE BEEN**. Our daughters carry on the line!

You can theoretically follow that maternal chain backwards through thousands of generations until you reach the common maternal ancestor from whom all living humans ultimately descend — what genetics calls **Mitochondrial Eve**.

So you could poetically think of your mitochondria as:

“a tiny biological inheritance from an ancient woman who lived tens of thousands of years before recorded history.”

Not her memories. Not her personality. Not her consciousness. But a microscopic biological lineage that survived through her daughters and their daughters and their daughters.

And you are one of its current expressions. MEN INCLUDED! WE DON'T LEAVE THEM OUT!

But remember, Women in particular thrive in community. We are collective conscious beings and as I stress above, all of where we have come from and where we are going is not an individual journey, it is one that contains us all!

These codes are now being replaced and dumbed down with tech, algorithms, chips, AI written codes, contraception, chemicals, medication, processed foods, a 9-5 contract spent inside a construct with false lights, blue light, mental overwhelm and separation en masse. It is utterly devastating, yet we call it progress in a world driven by megalomaniac men in their 70's and suits.

I speak to many naturopathic healthcare providers that understand this and I have previously spoken with many allopathic practitioners that sadly don't because what we are being taught and how is a drive away from anything real, important, beneficial, purposeful and is deliberately replaced by a structure designed to create a world far away from the one we came from. This is scientifically proven to be true.

There are 2 worlds existing simultaneously right now. One that holds the memory and code of the past where we are encouraged to live healthy lives in connection to nature, eat primal foods, protect ourselves from damage and the dangers of radiation, false lights, corporate burnout and overuse of meds (even mainstream now push this) though it's considered 'alternative') and then there is the fast emerging world of tech code, corporate advancements, policies, legislation, mandated healthcare and threats of war, religious chaos and disease that are spilling over into the entire world as if it's the cure however is the entire sickness that is set to destroy us.

Our ancestral DNA is crucial and cannot be ignored. It is screaming to be heard and remembered. Your mitochondria / DNA is evidence that you are not an isolated event. You are a continuation of something unimaginably old. **THIS IS YOUR DIVINE INHERITANCE!**

This older culture that once existed and was the starter genepool through haplogroups exists still within every single one of us through our ancestral DNA. According to anthropology, even in cases up to 50-60% through hunter-gatherer → farmer → steppe pastoralist → later migrations. We know this and can remember this if we are able to see outside of the box we've put ourselves in, or as some would say, we have been put in, but that could be just an illusion we created for ourselves. Why?

Because we lost our way. Sometimes though, you have to be lost to be found!

As tribes grew bigger and people stopped worshiping nature (around the time we started thinking that we had become so much more intellectual with new found methods and advancements - nothing more than social engineering and underhand psyops), we started to create new Gods. The wealthy and the elite then started using these new methods against us to protect themselves and their resources and put us all into tax brackets and legal contracts. They gave us one god to worship and his crucified son that paid the divine wager for all our sins so that we never had to do any of the hard work or look inside of ourselves. They externalised everything meanwhile everything has been inside of us this entire time.

Our ancestors are literally begging us to connect with them. To remember them so that they can help us find our way back to the path but we're so distracted and stressed out we cannot hear them anymore.

Going back for a moment to where I mentioned about the spirit animal connection to the older cultures and how they lived with and understood nature and connections to the realm we live in. **Life and death were not abstract concepts. They were observable processes.** Instead of seeing life and death as two completely separate categories, many traditional societies understand existence more as a **cycle**. They were present in all of it. For our ancestors, birth and death were a very different experience than they are now. Communities welcomed life as

they did death. When someone passed, the village joined in with the passing of that person. They were present. They didn't leave the person. They all took care in the process of that passing. They left artefacts, beads, art work, and gifts. Some burials were carefully positioned. Some bodies were placed in particular orientations. Some graves were reopened. Some communities returned to particular burial places repeatedly. That tells us something profound:

The dead still mattered.

Death wasn't simply: "The organism has stopped functioning. I don't want to see it, that's morbid. Get rid of it.", have a funeral, pay the undertaker and that's that. NO. They honoured their dead and took care of them together.

We haven't necessarily become **more afraid of death**. We've become **more separated from it**. When our elders get sick, we send them off to care homes where we pay for others to tend to them as the burden of the modern world doesn't allow for space and time to spend with the vulnerable.

When my stepdad died, I remember having a deep sorrow as I couldn't understand where he had gone. Before he departed, he was long stay in hospital and was more or less left alone. This pained us all. I was on a journey at that time going for daily walks with my labrador dog, Lola, to try to reconnect back to nature again and escape this maddened world. I was working hard and long and studying philosophy so I could go into teaching and get out of the work I was doing that was paining me because it held absolutely zero real purpose so my solace became long walks, yoga, salt baths and some self-attempt at re-wilding that felt good to me at the time so when he passed, these walks were my way of knowing he was speaking to me

I would sense him in trees, winds, sounds, smells. I remember when we were little he always said, 'Ask me what time it is and I can tell you by looking at the sky' and he would always get it right. Not to the very minute but more or less. One day, I was walking alone, no dog as I hadn't taken her on the school run so I went to the river by myself and I remembered that he did this and I looked up at the sky, said 'it's 10.15' looked at my watch and it was 10.13. I laughed and came home, knowing he was with me.

When I got home, my dog, who had been trained not to cross the threshold from living room to bedrooms, was sat with her paws on the threshold looking at me and when I looked back at her, I saw his face in hers for about 26 long seconds. I couldn't take my eyes off her. I stared at her as she shape shifted into my stepdad and at that moment, I knew he was ok and that he was still with me.

Did you know that dogs are psychopomps? Dogs are among the most famous and universal psychopomps in human mythology and folklore. Because dogs naturally act as protectors, tracking guides, and animals that exist right on the edge of human civilization, ancient cultures worldwide believed that a dog's loyalty extended past death to guide souls safely to the afterlife.

There is a Mayan mythology that claims that souls had to cross a deep, subterranean river. It was believed that a person's deceased dog would be waiting on the shore to carry its owner's soul safely across on its back. However, according to Maya and Tzotzil legends, the dog would only help you if you had been kind to dogs during your physical life.

Because dogs are liminal creatures, hunter-gatherers relied on them to navigate the dangerous, unknown wilderness, early shamanic traditions naturalized the idea that a dog's keen senses could see invisible spirits and safely navigate the unknown pathways of the spirit realm.

