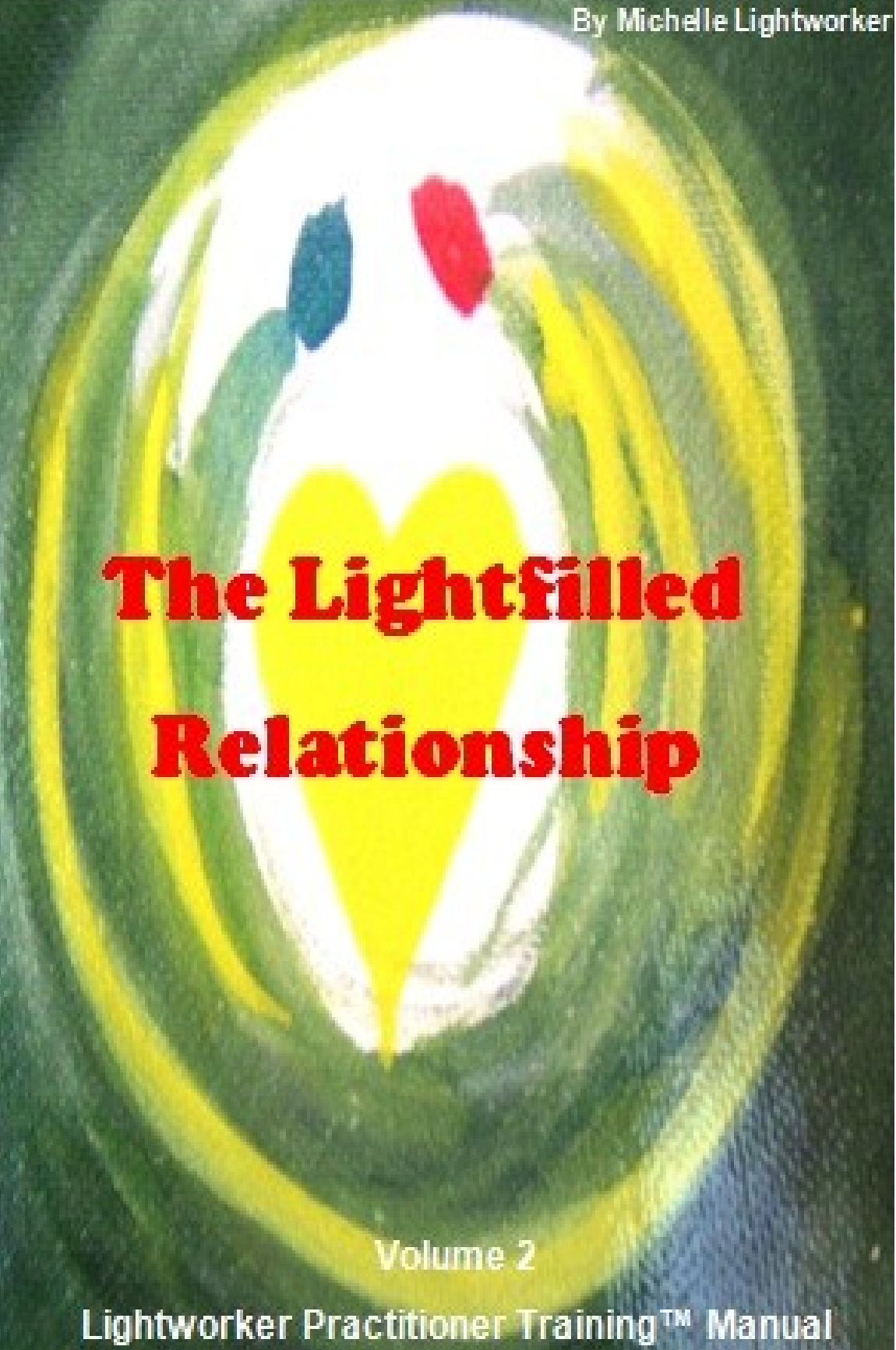

By Michelle Lightworker
The Lightfilled Relationship
Volume 2
Lightworker Practitioner Training™ Manual

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THE LIGHTFILLED RELATIONSHIP

LIGHTWORKER PRACTITIONER TRAINING™ MANUAL VOLUME 2

By Michelle Lightworker

About The Author

Michelle lives happily on the Sunshine Coast, Queensland, Australia with the love of her life and husband Tony. Although, Michelle really considers Mother Earth her human home and travels it frequently. Michelle is the proud mother of two daughters Sarah and Phoenix. Michelle began her own journey as a Lightworker the minute she entered the world as she believes every part of life is a part in consciously evolving. Michelle more consciously began her lightworking when she hit rock bottom with an eating disorder back in 1990. Since then, her recovery led her to helping others in voluntary service for many years before officially studying counselling. Running her own counselling business for many years evolved into the educational facility The College of Creative Healing. The highlight of her professional career was training Lightworkers with the Lightworker Practitioner Training™ which was a catalyst for her first book 'Making Light Work – A Training Manual for Lightworkers Volume 1'. Michelle is currently completing the 5 other Training Manuals for this with a view to offering the training globally via the wonderful virtual world of the web. Michelle is also currently facilitating Lightworker Practitioner Training™ graduates to deliver the Lightworker Practitioner Training™. Michelle and Tony are currently developing projects in collaboration with others Lightworkers to assist in the growing consciousness towards the light. These projects include the Higher Consciousness Reflections, the God Art Gallery and publishing inspirational books through Lightworker Reflections. Michelle is a Certified Trauma and Addictive Disorders Therapist which led to writing and facilitating the Diploma of Multi-addictions Counselling. Michelle studied and then taught the addiction module for the Advanced Diploma of Holistic Counselling with Sophia College. Other completed studies include: Diploma of Professional Counselling;



Associate Diploma of Rudolf Steiner Education; Counselling Kinesiology, Angel Intuitive and Advanced Angel Intuitive training with Doreen Virtue and Zen Thai Shiatsu. Michelle is also a qualified Australian Healing Hands Massage Instructor. Michelle taught children with learning difficulties at Noosa Pengari Steiner School and has worked for Department of Communities as a Peer Support Officer. Apart from being enthusiastic about her work, Michelle adores her family. Many of those are Lightworkers she has met along the story of her life's journey. She enjoys staying active and is into living life with laughter. Instead of 'doing' Lightworking, she is more interested in 'being' the Lightworker in all that she does. Michelle is the co-founder of Lightworker Reflections with her husband Tony as they believe that sharing our reflections is the most powerful tool in assisting the consciousness of humanity to awaken to the light. They believe, 'We are all one, we are all in it together, so let's start sharing'.

Dedication:

This book is dedicated to my husband Tony. Without you, I would not have lived the Lightfilled Relationship enough to finish the book I put on hold for 4 years. Thank you for blessing me with a wonderful Lightfilled Relationship. It is such a gift for others to share. I hope that they are inspired and find their own Lightfilled partnership with love, light, joy and unity as we have.

To Ashley, Ryan and Jarrod - you gave my mediumship wings. Thank you.

Mission Statement and Intention:

This new way of being will create and build energy towards a group consciousness of living in the light and spiritualising matter.

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Section 1: Introduction

This Training Manual is about relating in the light. It is about seeing the truth in how we relate. It is about igniting our third eye and spiritual vision to see the truth in our relationships with others. It is about transforming unhealthy relationships with family, friends, partners, children, ourselves, addictions and people into Lightfilled ones.

What is Relating?

We are all relating to different things all of the time. We are never 'not relating'. It is a pretty big deal to think that. What is relating then? It is about the ability to connect. We are either in the process of connection or disconnection to the object with which we are relating to. We are also in a process of how conscious we are of our connection/disconnection. We are also in a process of how conscious we are of our thoughts, feelings and behavior about our connection/disconnection. Of course, it would also be nice to have a sense of how the other person in the equation is responding to this connection/disconnection too. So there are 4 things we are in the process of in relating:

1. Our actual connection to whatever we are relating to
2. Our conscious awareness of the type of connection we are having
3. Our conscious awareness of ourselves
4. A sense of how the receiver is responding to the connection/disconnection.

To the degree that we can do all these four things with pure intention of the principles discussed later in this Section is to the degree that we are able to maintain a healthy connection. You guessed it, it takes consciousness!

Firstly, there is always a level of connection with that with which we are relating. The spectrum of how we connect is from very disconnected to very connected. We can be disconnected on purpose and put up walls between ourselves and others. Or we can put up walls between ourselves and objects of the world. We can shut out whatever we want whenever we want. We have the power to do that. Even books we are reading that we don't want to relate to. Hopefully you are not doing that now!

Sometimes we can become so connected to others that we feel enmeshed and lose touch with ourselves and who we are. In both situations, whether we are very disconnected or very connected, if we want to get to some place in the middle, then we need to we ensure that we are conscious of the connection and the impact this is having on ourselves and others.

For instance, if we are not in connection with ourselves, what happens to our relationships? Well if we are not connecting to ourselves, then where are we? That is a good question because often we will lose time and not know where we have been. I am not talking about losing time when you are sharing a very spiritual moment. We can all bend time or feel like it is flying when we are totally immersed in love. However, I am talking about when we actually feel we have 'disappeared' for a time. Have you ever been around someone or felt as thought the lights are on but nobody's home? Or you feel that they are just not themselves? Or you are not yourself? Or that they are distracted? Or you might even feel numb? It's hard to relate and connect to them isn't it? It's hard to relate and connect to others when we are not home too. Well, welcome to learning how not to do that!

What about relating to another without being conscious of your Spiritual self? If we are only coming from a lower part of ourselves in relationship, then power struggles can arise over who's better than who and competition ensues. Or we

act out of fear and low self esteem because we feel others are more powerful than us. We can play the victim.

I feel that we are always relating, however we may not be conscious of ***how*** we are relating. We may have much unconscious behavior when it comes to how we connect such as: walls, no boundaries, unacknowledged needs, hidden agendas and unrealistic expectations to name but a few. Or we might not even be sure of whom we are relating to. We think that we are in relationship with one type of person. Then years later it is clear that we are not. There are skills to learn about how to identify the types of qualities in people that we actually want to engage in relationship and continue in relationship with. Becoming conscious means being able to see what is actually happening in real time. Then we can learn to manifest what we want without lying to ourselves and seeing someone for who we want them to be, rather than for who they are right here and right now.

We all have potential to be something more than we are now. Often in relationships, when they first arise, we see the potential and that is what attracts us to another and plugs us into the relationship. However, this kind of 'love' is blind. What is more important is to see what actually is, and to feel what we feel about that. Do we still feel love? If this is what remained in 10, 20 or 30 years, would we still be keen on this person? Or are there major things about them, which we really want to be different?

Perhaps there are things that we need to work on to come to terms with who that person is and we need to face this part of ourselves. It is not a matter of them changing something about them but us looking at that part of ourselves, facing that and working out how to love that part of ourselves. If we did that kind of work earlier in relationship, we would save ourselves a lot of heartache and perhaps a lot of time as well waiting for a person to change. It may be that when we work on ourselves, we actually resolve the need to have that part of

another mirrored back to us. We may no longer feel an attraction and move on. Or they might change just because we did our bit!

In this book I am presenting skills on how to consciously choose and create the kind of environment that you want to surround yourself with. This enhances your life experience. It doesn't mean that everyone will be perfect all the time. It means that you will be able to be supported in who you are because you acknowledge who you are and how you want to be supported in being who you are.

Why Read This Training Manual?

Let's talk about this Training Manual and why I am writing it. If you have already read my first Training Manual "Making Light Work" then you will probably know that this is Volume 2 of a series of 7 Training Manuals written for the Lightworker Practitioner Training™.

Many of the concepts presented in the first Training Manual will be built upon here. However, if you have not read the first one and are interested in the content of this one, it must be meant to be. Go ahead and start to read it. You can always put it down if you are not sure and read the first Training Manual to get some foundations on some of the lingo I use.

I am writing this Training Manual because once we learn that we are safe in the world, we are usually ready to go the next step. We now learn how to relate to the world, life and others in a healthy way. In Volume 1, we learnt many ways to connect to our Higher Selves and Higher resources so that we can feel protected, supported and resourced. When we get to entering into relationships with people here on planet earth, or relating to them over the other side in a mediumship capacity, we can feel challenged. It is part of our process of

evolution to learn through relationship. Without the foundations presented in the first volume, we are usually lost in relationship.

It is easier to evolve spirituality when we are on our own. If we all wanted to do it perfectly we would be on a hill somewhere, without contact with the rest of the world. However, perfection is not aligned with spirituality. So there is the paradox. If we want to practice true spirituality, then we have to turn up to relate. In the first volume I discussed the idea of everyone and everything being part of The All. Here, we acknowledge that if we disconnect from people to connect to our higher resources we are not embracing the true nature of The All. So, relationships are the next step in challenging us to accept our perfect imperfection and humanity, which is a huge part of our spiritual evolution. This does not assume that we need to be in connection with people 100% of the time. We all need space at times to ascertain where we are in the connection with others.

In this Training Manual we also cover relating with our family and other people's families. We learn where we learnt to live life. We learn how we can take our power back and choose to live differently, rather than becoming victims of our past. We can create the future we want. This book can help us to deal with being in small groups. If you don't feel comfortable in a group situation, there are tools in resolving this. We learn how to reclaim the truth of our wholeness so that we don't become a caricature or take on* a rigid role in groups. And if you are interested in facilitating groups, then this area of learning is a must.

In this volume we also cover working with resolving attachments to addictions. The way we relate to things that can provide us with a false sense of power and become dependencies. Attachments to; food, work, sex, money, alcohol, habits, people, exercise, our body image, power and our environment are actually symptoms of other things. We explore how to deal with addictions in a

meaningful way and without judgment. They become our allies for a powerful life. We don't gain 'control' over them. We learn to work and gain strength from what is underneath them. Then we don't have the cravings and attachment to them. We don't shut them down. We open up the underlying need of the addiction and we make peace with it. Funnily enough, it doesn't have control over us any more when we do it this way. In essence, it's a new way of living, we spiritualise our addictions.

A very important part of this Training Manual is how to relate to children. Those children that surround us in family life or work are our future and need to be understood. In order to relate to children, we need to face the mirror that exists inside each of us. We have many little children inside of us that are very real and control many of our actions and attitudes. When unconscious, they take over and lead us astray at times, to meet their own needs. Well they have to somehow don't they? Clever little things…I believe that no counselling or Lightworking training would be complete without a look into how to relate to children. They are but a mirror of us.

After learning more about actual relationships, family dynamics and addictions, it is timely to then look at relating to those who have passed over to the other side. So we learn how to relate with the other side and build our mediumship skills. We cross the veil from this earthly life into the spiritual world, whilst living and breathing in our human abode. I believe that a really good 'medium' sees the truth, not just across the veil to the other side. Therefore having an understanding of family systems, addictions, relationships, and inner child issues really helps in gaining clarity with spirits who have passed. Their unresolved issues, attachments and belief systems are going to highly affect the relationship with their loved ones (or not so loved ones) on this side. Having these skills on board also assists us when wanting to support those family members or friends who want to contact with their deceased loved ones. Or for those who would prefer no contact with the spirits who are trying to connect

with them from the other side. I provide tools that are like the beacons to guide your eyes in relating with the other side fearlessly. This way we are less likely to get blinded or scared by your own unresolved issues.

This volume is a resource for those who are at Level 2 of the Lightworker Practitioner Training™ or for those teaching it. I have included special notes on how to deal with issues that arise for clients and in facilitation of the Lightworker Practitioner Training™. This volume includes practical tools for your own personal development or those that you help.

Lightworker Practitioner Training™ Overview

The seven levels of training begin from Spirit descending to matter, then onto matter ascending to Spirit as shown in Diagram 1. So that those listening to this as an audio can understand the diagram, I want you to imagine a bathtub or U shape. At the top of one end is Level 1 of the Lightworker Practitioner Training™. This is the closest we get to spirit and the bottom of the bathtub is the closest we get to matter. Our goal with the training phases are that we start at the beginning in learning to connect to spirit in Level 1, learn more about matter by Level 4 and then ascend back up the bathtub towards spirit by being masters of spiritualizing and manifesting matter in Level 7.

Here is an overview of each level:

Level 1 – Making Light Work

This level is related to the Crown Chakra, opening us up to connect to Spirit. We learn how to connect and resource ourselves, to bring the light down into our body. It marks the beginning of being conscious and developing a spiritual connection. The main theme here is connecting and building that connection to Spirit so that we are divinely guided Lightworkers.

This level lays the foundation for those who wish to work and raise their vibration as Lightworkers.
We provide a substantial tool kit for Lightworker Practitioners including: Psychic awareness and development exercises, visualizations for resourcing Spiritual support, daily guidance tools, conducting readings/healings and clearing and centering ourselves and clients. We learn the 12 principles that underpin the Lightworker Practitioner in professional practice. We also include the five stages of conducting a structured Lightworker Practitioner session, to help client's wishes come true!

Level 2 - The Lightfilled Relationship

This level relates to our Third Eye Chakra and really seeing beyond the veil of the superficial stuff right into why things are happening and what is truly going on.

Level 2 helps us to see truth and clarity regarding the patterns of our relationships. It gets us to see the heart of the matter. Where Level 1 helps us to gain guidance and support in our lives, Level 2 puts us into the heart of our issues, to consciously clear them, with Spiritual help.

We learn more about the 'why' we do things at this level. Whereas in Level 1 we were learning 'where we are at'. It gives us an insight into the world of why we are repeating patterns from the past and how to move on from that. We do body based healing of past wounds, but it is presented and conducted in a non-traumatic way. We don't want to re-traumatize ourselves to help resolve our trauma! It doesn't have to be scary in any way and Level 1 prepares us solidly for this. We cover how to have both personal and professional Lightfilled relationships with Spirit, ourselves, families and children. We learn creative techniques to communicate and heal the inner child of ourselves and others.

We demonstrate how to transform dysfunctional relationships into healthy ones by creating Higher Powered Relationships for ourselves and in assisting couples professionally.

We learn about Higher Power replacements such as Addictions and how to have Lightfilled relationships with them. Rather than seeing them as the enemy, they become our barometers of our connection and allies in spiritually evolving.

This culminates in developing a sound awareness and grounding for using our Third Eye effectively in building our Mediumship skills and communicating with the other side.

Level 3 – Transforming Darkness To Light

This level helps us to get to know the really important parts of ourselves that will get us to where we want to be. We are dealing with the 'who' of ourselves and others in determining who is actually driving the bus of our choices at any given moment.

This level relates to our throat Chakra and helps us to step into truly speaking our truth of where we are at without shame but with integrity. We learn to say, "I am That" about every part of every one we see. We throw off shame that separates us from Spirit and our fellow man. We step into more unity and as we bring the torch into the darkness, it is alight.

This is about the transformation of different parts of us so that they become our allies and not our enemies. Ever heard of the saying 'what we resist, persists?" Well it's true. Remember that old saying "Don't think of a pink elephant"? Did you just think of one? Hell no! You too! Wonder why? Unless we integrate these parts of ourselves, we just keep pushing them away to the shadows.

When they feel rejected, they find a way to get our attention. Or what if we over identify with a part that we really like? It just takes over doesn't it? All our other parts become a shadow to our consciousness.

In this level, the darker parts that we fear get embraced, loved and understood. They are often our most powerful parts when integrated and they become an amazing source of strength, when filled with Spiritual love and light. No longer are we possessed or carrying entities around with us that we have not integrated.

Shadow work gives us an opportunity to understand, acknowledge and heal any sabotage that blocks us from our higher Spiritual calling and path. So we get to step into the lighter side of ourselves more. We build on our relationship with the Higher Self and embrace our light shadow.

What we reject or over identify sends our life out of balance. So in this level we work on balancing ourselves and removing blocks to creating the life we want.

We use an accumulation of the tools learnt to date and add in sand tray/symbol work because it brings the unconscious to consciousness in a fun way. And we introduce voice dialogue – exercising that Throat Chakra again!

Level 4 – Vibrating In The Light

This level relates to our heart Chakra and aligning ourselves with the healing of the earthly vibrations. Humans actually connect the earth with the light. We are in the heart of the connection.

This is all about learning different tools that raise our vibration. We are now entering in the more physical world of using the earth to ascend. Level 4 is the bottom of the bathtub in our descent into matter. If we haven't transformed our

darkest shadow, we descend into matter and abuse it in a materialistic way. That is why we do Level 3 first!

We explore a number of earthly vibrational influences and essences that help us to embrace human qualities and support us in changing our beliefs to align with Spirit. The unique vibrations of flower essences are discussed. We learn about the influence of crystals and you are invited to join us in becoming a Crystal Guardian. We experience the powerful benefits of individual and group sounding and toning. We discuss the 'like treats like' remedies of Homeopathies. We move into talking about all the things that raise our vibration that surround us in the physical world. This is about using our earthly resources to assist us in ascending. We learn about Archangel Essences – our divine human helpers that have been assigned to us. We learn how to walk with Angelic vibration on the earth.

Level 5 – Playing In The Light

When we play we are truly in our power, so this level relates to our personal power center of the solar plexus. The power of play is truly a vibration of joy that heals.

This level is so much fun, it doesn't feel like work. My students and I have so much fun we can't believe how quickly the time goes. It is all about playing through our feelings with games, writing, animals, color, painting and clay. We get out the paintbrushes. We get dirty with muddy messes. We get to work through any shame we have around play and playing. There are the practicalities of how to set the material resources up for the client – and so we learn about the tools of the trade and are responsible Lightworkers too!

We bring the earthly vibrations up a notch to reach to the heavens. Healing is fun and instantaneous. We are more in touch with our psychic abilities, core

beliefs, different parts and unresolved wounds, to know where, why and who we are at that moment. We are in the flow of life and prepared for this level. This is transformation in action. We know that when you are in the flow, nothing need's 'doing'. You are just 'being'.

As mentioned before, healing through joy is a lot more fun than healing through pain. This level brings us closer to living, breathing and playing in that truth.

Level 6 – The Lightfilled Being

We are focusing on the physical body more now. This is level is about Spiritualising the creative centre of our being so that we can recreate ourselves purposefully as more Spiritualised beings. So this level relates to the sacral Chakra.

We increase our joy and lift ourselves out of depression when we are able to fully Spiritualise our body. But we need to be 'in' it to do it. So we bring more Spirit fuelled joy into the body.