But in this day and age we domesticate them to do as we tell them. We are obsessed with their wellbeing without knowing what that even is. Without realising the deeper reason as to what the purpose of a damn dog is. We expect them to be obedient and unwild, tame and constrained. A companion that feeds off our modern day trauma like the comfort blanket they never asked to be. They aren't able now to guide us like they used to because their purpose is entirely different and that is our fault.

I recently ended up in a pretty heated facebook comment tread war when an old man in our village posted a video of a horse hack, guided by an expert rider but some 'irresponsible woman', in the middle of nowhere I might add, dared to take her 2 large dogs off their leashes so that they could run free. It was a wide, open pathway next to a nature reserve. No people, traffic or built up area. Just a woman

walking her 2 dogs freely. She had their leashes around her neck. But they had noticed a horse and had gone over to it barking and circling the horse. The man that was filming was disgraced and put the video up online for all to see. The poor woman was desperately trying to get a hold of her dogs (they were young abandoned hunting dogs common to here and were untrained. She may well have been trying to train them) but she was getting flustered. I stress, no one got hurt. They were just 2 excited dogs that had witnessed a horse.

The man in his comments said 'This woman must be found, named and shamed for this absolute disaster of what she had done, putting lives at risk.' and subsequently the 46 comments to follow by locals also agreed, she must be punished. Call her out and shame her.

I saw these comments and couldn't believe what I was seeing. You could clearly see the woman in the video. This woman, now known to everyone in our small town, has been outed and shamed for walking her dogs and the whole community wants her locked up behind bars. The judgement!

I then commented and said something along the lines of 'Please calm down all of you. Look at what YOU have now all done. Created a public spectacle because 2 dogs were walking off leashes in an open area.'

And so I then got a whole stream of abuse also. I am a disgrace. A ruthless, Godless, thoughtless, rude, lawless member of society that also admits to walking dogs off leashes. Everyone so quick to mention that there is zero open ground space for dogs to be off leashes legally in this place where I live. Where they are ONLY allowed off leashes in designated beaches, some an hours drive from where I live.

So then of course, my response to that is, 'Are you all insane? Large dogs need freedom to roam and exercise OFF leashes otherwise they will actually become aggressive, but as long as the LAW says X we must comply?'

Not a single person saw my point of view. My entire community are law driven virtue signalers that claim to love dogs but haven't got the faintest idea of what a dog truly is. To them, they are just human comfort blankets, a shield to their loneliness and sorry lives. An expense they pay to vaccinate every month against

all the threats we cannot see, feel or sense because our senses are denied now because we have forgotten we live in a raw, wild, natural earth that does its own thing and cannot be contained into tidy, safe boxes and legal paragraphs

They didn't like it too much when I called them old, whiny English people (English I am one also) that need to have everything ordered, safe and comfortable. God forbid a dog behave like a dog when it sees a horse. NO, we cannot have that. IT IS WRONG! Dogs must be obedient and do as we say....

Well, according to ancient myth, you aren't going to be favoured in the afterlife if you've treated dogs like subservient therapy slaves instead of like dogs! Just a thought.....

So, let's look at where we've all gone a little wrong. How did we lose our way and why? And most importantly, how can we find our way back?

It goes without saying that as a philosopher, I love perspectives. I try to add alternative viewpoints and counter arguments into as many conversations as I can to try to get people to 'SEE OUTSIDE OF THE BOX' but it is often met with resistance and I am often told I am absolutely insane for thinking the way I do.

I don't take it personally, I just see that the reasons for this are fear, (of the unknown and forgotten) and ignorance, which is just a lower state of consciousness. I am not right above anyone else. They are not wrong. We just need to open our eyes, minds and hearts enough to reach a more united conclusion to how we escape this mess that most don't even have the 1st clue that we are in

So, let's explore the modern world for a moment, and let's see if it resonates at all?



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 poisonous endeavour that has, thanks to slave trade style 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 steered and 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 toxic dominance. The banks, legal empires and religious frameworks across all nations have been formed and enforced by dangerous, savage

men and women. (Don't mistake yourself, both are to blame). Towns and Cities across nations boasting phallic memorial statues and obelisk's, parliaments and governing bodies set up by founding fathers and babylonian whore mothers span the world over and according to their laws and regulations, we follow suit (literally, white collar and tie institutions that treat us as slaves) that until very recently have manipulated the chess board, like it or not.

The issue is, that pseudo 'laws and ethics' have been established by a ruling elite with no regards to gentile men, women or children and these rulers have no sense of heart. Their world wasn't built on heart, it was built on power, greed and dominion. Their hearts are made of stone whereas the heart of a child is made of GOLD! To them, we are equal to work dogs. Their world of money and commerce dominates and it encourages parents to teach children to follow suit. And for so long, we have. Low consciousness equates to a population that has zero clue they're being manipulated and yet, here we are!

Adults know best! They follow the order and expect our children to also. And if children question anything as children tend to do, they are silenced!

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 and steal 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 their society expects us all to jump in and follow along in statutory 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. (Yes, imaginations - Remember those?)

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, positioned in classrooms, racing to catch each other up via delusional mandates set by these loony, pretty evil 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?

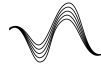
And the opening line of the timeless classic 'Shine on you crazy diamond' -

"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 - Not only that. They fiercely defend them!

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

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 according to their own primary values 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 to be proud of

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”**

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 STATUTORY (Ugh) employment laws and regulations (set as universal standards across the governing leading ‘entities’) that meant that the rest of the year, bar the 28 days and weekends (if you’re lucky) 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!

When my eldest was little, we were very encouraging parents. Never pushy but we definitely guided her towards learning and acquiring knowledge with enthusiasm. She went through primary ed flying! 100% attendance without us enforcing that be the goal, she just really enjoyed going to school.

Then hit a relocation, a very different schooling environment in a foreign country, a different set of people and way of doing things and an obvious teenage rebellion. Her attitude completely changed. She was exposed to a whole new way of the world. Started questioning everything, which is only natural and actually superb for developing critical thinking. However, she was still only a child, brain still not fully developed so we had to change our way of operating also to accommodate her move forwards.

My mum said 'No, she must attend 100% rain, shine, bullying, lack of interest' - Those are the rules. That's what they must do. She has also texted me the same about my youngest who starts high school this fall. But this notion of 100% attendance grates on me. Why must they attend 100% of the time? What is the benefit of 100% attendance? Is it to virtue signal and say you did what was expected to get a golden star? Is it because if they miss a day they will fall behind and become stupid? Or is it because those are the rules and we follow the rules regardless of circumstances i.e., bullying, illness, periods, bad hair days, anxiety?

And if we must follow the rules from such an early age isn't that a demonstration that we are actively and consciously setting our kids up for the work life that lays ahead for them? A work life that many, especially the older boomer gen and beyond fiercely defend and protect as model badge wearers of the statutory system? So yes, from such an early age whether we want to admit it or not, we are engineering children into career frameworks and policy from the day they start school. Absolutely no such thing as a childhood, hence why they grow up stressed, anxious, overwhelmed, burnt out and disillusioned

Nowadays more so than ever with the amount of pressure applied on them from every angle!

So, the issues we as adults face with WORK / LIFE balance directly impact our children also. And in a decade or 2 down the line given the current unsustainability of our current economic and social climate, this will be a frightful mess.

In case you don't know what I mean and you're also one that defends the system and believes we should all put on our marching boots and hard hats and get to work:

The UK has somehow turned adult life into something millions can no longer afford. People in their 30s work full-time and still can't afford a house, children or even to live alone. Single people rent rooms in HMOs, while others stay with their parents because moving out would swallow most of their wages. These aren't necessarily people who made terrible choices. They worked, paid bills and tried to save. Yet they're told to work harder and spend less while housing and everyday costs keep rising. At some point, you have to admit the problem isn't financial irresponsibility.

The numbers simply don't work anymore.

So how do we still put this burden and pressure on this next gen, our teenage children to continue on with something so broken that clearly doesn't work anymore? Why should we? Yet we do!

I have friends that children have just received their GCSE and A-level results and for the ones that didn't do so great, instead of saying 'Oh well, lets consider options for what comes next' - they're screaming at their kids for not trying hard enough. For not being good enough. For failing them and themselves. 'WTF are you going to amount to now?'

This intense pressure placed on us as adults has instilled the fear of god in us so much that now we project it onto our kids so they carry that fear too :(

A broken system broke us and now we allow it, even encourage it to break our kids!

So I tell my kids all the time, 'Do what you love. Learn what interests you. Move forwards with passion and integrity. If you don't get super grades, who cares IT DOESN'T DEFINE YOU and the future is yours to create and enjoy if you dare to be different' Or maybe I'm mad?

Going back to the work place for a moment and the research we had done on WORK / LIFE BALANCE (fuck knows why WORK gets its own domain and isn't just part of life like eating, sleeping, walking, shitting, socialising, making out yadayada but here we are) - 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?

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 (earn your annual salt) 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. Children also know this hence my opening description of my art lesson with a bunch of 12 yr olds that were discussing this in class because they saw it on tiktok!

The devils 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 that we think we own but don't- 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

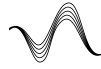
Any woman that makes it in the workplace doesn't achieve it based on her female principles or values, she does so by playing the man's game. So you see how wounded we are when the rule book is set by stone and iron, not by anything that nurtures or molds based on purity and love. No, we couldn't have 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 and divisions come from and why we should stop defending it. For those that laugh at my remarks and say 'Well, that's just the way it is, like it or lump it' - Shove that lump up your arse, you with no soul or imagination and let the rest of us that care enough try to figure out how to fix this mess, if at all we can.

And the ones that do defend it are usually the ones with plenty of resources, which in turn gives them the illusion of power, so what do they have to worry about? I mean, they still haven't

‘THE STATE’ OF IT ALL

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, 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 but **WE ARE DIFFERENT!**

A woman does not do so well physiologically contracted to a monthly 9-5 like a man does. Our energetic ebbs and flows, bursts and breaks are much more dramatic and so there are times throughout the month where we need to rest more, sleep more, eat more than that of a man. Our energy conservations will only be optimal if we do. If we can rest enough when we need to, at the time when our energy peaks, **WE ARE UNSTOPPABLE!** But the system doesn’t want this hey, oh no, women must work like men and be equal to men - Killing 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. I don't like these terms by the way, I find them derogatory, deeply misunderstood and overused but, for generalising's sake, 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, rage and blame 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. Sometimes yes, rage helps too, but men don't seem to like our rage so much even though it is our divine womanly right to play with fire!

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 old, 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?', we give up our ability to critically think and genuinely feel because we have been enslaved into a mechanical construct that tells us how we are to function, no questions asked! And for the most part, the average Man and Woman has allowed for that. Out of fear and ignorance, we have gone cold and we pass that down to our children. They inherit our numbness and our blind obedience and THIS is why we have so many problems, because people stopped thinking. They stopped caring!

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 book 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 (and everyone eats).

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 instead of being outsourced to day care centres!

**IF THE WOMANS JOB WAS TRULY INVALUABLE, WE WOULDN'T NEED
TO OUTSOURCE IT TO THE MILLIONS OF PROFITABLE DAYCARE
CENTRES THAT EXIST. FACT!**

A NOTE TO PARENTS THAT ARE IN COUPLES AND PARTNERSHIPS:

**YOU DON'T HAVE RELATIONSHIP PROBLEMS. YOU HAVE UNRESOLVED
CHILDHOOD PROBLEMS THAT ARE DISGUIISING THEMSELVES 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 self on your daughters

HE SEEKS FROM HER WHAT SHE YEARNES FROM HIM

ROUND AND ROUND WE GO.....

THE PSYCHOLOGY AND THE SPIRITUAL

THE SACRED MOTHER FATHER



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 and tbf, I already have in much of the above. 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 a recent ancestral path 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 actions), 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 psyop 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'. Women also on a subconscious level are quite happy playing the role of the babylonian whore if it will get them the sexual attention that they crave and they exploit themselves through their sexual attractiveness to extract from Men what it is they think they want without realising it is in fact the very thing they know they don't want or need. It's a blinded distortion. An inverted game we don't really understand yet we play it well.

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 Godborn 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 him 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, and women to get angered by men that in return, retaliate with sexual rejection, lack of affection and in some cases, actual hatred. 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

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, but for what ??? 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 gentleness. I am English. There's nothing more divine than a true English gentleman. But do we remember what that is? It isn't a 'soft boy' or a 'puffer' as many would jokingly mock now. It is a man that knows heart and compassion and leads with it, like a lion.. A mother can still be a fantastic mother even if she is born in the flames and prefers 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.