There are so many areas to explore in raising our physical vibration so that it ascends us closer to Spirit. We touch on lots of different topics on the body, which can be explored very deeply in their own right. However at this point we have enough knowledge, wisdom and Intuition on board to know what area we are being drawn to in order to assist us on a physical level.

Some of the topics we include are Holistic medicine, Chinese medicine, yoga, massage, food choices, managing your pain, physical fitness/exercise, sex, movement and spacial orientation.

Taking care of ourselves is no longer a punishment or arduous task, but sheer joy. We do it because we want to, not because we have to. And we have the

tools to get beyond any of the sabotage that may arise, because we have completed the previous 5 levels. That is why it is important to do the previous levels in that order. So here we become free in our body and not prisoners of it.

Our bodies vibrate with Spirit and are in harmony with the earth at the same time. We realize that we are creative beings in harmony with the creative forces of mother earth and the stars. As above, so below.

Level 7 – Living Abundant Light

This topic relates to our grounded base chakra centre. Here we learn that bringing the light right down into our body means that we reflect the heavens and vibrate this.

We learn more about the Law of Attraction. We learn to open up to this help and receive, thereby attracting more. This level is about mastering the creative process of attracting abundance to you. We now learn how to transform and manifest. We now know that our ability to transform matter and manifest what it in our highest good directly relates to whether we are connected to Spirit, ourselves and the earth at the same time.

We learn how to manage this higher vibration, being clear about what we want, remove blocks from creating it and how to accept it when it manifests.

Techniques to differentiate between what we need and what we want are important. We ensure that we are clear on what these are and how to manifest them.

Our dependencies, attachments and aversions to power, security, money and sex are addressed on a deeper level here. Our sex life and attitude towards money are usually symptoms of our base Chakra being open or closed. We

learn to become Spiritual masters of money and sex, not for power, but for stepping into the highest vibration of the base Chakra.

We learn about our blocks around receiving so that when we get what we do want we get to keep it rather than push it away! As practitioners it provides us with tools in helping our clients to get to where they want to go and to actually embrace it when they get there.

We learn how to continue helping others as Lightworkers, without ending up in the poor house or burning ourselves out.

Many of these tools are so valuable in and of themselves. To have them in one level of training is really stretching us to open up and receive to the max!

In this level we learn the art of living in abundance and still being connected to all. As we embrace our own abundance, we give each other permission to step into their own abundance too. We learn to feel secure in ourselves within the context of the earth, completely supported and accepting the abundance of Spirit.

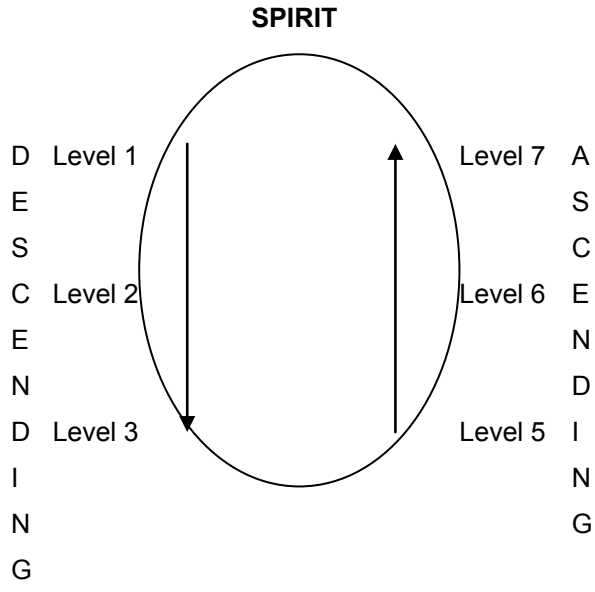
Upon Graduation

Upon completing all seven levels of the Lightworker Practitioner Training™, all participants are able to call themselves a “Certified Lightworker Practitioner”. They are also eligible to undertake training as Lightworker Practitioner Facilitators and in order to deliver the Lightworker Practitioner Training™.

As mentioned in our Mission Statement, we hold the intention that this new way of being will create and build energy towards a group consciousness of living in the light and Spiritualising matter. By the end of graduation, we hope that our graduates are able to embody this intention and carry this message to others.

Diagram 1

Notice how this diagram of descending into matter and ascending back to Spirit is shown in a circular form. We start from the top, closer to Spirit but further away from matter. Here we are connected to Spirit but unconscious of our connection. Then we descend into matter and we end up so materialized that we can feel like it's a hell on earth. Then we consciously start to ascend and raise our earthly vibrations back to Spirit. It's a bit like being a baby (close to the heavens but unconscious), then a screaming adolescent (materialized and self absorbed) and then a mature adult (aware of self and others). However, once we get to the top, it's a circle and back down we come. As we ascend, the impulse to descend and help others is part of Spiritualising matter. As they say, you cannot keep what you do not give away. So back down we come, as part of the unification process, to help others, bringing a load of Spirit with us.



The 12 Principles of the Lightworker Practitioner

In the first volume, I discussed the principles of the Lightworker Practitioner Training™. These principles are an ethical guide to working as a helper in a professional way. I will now go over these as a guide to how we work with these principles more specifically in relationships.

PRINCIPLE 1: HONESTY

In relating to others, we need honesty to maintain any sort of connection. If we are being dishonest with others, it usually walls us off from them. We can create an illusion of who we are, however, we then live with the belief that we really are not loveable just the way we are. This is not conducive to practicing self-love. In order to really love the self, we need to be honest.

In relating to ourselves, if we are not honest with ourselves, we are usually removed and disassociated from our truth. It brings us to dependencies on addictions to numb the pain of avoiding our truth. So being honest with ourselves sets us free. I am not saying honesty is painless or painful. It is what it is. It is often a process that we need to go through in order to get to the next stage of our development. Honesty connects us to ourselves and others in a meaningful way.

Being honest and living in truth is living in the light and connects us to the light of The All.

In Volume 1 “Making Light Work” I mention honesty with ourselves, our Higher Power and others – in that order. We need to be honest with ourselves first, feel supported in our honesty by a higher vibration and force. Then we can be honest with others in a more fearless or courageous way.

PRINCIPLE 2: OPEN-MINDEDNESS

Being open-minded in relationship helps us accept the truth that we don't know all there is to know about ourselves, the other person or relationships! We may know some of the truth some of the time. But there is always more to learn. As we evolve we learn. We are always evolving. So we are always learning. We can try to avoid evolving however we stagnate and so do our relationships.

In being open-minded we also open up to letting the light into the relationship to enhance and transform it. It helps us maintain a certain amount of humility at all times. We let our Higher Power in and it becomes the third entity in our relationship. A relationship without our Higher Power is like a relationship between 2 children.

We also need to be open-mined when relating to the other side. When we are open to being supported by spiritual beings that hold a higher vibration, then communication with those who have crossed over is clearer. Being closed minded means we can tend to interpret messages from the other side without being open to a higher message. Then we will find that we are more translating the information from our own perspective, rather than an objective lightfilled one. Keeping an open mind means questioning our higher spiritual resources – A LOT.

PRINCIPLE 3: WILLINGNESS

Being willing to front up in relationships can be challenging. Sometimes we are not willing to change, look at our stuff or take responsibility. Sometimes it's all we can do to be willing to be willing to 'hang in there'. We can pray for the willingness to be willing. It takes two willing people to maintain a relationship. Whether it's family, friends, partner or the other side, both parties have to be

willing. If only one person is willing to do what it takes to relate, then there really is no relationship. Or it becomes a very dysfunctional one.

When it comes to having a healthy relationship with ourselves, we need to be willing to let go of addictions and attachments. In order to do this, we need to be willing to turn our will, our relationships and our addictions over to a Higher Power. When we do this, our attachments and their reason for being, becomes lightfilled and we become conscious of how they serve us. This puts us in right relationship with ourselves, others and a Higher source of support.

We also need to be willing to give and to receive in relationships. Intimacy is a two way street. It is about letting the love in and also sharing the love we have in our hearts. Quite simply put, if your heart chakra is closed to EITHER giving or receiving love, then your willingness to be in any connection that is sustainable, is impaired. This will lead to a very unhealthy connection. Willingness is vital to healthy relationships.

PRINCIPLE 4: FORGIVENESS

I believe that if we judge certain behaviors in ourselves, then we may judge these in others. If we judge others, then we are usually in judgment of that part of ourselves. If we don't resolve our aversions to certain behaviors in others we will start to hate ourselves. Perhaps we will project this hate onto others and they become the thing we hate. As we are all connected, when I forgive you, then I forgive me.

I believe that all forgiveness is the absence of judgment. We wouldn't need to forgive another if we haven't already judged them. We can only be in an absence of judgment when we are in total acceptance. We can only be in total acceptance when we are at peace with that part of ourselves. We can only be

at peace with that part of ourselves when we understand it and integrate it. All forgiveness is therefore an action of acceptance of our own human parts.

The more we are in the vibration of an unforgiveness of others, the more we are in disconnection with others and ourselves. All forgiveness, if undertaken in a responsible manner, is a healing process between our own selves to become more whole. I see forgiveness as a gift that, when extended to others, becomes the poetry of healing in a most profound way. A beautiful synthesis of extraordinary love and light to ourselves that then extends its loving hand to others and touches their heart at a very deep level. For often people who have been judged harshly, will feel the deep acceptance of the forgiveness you extend to them. And they will feel more loved in a more profound and deep way. For as deeply as we have been judged, we will feel loved - when forgiveness sparkles its loving light.

A lack of forgiveness of others binds us in shame. It shames others and offers a dark corner for their shame to hide. In unforgiveness we offer darkness not light, disgust and shame for ourselves. Our light dims. We do not know the extent of this effect on our bodies usually until it is too late and we are dying from cancer. So remember that when you are not in forgiveness of another, that it is a beacon pointing to a part that you need to forgive in yourself. The issue of unforgiveness is NEVER about what another has done. It is always about how deeply you can love yourself and your imperfection. How deeply you can love yourself back to wholeness.

Accepting these parts doesn't mean that we have to live with others who are not in acceptance or responsibility for their imperfection. True forgiveness is not about complete non-judgment. True forgiveness is in the process of acceptance of parts that challenge us.

Therefore forgiveness and feeling peaceful in relationship equates to how much we have reconciled ourselves with the parts of ourselves that are reflected back at us by others.

PRINCIPLE 5: UNITY

When we are on the path of forgiveness and acceptance of those parts of us that challenge us, we feel more at peace and connected with the world. In this connectedness, we feel a unity with life. We see ourselves more in others and less separate.

This unity in relationships also means that what I do to you, I do to myself. If our choices, in relationship are coming more from a position of 'what I do to you, I do to myself", they are much more conscious and this also promotes loving behavior towards others.

We are all one. We are all connected. Just because we don't feel it at times because of our own perceived separation, does not mean that the connection does not continue. It may lie dormant to us in our current state of consciousness, but many enlightened masters would say that this is an illusion. The true nature of life itself is that we are all connected. However, becoming conscious of this unity in relationship is in itself a real phenomena because we start to realize that because we are in fact in unity with others, we need to work less on relationships with others, and more on our relationship with our own parts that are creating disharmony in our relationships.

Unity itself is a principle that aligns relationships with a higher dimension. When we are in separation we have need. When we are in unity, we are not needless, but we don't make others responsible for our needs. We come less from a child position in ourselves and more from an enlightened position. We realize that others' needy parts are also a reflection of our own, so we are in

less judgment of them too. All in all, the principle of unity raises our awareness from that which is ‘what can I get from this relationship’ to ‘how can I love more’ perspective. Being in this vibration of love also promotes more unity and connectedness.

Let’s talk more about working together as a team. When we enter into relationships, we usually feel that we are either on the same team or competing. If we have a partner that doesn’t understand the majority of our opinions and the relationship feels like an uphill battle, then it probably is. No offense here, but sometimes things are just the way they are. Nowadays, if I don’t see a couple turn towards each other in times of crisis and instead they are turning against each other, I usually hear warning bells. These are the times that you want your relationship to be that soft place to fall. Crisis is not the time to be attacked for your opinion or to try to convince someone of who you are. So I believe that we need to be certain that from the get go of our relationship, we are working as a team, the majority of the time and especially during times of stress. The family stability depends upon the teamwork of a couple. If there are any cracks, children and extended family will find them. So I believe that being a tight unit and teamwork are essential components of a really hardy relationship.

So unity in its essence, creates more wholeness, love and light. And that imbues and sustains our relationships. That is when the lightfilled relationship shines its light out to the world and then this unity spreads out to the world as an example.

PRINCIPLE 6: DISCIPLINE

It takes discipline in being committed to loving yourself 100% of the time to contribute to relationships in a healthy way. We need to keep our self care on track and resource ourselves if we want to maintain a healthy connection.

Staying on track in relationship means turning up and being open to receiving and giving. Here is a following list of things that we can be disciplined with in relationship:

- Checking in with how we are feeling with each other
- Noticing things that we like in others
- Practicing gratitude
- Ensuring we maintain our own self-care
- Continuing on in our own life purpose
- Keep being honest with each other
- Sharing our fears and doubts
- Noticing how grounded we are
- Practicing moderating our reality
- Ensuring we are conscious of our own personal boundaries
- Setting healthy boundaries
- Sharing our imperfections openly
- Ensuring that we make quality time for ourselves, family, friends, our partner, work and fun in balance
- Including our Higher Power in our decision-making as a couple

When it comes to discipline, it is a very personal thing. Perhaps we have our own addictions that we need to monitor and keep our partner in the loop about with regards to our own recovery. Or we have our own short comings that we are aware of and have strategies in place to support ourselves. Being disciplined with supportive strategies in relationship lends itself to ensuring that our partners are also aware of these as well. Supportive partners will support you in dealing with your imperfections. If you are challenged by a partner who is undisciplined with an addiction that you share or a habit that you are trying to break, this may require a greater amount of discipline in turning up to your supportive strategies. But it is imperative that you continue to honor yourself in

relationship and do not cave into your partners imperfections if they are similar to your own. A great example here is trying to give up smoking. It is often more difficult for one of you to give up if the other is smoking or continues to smoke around you. And if your partner is resistant to giving up they might consciously or unconsciously sabotage you. In this case, you need to be clear on what is supportive and unsupportive in letting go of smoking – for yourself. Don't try to change or convince your partner of giving up. Only focus on what they can do to support you. And if they are consciously trying to sabotage you, then you can share how that affects you and makes you feel. If they don't respect your needs then you may need to reconsider the kind of relationship you are in versus what you want. Help from a third party may be of great assistance in the kind of situation where you don't feel supported by your partner in honoring yourself.

PRINCIPLE 7: FAITH

If we don't have faith that our relationship as well as ourselves and others are in God's hands, we tend to take on the role of the dictator and controller. We then tend to live in fear and make it our job that everything should be a certain way. We tend to live in 'what ifs' and anxiety. We tend to live in a current state of fear of abandonment. Whether this is conscious or unconscious, it will determine our behavior in relationship in a fear based state.

When we are exercising faith we are actually saying that we have faith in our Higher Power to give us what we need in relationship. It also means that we believe that others have their own faith and access what they need. We are able to know that, as we turn up to be guided to the next step in our relationships, we will know what to do in any situation. And so will our partners if they exercise faith. Even when that 'knowing' is not knowing. As in, we are not meant to know and we know that right now. This happens more and more

to me. I am in acceptance that a particular thing is being hidden for me for a good reason. I am at peace with the universe being in control. As long as I turn up and do the footwork assigned to me, then it is just all about patience really. Nothing else. It keeps life simple.

As a couple, having faith means that we know that we are supported 100% by a Higher Power and that we also will be shown and guided what we need to do as a couple. We don't live in fear of what will happen. We always know that whatever happens, it is in our highest good.

PRINCIPLE 8: RESPONSIBILITY

There are many things that we can be responsible for. What we predominantly need to be responsible for though is our own thoughts, feelings, behavior and the impact of our behavior on others. We don't have any control over how our behavior will impact others; however, we need to be mindful and sensitive to the fact that all behaviors have an impact. How others respond to our behavior is truly their own business. They are also responsible for their own thoughts, feelings and behaviors. We also need to be mindful that their behaviors have an impact on us and it is their responsibility to be aware of that fact. It's all very well to say that we are not responsible for another persons reactions if we stomp on their foot, it's another for that to make sense when we have purposefully stomped on their foot and it has had an impact. Or if we are abusing someone verbally and then say that what they do about that is their business. It truly is their business how they respond to our abuse. However if we are not caring about our behaviors, we can expect some pretty awful consequences in terms of being in relationship. IN relationship we share a space. And if we don't respect that sacred space then our relationship simply won't be a happy place to be.

We can also be overly responsible too. If we make ourselves the Higher Power in the relationship then we can tend to carry everything that happens in the relationship on our shoulders. When we carry stuff that is not our own we are in danger of health problems and also of enabling other peoples' inappropriate behaviors or unresolved feelings to continue. We are not doing our family or friends any favors in this regard. By taking responsibility for that which is not our own we are allowing them to not take responsibility for their own stuff and therefore not grow. I heard a saying once that caretaking was taking away a persons opportunity for growth. I liked it because it helped me to remember that there was a difference between being a caring person and being so caring that I was delaying a person's growth. It helped me to be able to stand it when I saw people in pain or uncomfortable when they were taking responsibility for their stuff. I stopped being a rescuer.

We both need to be responsible for what we bring to the relationship on a daily basis. However, we also need to be responsible that we create all of our own experiences. We have created the experience that we are having in relating to this person or thing. In my first training manual, I spoke about destiny vs choice. I imparted the idea that our life is a combination because our destiny is all in choice within the grander scale of the universal destiny of unification. So, in reality we are always in choice of how we want to learn, how quickly and when. But ultimately all our choices lead us to the evolution of consciousness that brings us back into connection with each other. So ultimately all our choices of how we have planned our destiny for this and other life times, are good. They all contribute to the greater good. There really are no mistakes. So, we can stop feeling bad about ourselves for all the 'bad' experiences and we can also step out of feeling like a victim or blaming others. Then we step into our own empowered state of knowing that ALL of our experiences are planned by us within the plan for the greater good.

We are not responsible for the way a person responds to us. That is their reality, their choice, their responsibility, their growth, their lesson and their own evolution of consciousness.

We are responsible for keeping the dynamic going though, Unless we choose a different behavior, it will keep on happening. I heard Dr Phil say on his show once that we teach a person how to treat us. I definitely agree. What we allow really says to them that it's okay to treat us that way. He also said that we are either contributing or contaminating our relationships. In order to identify what we are doing, takes a bit of consciousness. We need to take responsibility for who we are by owning our reality in the first place. But we can't own what we are not aware of. This is important. You can't take responsibility for what you can't see. You need to feel it to heal it. So that is why we do grounding and clearing exercises in Level 1 "Making Light Work". It helps us to know who we are so that we can express that to others in relationships. Responsibility in relationships involves being aware of, owning and expressing our reality.

Your reality includes your thoughts, feelings, physical body and behaviors. Some recovery in this area needs to take place before we are really ready to be able to share a relationship that rises above our automatic reactions and moves into maintaining a deeper and more spiritual connection on a long term basis.

PRINCIPLE 9: LOVE

What Lightfilled relationship exists without love? We can love big when it feels good. But we can also love even bigger when loving is a tough thing to do. When every cell in our body is screaming not to be around someone who is pushing our buttons, loving is tough. Loving ourselves enough to go easy and maintain our own personal self-care during these kinds of times is paramount.

Sometimes loving someone means letting them go. I believe that there is no right or wrong time to leave a relationship. You will learn the lessons you need to whether you stay together or move on. Sometimes you just know that you will stop learning and evolving if you stay with someone. Or you feel that they are holding you back. If you have tried everything you can to practice your own loving relationship with yourself, God and them, and it just seems that things are not progressing, then it might be time to let them go. If it is meant to be, then you will get back together. Look for the signs and listen for guidance on whether to leave the relationship.

We love another by offering love and then letting go of whether they love us back. People can only love us back to the level that they can love themselves. In our human existence, it is a moderate expectation to be loved back! We are not saints, nor does God expect us to be. Letting others go because they are not willing to develop the skill-set to love themselves can be a very positive and loving thing to do. It hurts like hell, but we are not their Higher Power. This is true unconditional love for ourselves and others.

Love is not martyrdom. If we neglect ourselves, we offer a false love to others. It is not truthful to self-sacrifice and say we are happy. We can be happy when we self-sacrifice, but if it is based on an underlying belief that we are not worthy of love or to receive, we will then create that reality. We will attract people who we give heaps to, who have nothing to give.

Love is the ability to care for the self and others at the same time. It doesn't mean that we try to take other's pain or experiences away. It means that we let them have them. This can often be seen to be tough love. Yes, love can be tough when it says, 'I believe in you – so I won't do it for you'.

I think that ultimately, when we are living our life by loving principles, we are coming from the heart. If our decisions are heart-based decisions, they are

done from love and not fear when our own heart chakra is full of love and light. I know that when people are operating from behaviors that stem from a broken heart, they can do a lot of damage. So ultimately, going with the heart is great, as long as the heart is guided and full with love. When the heart is empty, in pain or broken, then going with the heart can cause more emptiness, pain and brokenness. I believe that the heart is the great manifestor of more of its state of being. If you have a broken heart or are experiencing some heart related grief regarding a loss, then it is imperative that you tend to it ASAP. I ask my guides and my higher power to send me all the love and light I need to mend and fill my heart. It works. It's a very simple request. Sometimes you will get some information that will come through that provides you with more of an insight as to what is going on with your heart if you don't know. Sometimes I can experience some heart pain out of the blue and ask for help with it. Then the help comes and I realize that I was in denial over something huge – like being in love with someone for instance. Or it might mean that I am picking up on someone else's pain. There is always a reason. I ask for healing even when I don't know the reason, but I always learn something about the situation when I am open to information as well.

PRINCIPLE 10: WHOLENESS

We are all whole 100% of the time. The problem is usually that we don't see that we are whole 100% of the time. So getting back to seeing things as perfectly whole 100% of the time is about transforming and fine-tuning our vision.

Is it about wholeness to be dumped on by your partner? What has someone walking out the door on us have anything to do with wholeness? I believe that we need to have certain experiences to point out the work in progress towards realizing that we exist in wholeness. A bit of a paradox there huh!