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 ourselves and our divine counterpart once more

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

“I fantasize about being a wife, not because I ‘need’ a husband but because to be a wife is a privilege where 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

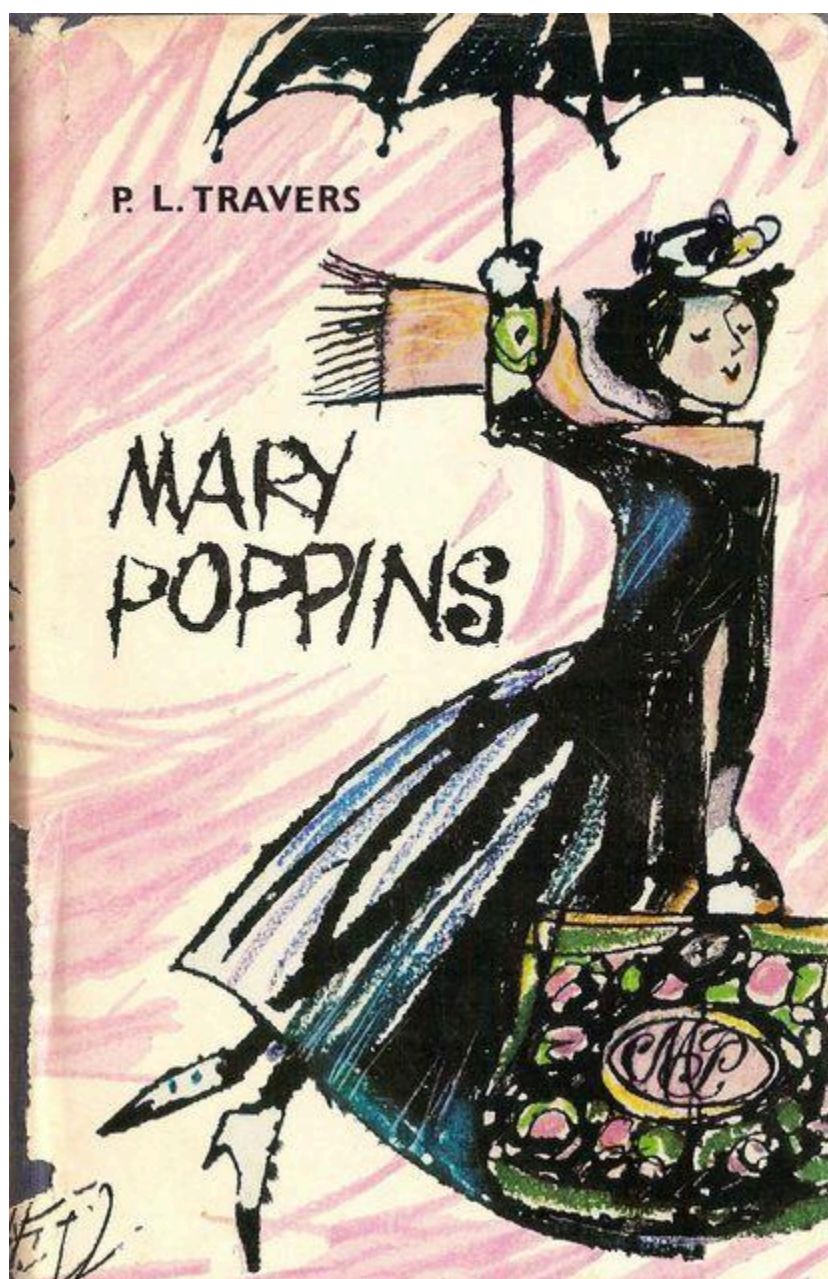
pieces are coming through fragmented, distorted and in need of a deep dusting off in order to have a clear re-view on what has actually played out in real time.

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**

Go with me with the interpretations and analogy - It's not just regurgitating a children's movie,
It's pretty eye opening!

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 including 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 into 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 offspring 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 arrives from the sky on the easterly wind to 'sort these children out'. Taking 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 into 'reality' with a balanced check.

Now Mary, who is '**PRACTICALLY PERFECT IN EVERY WAY**' is so because she represents the embodied divine. The whole. She has embodied herself in totality. Unlike us fractured, broken souls, she gets the bigger picture! She understands the simplicity of balance and divine harmony and order therefore allows the children to explore worlds outside of their nursery in full 360 activated imagination with confidence, ease and grace, (but only after it's been tidied - with the click of a mystical 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 is the Mercurial / hermetic bouncer between realms. The psychopomp that dips in and out of realities and worlds, acting as the cosmic guide, magician and divine messenger. 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. An alchemical up and down of emotions and dimensions that can either heighten you or lower you. 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 chimney' until Mary's return

Well, what do you suppose happens when one cleans a dirty old chimney? It 'makes space' for the rising of alchemical magic! The rising of spirit up to the higher echelons.

It is then that Bert accidentally loses Michael up the chimney and in aiming to rescue him, he ends up taking them all on a London rooftop adventure. They dance across the rooftops with all of Bert's friends until Mary pops up to retrieve them and return them 'back to ground level'.

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." - A telling truth, that the ones we consider poor and unestablished are actually often the ones most blessed, for they can see it all! 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 rebuttals him with the iconic response "**First of all, I would like to make one thing clear: I never explain anything.**" - For indeed she doesn't. She doesn't need to. Her message is one of resonance, divine restructuring. REMEMBERING!

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.

And just like that, Bert and Mary (kind of like Mary and Jesus - Allegorically of course) offered PERFECT harmonic resonance and healing to a broken family that needed to be put back together again.

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, THE

CHILDREN ARE REMEMBERED! Mary's mission is complete and she takes to the sky again and disappears back 'home'.

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 be childlike. To fly kites and keep the child's magic lamp (AND THEIRS) 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! How's that for

SUPERCALIFRAGILISTICEXPIALIDOCIOUS?

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.

‘Yours isn’t potty trained yet? Mine is!’

‘Yours can’t do algebra yet? Mine can!’

.

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, are 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 **BECAUSE WE HAVE FORGOTTEN**, 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 goal.

High intelligence, sold to us in the curriculum where we are advised '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 not great options but no school pushes the arts or encourages classical pianists or opera singers, fashion designers, carpenters. No school teaches children how to grow food, cook food, create art from food, medicine from food, connect with nature, grow a tree, build a table, dance like an angel, tell a story.

Children are all steered towards professions in which the framework can pump out professionals based on top tier industry fields by which THEY can make a profit off these children in later life 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 just gets switched off

The word sacred has got Western people tripping over their programming in such a heavy way. It is a word that triggers the heck out of people because they don't understand what it means and it rattles their corporate cages.