We don't always see the whole picture all of the time. Our life experience keeps us current with the whole picture of ourselves. For example, I may not be aware of my relationship with money so I attract someone who obsesses about money. Then, I realize what my relationship to money is. It may mean that I am in gratitude for money and also that I am being taught to be in gratitude that I don't obsess about it! It may mean that I don't take any responsibility for it and need to develop a healthier relationship. It may mean that I overspend and haven't been realizing this until I witnessed a person obsessing about how careful one needs to be with money. So we attract these life experiences in order to develop our own consciousness towards understanding and knowing ourselves in a more Holistic way.

PRINCIPLE 11 – JOY

I believe that there is a lot of healing in relationships by being in joy and grateful for life. Gratitude brings joy to any situation – no matter how dark. So in practicing gratitude, even in the lowest moments of parenting, relationships, professional sessions or dealing with the afterlife, we can access this joy. It is a transformative experience.

The next time that you hear something tragic, think of one positive thing that could come of it. Only one. Then remember, that one situation can affect millions of people. That's at least a million positives. Those positives then affect at least one. And on and on goes the ripple effect of gratitude….

I spoke about healing through joy and not pain as a new type of consciousness. I know what I would prefer, although I don't always experience it. The way I view a situation can be joyful, no matter how ugly it looks to be. If my view of the situation is joyful, and this does take some discipline, then there is no need to feel pain over it. Instead I will only feel joy and gratitude for the

lessons and gifts it brings to myself and others. ‘It’s all good’ is a good gratitude mantra.

Being in joy together as a couple in relationship is amazing. It is light, breezy, fun and authentic all at the same time. Light brings joy and joy brings light. In being in pure joy, we are not trying to be joyful at the expense of our partner. We are not humoring ourselves by putting them down with humor that hurts. True joy is an experience that is quite spiritual. It can be shared together in unity and does wonderful things in transforming the dark corners of relationships as well as growing the relationship into consciousness.

PRINICPLE 12: PEACE

We can only ever be at peace in relationships of any kind when we are at peace with ourselves. Good self love and self care will bring harmony to our relationship with ourselves.

We also need to balance with relating to others. We need to learn the art of maintaining our own needs and keeping connected to others. This isn’t always easy to do. Especially if we have been hurt before and we have difficulty trusting that this won’t happen again. I can guarantee you that you will be hurt again if you have not made peace with that part of yourself. Your partner, or enemy that you are relating to becomes your biggest teacher.

We can always find peace when we take responsibility for our experiences and see them through the lens of joy and gratitude. Nothing can rock our world. Nothing has the power to throw us off centre.

Peace is the channel between ultimate power of God and the out of control chaotic human. Therefore we can choose peace at any time; we just need to tap into it. We can be overcome with a sense of peace when we know that

everything is in perfect order, no matter how out of control it looks. When we feel we are in God's hands, we usually feel a sense of peace because we know that we are taken care of and in safe hands. At the risk of sounding a little repetitive, we know we are at peace when we believe that it's all good! When we are able to hand our relationship, its issues and its evolution over to our Higher Power to take care of, we will find peace in relationship.

Section 2:
Lightfilled Relating with Inner and Outer Higher Realms

In this chapter we will identify the importance of the relationship between:

1. Ourselves and our higher self
2. Our higher self and our higher power

As we know with relating we are either connected or not. But we are even connected in our assumed disconnection. Just because we are not conscious of our connection, doesn't mean we are not connected. To the degree we are conscious of our connection with ourselves and our higher power is to the degree that we are able to really tap into the infinite power of the universe and use it.

I spent a lot of time discussing different Higher resources available to us in "Making Light Work". But it is just as important to know that we have a place in ourselves that connects with these Higher realms 100% of the time – even if it unconscious to us. This higher part is our higher spiritual self. Even if we feel shut off from these higher sources, we can choose to develop a closer relationship with this higher self. So the minute we tap into our higher self, we are more conscious of spirit and accessing the power of these higher resources. This enables us to connect to higher sources directly, from whatever place we are in. Just being willing to be open to connecting and having faith that we are loved, guided and supported is enough.

How does one develop a relationship with a Higher Power?

If we are going straight to the source, then we can also clarify the kind of relationship we want to have with our higher resources. In my first training manual I discussed lots of spiritual beings that you can connect with. But ultimately it comes down to a few variables as to whether their power works for you. Some of the things to consider:

1. how open you are to believing in higher resources
2. whether you trust the source
3. whether you are willing to receive higher resources

These three main challenges are discussed in more detail below:

1. Believing in a Higher Power – awareness and control issues

Our first beliefs in a Higher Power are usually influenced by our first experience of a person more powerful than us. Usually this is our parents. They assume the majority of the control and decisions over the greater part of our lives for many years. How we feel about them, is usually how we feel about a Higher Power. I have read a lot about people being challenged with their relationship with a Higher Power when they hit step two in 12 step fellowships. Step Two says “Came to believe that a power greater than ourselves could restore us to sanity”. This usually challenges addicts who enter into recovery because they don’t usually think they are insane. Let’s just say that if you think you control anything, you are living in delusion. To the degree that you are attached to this delusion is to the degree you are insane! I believe that we can affect certain outcomes, but never control them.

Do you believe it is safe to be with a Higher Power? If not, why not? If you could create your own version of an all loving Higher Power, what would it be? A tool I have used to overcome this is to write your own version down until you love it and you believe that the concept you have chosen of this Higher Power LOVES you 100% no matter what. You may even wish to draw, sculpt or paint this until it resonates with you. You may wish to visualize this higher resource until it is really alive for you.

2. Asking for help – self care and self worth issues

We usually form the way we ask for help based on our prior history of asking for help as a child. We usually ask for help based on whether or not we feel worthy too, so our self-esteem or self-love affects whether we ask for help or not. As we change or reprogram ourselves to ask for help, we usually feel some shame arise if we have self-worth issues.

In trusting and asking the source for help, we are usually challenged if we have been abused by powerful figures in the past when we are needy. They may have attacked or judged our neediness. Perhaps we were simply denied or ignored for our needs. These experiences can leave powerful imprints in our psyche that tell us it is not safe to ask for help and can lead to beliefs such as:

- If I am needy I will be hurt
- When I am needy people abandon me
- I will be judged for my needs, so I will remain needless
- It is not okay to have needs

It's okay to wipe the slate clean and start from scratch. It is okay to be needy. We are actually needy whether we admit it or not! To be human is to have needs. And anyway, if we don't acknowledge our needs or open ourselves up to receive, we will just be shutting out the abundance of the universe. So it's time to wipe the slate clean.

It's important to define for yourself how you want your Higher Power to meet and see your needs. It helps to imagine that your higher source values your needs and will ensure they will be met in line with your highest good. To believe that your needs are important and that this ultimate power cares, is of utmost importance.

Start challenging the beliefs around not asking for help. Find people who will support you in challenging these beliefs. Practice asking for help by taking baby steps. The small steps are often the biggest. For example, you can start to thank people for the help they are offering, like opening doors or holding them open for you. Or when someone offers to help, practice saying yes and thank them straight away. Notice your discomfort but still say yes. You will eventually get used to receiving help and feeling worthy. What feels uncomfortable and yucky at first, becomes a warm feeling of being valuable and important. When you accept someone's help, you accept their energy and you will feel closer to people and them to you too. If you have been hurt in the past, from accepting help, just reaffirm that no-one can hurt what they don't have. Remember that accepting help does not mean that you are giving away your power. Accepting help can be quite empowering if you see it as a self-worth issue. Saying to yourself "I deserve to be helped" is a great way of being grateful and valuing the energy that someone is expending on you.

3. Receiving help – protection/manifestation issues

If we have been hurt in the past when we have received help, then we probably won't be open to asking or receiving. Unfortunately, when we are not open to receiving, we have part of our heart chakra closed. The heart chakra usually runs out in giving and then inwards in receiving. If you are only giving, then your heart chakra becomes out of balance and only runs one way. This is unbalanced outward or yang flow can block our manifestation. If there is only energy out, the universe says that you don't need anything. So you need to train yourself to receive, if you really want to create and manifest abundance for yourself.

Here we are working at bringing down the boundary around our heart and letting the love in. When we are vibrating on this level, we attract more to us.

Good questions to ask yourself to identify if you are willing to open up your heart chakra are:

- How do I feel when I am complimented?
- Do I allow others to give to me their time or energy?
- Do I have a wall around my heart and don't let people's energy in?
- How does this affect other people?

Remember that what you believe you attract. Start challenging these beliefs by repeating positive affirmations to yourself such as "I deserve to receive unlimited good now." And if someone offers you a compliment say those two magic words "thank you", smile and shut your mouth. Just practice breathing in the loving energy into every cell of your being. Feel that compliment coming into your body and warming up your heart. Chakra clearing the walls around our heart really helps with any rigid boundary issues. You can also look at the underlying issues of hurt in your inner child later in this training manual.

Developing a relationship with a Higher Self

Our true higher self knows that it doesn't know everything. Our true higher self is not our ego that thinks it has the power to do everything it wants. The higher self knows that it is given wisdom and power and the right time for the highest good of all, when it draws on the infinite power of The All.

We can certainly develop a great relationship with our Higher Self. We need to know if it is truly our Higher Self first. Our Higher Self has no problem with believing, asking and receiving help from a Higher Power. If it is a false 'in control' self, this is not our Higher Self. Our Higher Self does not see us better or worse than others. Our Higher Self feels that it is always safe to ask for help from Spiritual Sources.

We can certainly meditate using our daily meditation tools (Volume 1) and connect with this part. Or do what I do and have conversations out loud/in your mind to them whenever you have a question. But my conversations with them and God or the Angels are usually not far away from each other, or at least they feel connected to each other.

A Higher Self is a spiritualised self. When the self is spiritualised, it is connected directly to Higher Realms. We always know that it is a true Higher Self because we feel peaceful AND connected to all life on this side and the other. This part is always spiritualised and clear. However, it is only one part of us. Other parts can get in the way of us accessing our Higher Self at times. That is why we cover Inner Child issues and Shadow work in the Lightworker Practitioner Training™. It is important to learn how to moderate these parts so that you can actually connect to your Higher Self with greater ease.

Shame and the Higher Self

There is a connection between a healthy sense of shame and spirituality. In order to understand the connection between shame and spirituality, one truly needs to have a clear definition of these terms.

Firstly shame as a “healthy” human emotion ensures that we recognize our imperfection, our finiteness, our humanness. It also allows us to acknowledge the humanness in others. We may feel embarrassed when someone notices that we have made a mistake or notices our imperfection. Then we experience shame. We usually can tell that someone is feeling shame when they blush, look down or lose eye contact at certain moments.

If someone lacks a healthy sense of shame they behave “shamelessly”. We behave shamelessly when we don’t acknowledge our imperfection or the

impact that our imperfection has on others. We may come across as egotistical, grandiose, arrogant and cynical and when we put ourselves above other people. When we behave shamelessly we usually feel quite powerful, superior but at the same time we feel a real disconnection from all life 'below' us, and feel a sense of ownership instead. We all have the capacity to do this, when we are unconscious of our projected parts we judge others.

Another common example of when we behave shamelessly is when we are rude to someone and do not apologize, make an amends or even feel sorry for our behavior.

The impact that behaving shamelessly has on others is that the people will feel embarrassed FOR the person who is being arrogant or rude. The more vulnerable the person, the more of the shame they will take on from the shameless behavior. This enters into their auric field and they carry the toxic shame and unresolved feelings of the person who is behaving shamelessly around them. Any emotion that we carry from another turns toxic or stagnates in our system, because it cannot be worked through. It cannot be worked through because it is not ours.

We can release it through various different methods such as: hand it over to our Higher Power; ask for it to be removed; have a chakra and aura clearing; ask the Angels to remove it or even to breathe it out consciously. We usually know when a feeling or toxic blockage in our chakras or aura is ours or not ours because it feels foreign, toxic, heavy, overwhelming, confusing and usually there are no memories attached to them.

If we have had a very volatile relationship or felt very vulnerable within a relationship, even if it has not been openly volatile, we usually find that we have

carried some of our partners' toxic shame and other feelings. There is overt or obvious shameless behavior and there is covert or not-so-obvious shameless behavior. But the effect is the same on whether we take it into our aura. It takes a very strong spiritual person, who is anchored in their higher self, to not take on another's shameless behavior into our aura. It is very draining to keep out another's energy if they are spilling it onto you and/or not taking responsibility for them. Sometimes we leave these relationships and we feel a sense of loss of the drama but also a relief for not having to work so hard at not taking on another's stuff. The important thing to remember is that if you feel very vulnerable to carrying the toxic energy to surround yourself with as much protection as you can. Using a ball of white light is great. Another is imagining that you have a ball like a mirror surrounding you and reflecting any energy that is not yours, back to the sender. Calling on spiritual resources such as Archangel Michael and the Goddess Durga can help so much. But ultimately, it is hard work staying in these kinds of situations where you have to be conscious of not taking other people's stuff on. Remember that you are only human and not to expect too much from yourself. Yes, we have a higher self; however we also have a very human self too. We all need balance in our lives and to rejuvenate. These kind of situations can and will wear you down eventually. However spiritual resources can help to give you the strength to stand them if it looks like there will be resolution and also the strength to leave them, if ultimately that is what is in your highest good. Always staying, is not always being loyal. Truly being loyal is being loyal to the truth. The truth is love. Being true to love and that means loving yourself, is the ultimate. Loving another by not carrying their unresolved stuff is sometimes the most loving thing that we can do, so that they learn and grow and don't stagnate.

Toxic shame is often experienced by children from being within families where there is a lot of shameless behavior, addictions and abuse. Carried feelings cloud our sense of self and from this sense of self developing. It may cause

children to feel bad or responsible for the shameless behavior of their parents. They may blame themselves for the other parents' behavior or think it is their responsibility to fix it. Toxic shame creates a very deep pain which is not their own. And of course, this doesn't always occur within children. If we are very vulnerable in our relationships, we can also blame ourselves for another's shameless and abusive behavior or addictions.

I taught my kids chakra clearing from an early age so that they could clear stuff that they might be carrying unconsciously from other children, adults and also me when I am unconsciously behaving shamelessly. Sometimes we are not conscious of all of our behavior all of the time. It is no excuse not to equip our children with the tools to cope with these kinds of behavior though. It's okay to admit we are not perfect and to ensure our children have the life skills to cope with the imperfection of others.

Looking from the point of view of responsibility, on some level, we have attracted this shamelessness because we must believe we deserve it. This distorted belief will need to be addressed. We may feel shame about who we are at our very core. When we carry another's shame or feel it at the very core of who we are, it is unbearable and we usually medicate this pain with addictions. Shame covering up our core, means that our higher self may be hidden from our view. A good example of how shame can be passed on and lead to addictive behavior is:

1) A child overhears the father say to his wife "you are a selfish wife". The father who has behaved in a shameless manner is throwing toxic shame at both the wife and child.
2) The wife's response may be "I need to try harder in order to be ok". Then she goes and opens the refrigerator to medicate her pain. She may develop a food addiction.

3) The child's response may be "In order to be ok, I'll cheer mum up and make her feel better – it's my job". The child becomes addicted to caretaking.

If we are feeing toxic shame we feel humiliated. We can feel humiliated without anyone's help too – this is when we are in touch with our own distorted beliefs about ourselves such as "I am a worthless human being", "I need to lose weight and then I will be ok", "When I have a different haircut I will be acceptable", "I should be earning over $xx to be ok". Usually people who are behaving shamelessly around us are mirroring how a part of us feels about ourselves.

Toxic shame can be cleared with chakra clearing yet we must be willing to consciously release it and deal with the underlying belief that we held that attracted it in the first place. I have found that we don't take on another's own shame if we don't have a need or belief supporting us to. So this is where even being abused can be seen as a gift because it can lead us to understand ourselves and our beliefs at a deeper level. Accessing our spiritual resources to lift up our beliefs about ourselves is a good step. We live out those beliefs in the daily choices that we make. This engages us with our higher self. One small step in a new belief, whether it be taking a walk, meditation or calling a supportive friend, is a huge leap in connecting to our higher self. I have learnt about the power of following through in action to support new beliefs.

Being out of touch with one's humanness and behaving shamelessly means we are trying to be perfect, more that human. Usually shameless behavior encourages high expectations of self and others. So it is the by-product of and also a cover-up for low self-esteem. Grandiose people are only grandiose because they don't feel equal to others. When we are behaving shamelessly, we are trying to behave more than human, like we are perfect or the god or goddess of our family and there is no room for us to connect with others in true

intimacy or to a higher power. How can we allow a higher power to help us if we are trying to control everything and everyone? How can we accept the human imperfection of our loved ones when we can't accept our own? This is when feeling powerful doesn't equate to feeling empowered. True empowerment means that we are able to see the truth in the situation and act responsibly.

If we are feeling healthy shame we see the truth and feel humble. We realise we are all equally imperfect. In our humility we are open to help from our Higher Power and we engage our higher self more readily. Humility does not feel humiliating. It is humbling, but in a preciously held kind of way. Not as in we are being humiliated because we are not as powerful as our Higher Power. We are human. And there is no shame in that - yet there is or else we wouldn't be human! So it's a healthy shame.

Revolving your life around someone's distorted belief around themselves being "not good enough" is a very dangerous thing to do. If you pussy foot around this belief they will continually side step and life will become more unmanageable. For example, they don't feel beautiful so you compliment them. Then, when they forget something they say they are stupid. You tell them you don't think they are stupid. Then they apologise one too many times and then criticize themselves. And on it goes. Trying to make others feel good about themselves doesn't work. In fact, in my experience, sharing the impact that their reality of themselves has on you is the only powerful thing you can do. For example, "You have a right to whatever you want to believe about yourself however, when I hear you call yourself stupid, I feel uncomfortable because I don't believe that I surround myself with unintelligent people. The fact that you think this about yourself concerns me". If you express the impact that their belief about themselves has on you, you might be surprised by how they respond. I have had people say, "Do I call myself stupid?", after they have said

it 5 times that day. Some people don't realise the underlying beliefs they hold about themselves unless the impact of these beliefs are pointed out to them. We are not doing them any favors by hiding our own discomfort around their negative opinions of themselves. So, it is my belief that it is best to be honest. The higher self is able to express this honesty without an agenda for the other person to change their behavior. If you feel uncomfortable around people who are behaving shamelessly by putting you down or putting themselves down – engage your higher self and them know. Sharing your discomfort about their opinions of themselves compared to the human race is important. Ensure that you set a boundary with them around this too. E.g. "I really like you however when you speak to me in that tone I feel small. If you speak to me in that tone again, I will let you know how I feel and I will leave the room to take care of myself". Or "Our friendship is really important to me. When you call yourself an idiot I feel really uncomfortable, if you continue to call yourself an idiot in my presence, I will continue to feel uncomfortable and will want to spend less time with you".

The higher self values time and itself. So if others don't change their behavior then it is only a matter of time before the higher self will redirect its time and attention elsewhere.

I believe that our core beliefs do not change unless we embrace the love of our Higher Power. Our toxic shame may tell us that we are not worthy of God's love. This is challenging to get beyond, when the very solution of a connection becomes the issue creating the shame that we not worthy. I will express this as avidly as I possibly can – change your perception of a Higher Power, to one that is free of judgment. If you can do this, then you have a chance at getting beyond the limiting belief you have about your own worthiness.

Relationships with Ourselves

In order to discover and explore our relationship with our higher self, we need to be aware of 5 major important areas that will provide assistance and resistance to that connection happening with our very real human self. I have developed a way of encouraging a snapshot of ourselves at anytime in any situation. It is called the 'Wheel of Wholeness'. It helps to guide our consciousness back to what areas of relating to ourselves we are operating from and which ones can be improved. Being a witness to ourselves is a great way of stepping into being an objective observer. This objective observation serves us highly in maintaining our centre and connected to our higher self. Let me expand on this idea.

Wheel of Wholeness (WOW)

Being consciously aware of oneself and taking action on that is very important. To cover all the bases of the self, I have designed a wheel of wholeness. It is based on some wonderful insights that Pia Mellody and Andrea Wells Miller shared in their book "Facing Codependence" and workbook "Breaking Free: A recovery workbook for Facing Codependence" are a great resource for those wanting to focus on any of the following five areas that I describe here for developing a relationship with yourself.

Whenever something is up with us or we are feeling lost, we can look at the wheel and say to ourselves, "what area do I need to look at right now" and then we can take action with it. It's like a mini inventory that provides a signpost to where we need to look and follow through in our relationship with ourselves.

There are five areas we look at:

1. Self Love
2. Self Protection
3. Self Awareness
4. Self Care
5. Self Moderation

If you want to you can visualize each one with its own separate tank to see how full or empty it is. Or how balanced it is. Or a console unit that can slide from one end to another. For example on the self love consul it could have less than and better than at each end, but in the middle is self love. Checking into see how in touch we are with each area is the first step in creating a strong sense of ourselves and connection with our higher self.

1. Self-Love

The ability to love the self is very important. We usually get stuck in feeling either less than or better than others when we are not embracing the parts of us that need some loving at any certain time.

This area of the self is all about feeling valuable, deserving and worthy. We use tools to shake off the shackles of our distorted beliefs and limited thinking about ours. We learn to start telling ourselves positive affirmations and thinking differently towards ourselves. We no longer feel less than others. Or better than them. We don't define who we are by what we do, what we own or how we look. We start to feel as though we are loveable just because we are!

And so the judgments towards others start to stop too, because others are merely a reflection of different parts of us. Shadow work in the next level of training helps bring non-judgment to both the lightest and darkest parts of ourselves.

Invocations to spiritual entities that specialize in the loving energy such as Mother Mary, Archangel Gabriel, Jesus, Buddha, Kuan Yin are particularly beneficial in helping you to resource this part of yourself. When we have a part on board that is able to love all our imperfections with compassion and unconditionally, we can start to love ourselves more.

There are many self-help books and tools on this subject alone, such as Louise Hay's "You Can Heal Your Life" and "Self Matters" by Dr Phil McGraw. I am sure that when you look for them, you will find them every where. Trust your guidance. Loving yourself is actually the IN thing to do, so get going!

Ultimately loving ourselves connects us with others too. When we can love all our bits, we come closer to others. When we don't love ourselves, it not only walls us off from ourselves, but from others too.

2. Self-Protection

Of course, the best self-protection is right action and being aware that nothing can harm us. Right action helps us to be protected from creating any internal unrest. When we believe that nothing can harm the eternal part of ourselves, this alleviates a fear and stops us attracting things that confirm our fears.

Protection is only needed when we feel that we need it. Protection is a very interesting concept because only in perceived separation do we need it. However, our human existence operates a lot of the time within this perception. And in our very human existence we feel vulnerable. When we feel vulnerable our need for protection may arise. Also, in our human existence others can operate out of their imperfection and want to hurt us physically or emotionally. When others are doing this, we have a choice as to whether we need protection or not. It may be that their abuse is a catalyst to help us to accept

that very part of ourselves and practice forgiveness. In our change of perception over the abuse, we don't really need protection from it emotionally because we have reframed it.

If we are actually physically attacked and need to protect our human body, we still have a choice. Sometimes we might want to practice self defense. But it is still our choice. Not protecting our physical body doesn't mean that the relationship with ourselves is not working. It might mean that we are choosing to surrender our physical body to elevate our spiritual body at that time. Jesus surrendered his body and did not fight or put up a struggle. I believe that there is no right or wrong here. There is only our perception of a situation and our awareness and choice on how we want to respond to it. Those who are being physically hurt may wish to remove themselves but their beliefs or an attachment to the abuse diminishes their ability to leave. We can't make someone believe that they are worthy enough to leave a person or their in appropriate behavior. We can support them by understanding what is keeping them in the situation and help them through any blocks they have. Again, free will determines whether they are open and willing to receiving help.

If we are not learned and practiced in setting boundaries, limits and knowing how to protect ourselves and our family then we lack humility for the human condition. Even if we choose not to operate from a stance of protection, it is arrogant to think we will never need any.

Knowing how to put physical and metaphysical protection strategies in place when we are feeling; vulnerable, tired, run down or weak are extremely important. We have internal emotional boundaries and external physical, sexual and metaphysical boundaries that contain our selves and protect and direct other people's touch and energy.

We don't have to know where a boundary is to have one. Sometimes we don't know we have a boundary until someone crosses one! Like an aunty gives us a big kiss and we are like, "yuk – what just happened!" Or we think we have a boundary with someone but then we realize that we don't. Like when we say to ourselves that we don't want to get sexual with a potential partner and then one thing leads to another and….there goes that boundary we thought we had! Well, perhaps it's still there, but we violated our own boundary.

Sometimes our boundaries are movable and flexible. This is healthy depending on whether it is crossing our own value system. However, sometimes our boundaries are not based on a value system but on fear. And this fear can keep a boundary in place that is rigid. I have found that even in situations where there is legitimate fear, it is really wise to check in with your Higher Power and guides as to how rigid your boundary really needs to be. I am not saying to let a murderer into your home. I am saying that you need to be really clear on what purpose the rigid boundary serves. I am not saying to accept unacceptable behavior either, just keep a check on what your Higher Self and Higher Power wants you to do.

How much you let your reality out and let another's reality in, is basically a boundary. It is unwise to have walls up that shut our heart off or people out completely. This is to our detriment. There are many different types of walls. There are walls of anger, fear, pleasant, words or silence. They can all shut us off from connecting to others. Perhaps we don't want any connection and that is fine. However, do an inventory into how many people you are letting into your life. If you are just completely shut off, then this is costing you big time. The more people we shut out, the more parts of us we shut down.

Basically boundaries determine how close people get to be next to us, both physically and energetically.

We determine where, how and with whom people get to be near us and whether they get to touch us or not. This includes spiritual beings. I ask Archangel Michael to be my mediator with spirits who have crossed over. It is a lot easier to feel safe and protected when you have an Archangel mediating communication.

When we have adequate boundaries, we get to know if we are in our body or not. Our body is the ultimate boundary and container. If we are out of our body we are in a sense boundary-less and our 'self' spills out into the world. All our stuff gets splattered everywhere. This is when we dump on people. We also leak energy and find it hard to stay energized. We may be too open to the point that we are no longer certain what reality is. We become very open psychically but we are not grounded. People may think we are crazy. We might burn out.

We can consciously contain ourselves in our spiritual self when we intentionally leave our physical bodies – as in meditations. When we are conscious of ourselves we are contained in our spiritual self, even if we have left our bodies.

The boundary helps to define where we end and another begins. We do not want to have big cords attaching ourselves to others that drain our energy or suck people's feelings. We don't want to carry other's emotions or dump ours on others. Without boundaries, we are everybody's dumping ground for their unresolved stuff. Everybody has unresolved stuff. We need to be clear on what's ours vs another. When we are confused around someone we are usually 'fused'. The boundaries are skewed. If you are feeling confused about what your reality is when you are with someone, take some time away from them to get clear on who you are in the picture of the relationship. Preferably before you make any major decisions involved in spending the rest of your life with them!

3. Self-Awareness

We have different areas of reality. The main areas to be aware of are:

1) our behavioral/physical reality
2) physical reality
3) emotional reality
4) thinking reality
5) spiritual reality

Behavioral/Physical reality

Being aware of our behavioral reality means that we are in touch with what we are doing. We are mindful of our behavior and bodies. Not only that, but we are mindful about the effect that our behavior and physical reality is having on other people. It doesn't mean that we will change our behavior or moderate it. Although, of course there are times that we will. Being aware of our behavioral reality means that we are aware of our actions and the impact they have on other people. We are not unconsciously going through life leaving a train wreck in our wake. Or if we are, we are at least aware of it!

When we are born, we are not grounded. In fact, it takes the first seven years of a child's life before they are really aware of their behavior and physical body and are able witness themselves. Before then, their 'doing' is very unconscious. There is a lot of doing and they are very busy doing, but it is very unconscious. The body is very unconscious. Children are not usually aware of their bodies or limbs. Ever noticed a child's hands and feet – they are every where. And they don't walk on flat feet; they usually walk, run and skip on tippy toe – so not grounded, in their bodies or aware of their physical reality. This is normal for a child. Not for an adult. Being aware of one's body and taking responsibility for it is part of the human experience. Too many of us are just

walking heads without bodies. We see ourselves as too fat when we are perfectly fine – or even under weight. We see ourselves as perfectly fine even though we are overweight. I remember that when I was overweight I thought I was fine and when I was underweight I thought I was fat. That is a distorted physical reality.

The behavioral and physical is very much linked to the will. To the degree that one is aware of their behavior and can spiritualise it, is to the degree that they are able to spiritualise their will. Will is behavior in action. Behavior is will in action. The consciousness of the will means that one is also conscious of the way they are behaving, why and how much current control they are having over their feelings. Once again, we can't ultimately control ourselves but we can invoke spiritual sources to help us.

Thinking Reality

At the age of around 14 we begin to be able to think about our thing. The "Philosophy of Spiritual Activity" by Rudolf Steiner represents the statement that when we become the object of the observer, therein lays freedom. This is the highest spiritual activity that we can achieve as a human being here on earth. To become a master of our own thinking really determines how free we are. Some things that we can focus on to achieve this freedom are to become aware of:

- what you are thinking moment to moment i.e. mindfulness
- become aware of your opinions about what you are thinking
- become aware of the beliefs that you hold that are supporting your current thinking
- Identifying what part of you holds this belief
- choose the new beliefs

- ask for spiritual support in choosing your new beliefs and supporting you to let go of the old ones.

Being aware of our thinking is a way of spiritualising our thinking, but in my opinion, unless you really invoke spiritual support, you can over think your thinking. Ensuring that you are continuing to check in with your spiritual guidance and resources regarding all of your realities is very important.

Spiritual Reality

Our spiritual reality involves awareness about our connection:

1. Between our human self and Higher Self

This connection ensures that we know there is more to us than our wounded or reactive selves. We have a Higher Self that we can talk to and that can help us to heal wounds and past beliefs about ourselves. We cover this type of healing in Level 3 “Transforming Darkness to Light” because this is really digging down into our shadow human parts and bringing them to light. We need to have a solid anchor in our Higher Self and that is why we practice developing this relationship with ourselves in Level 1 “Making Light Work”. Higher resources connect to our higher self through awareness of our spiritual organs such as our Third Eye, Clairaudience, Claircognisense and Intuition.

2. Between our human self and our Higher Power

When we have developed our belief in and understanding of a Higher Power, as suggested earlier in this section, we are able to access unlimited spiritual sources of energy and support for our very human selves in many different ways. We can utilize the tools in Level 1 such as the “Daily Tools/Guidance Meditation” or “Clearing and Centering

the Self" meditations. Here we build our Chi, life force and etheric body. We enhance and transform our human body. This leads to longevity and an ability to heal and restore the body.

3. Between our Higher Self and Higher Power

When we are connecting to that unlimited Higher intelligence and infiniteness we know no bounds. Everything is a sign and a tool. We utilize everything we can and notice that spirit is speaking to us 24/7. It's not something that we have to try to do; it's just something we turn up for. We feel it all the time. Only when we are in our unconscious mind to we miss it, however we know that it is occurring all the time. FWhen we are aware of our Spiritual Reality, it usually exists in clarity of mind and calmness of feeling. It is very solid state of calm. You find your centre in your body, your feelings and your mind. "Behold I stand at the door and knock: if anyone hears my voice and opens the door, I will come in to him and sup with him, and he with me". Revelations 3:20. The knocking never stops; we just need to open the door.

Emotional Reality

We become more of a witness to our feelings at age 7. Being aware of our feelings are important. And so is the reason that the feeling has presented itself. Our emotional or feeling body is also known as our astral body. It is our sympathies, antipathies, aversions, desires, cravings and emotions. It is also colorful and fuel for the imagination and creativity.

Feelings become our greatest teachers if we know where to look and we don't shun them. We can learn so much about changing our beliefs, from our responses to things. Our feelings become like a little catalyst – sometimes a big catalyst, to changing our belief system. I don't believe in just changing beliefs, I believe in transforming beliefs, based on understanding how the belief

is serving or not serving us. We can always change a belief. But if we don't really believe the new one, it won't last. So I feel that when it's time to reevaluate a belief, do a shadow process such as in Level 3 "Transforming Darkness to Light". Find out what part holds this belief, so that you can integrate it into your world. However at this stage, honoring the importance of feelings as teachers is a huge contribution to awakening in yourself and loving yourself. And I always say, if in doubt of what a feeling is doing for you or telling you, just hand it over to your Higher Power. You will be shown, in a way that you understand right now. And that will continue until it is integrated. So bless the journey of feelings, they are wonderful teachers.

There is a danger in sitting in your feelings for too long, without spiritual support. We can become addicted to certain vibrations. Every feeling holds a certain vibration. So if we are not getting the message or learning from the feeling itself, then we are actually indulging. I do believe we can indulge in feelings. Being self-indulgent with feelings can be very detrimental to both our physical and mental health. So our sadness becomes our pity party, our anger becomes our self-righteous indignation, our fear becomes our anxiety or our intuition becomes our heavy burden of guilt. I do not see feelings as positive or negative. I see our relationship with our feelings as positive or negative. They are positive and we step into our emotional intelligence when:

- We know what they are and can identify them
- We ask for both spiritual help in supporting us to understand the lesson that they are teaching us
- We are able to own them and not make them someone else's fault E.g. I don't say "you make me angry" but I can say "when you do _____, I feel angry. I am trying to figure out why it affects me."
- We acknowledge the impact our feelings have on those that surround us

- We move on from one feeling to another relating to particular issues
- We can empathize with others without taking their feelings on
- We can sense other people's feelings and still be able to identify our own separate feelings
- After learning the lesson and gift from our feelings we use that to change our belief systems and apply that in our life

I see that we have negative relationship with our feelings when:

- We stay stuck in a particular feeling for long periods of time
- We are recycling the same patterns of behavior and feelings in different relationships
- We feel overwhelmed by our feelings and are not accepting spiritual or human support for them
- We are projecting our feelings onto others and making them to blame
- We are numbing out and medicating feelings with behaviors or addictions
- We don't know what our feelings are and seem to live from the neck up
- We cannot separate how we feel from others feelings

These are some of the helpful questions that we can ask when particular feelings arise:

Anger –

- What are my boundaries?
- How do I need to protect myself?
- The best form of protection is my integrity, what is my integrity here?
- What do I value?
- What is my limit here?

- What steps am I taking to action my integrity? How is my Higher Power involved in that?
- Do I believe I am worthy of integrity? If not, what are my beliefs underpinning this?

Fear –

- Is there danger? What is it
- Am I safe?
- Is it something that God can't handle? If not, what is my belief that is underpinning this?
- If there is something that God can handle, then am I able let go and let God? If not, why not?

Anxiety/Rage –

- Am I really in control of the situation?
- If I am not in control, who is?
- What's the worst thing that could happen if I stopped trying to control the situation?
- What if the worst did happen? How would I feel then? Would I learn anything?
- What would happen if I handed it over?
- Do I really believe that God is in total control? If I don't, is that serving me? What is my belief underpinning this?

Sadness –

- What is my sadness telling me is meaningful to me?
- What is the quality that is important to me that I miss or I feel is not present?
- Can I invoke this quality?
- Where from?
- Can this quality come from my Higher Power?

- Are there other spiritual beings that hold this vibrational quality?
- If so, which specific ones?
- Do I believe that I am deserving of this quality that is missing?
- If not, what is the belief underpinning this?

Depression –

- What is my reason to live?
- What is my compelling reason to being on this planet?
- Is it enough?
- What reason would make my life purposeful?
- What would I need to do?
- Can my Higher Power help me with that?
- Do I believe I am worthy of a purposeful life?
- If not, what is the belief underpinning this?

Shame –

- What mistake did I make that caused my embarrassment?
- How would I have rather conducted myself?
- Do I owe someone an amends?
- If so, am I willing to forgive myself for my mistake first?
- What behavior can I do differently from now on so that this is a true amends?
- How do I feel about my Higher Power with my mistake?
- Am I feeling judged?
- Is this belief fitting of an all-powerful loving Higher Power?
- What is the belief underpinning my feelings of not being allowed to be imperfect?

Guilt –

- Am I blaming myself rather than observing a person's process?
- Is it truly my stuff?
- Am I taking on someone else's stuff and making my job to fix it for them?
- Do I trust my Higher Power enough to know they are being taken care of?
- Do I trust their journey?
- Will I allow myself to hand over all that is not mine and to surrender the situation to God?
- What is my belief around thinking that everything is my responsibility to fix?

Joy/Joylessness –

- How do I feel about my Joy?
- Am I happy with it?
- How do I feel about people's responses to my joy?
- Am I ok with being joyful when other's are in other emotions?
- If not, do I believe I have a right to my joy?
- If I do, how does this feel?
- If I do not believe I have a right to be joyful, what is the belief underpinning this?
- Do I see the situation before me as all good – even if it may look imperfect?
- Am I looking for the joy in every situation?
- If I am feeling joy and a sense of doom at the same time, what is that belief based on?
- Do I feel that there is a limit to my joy?
- When do I feel the most joy?

We often respond to feelings with an aversion. We say things to ourselves like: “I shouldn’t be feeling this”, “I thought I was over this, I know better”, “I just can’t seem to shift this feeling”, “this feeling is giving me the shits”, “I wish I didn’t feel this way”, “evolved people don’t feel anger”, “my aura must be damaged because I am taking this person’s feeling on” etc This keeps us in a ‘beating ourselves up’ vibration. We don’t own the anger or lesson so we keep attracting it. Plus we keep attracting people who are beating us up for feeling the way we feel. In order to gain some serenity with how we are feeling, we need to look for the lesson in it. If we can find the lesson and love the lesson, love the feeling, then our vibration starts to change.
Here are some examples of loving the feeling:

Anger: If we can love our anger because it is giving us the strength to stand up for ourselves to create more of what we want, then we will also attract people who affirm us in our integrity and we will indeed create more of what we want.

Fear: If we can love our fear because it is giving us the warning about impending danger then it gives us an opportunity to open ourselves up to the safe harbor of our Higher Power, to get closer and even more connected. This is also a great reason to love anxiety.

Depression: If we can love our depression because it is teaching us that we truly want a meaningful life, then we can start searching for that meaning and our depression is serving us.

Shame: If we can love our shame and our imperfection as seeing ourselves as God’s perfectly imperfect child, then we can relax and become more accepting of ourselves and others.

Guilt: If we can love our guilt and know that it is teaching us that we are not everyone's Higher Power and it's not our job to fix everything, then we can step out of God's way and enjoy the process of what God's help looks like – however messy!

Sadness: If we can love our sadness and know that it is helping us to realize what is meaningful to us and what we want more of in my life, then we can let God in and start to invoke and attract that into our lives.

Joy: If we love our joy and see it as our birthright, then we can love other people's joy and not feel envious of them. We can enjoy being in joy without fearing impending doom!

Rage: If we can love our rage and know that it is teaching us that it's okay not to be in total control, we can let the big guy/gal deal with it and our expectations of ourselves and others are reduced. We are easier to live with and be around and feel more comfortable in our own skin.

When we go through a situation of change, we grieve. Grieving involves the process of going through certain emotions in different stages. We go through 4 main stages, namely:
Shock
Anger
Sadness
Gratitude

I called this process GROW (Grieving Restores Our Wholeness). What I mean by this is that it gives us the opportunity to feel complete with whatever the change is. Change can be associated with either loss or gain. Someone we know may pass away or we may gain a different job. These stages are understandable no matter what the change is. They are to be expected. We

usually stay at a certain stage there until you move through to the next. However it is possible to feel stages occurring simultaneously. The goals is to move through the stages and not get stuck as this leads to wanting to avoid or medicate our grieving which can lead to mental illness, addiction and health related symptoms.

Shock – We are in fight or flight and tend to have out of body experiences. We may feel numb and that everything is surreal. Our fears and anxieties around the situation may be paramount.

Anger – We may experience anger by reacting and blaming those around us. Or we may blame ourselves and feel guilty. We may feel a healthy degree of guilt or shame around accountability for our contribution to the situation.

Sadness – We hit our deepest grief at this stage and my shed a few tears. We may feel down to the point of depression and a sense of hopelessness that there is nothing we can do to prevent the change from occurring.

Gratitude – When we see the lesson in the change and how it has helped us to evolve, we are able to truly feel gratitude. We let in the change and know that it was meant to be. As we get better at this stage, we can feel this initially when a big change occurs. It is not only the goal at the end, but required all the way through each stage. When we feel gratitude for each of the stages that we have gone through, this restores a sense of our wholeness.

Often when we are in the first and second stages of the grieving process, we find it difficult to let the light in. We are so ‘full’ with fear or anger that we have nowhere to put the light. It’s important to acknowledge and let our feelings flow out appropriately. Doing some chakra clearing and other emotional release work is very helpful. I have found that screaming into a pillow really helps! After the release, we have room to fill ourselves up with our spiritual resources. If we

have a problem with facing our emotions, then we need to ensure that we have a strong spiritual connection first.

In the third stage of grief, especially sadness, we may feel really empty after or even before having a good cry. This is good time to really fill that dark space up with light. There are so many creative ways to let the light in at this time. Song, drawing, painting, visualization, dance, yoga, hands on healing and crystals can all help.

In the fourth stage of grief, we are at a place of love for the change, our part in it and that of others as well. We not only love it, we are grateful for it occurring and we know that it has happened for our highest good and the highest good of all. This is a heart felt kind of wisdom.

Heart-felt Wisdom

Our heart feels empty when we are not in the wisdom of what we meant to be doing and living. We often need to fill this emptiness with something else that gives us that security. For example, we might assign more value to money.

Heart-filled wisdom doesn't equate to an intellectual kind of intelligence. When we are in relationship with someone and they are looking at the brokenness or dark side of the situation, they are coming from a more dry intellectual part of themselves. Heart-filled wisdom is when the heart sees the truth in both sides of a situation. So have no fear in living in a heart-filled way. It is not a Pollyanna approach ultimately. It is a truthful and truth-filled approach. When you need to see any darkness, it will appear when it is meant to. It is in the timing. The timing is up to the universe. We need to turn up and feel into things with our hearts. This means that there are no right or wrong decisions. There are either heartfelt or non-heartfelt decisions. When you only think with your head you live

in fear and insecurity. It is not in the ultimate intelligence. When things feel right, they are.

There is so much stuff around about the law of attraction. I am adamant that avoiding a certain feeling because you don't want to attract it, is in fact just repression all over again. What you resist persists. So in between our feeling and getting to the next stage of our development is the missing link of LOVE. Yes, we've gotta love that feeling to get what it is telling us. It's so hard when you are in your feeling to love it. This is where we develop emotional intelligence. Emotional intelligence doesn't mean we operate above our feelings or are completely saturated by them. It means that they serve us. They are our barometers, our pointers to our underpinning belief systems. And if we don't love them, they become our master and commander. They rule our lives. They overrule our lives. What we shut down turns into a tumor or some other disease. What we spill onto others becomes toxic to them. So if we don't own it appropriately, we are in danger of freezing or dumping feelings. It is a big responsibility to own our feelings. Sometimes we are just so overwhelmed because perhaps they are carried feelings and we just can't work out what the lesson is, or what our feelings are telling us. Ask for guidance. Love it and let them go. If they are yours, they will come back to teach you yet again. You may have some mixed in with another's carried feelings and these are fused so you are con-fused. Relax, breathe, let go and do a chakra cleanse. Ask your guides, "What's mine? Please show me". You might get a message straight away, or your own authentic feelings return. The reason why you are carrying another's feeling might be shown. This information you can work with. Remember, if in doubt, clear yourself and let it go. It will be shown to you more clearly when you are not in overwhelm. And self care, self care, self care. That inner child of yours needs a big dollop of TLC if you are in overwhelm.

Secondary Emotional Responses

When we have a judgment of our feelings, it creates a secondary emotional response. I find that these can confuse us too.

So we might be feeling angry and then we feel angry about our anger. Or we might be feeling joy but we feel guilty. Or we might be feeling anxiety but we feel depressed that we our anxiety won't shift.

Whatever the secondary emotional response is, we can learn from it. These secondary feelings provide great awareness in our belief system too about our attitudes towards feelings.