Like how before I provided the etymology of the word 'Sacrifice', I hope you understand it requires you to know that it quite literally and divinely means HOLY. The sacre coeur in Paris, is the structure of the sacred heart, a building that only a few years ago was set on fire. A symbolic telling of the times we live in.

In this day and age, most of us are far away from sacred.

We defend this lifestyle of corporate job life, commuting for hours with empty strangers, material wealth, onlyfans, pornhub, alcohol addictions, drug habits, cheating on your spouse cos why the hell not, having aimless sex with strangers that produce aimless children if you forgot the take your morning after pill or book in for your abortion.

Absolutely no judgement but man, it's far from holy!

What have we become? Do we do this out of fear, loneliness, boredom, disconnect, isolation, disappointment, judgement? If so, please go back to the beginning and read again to understand why we're in this mess.....

Or is it because, although we know that this world is an evil mess run by evil snakes in caves, we simply don't have imagination or will to do anything to change the template?

So what then is the answer? How are we to be sacred again? What even is a sacred child?

Dear Child,

Whether you realise it or not, every adult carries within them the echoes of childhood.

The way we respond to love. The way we handle rejection.

The way we trust—or struggle to trust.

The way we seek approval, avoid conflict, chase perfection, fear failure, silence ourselves or overextend ourselves for others.

These patterns rarely begin in adulthood. They begin much earlier. They begin in the moments when our young minds were trying to understand a world that often felt confusing, overwhelming or unpredictable.

As children, we don't just merely experience life, **we absorb it.**

Before we develop critical thinking, before we understand complexity, before we can separate another person's struggles from our own worth, our brains are constantly asking one question:

"What does this mean about me?"

If we felt consistently loved, seen and emotionally safe, we often develop beliefs that the world is trustworthy and that we are worthy of belonging.

If we experienced inconsistency, criticism, neglect, emotional distance, bullying, loss, unrealistic expectations or environments where love felt conditional, our young minds often drew very different conclusions.

"I have to earn love."

"I am too much."

"I am not enough."

"If I make mistakes, people will leave."

"If I hide who I really am, I'll be accepted."

These conclusions were never conscious decisions. **They were survival strategies.** And they were incredibly intelligent.

Because children will always adapt in order to preserve connection with the people they depend upon. The child does not choose authenticity over attachment. The child chooses attachment **every single time.**

That adaptation helps us survive childhood but sometimes it subtly follows us into adulthood.

The perfectionist.

The people-pleaser.

The overachiever.

The caretaker.

The avoider.

The one who never asks for help.

The one who apologises for existing.

The one who constantly proves their worth.

The one who struggles to rest.

The one who fears being truly known.

These identities often began as protective responses long before they became personality traits and I think we can ALL relate on some level.

This is where inner child healing begins.

Contrary to popular belief, inner child healing is not about becoming trapped in the past or blaming our parents for every difficulty we face.

It is about understanding ourselves with greater honesty and compassion.

It is the process of recognising that while we cannot change what happened, we can change the relationship we have with the parts of ourselves that still carry those experiences.

It is learning to become the safe adult that our younger self may have needed. It is offering ourselves the validation we once searched for in others. It is replacing shame with curiosity. Fear with understanding. Judgement with compassion. Reaction with conscious response.

Healing does not erase the past. It transforms our relationship with it.

Your inner child is not only the keeper of your wounds, they are also the guardian of your joy. Your imagination, creativity, curiosity, playfulness, courage, wonder.

Children naturally possess qualities that adulthood often asks us to suppress.

They ask impossible questions. They dream without permission. They create without comparison. They feel deeply. They laugh wholeheartedly. They forgive quickly.

They live fully in the present.

Healing, then, is not simply recovering from pain. It is recovering the parts of ourselves that pain asked us to abandon. Not to judge them and not to rewrite history.

But to understand why they were written in the first place.

There is no expectation to be perfect. There is no right way to heal. Only a willingness to become curious, because healing hardly ever begins with answers. It begins with listening and it ends with REMEMBERING!

Raising Souls, Not Corporate Assets

Every civilization reveals what it truly worships by the way it treats its children.

Some cultures viewed children as sacred gifts entrusted to the community. Others saw them as heirs to wisdom, guardians of tradition, or future stewards of the land. Childhood itself was not considered an inconvenience to be rushed through, but a vital stage of becoming - one worthy of patience, protection, storytelling, and wonder.

Today, however, many children enter a very different world.

Almost from birth they begin moving through carefully designed systems intended to prepare them for economic participation. Success is often measured by performance, grades, credentials, employability, productivity, and financial output. The language surrounding children increasingly reflects future utility rather than present humanity.

This is not to suggest that education, work, or ambition are harmful. They are valuable aspects of human life. But they become problematic when they eclipse everything else that makes us fully human or if the system itself doesn't honour their potential unless it is completed with a certification or an accreditation.

Somewhere along the way, many societies have become remarkably efficient at preparing children for careers while becoming less certain about how to prepare them for life.

The sacred child asks a different question.

Not,

"What will this child become?"

But,

"Who already exists within this child?"

Because every child arrives carrying something that cannot be manufactured. Something that is primal, primordial and uniquely valuable outside of the expected structural framework. Something that is molded from love and connection rather than the corporate employment scheme.

Children are so connected to the higher energies that surround them. They are conduits to the unseen and unknown. The energies that as adults we fail to connect to because again, I stress, **WE CAN'T REMEMBER**. 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 that wave, able to do such incredible things and access the wonders of the world through their untouched, unspoilt imaginations and superhuman 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 the 'system' because it's this system that BREAKS them in so many ways.

Instead we must encourage them to play for as long as possible, especially boys where holy world, the blessed hyperactive ones are labelled with so many different terms. ADHD, Autism, ADD, bipolar 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, wipe snot on their friends, make slingshots and batter each other with sticks, connect with the world around them. If they're not able to do so they will go mad! Girls, usually a much calmer nature in comparison, are also switched off from being able to use their imagination through creative connection.

On a higher 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 biogenetically) - 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.

Humans can only see 0.0035% 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 as an allegory - 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 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 far more than we should be forcing them to sit and learn textbooks that no longer serve us, if they ever did at all!

And on that, if you think perhaps I've stretched too far, let's check out Alice! She takes it even further! Girl is a trip!

Now, again, go with on the decode as this one is MIND BLOWING! As an absolute lover of anything abstract aka, coming in from the peripherals and not so obvious, this will really take you on a journey, so for any of you that have wild imaginations, this is your validation that they exist for a reason and for those of you that struggle to work your imaginative quirk, this will hopefully give you some inspiration!

LET'S VISIT WONDERLAND!!!

ALICE IN WONDERLAND



If you have ever watched Alice in Wonderland, you will see in the very opening scene, a young girl 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 in,' 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 - aka THE SUBCONSCIOUS MIND). 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 her own' - The power of the imagination is something that children have the capacity to create, **if only we would let them!**

Alice doesn't climb a mountain to discover truths. She falls. That is significant as across many spiritual traditions, awakening rarely begins with ascension. It begins with collapse. The ego falls, certainty falls, identity falls and often HARD. The rabbit hole represents the moment life no longer makes sense. The career failures, the relationship endings, the belief system cracks and the identity you've spent years building suddenly no longer fits. From the outside, it looks like losing yourself. Spiritually...it's the beginning of finding yourself. The rabbit hole is not beneath the earth. It is beneath the conscious mind.

The White Rabbit represents time. He is always late. Always rushing. Always anxious. "I shall be too late!" He represents the modern human condition. Running, scheduling, seemingly achieving yet never arriving. Alice follows him because consciousness always begins by chasing something outside ourselves first. But eventually she discovers...the rabbit was never the destination. He was simply the invitation and absolutely the distraction

The Doors - Alice repeatedly encounters doors too small, keys too large, bottles that change her size. Spiritually this represents consciousness trying to fit into realities it has not yet grown into. Sometimes, we are too small for our purpose. Sometimes our ego is too large to enter. Growth isn't always about becoming bigger. Sometimes enlightenment requires becoming smaller. Humility is often the real key.

"Drink Me" - Transformation requires trust. Every genuine spiritual awakening asks us to consume something unknown. New perspectives, new beliefs or no beliefs at all, new identities and the old self dies each time. Alice constantly changes size. This perfectly mirrors identity where one day we feel enormous, the next day insignificant. Neither is the truth. The soul itself never changes size. Only the ego's perception does.

The Caterpillar asks Alice "Who are you?" Perhaps the most important spiritual question ever asked. The caterpillar never gives Alice answers. He only gives her a question, because awakening isn't collecting information. It's dissolving false identities. Notice...the caterpillar becomes a butterfly. Transformation is already embedded inside the one asking the question.

The Cheshire Cat - Perhaps the closest thing Wonderland has to a spiritual teacher. He smiles before he appears. Then disappears before the smile. The smile remains. Joy exists before identity. The Cat tells Alice, "If you don't know where you're going, any road will take you there." - This is less about direction and more about awareness. Purpose doesn't emerge from choosing the perfect road. It emerges from walking consciously.

The Mad Hatter - Time has stopped and the tea party never ends. Spiritually this represents becoming trapped in psychological time. Reliving yesterday and fearing tomorrow and never inhabiting the now. The Hatter is not mad. He is imprisoned by time, but at least he's having a party!

The Queen of Hearts - The Queen is the ego. Reactive, demanding, fragile. She screams: "Off with their heads!" Notice...she attacks heads. Not hearts, because the ego survives by controlling thought. Love makes it powerless.

Through the Looking-Glass - Wonderland is the descent. The looking glass is a reflection. The first story asks: 'Who am I beneath the world?' The second asks: 'What if the world itself is my mirror?' Psychologically, the idea of the "looking glass" echoes the insight that we come to know ourselves through reflection—through other people, through experience, and through the stories we tell about ourselves. Spiritually, the metaphor goes even deeper.

Imagine standing before a mirror. You smile. The mirror smiles back. You frown. The mirror frowns. The mirror never argues. It simply reflects. Many spiritual traditions suggest reality

behaves similarly. Not as punishment but rather as revelation. The world continually offers reflections of our fears, hopes, wounds, assumptions, and possibilities. This does not mean every event is "caused" by our inner state, but that our interpretation, relationships, and recurring patterns often illuminate what seeks our attention within.

The Final Awakening - Perhaps the greatest mystery of Alice is this: Did Wonderland exist? Or did Alice dream it? Spiritually, that question may be the wrong one because every spiritual tradition eventually arrives at a deeper paradox. What if waking life is also a kind of dream? Not unreal, but filtered through memory, identity, belief, fear, desire, and expectation. Awakening, then, is not escaping the dream but seeing it more clearly. And when Alice finally returned home, the greatest miracle was not that she had escaped a strange world. It was that she could never again look at the ordinary one in quite the same way. For every soul must, at some point, fall down its own rabbit hole, not to lose reality, but to discover that the deepest mysteries have been quietly reflected in it all along

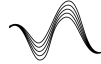
The holy trinity, Father Mother Child / Mind, Mater, Spirit is not giving reference to 3 different individuals, although in our human experience this is what we have been provided to birth the experience into physical form through our bodies but rather, it is how we birth this experience within us in our inner worlds by connecting the left to the right, the masculine to the feminine and aligning it with spirit. The CHILD IS the spirit. 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 I have rambled about much a time here. 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.

This is ALICE - Metaphorically, "Alice" represents a seeker who navigates illusions, seeking divine truth amidst the chaos of reality. She is the looking glass.

Could it be 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, dumb down and refuse whatever is their expression to be expressed causing further deepening detriment to their development by providing them with labels such as 'ADHD and autistic', 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, could it be that the ones right now being 'labelled' are perhaps only being so 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 maternal 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. Could it be, 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, though let it be known, that as more light enters, the shadows of darkness grow bigger also

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 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 can't 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 Gogh 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?

Last year, in December to be precise, I collaborated on a piece in our Humanities lectures for our year 1 students. It tends to be the norm leading up to Christmas that we focus on Dickens, and while we were going through a Dickensian deep dive in our student chat, I brought up Oliver Twist, as it was one of my MOST favourite books and movies growing up as a child.

Again, I went through the allegorical representation that created quite a discussion and my word, also tears! I also did a post on social a couple of years ago about beautiful Twist as well when we ran a workshop called 'Where is the love' and the song he sings at the beginning of the movie had us all absolutely heart drenched....

Want to find out what I mean? Oliver is the deepest, rawest and purest one of all! Unlike Poppins and Alice, this one tugs on the heart strings in a big way.....

Let's get TWISTY!

THE STORY OF OLIVER TWIST



The GOLDEN CHILD. The unbroken soul that was birthed into a WORK HOUSE. The workhouse is not simply an institution. It is the world of conditioning, where society teaches us: Know your place. Don't ask for more. Be grateful for less. Conform. Shrink yourself. Survive. Spiritually, the workhouse represents every belief system that convinces the soul it is only valuable when it is useful. It is the birthplace of scarcity consciousness.