If we are angry about our anger we can explore why we believe it's not okay to be angry. Perhaps we were ridiculed for our anger as a child. If we are fearful about our sadness perhaps we were punished when we expressed sadness or judged for it.

Sometimes our secondary responses occur when we feel that our primary emotion will not shift. If our anxiety is causing our depression we could ask ourselves, why do I feel so depressed about my anxiety? Is my anxiety stopping me from exploring my compelling reason to live? Or it could be the other way round, we are anxious about our depression and ask ourselves "Is my lack of compelling reason to live creating my anxiety?" We can explore our beliefs and work with the shadow parts that own these beliefs.

4. Self-Care

Our self care involves taking care of our needs:

Physical needs

- Having goals and plan that support us in manifesting and taking responsibility for debt
- Ensuring our shelter is adequate to keep us safe
- Enough food to nourish us
- Attending to our health such as exercise, medical support, dental & personal hygiene
- Physical nurturing through nonsexual touch such as hugs
- Sexual expression and release with ourselves and/or others

Emotional Needs

- Ensuring that we have adequate support from at least 5 people that we can trust
- Sharing our emotional reality with others who are able to listen and support us without judgment and with compassionate eye contact.
- Acknowledging our own emotional needs and being able to love them no matter how immoderate they may appear to be
- Receiving love from others through their words, actions and feelings

A tool I use to gauge how full we are will love and light, is to imagine that we have Love tank. Imagine what it looks like and where lives in our body. Notice how full or empty it is. Is there anything at the opening that is blocking the 'in flow' of love? Have a look to see if there are any holes in the tank. Ask your spiritual resources to remove any blockages, fix any leaks and fill the tank until it's full to the bream. You can also use this visualisation for kids. It helps them to get in touch with their emotional needs and their reality around what their emotional needs are. I have also used it to monitor my children's physical needs only I called it a 'cuddle tank'. Instead of having to ask them if they needed a hug, I would simply

ask them ‘how full is your cuddle tank today?’ If it was really empty then they usually need big, strong, long hugs. However if it was full I knew that too much hugging today would feel smothering for them.

Intellectual Needs

- Ensuring that we have adequate intellectual stimulation for our brain activity
- Positive thinking to support healthy brain function
- Support/intervention for any perceived/diagnosed mental health issues
- Practicing mindfulness so that we are not governed by our thinking
- Meditation to train our brain to focus
- Seeking help for any thought process addictions

Spiritual Needs

- Ensuring that we are able to call on support when we need it
- Taking care of our spiritual organs such as Third Eye, Intuition, Clairaudience, Claircognisense
- Meditating regularly
- Being willing to receive help when we ask for it
- Feeling connected to our spiritual source
- Undertaking activities that contribute towards the evolution of our consciousness
- Undertaking activities that encourage us to feel one with all life
- Undertaking activities that raise our vibration
- Practicing mindfulness

To ensure that we are able to adequately take care of our needs we need to

a) Identify our needs – sometimes we don't even know we have a need until it occurs. It takes time to get in touch with our needs, especially if we were never given permission for them or if we were attacked or ignored for them. We may experience some shame around admitting we have them. Just keep affirming "I have a right for this need". It will get more comfortable and normal to acknowledge and identify them. Sometimes it helps to imagine that it is someone else that has this need. How would you feel about them? Would it be completely normal for them to have this need? If so, then you can feel more confident about having this need.
b) Owning them – this requires us to feel good about them and if needs be, ask for support. Here we take action to meet any needs we have. As we don't make our needs another person's responsibility, we step out of playing the victim and step into owning the power of manifesting our needs are met.

Self care also involves us identifying and taking care of our wants. Our wants are our preferences and goals. These are really important in striving for a really happy life. We admit these and own them. Then we can set both long term and short term goals. If we need to, we can ask for support in meeting them. In my family we all set the goal together to increase our chances of manifesting what we all want.

If we are out of balance in our needs/wants, the following can occur:

Too dependent – we can play the victim and become too dependent on others to meet our needs/wants.

Anti-dependent – we find it difficult to ask for help in meeting our needs/wants

Needless and wantless – It's too painful to admit that we have needs so we remain silent or in denial of our needs/wants

Confuse needs with wants – We get confused with what a need is and what a want is E.g. We eat ice cream when we need a cuddle.

I believe that Maslow's Hierarchy of needs is kind of upside down. We are always going to seek material, sexual and physical support if we do not feel spiritually connected. We can use them as replacements. When we feel that spiritual connection (as suggested to be the last thing on Maslow's hierarchy of needs) we start to feel that the physical stuff is just a bonus. It has more meaning rather than an empty replacement for something that we really need.

Everything is important in balance and I am not suggesting that we should not have any physical, material or sexual needs before spiritual ones. What I am saying is, they are empty connections without a spiritual basis. They might feel good temporarily, but when the newness fades, they are empty. Seeking guidance with our needs is the answer.

5. Self- Moderation

This part of the Wheel of Wholeness involves having balance in all the other areas i.e. self love, self protection, self awareness and self care. It is also about being able to balance the child like part of ourselves with the more adult, mature and responsible part. So it's the ability to be silly and serious at appropriate times. It's about not being too in control and contained, yet not being to chaotic either. Here we are awareness of our imperfection and we are taking responsibility for it. We are aware of and also note the impact of our reality on others. We apologise when we overstep someone else's boundaries. I find that this stage is usually an ongoing process and we are always able to be actively working on balance. We are not perfect and this area is like a

continual barometer. Imagine each area of the WOW has a sliding button like on a volume control and we aim to be in the middle:

	Self Care	Self Protection	Self Awareness	Self Care	Self Moderation
Too much	Feel better than others	Walls	Trying to be perfect. Too aware. Nit picky.	Selfishness, disconnected from others. Anti-dependent	Too contained – too mature, too serious, too controlling
Just right	Loves the self and others	Feels connected with others without taking on others stuff	Accepts imperfection and owns them	Selfing -Takes care of self whilst maintaining care for others	Ability to play and be childlike yet and able to take responsibility appropriately
Not enough	Self hate, feeling less than others	Enmeshed with others, inappropriate with own boundaries	Not aware of one's reality. Imperfection as an excuse. Rebelliousness.	Selflessness – not taking care of needs. Needless/wantless, too dependent	Too silly, too childish, too chaotic, not contained enough.

Clearing Original Wounds Consciously

This process is to help with ensuring that one is able to identify the original wound that is preventing us from being in balance with the WOW. This process can enlighten us and clear original wounds that we hold in our physical and emotional reality. It can also help to resolve the distorted beliefs that

contributed to the original wounding and that recreate situations to continue this pattern.

We all now know that if we are vibrating or resonating a certain issue that has been unresolved, suppressed or unidentified, we will attract it into our sphere for bringing understanding and enlightenment.

So here we are, we have an idea that we keep attracting a certain kind of situation, how do we get past original wounds to the belief that we hold that attracted it to us. Well the first step of course, as always, is connecting. We need to be fully resourced in general, before we go exploring our deep dark past. Whether it be this lifetime or another, it is well worth exploring, however, we can push ourselves in the hope of becoming perfect, so there is a danger in 'too much too soon'. I remember that I wrote a poem once and it included the phrase 'too much too soon, dark eyes don't see the moon' in it. I never really understood it. I just thought that it was some weird mood I was in. Now I do get it. What the universe was trying to say to me back then, when I am sure I was in a relapse into my food addiction, was that I needed to get the basics first, get a foundation and grounded, before I started exploring more stuff. More frozen feelings and detraumatising imprints. So this is why I wrote 'Making Light Work' before this book, as I keep repeating. I will say it as many times as I need to, over and over. Because if we are under-resourced, any more learning is not integrated and causes further trauma. Usually we can't reinforce new beliefs, even if we identify what the distorted beliefs are. I don't recommend going to therapists or practitioner's to have these imprints cleared, unless you are in absolute crisis and need to get some help with resourcing and the only way is for them to help you to resource. I don't recommend asking that they clear things for you on the short or long term. What happens if they die tomorrow and something else comes up? What then? What if you are somewhere in the world where there is no one available? It is important to gain these skills in resourcing from the get-go. I am not ruling out gaining help to learn these skills, I am just

saying that these skills help to empower people. Only ask someone to do for you what you cannot do for yourself if you are desperate and in crisis. Otherwise, build up to it, don't expect too much too soon. Or your dark eyes won't see the moon. Or they won't be able to reflect back the light and truth in the situation. They will only reflect back the stuff that isn't working which in the long run, creates more of what you don't want.

So this process is introduced in level two of the Lightworker Practitioner Training™ to help those who have resourced, identify original wounds and clear them. Not only that, but to resource these original wounds, get what we needed that we never got, and understand the thinking that attracted the wound in the first place.
It is a body –based process. We don't just work with visualization and the mind here. We work with the body, the Etheric body, the aura, the astral/emotional body and the higher self spiritual body. It is a process that hopefully, restores our health, builds our chi life force, downloads crap from our aura, clears imprints and spiritualises our thinking and our will. All the while, it is heart centered healing. So never do we feel alone during this process. It is a process that we can hone in on a specific issue and bring light and love and resolution with it. These are the steps to Clearing Original Wounds Consciously:

1. Determine your wish or goal
2. Ensure you are fully resourced
3. Thinking about your wish, identify where the wound or resistance to this wish exists in your body
4. Step into this entry point using an entry technique
5. Take a look around and see what information you get
6. Identify what need was absent at this time
7. Ask for healing light to clear and fill your body.
8. Determine what new thinking needs to happen in order to support change

9. Exit out of the imprint and notice how you feel in your body when you think about your wish or goal
10. Follow up with Shadow work to integrate any parts that attacked you that are currently disowned

This model is taught and used in Level 2 of the Lightworker Practitioner Training™. So we need to go through this with assistance, to be taught it effectively. It is a thorough technique and as it is body-based, needs to be experienced to be learnt. It is not an abstract idea. As you can imagine, anything can be dealt with and cleared on an imprint level using this technique. Without adequate integration of shadow parts, it can only take us up to a certain point though. We can clear imprints and change our thinking. But if we don't understand the parts of us that we have attracted to punish us, control us, destroy us or deny us, we are going to have a short term effective healing. I cannot stress this enough. Our healing is not dependent on whether we get abused or not. Our healing is dependent on whether we integrate the parts of us that abuse. Whether it is ourselves or others, we do and are abusers at times. We all have these parts. If they are seen as dark and someone else's problem, we will continue to attract these situations, no matter how many imprints we clear where we have been traumatized or abused. None of us want to see ourselves as these abusers. But in some form, it exists within us as we are a mirror of the whole. This will be described in more detail in the book and Lightworker Practitioner Training™ for Level 3 "Transforming the Darkness to Light". At this point, we are willing to clear and understand the nature of our wounding. And this is enough at this point to clear away the garbage that prohibits our relationship with others, ourselves and our Higher Power. This is a very awesome yet challenging time. Stuff comes up. We thaw out. Resourcing is important. Patience is important. Lots of self care is VERY important. This stage takes time. We don't have to rush out and integrate the shadow parts that created the mess, right now. So don't expect to. Just remember, each level is really important and very effective.

Section 3:
Lightfilled Relating with Children

Relationships and our Higher Self, Inner child & Higher Power

We can work as hard as we wish on inner child issues, however if there is no trust between ourselves and our inner child, we will get nowhere in our relationship with ourselves and others.

I have found that the best relationships that work over the longer term are when the Higher Self, Higher Power and Inner Child are working as a team. If we do not have all 3 in working order, then we are basically limited in our ability to relate on a relationship level with anyone without feeling either disconnected in ourselves and with others. And so we act as children in our relationships. If the goal is to attract, create, maintain and transform healthy relationships, then you've just been handed the key to the city.

I would say that it is the inner child that feels, the Higher Self that witnesses these feelings and accesses help from the Higher Power. The bridge between the Higher Power and the Higher Self supports the Inner Child. The Inner Child can be connected with the Higher Power but have no trust for the Higher Self. The Higher Self is responsible for connection, maintenance and invoking of spiritual support for the inner child. The Higher Self is like the parent to the inner child. The Higher Power is the source of all help that the parent needs to surrender to for help and nourishment.

Walking the talk

Ever get the feeling that something is missing in your connection to someone? Like they might be able to share their emotional reality, but unless they have a strong spiritual connection, it feels as though there is something missing. I believe the biggest contributor to healthy relationships is a relationship with and

not just a belief in a Higher Power. This requires an ability to ask for help, receive it and to act on that guidance. There are a lot of people who seem very spiritual but intellectualise spirituality. They can talk the talk but fail to walk the talk. They don't actually practice their spirituality on a day to day basis. They lack either asking, receiving or acting on guidance from their Higher Power. Maybe they do it when things get really bad. But it's not inbuilt into their little moment by moment transactions in their life. This is not the path of the spiritual warrior. The spiritual warrior seeks to incorporate spiritual help into every minute detail of their life. This is a great challenge. If you have entered into relationship with someone who you thought was spiritual and now realize that they are just talking the talk instead of walking it, you may find your heart sinks reading this. However, remember the power of your own belief in a Higher Power. Hand this relationship over to your Higher Power to be transformed. Stand true to what you believe in. If it is not meant to be with this particular person, know that you are standing in your integrity over what you deserve. You know, there is no perfect partner. However, life with an imperfect partner and accepting your own imperfection is a lot easier when you have interwoven your Higher Power into the relationship.

Emotional Intensity vs Empowerment

It is easy to get addicted to the emotional intensity of relating with and supporting the inner child of our partner. Herein exist many victim/perpetrator scenarios that include love addiction, sex addiction and domestic violence. I believe that the awareness of these patterns doesn't provide the answer and higher kind of relationship we desire. I believe that we firstly need to acknowledge that we can all relate out of those parts. However, to come from an empowered stance in relationship, we need to own and express:

1) Where we are at with our inner child
2) How we are taking responsibility for those parts

3) How our Higher Power is supporting those parts

We can still request specific support from our partner in supporting our imperfection. It is after we have taken responsibility by owning our own reality, expressing it in a non-blaming way and handed this over to our Higher Power that we will find we receive what we need from our partners, more easily and readily. And if they are unable to give us what we need then we accept this limitation. How they are dealing with their limitation is between them and their Higher Power. It is none of our business! We cannot be our partner's everything nor should we be expecting our partner to meet all our needs all the time. However if the shoe is on the other foot, and our limitation comes up in response to a genuine need from our partner, we can also use this as a catalyst to step up and evolve to the next level. Sometimes we are called to support our partners as a stretch to our own spiritual evolution. Sometimes our partners are stretching enough to ask for their needs to be met.

Healing the drama

You can only be in a relationship as two children for so long, taking your anger and resentment out on each other about not having your needs met. You can only be two constrained adults relating in an emotionless void with walls around your heart for so long. You can only be the parent so long with your partner as a child, before you burn out and get resentful that your needs are never met. You can only be the child, expecting your partner to meet your needs every time, before it gets too much for you or them. You can only be in relationship with each other, in a balanced way when you are aware that you need this Higher Power as the third leg of the stool in your relationship. If you only rely on your needy or over responsible inner child, you will find that the relationship is out of balance and still in need of transforming.

In relationship if we are just connecting child to child, it is full of drama, neediness, intensity and blame. It can be shut down, joyless, emotionless and disconnected on a heart level. There might be a connection of the minds, but not of the hearts. When we are accessing our Higher Self and connected to our own Higher Power, the inner child is nourished and not acting out in our relationships. We are then able to connect with our partner from an empowered place and one that is able to accept wherever our partner is at. Sometimes we are both connecting to each other from our Higher Selves and this is magic! However, more often than not, one of us may be the needier one. If we are coming from our Higher Self, we don't jump in to rescue our partner. We know that they too have their own relationship with their Higher Self and Higher Power. And we have compassion, but all in all, we leave them to that business. We can give what we feel called to give, without feeling responsible or guilty. If we are not coming from our Higher Self and our partner is stuck in their inner child and not taking responsibility for it then it can present problems. We might slip into being our over responsible child self and act like a controlling parent. If our partner is disconnected from their Inner Child they may lack emotional intelligence and also be lacking in connecting intimately with their feelings. They may have no idea of their feelings and therefore nothing to say to us. Or they may be aware but can't find the words. Without connection to a Higher Power we usually find that it presents control and trust issues in relationship. Drama only exists when we are disempowered or trying to control each other. It is when there is a power differential in the relationship. Our Higher Power as the equalizer is the medicine to diffusing the drama.

Inner Child Healing

There is no bigger healing than healing those deepest, most fragile parts of ourselves. They are right at the very heart of us. If we want to have strong connections with others that are healthy then we need to be open to our own heart. Our own deep treasure within us, when explored, understood and supported, enables us to be closer with others and have the relationships we want.

So the aim is to really connect with a Higher Power through our Higher Self and resource the Inner Wounded Child so that we have a free and creative spirited inner child. When our intention and actions are aimed at all 3 of these areas of ourselves and those of our partners, then we will attract and create the relationship that is healthy, loving and supports our spiritual growth.

Time does not heal all wounds. Many abuse survivors have no memory of their abuse. Or they do but it is unresolved. The wound from the past recreates abuse in the present day. It may be in the same form or a different one. As Nina Van Der Plas talks about in her book “All women are Bitches and all men are Bastards”, we only stay in situations we allow. I agree, we accept the abuse and by accepting it, we also become our own perpetrators. If we are unconscious of these patterns, then we need to firstly gain consciousness and then secondly, we need to be the hero for ourselves. We need to be the Knight in Shining Armor to ourselves. We are what we’ve been waiting for! The Higher Self that accesses the loving support from our Higher Power presents us with unlimited opportunities to evolve and create the relationship we want.

John Bradshaw’s book on ‘Homecoming’ explains the stages of where we may have been wounded, from the Infant to Adolescent. I recommend this as an excellent resource of detailed information and visualizations to empower ourselves. He talks about shame covering up our light at the core of us. This

shame affects our relationship with ourselves and others. Where we are wounded, we are shamed, we are stuck and out of that we act accordingly. These are our buttons. We revert back to that age when our buttons are pressed. However, we can resolve these wounds. We can restore ourselves and our light. The part of us that hangs onto shame is very important. It is that part of us that teaches us who we think we are and who we think we are not. We have the power to change how we think about ourselves. But we have to name it. Scientific evidence has shown that our brain suppresses painful events, however that these do not go away. They stay in shut down in a closed circuit in the emotional part of our brain. We may not be conscious of our actions when these are triggered. When we are working with our Higher Self, we strengthen our higher mind and this can help us to resolve these traumas in our emotional brain. We become more conscious, think more clearly and manage our emotions. Stored emotions start to settle down.

I have found that doing inner child healing is easier when I am in a relationship that is healthy, or when I have been single. It's hard to heal stuff while in a dysfunctional relationship. But it is possible. To heal your inner children you need to be willing to fight for them. This may mean that you walk away from the power struggle in relationship and walk towards the light of your Spiritual Warrior.

There are so many books on stages of development in childhood. If I was writing a book on parenting, I would probably attempt to provide all that I know. I have studied Rudolf Steiner, Erikson, Piaget to John Bradshaw and back again. However, the main theme that I have come to in my journey as an inner child facilitator is very, very simple - trust the child. Does it matter what age we were wounded? Perhaps we were raped at age 9 but we had the emotional maturity of a 3 year old. So does that make our inner child 3 or 9? We don't need to complicate it. To keep it simple, I recommend trusting the child. The

healing is in the understanding and the giving of what is needed in the here and now. The wisdom emerges from the innocence.

Stage	Age	Developmental Achievement	Relationship Issue with Self, Higher Power and others
Infancy	0-9mths	I am safe and I can trust	Healthy Dependence/ Bonding/Trust
Toddler	9mths-3yrs	I can explore and I am a separate being	Counterdependence/Boundaries/ Spiritualising our will
Preschooler	3-6yrs	I can be me and I can express myself	Independence/ Acknowledging, owning and expressing our reality/Being accountable
School Age	6-puberty	I believe in what I can do, I can share and I can work as a team	Interdependence/ Caring for self and others/Passing on knowledge/Unity
Adolescence	12-21yrs	I am unique, I am free to be who I am	Independence from family of origin/Learning to moderate our reality/Staying in truth and integrity

When doing inner child work, I have found that having an understanding of developmental achievements can assist us in recognizing the age of the child or the emotional response of the child that we are connecting with. This can apply to ourselves and the people we engage with in life and in our relationships. If we find that we are stuck in any of the above areas we will find that we experience the opposite of the achievement. We may feel it's not safe to trust. Or it's not safe to explore the world. When we heal these parts of ourselves, we are naturally able to have better relationships with others. Our

relationship with our Higher Power gets even stronger. We learn not to be willful children and instead we are able to let go of control and hand over our struggles and our life to our Higher Power. We find that this is such a liberating thing to do. And if it is done in the spirit of true independence, we find that we are also taking accountability for our lives. We follow through with guidance. We are able to live in a healthy state of mind and being that comes from the heart. This ability to live in this heart space ensures that we are interdependent in our relationships. Team work is not a threat, but a joy. We are able to create friends who are like minded and become our new 'family'. We leave the old untruths about ourselves behind. We are able to live in integrity and hopefully we can be role models for others and they can learn to do the same.

Celebration

The purest love that we have in this world is being able to celebrate another's love for themselves. When we find ourselves comparing ourselves to others, not feeling good enough or judging others for falling short of what we think is enough, we are actually projecting our own shame onto them. Yes, we all do it. It's a matter of slowly changing our beliefs, dealing with our own shame about ourselves, shedding the carried shame that other's may have projected onto us and really changing how we feel and think about ourselves. When we are at peace with ourselves, we can then be at peace with others around us and celebrate who they are. That means celebrating their perfection and their imperfection!

Due Process

Is Inner Child Therapy work or play? Initially, it can feel like the worst kind of work that ever was because it is addressing old suppressed feelings. Once these have been addressed, one tends to really lighten up and feel more playful. Clients are less bogged down or joyless. They are more spontaneous,

happy and fun to be round.

When clients first come to me for guidance they are either in crisis within themselves or their relationship. This is certainly not the time to do inner child healing. I believe that one needs to stabilize in their every day life and resource themselves before one can address any underlying issues that are sabotaging and interfering with their freedom. After spending time with clients and working on their current situation with what I call “First Stage Recovery” techniques, things do start to improve in peoples lives. This is the time that they either drop out of therapy because they think that all is fine now or begin to realise that there is something that is lurking under the surface that needs to be dealt with.