When his mother, pregnant and alone, entered the workhouse to seek refuge so that she could birth her son, the father, nowhere to be seen or known (unconscious seeding and ignorance of paternal responsibility). Upon his birth, his poor mother passes and Oliver is left to be 'raised' by the parish beagle 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' - Perhaps one of the most famous sentences in English literature. 'Please sir, Can I have some more?'

On the surface...a hungry child asking for food but spiritually, the soul is asking for life. More love. More meaning. More truth. More dignity. CONNECTION!

Notice the response. Punishment. How often does the world respond this way? Children ask questions, adults call them difficult. And so he is thrown into a life of punishment and testing where 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 meets Fagin, one of the story's most complex figures and has also been the subject of significant criticism because of the way Dickens portrayed him.

Setting aside those historical issues and reading the character symbolically, Fagin can represent something larger than one individual. He is the voice of survival. The wounded mind that says: "The world is dangerous. Take before you're taken. Trust no one. Protect yourself at all costs." This voice is persuasive because it often grows from genuine hardship. Fagin does not tempt Oliver with evil. He tempts him with ADAPTATION.

The boys steal but spiritually, they are stealing identities. Every time we betray ourselves to gain acceptance we become a little poorer. Every lie. Every mask. Every compromise of integrity. We think we're taking something but often we're losing ourselves.

The ARTFUL DODGER survives by becoming whoever the moment requires. He is charming, quick, and adaptive. He reads people instantly. These are remarkable abilities but they come at a cost. He no longer knows where the performance ends...and where the person begins. How many adults still live this way? Changing personalities to fit every room. Successful. Popular yet quietly wondering: Who am I when nobody is watching?

Bill Sykes, he represents violence without reflection. He acts. He dominates. He controls. He fears tenderness because tenderness requires vulnerability. Spiritually, he is what happens when pain hardens into identity. When suffering is never transformed...it often becomes something inflicted upon others.

Nancy however, is one of the most spiritually moving characters in the novel / movie. She lives in darkness yet she remembers light. That is the difference. She has not lost her conscience. Only her freedom. Nancy reminds us that goodness can survive in impossible places. Sometimes redemption begins not with perfection, but with REMEMBERING!

All these characters and identities are expressions of potentials and possibilities for Oliver as he discerns the hardships that surround him while having to 'play the game' until he can otherwise break free - 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. Brownlow represents grace. Notice something extraordinary: Oliver spends much of the novel believing he must prove himself. Brownlow simply sees him. Real love recognizes before it evaluates. Grace arrives not because we earned it...but because someone chooses to see beyond our circumstances. How stunning is that?

There is an opening song in the movie where Oliver sings '[Where is love](#)' - Honestly, I still can't listen to this without crying. He was saying how he closes his eyes to find his mother. The only one who he believes will truly love him yet, lo and behold, because he held onto the desire for LOVE so deeply, it was found in the gentle Mr. Brownlow who takes Oliver into his own home and offers him the very thing he dared to ask for more than anything in this world.

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 unbroken he is, thanks to these roads travelled reunited back to his mother after learning that the woman in Mr. Brownlow's drawing room painting holding the same locket as Oliver's is in fact his mother. Mr. Brownlow adopts Oliver and he finally receives the life he always deserved. One of love, protection and devotion.

The Search for Home - Every chapter is really about one thing. Home. Not a building but a place where one no longer has to pretend. Spiritually, home is not somewhere we find. It is someone we become. The moment our inner world becomes safe enough for our own heart to live there...we have arrived.

Oliver does not save the world. He saves something far more fragile. His innocence. Not innocence as naïveté but innocence as the refusal to surrender compassion. The world constantly offers him reasons to become bitter but he declines. That is quiet courage. Many people believe strength means becoming harder.

A *twist* is not only Oliver's surname. It is life itself. The path to our true inheritance rarely moves in a straight line. There are turns we never chose. Losses we never deserved. Encounters that seem accidental and tragically painful. Yet, looking back, we often discover that what appeared to be detours were shaping us all along. The soul is rarely formed by the route it planned. It is formed by how it walks through the twists.

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 rather than punish them 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 ways 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

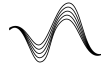
Should they have done what they did? NO. Will they pay for what they did? Very likely YES, but it isn't up to us to issue the penalty or serve the justice plate. The Gods of the cosmos order take care of that! It is however up to you to forgive yourself and your past so that we can release the things 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 a delicate softness 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 prick too 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 don'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 where 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 smokes 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 dialling the future through visions of timelines because I understand how to see and feel into those 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.

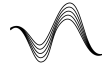
The above message about not being able to convey your emotions so meditate my direction and feel your way was sung by Sandy, (Olivia Newton John) and is a highly feminine energetic of playing the game of 'blinded in the dark' but using your senses.

LET'S GET CREATIVE!!!!

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 really 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 I 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!

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.

Remember above, Mary Poppins, practically perfect in every way? She would put her small carpet back up on the table and pull out from within it anything and everything she desired. How? Because she was perfectly aligned. Her geometric frequency was pure. She wasn't broken and fractured like us so she could manifest anything she wanted

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 closed off mind and heart, well 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 / brain 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 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 peed 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 opted for some solo nights in . 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 (She is a vet nurse FYI) just outside of town and she would walk her avatar (in a pretty cool wardrobe too) and her puppy for a coffee and croissant 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!

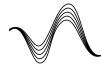
A few days later and a few days before moving in, she received an email from an old colleague asking if she would like to do some locum shifts at a vet clinic on the outskirts of town. They needed someone for the next few months possibly ongoing to cover an illness. She asked exactly where, assuming 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 word 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.

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 go back to them if and when you need to

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 flowerpress.

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 through our brain / mind. In order to comprehend this, you have to understand what our human brain actually is and how things are projected. IMAGINE, I dare you what the world could look like if you tapped in? What you could physically manifest!

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.

While time seems to be 'standing still' right now, whether that's cern related or not, it is the perfect opportunity to stir up the pot for WHAT COMES NEXT!

WE CHOSE! WE DECIDE!

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 leant, 'nowhere to go from there' mindset and structure, if someone got sick, we gave them a pill or a vaccine, because the alternative, even through 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, that the mother gifted you, 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 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. Or they're highly medicated but, I don't like to be a doomer and I believe our bodies are capable of healing themselves....We have the highest tech filtration systems build in!