In my opinion, for long term serenity, Inner Child Healing needs to begin at this point. Up until now clients will have tools that can help in the short term. If they do not address the underlying issues, they will find that the problems they experienced once before will rear their head again. For example, they may leave a relationship after the honeymoon period is over because the relationship appears boring. They may come into counselling to sort out their disappointment in their partner, and how to cope with the loss of the relationship and life changes. We address this. Then, they find someone else and get into their honeymoon phase again and everything appears okay until they start to be bored again once the relationship intensity has died down.

How do we make a start you ask? Well, it is one step at a time. You know, having the realization that we have all got some shame holding us back from feeling whole and not judging others is huge. For starters, if we feel shameful about ourselves, we are actually feeling rotten at our core. If we feel some shame that we made a mistake, we can be accountable, say sorry and change our behavior. If we don’t care and behave in a shameless manner, usually the person most vulnerable in the room, or the person that we have projected it on

will carry it. So we know that we can do all these things, and the realization is huge. We need to hold a lot of compassion for ourselves at this point, not beat ourselves up some more, or write ourselves off. And remember, when you feel shaky or overwhelmed, get back to basics. Resource, resource, resource!

Staying resourced

With all the support and resources that we have gained from the skills in Level 1 “Making Light Work” it is now a time where we need to call forth on them, as many as possible and as often. We can’t just expect that we will shift this ourselves. We deserve help. We do need help. Help is the important factor here with dealing with the parts of us that actually don’t feel we deserve it. We set an intention to let the light into those dark parts, that quite frankly feel gritty, repulsive and disgusting. I can assure you, you won’t die. I’ve been through it and I am still here. We do feel like hiding. The very nature of shame is to hide. Rest, call on help and turn up to receive it. Come out of hiding and the shame will shed. We can go inward to come out of hiding too. The inner child that feels shame, needs our Higher Self to turn up and embrace them in their perceived imperfection. When we can do this for ourselves, we can usually turn up in relationship and step out of shame about our imperfection in front of our partner. If we are finding it difficult, we just need more time and practice in doing it for ourselves and with professionals who can support us. We also have times in our relationship where both parties are going through the same thing and addressing the same issues. This can be a difficult time in relationship. It usually happens when two people feel very safe with each other. So, in those situations, to be a witness to what your partner is going through and a compassionate observer, whilst still maintaining a heart connection, you are going to have to be honest with yourself about what is your stuff and your partners, what you need to do to take care of yourself, finding out what your partner needs to do to take care of themselves and some support for the both of you in your relationship. We are more able to genuinely celebrate with our

partner on all the baby steps we make along the way, when we are owning our own stuff.

Parenting

The best parenting we learn is from parenting ourselves. Parenting ourselves is not just about being your own carer to yourself. It involves moderating and disciplining the self. Nourishing and self care is of paramount importance. However, being moderate and disciplined around our wants is also very important. Especially when recovering from addiction and attachments to things. Our Higher Self knows how to balance the needs and wants of the inner child. I have provided a meditation on contacting and maintaining rapport around the needs and wants of your inner child. Whilst these needs and wants go unnoticed or are repressed, the inner child will remain in control of your life. Instead of responding to situations in a moderate manner, you will find yourself overreacting or repressing them.

Just the other day I had one of my student's tell me that all their stuff came up when they became a parent. Being a parent presses all our buttons. Usually the age that our children are at trigger unresolved traumas that we may have experienced at that age. When I am in reaction to my children, I think about their age and what was happening at that time for me. Sometimes, I am triggered by a certain situation that they are experiencing. Once again, I bring it back to me to see if something is unresolved. The best barometer for a call for healing is a reaction. Always check in with yourself when you are in reaction before you open your mouth! You'll be surprised what you learn in the silence.

In looking at our children, we tend to think they are ours. The biggest healing with parenting can occur in realizing, they are not ours. We don't own them. In fact, they grow up and leave home and create their own lives. When we invite our Higher Power into the equation, parenting is a lot simpler. When we go on

our guidance on what is right for our children at any given time, we are not bound by controlling behaviors and reacting to their needs. In fact, my main fear was handing my children over to my Higher Power. Although, of course at the time I thought it was about handing my children over to my Ex-husband! Oh no, it was definitely about not being in total control over my children's lives. There was a deep fear in me that if I was not in total control of their lives, they wouldn't love me, they would think I was a terrible mother, they would die, I would lose them. All the worst things would happen. I remember the day that I realized that they were not **MY** children. I had just had a court order handed down regarding the contact of the kids. Then, I had an epiphany. I realized that I was not in total control at all. I couldn't protect them from being taken. What was I doing? I was taking away their safety too. We were all living in fear. It was hard to admit. But then I realized that they chose their dad. If he was meant to take them, then he would. If they had chosen that experience to have, then they would. Suddenly I relaxed. Things settled down a bit. They started school and within a term I even agreed on letting him see them a couple of extra days a week to make the transition between homes easier. Now, 6 years later and we are both remarried and friends. In fact the girls love having shared care and wouldn't have it any other way. We even turn up at parent teacher nights with all of us there and are an inspiration to the teachers of modeling child focused parenting. Sometimes remaining child focused means that we let go of ownership and step into a more evolved lightfilled relationship with our children.

We all want to be perfect parents and teachers to our children. We don't want to damage them in any way. Sometimes we even put off having kids out of fear that we might contribute to raising a dysfunctional world. Well, I believe that we choose whether we want to be born or not and we choose our parents and what experiences we want to experience. This belief hands back responsibility to others. No one is a victim. Everyone is off the hook. I am not talking about giving up responsibility for improving our parenting techniques. I am not

suggesting that we say, well I am not going to change because that child chose to have this experience. I think it is more profound to have the attitude, “yes, that child chose me, so I accept my imperfect parenting and I will take work on improving it daily. I take responsibility for stuff ups by saying sorry and changing my behavior. I do not dwell in guilt over the fact that my so called stuff ups might ruin another’s life.”

No one has the power to ruin another person’s life. They have the power to influence it to the point that we allow it to. Children are far more influenced than adults. And yet children grow up. To the degree that we realize that each day is a new day and each day we choose how we want to think and behave is to the degree that we are free from our past and creators of our future.

As a counsellor, educator and parent of children I can tell you that I stuff up. Boy do I stuff up. Or I think I do. But what I do after I realize I have stuffed up is more the point. That is where the learning is. That is where we teach the kids it’s not about what happens in life, it’s about what you do about it that counts. It’s not about what happens but how we respond. It’s not about the mistakes you make, it’s about how you respond to those and take responsibility for those so-called mistakes. That’s how we grow up ourselves and our children to be empowered lightfilled humans.

Therapeutic Interventions

I have included therapeutic interventions for ourselves and also in working with children. Some of the therapeutic interventions for healing our inner child include:

1. Visualisation – I have provided a few examples of inner child healing meditations at the end of this section. There are many books and

resources that you can draw on here and it's important to go with where you are guided.

2. Drawing – After visualizations of interactions with our inner child, we may wish to draw them and what their gift is to us. It can reinforce our connection with them and make it more real for us.

3. Non Dominant hand writing – Asking our inner child questions can often get to the issue at hand. Use your dominant hand to write one question at a time. This is the hand you usually use. Respond to each question with your non dominant hand. This bypasses the logical brain and accesses your feeling brain. It is a very powerful technique and especially helpful for those of us who struggle to visualize or remember the information of our meditations. The main questions that I like to ask is to firstly head your piece of paper with "The area of my life that I would like to resolve is ……" or "I would like to….." and then you have set a goal towards resolving or heading towards an outcome. Then ask the following questions, one at a time, giving the inner child time to respond.

    a. How old are you?

    b. How do you feel?

    c. What do you need?

    d. How can I help you?

    e. Is there anything else you want to tell me?

If you find that the inner child is talking about different issues, just trust that this needs to be dealt with first. You may find that the last question opens up a dialogue with them that you can continue. You can help them by turning up and being willing to help them. The main goal is to gain an understanding of how they play such an important role in your life and how they can work with you rather than against you. So we are aiming at building bridges here. We are not here to judge them, convince them they are wrong or that we know better. Actually they hold a lot of keys in us learning what we need and how to be vulnerable and safe in the world. Without them, we don't really get to be a human in the true sense of the word.

4. Painting – We explore more of the detailed paintings that you can use for emotional release and resourcing in Level 5 "Playing In the Light". However if you feel called to paint, paint. It can be great for releasing emotions. If you are feeling really angry, get some red paint. If you are full of tears and they are not coming, get some blue paint. You'll be surprised at how powerful a release it is when we connect to the color. And water color paints are really powerful because we wet the paper and this water connects us more to our feelings. And you can't control water on paper, so expect a lot of emotions to come up. Evoking spiritual resources to support the emotional outpouring can be done on the same paper or a separate one. If you have a very dark picture, you might want to do a painting that evokes the spiritual resources on a separate paper. Then revisit the feelings, do a third painting and see how they look. With wet on wet water color, we build the spiritual (etheric life body) whilst downloading the astral (feeling/emotional body).

5. Clay – Working with Clay will also be covered in detail in Level 5 "Playing with the Light". What we find here is that whatever the form of

the clay that arises, is usually the wound of the individual. We can also access our Higher Selves to bring a resource down through into the clay. Similarly, we find that our wounds transform when they've had a chance to be expressed and resourced. I learnt these techniques whilst studying my "Advanced Diploma of Holistic Counselling" with Sophia College. My teacher Patricia Sherwood has written a fantastic resource for clay called 'The Healing Art of Clay Therapy". They are gritty and fantastic. Please note that playing with Clay is contraindicated for pregnant woman, people recovering from illness and those who's life force/etheric body is down.

6. Sand Tray Therapy – We use this technique in working with our Shadow as well in Level 3 "Transforming Darkness to Light". Sand tray therapy unlocks the subconscious mind and plays it out right before your eyes. It's fantastic for both 'downloading' the inner child story and healing. The sand tray journey usually resolves itself with little intervention; however there are a few things to remember if you are the facilitator. Start with them making a goal or wish. Let them choose the symbols without any prompting. Let them create the scene. Always remember that every part of the story is a part of them selves. Withhold all judgment, no matter how dark. Only intervene if you feel that it is not resolving. If they look stuck, you can ask them what would help in the situation. Deeper work with the shadow involves connecting more with each part and allowing it to speak and tell us what their gift is. We combine voice dialogue combining with sand tray work. We usually come up with the most creative and surprising answers to our own issues! It is amazing to witness. I recommend the book "Sandplay & Symbol Work" by Mark Pearson and Helen Wilson.

7. EFT/Body work – I see body work and techniques such as EFT (Emotional Freedom Technique) as great interventions for releasing

emotional build up from the body. I have found both helpful in the short term with high intensity of emotions (especially with inner child work). However in the long term, it can become a dependency. Ironically it can lead to avoidance in addressing issues that keep coming back and are calling themselves to be resolved on a deeper level. I don't recommend either as a method to deal with emotions and definitely see them as more of an intervention strategy than a management plan.

8. Exercise/Yoga/Tai Chi – We will cover more about these in Level 6 "The Lightfilled Being" however I believe that the more we build the light internally, the more we evolve. These are a great resource in downloading emotional stuff and uploading spiritual light. They are powerful tools if used lovingly.

In working with children, here are some of the powerful tools you can use as a parent or facilitator:

1. Drawing their house – This drawing represents them and their world. Usually houses and any kind of transport in drawings and dreams, will represent the child in total. Notice if there is a door/door handle (way in), windows (emotions), chimney (let off heat). Notice how they draw themselves. Are their feet touching the ground and how formed their limbs/fingers/toes are (grounded). It's normal for small children to draw house off the ground and things flying in the air – not grounded. Notice who they put in the drawing as their family and how they are interacting. Are they holding hands, standing far away from each other? Are members of the family grounded? Do they have feet? Do they have hands? How rich the colors are in the picture are and how full the picture is, represents the soul of the child. If it is stark and lifeless, this child needs support in filling their soul life. They might not be incarnated in their body. The may be shut down emotionally. If there

is a lot of color and energy but the picture is chaotic, perhaps the child might need activities to release an excess of emotion.

2. Drawing their Emotional Reality - On 3 big pieces of butcher paper, have the child lie down and draw around the form of their body. Have some big crayons or textas. Ask the child a question such as 'Where do you feel angry when you are being bullied, what does it look like?' and on the first piece of paper get them to show you where they feel their emotions in their body and how it looks. On the second piece of paper, get them to imagine a force field of love and protection and draw it. Have them also draw where this is coming from (such as their angels, higher power or guides). Then on the third piece of paper, get them to think about the trigger but redraw their body and see if they feel differently in their body knowing now that they have access to this resource.

3. Clay – It's great for kids to get their hands in the clay. Ask them to show how they are feeling by using the clay. The clay will form the imprints that are bothering them or current for them. Ask them 'What do you need?' Then get them to form the resources out of the clay. This can also help to nourish the child or client. Emotional releasing in clay is not recommended for children aged 0-7 but is great resourcing for kids. For example, get them for create forms out of the clay that are their helpers or guides. Adolescents love the clay because they often find it hard to find the words for what they feel. You can often have some clay in front of them whilst chatting and this can really open them up. It's like a focal point of conversation.

4. Beeswax modeling – This has no contraindications for younger children. It is often hard to work with unless it is warm. However the

child's 'will' is held in warmth, so it encourages their will to emerge. And helps with grounding children.

5. Sand Tray and Symbol Work – As previously mentioned, this is a great tool. It is very nurturing and timeless. There is so much wisdom in sand. Just take them down to the beach and look for things that you could use as symbols. Create stories in the sand together. My kids had a sand tray for their younger years that they played with regularly. We picked up symbols from secondhand shops and bargain shops and they would create amazing stories. I recommend lots of paper flowers, shells, crystals, rocks, leaves, branches, scarves of different plain colors (especially green for grass and blue for water) cartoon characters, cars, higher beings such as Buddha, dragons, fun characters. Think about variety. It's boundless and endless the stories and healings that can occur through this simple play.

6. Drama – Acting out different animals is really helpful in releasing emotions. It gives kids permission to be the character and have its feelings. It's important to join in so that the child isn't feeling self conscious. Take turns in choosing animals, as it gives you the chance to pick an animal you think might be therapeutic to the child. It is very active, so be prepared to sweat. Pick tigers/bears and big growly animals to encourage anger release. Pick kittens for encouraging gentleness. Pick rabbits to encourage curiosity. Pick mice for being scared. Pick birds for feeling free and above the situation. Pick puppies for playfulness. If you are unsure, ask the child E.g. "what animal would be a sad animal?"

7. Story – Creating stories where you invite the child to join in, are a powerful way that you can unleash issues and contribute towards solutions. Co-creating a good story can be the most 'unintervention

looking' intervention there is. And kids love stories. It gets them listening and participating as well. The sky is the limit here!

8. Cards for Children – Kids love them all and they are great conversation starters and resources for them. They are alive and colorful and encourage dialogue and connection to feelings. You can hand them the deck and let them have a look at all the cards. Or just get them to choose one. Some excellent cards that I have used with kids over the years include:

- 'Bear cards' from St Luke's Innovative Resources. Simple pictures of bears with different emotions. Get to learn how kids react to different feelings.
- Doreen Virtues 'Magical Mermaids and Dolphins Oracle Cards', 'Fairies Oracle Cards', 'Magical Unicorn Oracle Cards', 'Healing with the Angels' Oracle Cards are powerful and helpful resources that include with kids themes and issues.
- 'Crystal Ally Cards' by Naisha Ahsian - powerful visuals for children.
- Isha and Mark Lerner's 'Inner Child Healing' cards are wonderful because they relate to fairy tales.
- Hannah Andrews and I designed a card deck for parents to develop their relationship and parenting skills with children called 'Higher Consciousness Reflections For Parenting'.
- 'Higher Consciousness Reflections For Adolescence' are a great resource for Adolescents and 'tweenagers' to learn the art of reflection. My daughters Sarah 13 and Phoenix 11 collaborated with me on this one. It was amazing to see how even getting them thinking about these reflections was a very powerful process for raising their own consciousness.

Indigo, Crystal and Rainbow Children

There are many books on different kind of children and the consciousness that they come into this life with. Many are misunderstood. When you understand where they're coming from you have a lot of compassion for them, as they have a big job to do.

Indigo's purpose is to breakdown systems that are no longer working. They want to break down systems of untruth. Make sure you are coming from a place of honesty with them. They are B…S… detectors! Talk to indigos through your feelings – "I feel it's very important this needs to be done for the family" rather than "you have to do this".

Indigo's usually take on rebellious role or surrogate spouse role as they feel in control. Taking on a spousal kind of role to a parent is actually abusive. It makes the child feel powerful but in a negative way. This is called empowered abuse. The child will end up feeling drained from the parent but powerful at the same time. The parent using the child to support them makes the child feel needed. This leads to a false sense of power. We know that this false sense of power leads to drama. As adults they may grow up feeling smothered at the same time when their partners are nurturing them. They attract people who need them. The indigos parents need to acknowledge the inner strength of their children without becoming dependent on it.

A lot of Indigos labeled ADD or ADHD. We sometimes refer to them as 'Attention Dialed into a Higher Dimension'. Working with them, wherever they are at and without judgment, you will find they will connect with you more. They are very clairvoyant and sensitive. Their claircognsence means that they may lack a nurturing connection with others but are very bright and inventive. Their lack of self awareness of the physical body and boundaries with their energy containment/leakage/projection can be issues with violence and hyperactivity.

As adults, Indigos do well with shadow work. As children, sand tray therapy is highly recommended. Physical activity also helps Indigos to connect more to others and with their feelings.

Crystal Children are more focused on bringing peace, love and joy into the world. They are highly intuitive, quite telepathic and their throat chakras can often require a bit of clearing to help them get their words out. They may be late talkers. They are usually the well behaved children. They are natural hands on healers. Work with them on clearing their own chakras and maintaining a strong life force. They are drawn to crystals – no surprises here! Skills such as breathing in light and vacuuming out yucky energy from their body can be really helpful for them. Health issues can emerge from taking on others stuff and not clearing themselves out, so it's a vital life skill for them.

Rainbow children are the new breed of evolved human species. They are living the truth of healing coming from a place of joy rather than pain. They are usually born into non-dysfunctional family systems, usually to Crystal children who are now adults. They are evolved in their processes and are contributing in creative ways to making life more joyful on earth, without the avoidance of false joy. My hope is that the outcome of the Lightworker Practitioner Training™ creates a more 'rainbow' consciousness. We are all in this together like all the colors of the rainbow. We all create the rainbow, are all a part of it and it is a beautiful sight!

Relationship Imprints

Imprints in general are unresolved wounds. Relationship imprints are about unresolved wounds created from our past. These keep us attracting people that recreate the original abuse. Imprints are a gift. They recreate things for us over and over until we learn the lesson. Imprints live in the body. You think of an issue and voila, the imprint emerges as an emotional response. Imprints can be

from a past life or childhood. It really doesn't matter when they were caused. If we feel an emotional response to a trigger repeatedly, then they are real. It's important to own the imprint. Even though it may have caused by someone else, it is now your imprint, so you are responsible for its healing. Your Higher Self won't release the imprint completely until it feels safe. It is important that you have a solid relationship with yourself self because when you release an imprint you often release an unhealthy attachment to the person who created the original wound. Or you may have a cord attached to an ex or current partner who is the current trigger for this imprint. When you release this, you are left with yourself and your higher resources. You may feel empty. It's again important to resource, resource, resource. Even counselors and Lightworkers are not able to 'fix' your imprint. They can act as a conduit of spirit to facilitate the process, however it is really your responsibility.

Your inner child might just see the imprint as a fear. I list the top 3 fears that arise in relationships and how they sometimes look when drawn or visualized:

1. Fear of abandonment – often reside in stomach and known as empty or yin imprints. They often appear as big black holes.
2. Fear of being engulfed – these are often around the heart or throat area. They are hot, heavy and red. They may be surrounded by walls.
3. Fear of being controlled – third eye, head and throat areas. Blocks around vision and speaking. Vices around the head area.

Bombing

Bombing in a relationship creates drama. It creates intensity rather than intimacy. When we speak from our inner child, we are speaking from a needy and immature space. This is ok as long as we have contracted with our partner. Otherwise it just becomes a drama-filled dependent relationship where we

expect our partners to be our parents to take care of us or we are expected to take care of our partner's high demands.

Types of bombs:
Silence – the good old silent treatment in the hope that it acts like a nuclear explosion to get attention or cause hurt.
Neediness – knowing being needy will hook your partner back into a connection with you. Endless neediness in setting your partner up for failure.
Seduction – using sex as a way of gaining attention and reengagement with your partner. Enticing with no intention to follow through.
Anger - Blaming, critizing, judgmental accusations. This is a huge contributor to domestic violence cycles.
Caring - Doing stuff that you know will soften them back into connection.

When you realize that you are being bombed. Notice that it is a bomb and that you can respond accordingly when you have recovered from your own reaction. The key is to ensure that you are not in reaction when you choose to respond to your partner's bomb. The best way to respond to a bomb is to share in a very centered way how the bomb affected you. The content of the bomb itself can be discussed at another time. The bombing itself needs to be address first. Talk through it with your partner instead of reacting to or throwing a bomb back E.g. "when you said…I felt bombed." If your partner is genuinely interested in your feelings, they will take this into consideration and moderate their behavior and apologise.

Some things that I have learnt over the years to say over and over in my mind to help me to stay centered in the midst of being bombed…

- It's none of my business who my partner is.
- My partner has a right to be in the world the way he/she is.
- My partner is being who she/he is so I can get to know him/her.

- My job is to take care of myself so I can be safe to my partner and present for my relationship.
- My job is to refrain from hurting, punishing, attacking, getting even, fighting or being dishonest.
- I have warm personal regard for my partner at all times.
- My partner is doing the best that they can.
- I am doing the best that I can.