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. I'm a bit of a warrior. I have a lot of fire

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.

FYI, I don't really like tech. I believe WE ARE THE TECH but I am also an eternal optimist so I like to look at all potentials and possibilities of things that I maybe don't enjoy. So that is one perspective. The other is that we merge with tech, the overlords control the tech, then we're fucked but honestly, I don't accept that timeline, so.....

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! Simulation manifestation!

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 thanks to 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, laser beams and so on, each time getting further in distance and far more advanced but, and it's 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 discussion on 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 were 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?

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!

I am going to end this part one of Dear Child with a final thought message for you DEAR CHILD:

In book 2 we will look at:

- The nervous system
- PTSD
- Trauma bonds, validation, victim mentality

- Emotions, the body, the brain, the neuroscience
- The physical and metaphysical
- The archetypes, shadow work and reflective healing

And much much more - It is a deeper more physical layer to conclude this piece that lays the foundations and also includes the allegories and spiritual representations that we have explored as EVERYTHING connects back to that so, for those of you that would like to explore the hard work part of this now and how to really start to BUILD BACK BETTER and put things into action, Part 2 is out and available now so you can head right from here to there

But for now, I would like to draw a conclusion from what we have gone through here and put it out to seed the next movement we will be exploring:

We have spoken of ancestry, DNA, Blood, bones, memory, the inner child, sacred child, screwed up world we live in and all of the dredge and drainage that we carry around in our lives that drag us into such sorry versions of ourselves 😞

But what if, ah, what if, we could **SAVE THE CHILD, BECOME THE KING / QUEEN, SAVE THE WORLD?**

I don't care what you 'believe in' - I mean from a religious perspective / spiritual perspective. This counts for us all however, given how I opened this piece with the 'HISTORY OF US' and the poetic story about Manus and Yemo, (Manus also meaning HAND, as we deep dived on earlier through manifestations), I want to share something with you about MAGNETISM

We have spoken about the spirit animal connections through animism and deep connections to nature that our primordial ancestors held before modern religion became a take over. One thing that I have explored a lot over my life, primarily because I am from the North of England and hold a lot of Germanic Anglo Viking ancestry is the connection to Odin, King of the Gods and subsequently, Ragnar and his sons, let's take Björn Ironside, who led their people away from tyranny and wealth oppression and into prosperity.

They formed these rebellions because they saw what was happening in the Islands below them, aka Britain, when the parliamentarians swarmed the Island and installed their ideologies by which we live today. They destroyed our trees, placed churches over magnetic laylines that connected to sacred points in the cosmos so they could no longer be as 'active'. This was done purely out of control and they centred fake kings and queens for us to kneel to so that they could continue to lord above us while they used their technology, mind control and false histories as a way of weaponising and poisoning the people

Counts, (think count dracula) for example, would show up and demand inventory for all of your gold, silver and precious items before you were even baptised so they would know how much they were about to steal from you. THIS created the viking people. They were just farmers that didn't want these psychopaths coming in for their land, women and children.

I am adding this part in on 25/08/2026 as I found it super interesting that since writing this back in 2024, I saw on the [news today](#) that Andy Burnham plans to send HMRC agents into the homes of Britons to inspect their assets and wealth and that anyone that objects will receive a £200 fine.

After all the tax we pay on absolutely everything and the utter devastation and collapse this government has caused, leading to this unsustainable cost of living that many, even the wealthy are now struggling to afford, do they have the audacity to think they can walk into our homes?

Sound familiar? This is why the vikings fought to protect their people and honour their Gods. The Ragnarök myth was that the old Gods die in the final battle but that their seeded younger generation exist to rebuild a peaceful new world. Many Scandinavians still think this today and believe it is happening now, hence why the world is so mad and full of chaos, because out of that chaos and destruction when all has been destroyed, a new world will emerge and only those that are of that magnetic resonance will survive to see and experience it.

PIECE BELOW WRITTEN BY DISCO_ORPHEUS (UTTERLY STUNNING)

The true king isn't necessarily the strongest, the fiercest or the most calculated - The true king is the one that is the most coherent. Have you ever been in a room where it's just chaos and then someone just walks in and immediately resets the tone? Some people, simply by their presence have an organizing effect on everyone around them and the question is, why?

Perhaps it's because they transmit the most coherent brainwaves (more on this in book 2) and everyone else's brainwaves cohere to that person.

We have spoken about animal magnetism, prana (more in book 2) morphic resonance, vril, but you can also look at this through the lens of mainstream neuroscience. In the general resonance theory, a highly synchronised nervous system actually omits a stronger, more organised field than less organized ones that get pulled into resonance with it. Hence why I stress in book 2 about how you can heal yourself but you're also healing communities as that resonance attracts (magnetism)

This echoes the karamoto model of coupled oscillators, which explains why fireflies flash in unison and metronomes phase lock together (energy, frequency, vibration). This is called:

COMMUNICATION THROUGH COHERENCE

And this is the same for populations who oscillate in phase with each other and can exchange information effectively and essentially combine into one larger mind, while out of phase populations are functionally DEAF to each other (this is the stage we're at)

Perhaps the true ability of the King is to create near instantaneous coordination when people are around. The truest Kings in history ceased to be men and became archetypes and as an archetype they were a spiritual vessel so coherent they could entrain and harmonise the entire discordance of an entire population of people.

Ragnar became King because he was the least fractured. Because he was the one most in tune with his destiny. He did not rage against his wyrd but in unison with it, and as a result he made himself the most psychospiritually whole, so ultimately it comes down to having a coherent sense of self.

And a coherent sense of self means that you are no longer fractured by trauma, abuse and psychological programming, and it certainly isn't easy as the whole world can't find his Kings as everyone has been pretty much MKUltra'd since birth, however, you can make yourself whole if you are willing to "quotes Ragnar" **pick it up** - What are we supposed to be picking up?

Well, it's your **CHILD SELF** - The child that you fight to heal, protect and soothe every day whether you know it or not. That means, can you shine a light on those fractures and look at them? Can you walk away from the compromise that violates your soul? And can you build a pyre to burn away your old identity without searing your palms on its flames? Can you break yourself open and see the divine madness come spilling out and in that fury, which is really just **LOVE** can you hold yourself enough to repair your spirit when it ends?

Can you face the winds of infinity with tears of blood in your eyes and have no resentment for life? In this day and age for some of us, this is what it takes to become whole

SAVE THE CHILD

BECOME THE KING

SAVE THE WORLD