It doesn't matter how many well we have learnt how to communicate, we are never going to have a great relationship with someone else if we haven't resolved our imprints and our shadow self in the other. If things continue to stagnate after you have resolved your issues, then you need to let go of those relationships and move on. Sometimes that is the only way to move on. Sometimes staying is brave and sometimes leaving is brave. Only you and your Higher Power know which one is right for you.

Children in relationships

Let's talk about children and the importance of where they stand in a relationship dynamic. Well by now we know that children are children, not little adults. We need to let them be just that - children. And we recognise where they are at in their own developmental stages. We might have a nine year old acting 2 years old. So we need to treat them like a 2 year old until we can communicate with them like a nine year old again. So we need to be able to adapt to our children as they regress, progress and regress again. Sometimes, they appear like wise teachers. And they are. It is okay to be teachable; they need a good role model from a parent or caregiver that is okay about not knowing everything, listening and being teachable. Children need to see that we can give orders and also offer choices. Of course the timing is everything. As a parent I tell my children that what I say goes - if they want to question something then do it later, call a family meeting if they are really concerned and

we will discuss it. Otherwise it's just me with all the opinions and they don't learn that it is actually okay to question. However, there is a time and a place for it. I remember that I erred on the side of ensuring that they had choice. It nearly drove me nuts. They were questioning everything all the time. I really didn't end up feeling respected or trusted for my decisions and orders. Questions are okay, but too many and it undermines the level of trust they develop with their parent. There are occasional exceptions, as nothings perfect, however that's the way we roll.

When relating with children, it is important that they see adults as a united team. I think arguing about how things should be, in front of the children, gives them the power of divide and conquer. It does not help them in feeling secure. If both parents have differing opinions, take it offline and get back to the children with a united response. Don't do it in front of them unless you are both really seasoned in getting to a moderate and united solid agreement. Adults take things offline. Inner children squabble in front of their children. When you are practiced in working as a team together, then it is great for the children to witness your team problem solving abilities. It is not the conflict that is the problem. It is the way that adults work through the conflict that can be the problem. If children never get to see their parents work through things, they never get to learn how to problem solve in their adult relationships because they don't have good role models. So remember, no conflict at all, is not good. It's good to have it, but also good to deal with it in a non-emotional, supportive and loving way - with a team win/win focus. I know it's corny, but Tony and I have a team name. It's called team Tonelle. And we always refer to it, so the girls know that's our parenting team name. It was even our Triathlon name and we put it up on the fridge as a cute reminder of our team work. The girls even wanted a family team name but it really wasn't going to happen. Trying to put Tony, Michelle, Sarah and Phoenix together I think we tried for a while but it didn't happen. We have a team spirit and vibe and that's enough. Sometimes keeping it simple is best!

If two parents only have time for each other when together as a family, the kids will be needy, resentful and feel abandoned. This sometimes happens in relationships where two parents only have eyes for each other and can't get enough of each other. Children can be emotionally abandoned even when their parents are loving people, not intentionally trying to abuse them. Children need a lot of attention. It is very important for parents to find the time for each other and also to have reasonable expectations of the amount of time and energy it takes to parent little people. I recommend that couples have at least 2 hours of alone time every week.

That is quality time. On the weekend, send the kids to their room for a little while for their own quiet time. Ensure that you are not exhausted for quiet time. Or if you are, it might involve not talking time, just holding. It all counts. If you are both aware of your needs for the relationship and your own as well, you will be better parents. If you have unrealistic expectations around how much alone time (that doesn't involve being utterly exhausted!) you are meant to be getting, you will live in perpetual disappointment. Remember that there are babysitters, extended family, friends, grandmas and also other kids' families that can take care of your kids so that you can have some time out. If you haven't gotten around to setting it up, make it a priority. Your partner deserves the best of you and as long as their expectations are reasonable, then that's great. But if your partner expects your attention and resents you for taking care of the kids instead of giving them attention, you have a problem. This person wants to be the child and for you to be their parent. It is reasonable for our partners to want attention, but when they start to resent the attention you are giving the children, it is not a partner you have to worry about, it is their inner child! So beware of that one. Every partner goes through that from time to time. The kids might have been sick or they've been away working, or everything has just been busy, busy, busy. We know that our partners and ourselves are often more needy than other times. We know that sometimes we need some extra attention. That's perfectly fine. It's okay to have these times. We are only

human and sharing our life with someone involves attending to their needs, sometimes more than other times. It's just good to be honest about where we are emotionally and also to check in with our partner to see where they are. If they are continually coming from a child space, we will feel it. It's good to not take this on and know it is theirs. You see, if you make yourself responsible for your partner being needy, you take on the parent role. You are not responsible for your partner's state of emotional maturity or health. It is not your job to fix and restore them to an emotional state of balance. But you are responsible in noticing where they are at and speaking about the effect that their emotional state of being has on you and also the children. This is your responsibility.

I know that kids are adaptable and they bounce back. They also take what they can get. If a partner is hogging much of the attention, they usually won't be able to tell you or name it. They might start to show hate or dislike towards them though. Please don't get this confused with a child who wants to hog your attention though! There are children, and we know these, that like to suck up every ounce you have. We need to teach them to have quiet time, resource with angels, nature and other things as well. Teaching children to resource is so important. I cannot stress it enough. Watercolor painting from as early an age as possible will help your child to process and download lots of emotions and build up their Etheric body at the same time. They will sleep like logs. When the words don't come, when they won't listen, when they just won't stop acting out, get out the WATERCOLOUR PAINT!!!

If a child is misbehaving or challenging authority, I have found that these are the following reasons why:

- They want to feel secure in knowing they have a boundary
- They are feeling angry, sad or fearful about something and they are acting out because they don't know their reality or know how to express it appropriately

- There is a power struggle going on, where they may want to be in charge. If this is the case and they have behaved rudely, they need to know and be taught that there are consequences to their actions. They also need an equaliser such as expressing that we all have this part of us that feels angry, out of control, immoderate etc. Depending on the age of the child. It is very important to be both very firm and also to soften at the same time. It is no good just being firm without giving extra time, if extra time is what they really need.

I usually find that if we are experiencing a problem with a child at a certain age, it is because we have unresolved issues ourselves, at that age. This is not always the case, as it may be that you are new in the child's life for example, teacher, step-parent or have lived away from the child. If this is the case, be assured that usually children can fake being good, but their so-called bad behavior is usually a compliment to you. You see, children don't usually show strong emotions unless they feel comfortable or at least comfortable to test the waters. So remember, if they are acting up, they are usually feeling safe enough to express what they need and want. Or they are over the initial bonding honey moon stage and are now at stage two of the relationship with you. This is all about learning where they end, you begin and the rules in between. We all go through this stage with everything we do, whether it be relationships, work or relocating. So remember, that if things are on time then you know that you are on the right track. To just become the domineering parent, who gets tough without ensuring you provide fun and nurturing activities, is missing the point. It's great to have strict boundaries as long as you balance it up with being a human being, looking for the beauty, the goodness and the truth in the world around you. During this time, it is really easy to get caught up in looking at what the child is not doing right. Ensure that you are also looking for and highlighting (making a big, big deal) of the things they are doing right and also the positives in a situation. It is really easy to pick holes and criticize what children are not doing right. Remember that we all

have inner children. Your partner's inner child and yours will present themselves and do just what we are discussing here. We also need to ensure that we are looking for the positives. But remember, looking for the positives doesn't mean that you abandon reason. Seeing things as they are keeps us out of denial. It is an art to see things as they are and be realistic whilst also feeling grateful for the positives and noticing what is working. It is a true sign of maturity to do this. Call on your Higher Self and your Higher resources. That's when parenting children works. That's when parenting our inner child works. That's when relationships work.

Inner Child Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breathe and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that experience is in perfect order and harmony with your destiny. Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers, animals, Angels and Guides in your sanctuary. Take a moment to commune with them…

You notice there is a small pool of water. You notice that Arch Angel Metatron and Arch Angel Gabriel, the Arch Angels that oversee children, are standing next to the pool in preparation for the relationship healing that is requested relating to your child. Arch Angel Michael and Arch Angel Raphael are also there to assist with the healing process. There are two vacant pillows surrounding the pool. Go over to one and take a seat. On the pillow next to you, you see your inner child. Next to them, they also have a guardian angel. Notice how old your inner child is. Notice what they are wearing. Ask your inner child how they are feeling. Ask your inner child what they need right now. See this quality coming to you in the form of energy and light from Arch Angel Raphael's healing scepter.
Feel it flowing into you. Feel it flowing out of you and to your inner child……

Floating into your inner child's body, you look back at the adult you. See the adult you loving you. Feel their love and the powerful energy that they are sending you. You now feel safe and loved.

Floating back now into your adult's body. You notice the changes in your inner child. See if they look different or have transformed. You notice that your inner child has a gift. See this gift and feel the energy of this gift filling your whole body. Looking back at your inner child, you realise how powerful they are and how important it is to regularly connect with them and make time for them.

Notice you are feeling whole and complete. Let them know you love them and are here to give them what they need from now own. Tell them that they are never alone and that you will never abandon them. Thank the child for coming and let them know that you will commit to connecting with them regularly and that they are in a safe place within you all the time. Ask them if they have anything else that they want to tell you at this time. Take a moment to respond. Give your child a hug and as you do so feel them getting smaller until they are small enough to place inside your heart. Feel the healthy loving connection between yourself and your inner child.

Now you start walking towards your gate. Taking a big deep breath you push open the gate and step into where you are right now. When you are ready you come back into full waking consciousness remembering everything you experienced in the meditation.

Parent/Child Healing Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny. Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers, animals, Angels and Guides in your sanctuary. Take a moment to commune with them…..

You notice there is a small pool of water. You notice that Arch Angel Metatron and Arch Angel Gabriel, the Arch Angels who oversee children, are standing next to the pool in preparation for the relationship healing that is requested relating to your child. Arch Angel Michael and Arch Angel Raphael are also there to assist with the healing process. There are three vacant pillows surrounding the pool. Go over to one and take a seat. On the pillow next to you, you see your inner child. Next to them, they also have a guardian angel. Ask your inner child how they are feeling and what they need right now. ***What do they need?*** See this quality coming to them in the form of energy and light from Arch Angel Raphael's healing scepter. If they need physical comfort, comfort them now. Ask them if they are ready to heal this relationship with your son/daughter.

If they are ready, see your son/daughter come and stand on one of the pillows. See that they have a guardian Angel and that they also have Guides and Angels supporting them. Noticing now any unhealthy toxic cords between your inner child and your son/daughter. Noticing now any unhealthy toxic cords between yourself and your son/daughter. Noticing now any walls or barriers between your son/daughter and yourself.

If there are any cords or barriers and you are willing to have them removed ask Arch Angel Michael to cut the cords and remove the walls now. See Arch Angel Michael removing any toxic cords, barriers and toxic energy to the womb or transformation. Arch Angel Michael uses his vacuum to clear away any buildup of emotional or physical toxic energy. See your son/daughter cleared of any toxic energy. You and your inner child are feeling free of any remaining remnants of toxic attachment. Arch Angel Raphael now uses his healing scepter and sends his loving healing and nourishing light to where the cord attached was attached. This fills any emptiness and nourishes all of you. Notice what color this light is. Feel its healing energy fill both of you……

Notice you are feeling whole and complete. Give your son/daughter and inner child a great big hug and let them know you love them. Let your inner child know that you are here to give them what they need from now own and that this is not your son/daughters job. Tell them that they are never alone and that you will never abandon them. Apologies to your son/daughter. Let them know that they are a child and it is ok. Let them know that you are there for them and that it is your responsibility to take care of them and your own inner child. Thank you son/daughter and inner child for coming and let them know that you will commit to connecting with them regularly and that they are in a safe place within you all the time. Give them both a hug and as you do so feel them getting smaller until they are small enough to place inside your heart. Feel the healthy loving connection between yourself, your son/daughter and inner child.

Now you start walking towards your gate. Taking a big deep breath you push open the gate and step into where you are right now. When you are ready you come back into full waking consciousness remembering everything you experienced in the meditation.

Section 4:
Lightfilled Relating with Family Systems

When we are working with the light and in the light, understanding our family systems becomes a lot easier. Well, if we have chosen where we want to evolve to in this lifetime, we have chosen those people to support us and challenge us to get there. We can take responsibility that this is the reality we have chosen to work with. We can step out of blame and truly into free choice. When we have a look back at our lives, instead of saying “look at what my parents did to me” we say “wow, look at what I created for myself to evolve spiritually”. It is a different mind-set. It does not discount the impact of other people’s behavior on us. It certainly doesn’t make them all-powerful beings who can change our reality for good though. We take our power back.

We need to have support/resources in place to let go of our old self limiting beliefs to step forward into our Higher Self.

Universal Systems Theory and Understanding Family Systems

Family systems theory states that every part of the system is like a hologram of the total system. In other words, every person in the system will act out and play out all the elements of that system to get the healing and return to wholeness that one needs to feel. So if a person leaves the family system, they will create the system elsewhere.

If we look at the principle of Unity, we see this. We are all one. In each other we reflect the whole of the diversity of the world. Whether we have claimed all of these parts is a different story. However, we will recreate the next most obvious elements that need to be dealt with in our life.

So I’d like to call it Universal Systems Theory instead of Family Systems Theory because our little nucleus of the family is only one way we can recreate things around us to face what we need to face and integrate what we need to integrate.

Whatever vibration we are at, we will attract that around us. And if we are vibrating on a new vibration and there are parts of us in resistance to this, they will manifest in the form of another. For example, if someone really has a hard time when you need space for yourself, what they are probably really feeling is that they don't like or are not connected to the parts of themselves that need to take space for themselves.

An example of this theory of family systems too would be that just say you are the caretaker in your family and you are coming to terms with your caretaking issues. Then you integrate this part of yourself. You have never played the angry rager in your family but all of a sudden you are in fits of rage. It comes out of the blue. What we see here is that coming to terms with one part of your family system doesn't mean you won't act out other parts of your family system. Even if you never played that role in it. You will work your way through the 'flaws' in the system until you feel peace.

Normally we would start off with healing the traumas and wounds from the abuse of our past. However, if we don't know how to deal with these parts of ourselves, we are not really settled. We can learn to clear them but without further insight, we may fall short and just push their reality away. I don't think this works. I think that when something is really healed we no longer have a charge to it AND we really get what it's about, what it needs and how it serves us. Of course this is Level 3 in our shadow work.

I also don't believe that recreating the trauma to heal the trauma is an ideal solution. I have designed a process that is energetically based that also invokes a person's free will that assists them in clearing their traumas, from this life or another and supports them the whole way through. They get what they needed at the time and they feel supported. They can then go on with clarity to explore the part of themselves who is represented by the person who did the

abusing. Without these two parts, it is like putting out a fire without catching and rehabilitating the arsonist. It is sure to happen again. I speak of these processes quite strongly because I have experienced trauma from recreating trauma, but have attracted the same experiences happening again. I have also experienced complete healing with a part of myself done in a non-traumatic way, so that I no longer attract this into my life. They feel poles apart.

Functional Family Systems

To the degree that mum and dad are actually connecting on a healthy level with their own selves and each other, is to the degree the family and children will be a healthy family system. The more happy and whole each parent feels, the more freedom the children have to feel happy and whole themselves, not caught in a rigid family role.

The parents connect in a healthy way and solve conflict in a non-abusive compassionate way that does not deny their true self or individuality. They are living the lives the way they feel is true for them as individuals and as a couple. They do not get their esteem from each other. Yet they do look for the good in each other. They are non-judgmental and own their own imperfection rather than project it on their partner. They take care of themselves and each other when asked. They are able to set their own boundaries and respect their partners. They do not over indulge themselves and keep balanced, as well as have fun and not get too controlling or serious. They aim to do all of this, but when there are not able to, they are loving and accepting of each other. They are honest about their limitations.

Dysfunction Family Systems

John Bradshaw's book on "The Family" is a great resource for understanding family systems and the roles that we can play in our family dynamic. John

describes these roles as rigid, and that parts of ourselves are not allowed to be. We grow up and unconsciously we have disowned parts of ourselves. We might take on the super achiever and feel no compassion for others. This may lead to being financially secure but emotionally bankrupt. Or we may be the caretaker who grows up into the nurse that represses her anger with comfort food and is suffering from obesity. It may be that we were the victim child who is now in a domestic violence relationship that we now feel too dependent to leave. Surrogate spousal type relationships with children mean that the relationship between parent and child more important than partner. Kids divide and conquer easily or create drama at the very least. If there are roles you are playing in your family, ask yourself what you are gaining from the role. It is often our first addiction. So there is always a pay off. The super achiever gets a sense of power. The surrogate spouse/caretaker feels wanted. The victim feels a comfort in remaining weak. But also ask what it is costing you. Is it your anger, sadness, health, joy, relationships, self esteem or personal empowerment? There is always a cost in remaining in a state of imbalance. Creating relationships that you want start with acknowledging the relationship you have with yourself. Unless we want to recreate another dysfunctional system, we need to own what we gain and what these roles are costing us.

If a child has played a rigid role and they grow up or step out of the family situation they will recreate the family system as they have a hologram of the system on their soul. Another child in the system will find a way to compensate for the child stepping out of the family. Usually each child has a role that keeps the family balanced. These roles usually provide the children with a feeling of “I matter”. They usually stem from the natural ability of the child but the child usually relies on them to get their need for attention. Whether this attention and energy is positive or negative usually doesn’t’ matter to the child in their own conscious mind. Of course it matters, but children act out of these role unconsciously most of the time. I believe that they are the children’s first addictions. They need to be dealt with as adults otherwise they will become a

living problem, with or without the addictions that usually tag along with them. Rigid roles such as caretaker, victim and persecutor keep the children locked in a false self that keeps them from their authentic self.

Some examples of roles are:

Caretaker

- Not allowed to res or get angry
- Become a martyr in later life
- Usually feel needed and important when they are helping
- Abandon their own needs and burn out
- Tends to get jobs as counsellor, nurse, teacher, parent

Hero/Overachiever

- Joyless
- Workaholic
- Type A

Surrogate Spouse

- Either doted on or is the dotee
- Comes before the other parent and spoilt
- Or is continuingly trying to meet the parents needs that the other parent has not met
- Can become sex addicted and love addicted because of the intensity of connection needed
- Usually carries parents emotions and unmet needs

Comic

- Hides real emotions behind jokes
- Not allowed to cry
- Always positive and up

Good Girl/Boy

- No imperfections allowed
- Can never make mistakes
- Stiff and controlled
- Gets ‘look good’ jobs

Chameleon

- People-pleasing addict
- Changes for different people
- Has no real sense of self
- Is everyone’s everything
- Sells soul

The more we disown our parts, the more we’ll attract it. We all have those parts. When a client comes to me, usually they are sick and tired of being sick and tired of the role they are playing in their life. We treat recovering from a role like recovering from an addiction.

Write a strategy plan of how life will be once you have let go of the role and the steps you will take on an action level to get there. This process is a tool that can help with the realization of the role’s impact on yourself and others and also readiness to let it go.

With clients, you can use this for homework and then discuss it in session or just go right ahead and ask them these questions.

1. What do you gain from this role?

Discuss with them things like: what makes you feel great when you are in this role, what is good about it, what are it’s payoffs, how does it help others, what

types of good feelings have they felt in the past when they were in this role, when did they first begin to feel good in this role, did they gain skills from being immersed in this role?

2. What does this role cost you?

Discuss with them things like: what makes you feel bad when you are in this role, what is yuk about it, what is it taking from you, how is it impacting others, what types of not so wonderful feelings have they felt in the past when they were in this role, when did they first begin to realize that this role was costing them, what kind of bad habits/addictions are costing them from being immersed in this role?

3. Are you ready to let go of it?

You can ask them on a scale of 0-100 how willing they are. We call this a scaling question. With zero being the least willing and 100 being the most willing, where to they see themselves. This is a great reality check on their willingness level for both you and them. If they say they are at under 50%, ask them if they are willing to work on their willingness. Then you can give them some tools to help them feel more supported and less resistant. This is important as resistance is always there to protect them.

4. If not, what is blocking you?

Usually we find that any resistance is usually out of protecting themselves. You can work with resistance by honoring its presence as a helper rather than an enemy. More tools on working with resistance in Level 3. However, working with the inner child in a meditation can help resolve this resistance too. They are usually scared and not ready and feel unsupported. When you work with these parts and they begin to trust your client, they will be more ready to let go

of these roles. It may be that they need more resourcing. Once again back to basics is called for and Level 1 tools are revisited.

As an adult they may find that letting go of the role will change their whole life overnight and they are not ready for this. That's okay. It's prudent of them to want to be prepared. It's also prudent of you to want them to feel ready. So, it's good to maintain a stance of they will be ready when they are ready. Rather than they should be ready now. The process of becoming ready is just as important as the process of letting go.

5. The Letting Go Process

Once they are ready to let go, it is good to do a ritual of letting go. With groups, I like them to dress up as their role and play it out in its most extreme form to the point of laughter. It is very liberating to see people being so over the top in their roles. It helps to lighten it up and realize how much it affects others as we see it in action. Then we usually take our piece of paper that we have written our previous answers on and we burn it in a ceremony outside.

With clients, you can take them through an inner child meditation and get them to meet this part and make their peace with it. It is very powerful to meet the role in a child like form. Afterwards, an action plan to challenge the habits of this role is important. For example for perfectionists, I challenge them to not make their bed for the week.
For caretakers, I challenge them to ask for help and say no to others one day a week. For comics, I challenge them to pause before they tell a joke to notice what they are feeling. And on it goes. It's great to plan challenges to their behaviors. These little assignments become the liberators of their future. The key to their freedom. They start to feel parts of themselves becoming alive. The lights start to turn on. Their view of life is not seen through one lens anymore. They begin to open like a flower.

Integrated Families

More and more today we do not have a typical family. As separation and divorce have become more common, we have less biological families and more integrated ones instead. Of course any family that is biological can be integrated in and of itself. Integrated families are functional families with healthy family systems and dynamics in place. The key to a healthy family system, or any system, is to ensure that the needs of all parties are being met to the best of everyone's ability. Everyone in the family is equal.

However, families themselves need to have their own centre to remain grounded enough for children to learn and grow in a safe environment. Therefore, the most important relationship for the children is the one between the parents and each other. How the parents relate and role model unity will affect the children.

If this is not possible because one parent has an addiction, anxiety or other mental health issue, then if one parent is functional and deals with the other parent in a functional fashion, the children are more likely to stay grounded and learn to cope with the dysfunction in a healthier manner.

Because both families may have children from varying ages, it is important to check into the need levels of each child and create an atmosphere of finding ways to support all the various levels of needs from the children.

But most importantly, if the family unit of the two parents is not solid, and this includes a team decision on how to deal with ex-partners, then the children will feel insecure and torn.

With difficult ex's the best approach is to have compassion for their situation, but still honor the kind of life you want to create for the children. Take into

consideration that if the children are being manipulated or lied to, that they too have chosen this parent and the lessons that ensue. Don't step into the drama or that vibration. Do everything in your power within the law that you know to be right. If something is presented to you outside the law, search inside your heart at the consequences of this decision and whether this is truly a road block from the universe. Sometimes the biggest lessons in life are to go for what you know to be right, but accept the no from the universe and let go. That can be hard, but if it's in the greatest good for other lessons for other people to learn, including our children, then let go we must.

The thing to remember is to create the team that you want together. Remember that all challenges present themselves so that you can learn more about yourselves and the relationship and how it works. And how you work together – or not. Don't blame these outside influences on your ability to relate. These outside influences may be confirming differences of how the two or you deal with life in general, so in fact they might be saving you years. Remember that it takes two willing people plus a dash of destiny to make it all work. Read the signs and if you are just too different and come from different places with how you want to be in the world, then move on.

Never put ex's down. But speak about how you would like things to be, what's important to you and why you are behaving the way you are. Express your feelings but back it up with what's important to you and what you are doing about it.

If you find that the children are being manipulated or guilt –tripped into not seeing you and they are of an age where they can choose more freely who they want to be with, then the best strategy is to continue to be who you are and step into joy in your life. They will have to go through their own lessons about feeling deserving to step into joy. If they are being overly responsible for either parent, they are not in joy. But kids love joy. So continue to keep your

door open. And the same with the difficult ex. If you share kids, don't ever close the door on the possibility of change. I have experienced this first hand. Let bygones be bygones when they finally have their realizations. It only punishes the kids if you harbor any resentments and fears of how the parent has treated you or might again. Do whatever you can to remain emotionally open without allowing yourself to be a dumping ground. If anything dramas arise and they start to become abusive, you can always walk away. You don't need to engage in any dramas. But keeping hopeful and wishing that things were different, is important. It doesn't mean that you are ignoring reality. But it does mean that you keep the faith that miracles happen. It happened to me. And the feeling of healing that my kids got from it was nothing short of a miracle. Sometimes things are not perfect for a while for the sheer reason that you will be so grateful when things change! And by golly I can tell you I am.

When dealing with children and extended family if we don't expect some kind of messiness, we set ourselves up for a big headache and unlimited frustration. Expecting perfection or high standards of human behavior is actually quite the opposite of nurturing. I know it is hard to muddle through the whole imperfect family gig. But it is possible. At times it feels really uncomfortable. Especially when we have certain expectations of how things should be and they just don't turn out. Unless you have a family member completely unwilling to compromise with you and your own family, I say, hang in there. If someone's imperfection is rubbing you up the wrong way and you've mentioned it but it just keeps on happening, try having a conversation with them when you've cooled off rather than at the time. I believe that when people are not acting out of that part of themselves and you come from the vantage of feeling that the relationship is really important and wanting to clear the air, you have more of a chance at getting through to their feelings, rather than operating on a head to head level. When it's a heart to heart, change is more possible.

Control

When we feel that we want control and don't have it, we can fly into a rage. Rage, it is an indicator that our needs are not being met and we have stepped into fear. This fear has escalated into being an out of control need. We rage when we have found a need to control another to get our need met. Rage is control out of control. A fear of losing control that is now out of control. It can be loud. It can be passive. It is a very strong energy to be around and usually feels as if it is coming down from above like a huge wave. Like a wave sucks up energy and then dumps it, so too does rage. It is never about anger. Anger is when someone has violated our boundaries such as telling us what we should do, feel, think say or be. Anger is about pointing back to teaching us what we truly want to believe. It is our integrity teacher. Without anger, we have no boundaries of ourselves and what we think, feel and do or not do or what we believe. We don't know who we are.

Rage is another story. It can come from anxiety where we fear that we are not getting what we need from another. We are so enraged that this person just doesn't get what we need that we lose it. We are so enraged that we can't control that person getting or understanding what we need, that we lose control. We lose control of our ability to just let things be. We enter into trying and forcing to be understood. This fear of not being understood is at the essence of rage. When we are in rage, we are in the most helpless and also hopeless position of being seen, known, heard and understood. And we can look and feel very scary to others when we are in this place. We can look like maniacs. Like murderers, like we could really kill someone! We are not very pleasant to be around.

Some say that depression is anger turned inward – why? Could it be that depression is a hopeless state that we are not allowing ourselves to have integrity and meaning in our lives. We just don't know how to achieve it. We

have tried but to no avail. We are caught in a pattern that we just can't see a way out to. We are so angry. It is a deep anger. We are just not getting how we could get out of it. We have lost touch with the depths of our anger and it has turned inward and out of our control. Hint: clay therapy works a treat with this one. Those anger imprints jump out of the clay!

I experienced being out of control with post natal depression. This was my cycle - I felt disrespected by my child, I flew into a rage, I felt guilty, I felt depressed which made me tired. I didn't have much energy to positively give to my child and so she disrespected me to get attention, I flew into a rage….on it went. This was my cycle, however you may find that understanding rage, anger and other emotions helps you to determine cycles or patterns of how your feelings interrelate and trigger each other. Being out of control can be seen in a negative light, or it can be seen as a cry for love. I needed support. I ended up going to a psychologist and 3 sessions later was back to myself. I attended a support group for 6 months and got back on track. This led me to running workshops and then people asking me if I would counsel them! So I started studying counseling and ended up working from the center that I initially sought help from! It was such a gift. Sometimes feeling out of control means that your Higher Power has other ideas for you. It's a call to the light.

Bucking the system

When we starts to get our life on track there's nothing more dampening than the family 'raining on our parade'. Unfortunately it often happens because change in the family feels like someone is rocking the boat and challenging the old order of things. When we start to operate out of our Higher Self, this can be felt as a threat to the family system.

When a person feel better about themselves and start to challenge their false roles by becoming more authentic and whole, usually the family resists this.

The family is usually very unconscious of their own reasons as to why they are resisting. Often the family will have a need for the system to stay the same because it is what is “familiar” and at least they know what to expect. Yes - even if it is chaotic or depressing.

Because changing our own vibration is so powerful, it is bound to challenge others in the family. The more of a certain emotion we allow ourselves to feel E.g. anger, the less that emotion needs to be expressed by one family member. Perhaps that family member has a lot of repressed sadness. They may not want to get in touch with this. So their anger becomes even more immoderate. Laced with fear, this anger may be more rageful and over the top. Underneath this rageful part may be a very scared person who knows that they have a vast well of untapped pain. The only way they can hover above it is to stay in their roles, false self and avoidance behaviors. It is only a matter of time though, that their false self, roles and avoidance behavior escalates beyond control. You see, the healthier we get, the more our vibration changes everyone in the system. I believe that if one member of the family starts to become healthy and whole it is only a matter of time before the family are challenged in their growth towards wholeness.

Sometimes it looks worse before it gets better. There is a danger here that we go down with a sinking ship or someone sliding worse into their addiction. We need to protect our Higher Self like a precious treasure. It is THE most important thing that we have. The wisdom is in knowing that it is ok to place our self care above the family’s needs for the system to stay rigid.

Usually in enmeshed family systems, if a person starts to pull away and take care of themselves, the family members take it personally. This is a great time to work on releasing guilt and over responsibility for people’s responses to you taking care of you.

Also, the family is usually focused on the sickest family member. When the sick one starts to get better – oh my goodness what should they do? It can throw them into a spin. This is an opportunity to look at the issues they may have been avoiding. But it is not our job to 'make them see' their issues. Keep focusing on your center and self-evolution. They may well go on to focus on the next sickest member of the family. When family members acknowledge their own fears and shortcomings in accepting the differences and changes, the system overall will start to change for the better.

I believe that it's really important to have reasonable expectations of the family member's own recovery from dysfunction. If they don't have a program or tools of recovery, how realistic are our expectations? I am not saying to expect the worse. I mean that we just need to be compassionate to their resistance, without falling into them and trying to rescue them, parent them or counsel them. If they don't have the resources and we do, the best we can do is share what we do, what works for us and leave it up to them whether that's what they want to do. And, just a tip, wait till your asked before you share what works for you specifically, otherwise just say something like 'I can relate to what you are saying and I have resources to help me with that'.

Types of Abuse

There are different types of abuse. Some of it is obvious or what we call overt. Other types of abuse are kind of veiled or not so obvious to the human eye. They are obvious to the human heart and intuition. So, let's talk about both.

Types of Overt Abuse include physical hitting and hurting of someone. Sexual abuse includes anything that a person is trying to do of a sexual nature to someone that arouses them but violates a person's boundary. This includes the boundary of the law and legal age. Sometimes people are of age; however they are immature in themselves. It is also sexual abuse not to respect a person's

vulnerability and to take advantage of it. Emotional abuse mainly disrespects a person's emotional reality and also is about dumping out reality on another and not taking responsibility for it. Intellectual abuse is when we judge a person's thinking below our own. Calling people stupid and saying things like "Didn't you think?" or "What were you thinking?" or "You're a dim whit". We do not allow them a right to their own opinions without making them wrong or feel less than us. Spiritual abuse is when we try to be another's all powerful source and higher power. It is when we abuse power. All abuse is Spiritual abuse because it assumes that we have the right to violate another's boundaries, thereby putting us in a spiritually abusive position. These behaviors are more obvious.

Covert abuse physically could be tickling a person so to the point where they feel out of control of their body. An example of covert sexual abuse could be the grooming behavior of a perpetrator who tells their 14 year old that she is old enough to make her own decisions about what she wants to do. This assigns her the rights of an adult, gives her a false sense of empowerment and is a form of control in order to get what the perpetrator wants. Covert abuse on an emotional level can include things like telling someone that if they stop crying they will get a lolly or saying "cheer up and not be so down, it's a bright sunny day". It could be guilt tripping a person by saying something nice to manipulate them like "I really like it when you buy me flowers, did you know it's our anniversary next week?" One could be upfront instead and say "It's our anniversary next week. I have a fear you are going to forget it." Giving someone the silent treatment is covert emotional abuse and a control pattern of withholding. Covert intellectual abuse could be using sarcasm and jokes to put someone down. HTH or Humor That Hurts is very common in our society today. It's great to be able to laugh at yourself and imperfections. It's another thing to repeatedly be in a cycle of putting someone down using humor. Covert Spiritual Abuse can be the dysfunctional therapeutic relationship where the client has become dependent on the therapist and they are unable to function without them for the long term. Good therapy always helps skill a client up in

being able to function in a healthy life giving way to themselves and others in the world. These are just some examples.

Basically a good summary of abuse is when we are violating another's boundaries. We all have limits on a physical, sexual, emotional, intellectual and spiritual boundary about how we want to relate to others. Everybody's boundaries are different. So if we are not aware of the impact of our behavior on another, because we have limited self-awareness, we are probably quite abusive either openly or in a less obvious way. We are all human and it is really a process of awareness and responsibility. We will transgress other's boundaries because we are not perfect. However, it's what we do about it that counts. Make your amends and change your behavior. Get to the root of why you have transgressed the boundaries. Were you aware of the impact? Were you aware of their boundary? Have you some needs that are not being met? Are you practicing honesty in your relationships? Do you need to do some downloading of a build up of your own feelings? Is their behavior affecting you and your boundaries? Do you want to be in a healthy relationship with this person? Do you feel good about yourself?

Trauma Bonding

When we are bonded through trauma, it is when our boundaries are shattered through a trauma and the infant part of ourselves bonds to our attacker. Sometimes we bond when someone is transgressing our boundaries and so we see the best in the attacker and that positivity keeps us hooked in an unmanageable situation. So we enable a dysfunctional situation to continue. It is great to be positive about believing in a person's ability to change and move beyond what is not working. However, if you find your boundaries are being violated repeatedly even though you believe in your partner's ability to change, you really need to rethink how your positive attitude is overlooking what you need to do now for yourself. Being a recovering caretaker, I was addicted to the

possibility in people. However, when I do not state how another's behavior is affecting me, and take care of it accordingly, I am just caretaking the other person. Continually seeing the positive for what the person may become and change into, at the price of you feeling sane now, is insane. That is why your relationship with your Higher Power and yourself must be in tact to have a healthy relationship with your partner. If you are struggling with a relationship with your Higher Self whilst in your relationship, it will only continue to contribute to the problem. You will need the support of professionals for yourself and your relationship if you are to get through. Plus of course your own network and circle of friends will need to be called on. We all go through these tough times in our relationships. Sometimes, we find we are just not able to continue in the relationship until great change is made by both people. Sometimes it is wiser to step away and do the inner and spiritual work needed to continue in the relationship in the longer term. Our partner's are only human. Sometimes we are so locked into an inhuman way of relating that is so degrading or so disconnected that we are just lost. It is during those times that stepping away to take care of yourself is a wise decision. It is not often easy because you may feel guilty for not being able to be all that your partner wants or needs of you at the time. But at the same time, you know that both you and they deserve better. If they are not getting the best of you, then they are getting the worst of you. So stepping back is a gift to both of you. It is a wise decision to take time to ensure that you are really clear on what is your stuff, what are your needs, what are your boundaries, what do you want, are you connected spiritually and whether you are centered and clear. These are easier to answer when you are on your own. They are harder to answer when you are in an unhealthy cycle in relationship. When you find it hard to walk away even when it is costing you your own recovery, you usually have a chord attached to the person that you are in relationship with. The dilemma here is, do you have enough of a connection with and are resourced by your own Higher Power enough to cut the chord. Or are you so worn out and at such a rock bottom, that cutting the chord would feel worse. This can be a catch 22 situation. Here,

I recommend calling on as much outside help that you can for yourself, to draw from other's strength. Keep praying for help from your Higher Power and other spiritual helpers, even if you feel that the connection is fuzzy. Just keep handing the relationship over into the care of the Higher Power and do the footwork you need to do to take care of yourself. It might look and feel selfish, but if you don't have yourself, what have you got? If you don't have yourself stable and cared for, you really have nothing to offer your partner except a false self. The hardest part of this, could be that you need to separate when it's the time you need your partner the most. Or it's a time that they need you the most. So the shame that you feel about 'not being good enough' might be triggered. This can add to feelings of hopelessness and low self esteem at this point. Keep repeating to yourself that 'I am doing the best I can'. Keep affirming to yourself 'I hand my relationship over to my Higher Power'. Let go, love yourself through taking the best care of yourself that you can. Enough rest, food, exercise, fun and emotional support are all very important. Take your time with it. Turn the clock away on how long it takes to get back on your feet. And don't worry whether or not the relationship survives this separation. Because if it doesn't, then that is meant. If it does, both you are your partner will be better off and it will be a better relationship. If you have any children, they of course will be better off also. The best example we can set for our partner and children to evolve is to take care of ourselves. Not in a way that doesn't care for others. We can still be respectful of other people's needs and express our limits in meeting them, with compassion. If your partner doubts your needs for self – care or the way that you are choosing to self-actualise, this may be a way of holding you back. If they are putting you down about what you believe you need to do for yourself spiritually, they may feel threatened that they don't have control over you anymore. Don't buy into it. Your relationship with your Higher Power and how you connect is your business. By the same token you can judge your partner's spirituality and how they choose to connect harshly too. So be careful. We are all different. The main thing is that they are connected to their Higher Power in a heart connection and that you can feel this heart

connection with them also. Caring for someone means that we come from the heart to another. It only becomes caretaking when the person we are giving to becomes dependant or we are dependent on the ‘feel good’ off caring. This is not unconditional love and caring, but it is making ourselves the Higher Power of another and therefore robbing them of the opportunity to truly embrace their own Higher Power.

Section 5:
Lightfilled Relating with Higher Power Replacements aka Addictions

Addictions

Some say they are attachments to things. Some say they are habits. Some even say they are things we have lost control with. I say that addictions are the things we hand our power over to, to make life more tolerable. In the disconnection from an all powerful Higher Power we make the addiction our Higher Power. It becomes our primary relationship. If that is the problem, then the resolution of addiction is simple also. Hand your power over to the correct source. Bingo! Your addiction is transformed. It's not ignored. It's thanked for its help. Heaven knows it did a great job for some of the time. But then, well it started to create more problems than it was hazing out. So thank you for being a beacon to my disconnection, now I choose to reconnect.

Why do we get addictions?

Addiction is not a dirty word. We are all capable of this disconnection and avoidance every second of the day. Some are just better at it than others – for the moment. I believe that there are many reasons why we have this disconnection with our true source of power – our Higher Power. This occurs through distorted beliefs from past abuse, trauma or unmet needs and contributes to the following:

1. Our humanity - Finding a higher energy source to draw on and rely on continually to guide us towards our spiritual evolution takes effort and focus. So it is a never ending journey. We are bound to resist it. We tire of continually relying on it and just get into our humanity. This is what we do. To the degree of how lost we get in it is to the degree we get addicted or relapse back into our addictions. Even an addict will say that during their worst points of their addiction, they had these

moments of clarity. It is always available, our Higher Self, the part of us that connects us to our Higher Power. But how removed we are from our Higher Self and the connection to the Higher Power is really how much time in between our human experience and connecting is. In other words, we get better at maintaining the connection for longer. To say that I am 100% conscious of my Higher Power 100% of the time would be an outright lie! But I do connect with my Higher Power on the most trivial of every day things. Such as my breakfast cereal, what to wear and when I should go to bed. It's interesting how different my life is now. I just used to call on my Higher Power when I was in 'trouble' or lost. Now I call on my Higher Power as a maintenance and prevention of getting lost. It's the best Relapse Prevention Plan there is! I am mentioning this now because you need to know, that the reason we did Level 1 before Level 2 is because without this spiritual connection you cannot let go of an addiction. You are using it as your crutch. You can use loads of strategies to control it but then they become avoidance of the connection with your Higher Power. Unless you have redefined your own relationship and connection with your Higher Power to be a workable one, you will find that you can't let go of your replacement Higher Power or addiction.

2. Coping mechanisms - You might find that the addiction is helping you cope, get through life, putting a buffer between you and the world and keeping you sane. We are all in degrees of trusting our Higher Power. We have levels of attachment depending on the levels of trust we have in our relationship with our Higher Power. It is not about being perfect in our relationship with our Higher Power. It is about being honest though. So many people's attitudes towards recovering from addiction is about regaining control. It is the opposite of this. We are as humans, completely not in control of any outcomes what-so-ever, ever. Anything can happen at any time, no matter how much planning we do. We don't

have the power to control outcomes. We can certainly think positive and impact our environment and our life. But we never have total control. To live in the illusion of total control is basically signing yourself up to fail in dealing with letting go of an addiction. You need to hand it over to your Higher Power. You need to turn up to do the footwork needed, as a human being, to ensure that you are supporting yourself in handing it over. That may mean leaving a relationship or friendship behind, going to meetings, writing food plans, connecting with others daily to stay honest, journaling your feelings, topping up all the exercises you learnt in Level 1, going into rehab, going cold turkey, counselling, family therapy, dancing, changing your diet, exercising, getting more rest, going to a nutritionalist, removing all of the addiction from your life, driving down a different street on the way to work, taking some time off work, these are just to name a few. Your guides will tell you exactly what you need to do. And if you can't hear them, then you may need assistance from someone who can in the beginning. Again, that is why we do Level 1 before Level 2. Using addictions to feel in control of life and to help us cope is really the ultimate of illusions.

3. Medicating Pain – We may be aware or unconscious of past wounds. We may medicate them with food, drugs, alcohol, distractions, work, sex, gambling or other addictions. It may be that we are really not comfortable with our feelings at all. We might overeat when we are sad AND happy too. Distorted beliefs from the past and childhood can keep us stuck in immoderate feelings and in pain. These beliefs are controlling holding patterns like a plane circling in the sky that never actually lands. We wait on the plane landing like we wait on these beliefs to serve us. Meanwhile all the passengers on the plane are screaming. The beliefs serve up more and more pain until we realize that they only serve us in realizing our disconnection from our Higher Power. We need to heal our wounds, weed out these distorted beliefs

and with love and guidance, replace them to support our new enlightened thinking. We can free ourselves from emotional turmoil and redefine what we now truly believe. Sometimes there are chords attached to us and we are being drained. The addiction gives us a sense of energy and power. If there are entities attaching to us and using our body to practice the addiction, it can be really tough to let go of. We cover this kind of healing in Level 3.

The Addictive System

Distorted Belief System
↓
Impaired Thinking
↓
Addiction Cycle – see below for more detail
↓
Unmanageability

The Addictive System begins with our distorted beliefs that stem from past abuse, trauma and unmet needs. This impaired thinking causes the disconnection between ourselves, our Higher Power and others. We fear abandonment and authentic intimacy. This creates pain and we enter into 'The Addiction Cycle'. In this cycle, we are preoccupied with the addiction of choice and this numbs us. We act out processes and rituals that, of themselves, get us high. We act out our addiction and then feel depressed or 'come down' from our addiction. We may beat up on ourselves and start all over again with our preoccupation to numb ourselves. Eventually we find that our lives become unmanageable. The addiction itself takes on a life of its own and our health, work, relationships, self care and other interests all fall by the way side. When we come out of denial around the cost the addiction is causing, we may choose

to seek help at that time. Or we may experience others intervening and confronting our behavior.

Addiction Cycle

Preoccupation
↓
Rituals
↓
Acting out
↓
Depression

Fears that fuel addiction

All addictions come down to two basic fears

1. Fear of abandonment – we are afraid we will be left alone. This comes from our lack of connection to a higher source. We feel unworthy and unlovable.

2. Fear of authentic intimacy – we are afraid to let people to get close to us. We belief that if people get close to us they will smother us, suck us dry, judge us, control us. Underneath this is a fear of abandonment as we really don't feel lovable enough for people to get close to us.

Addiction Recovery

The addict part becomes completely powerless (to nurture us). We come to realize that a power greater than ourselves needs to restore us to a sane way

of being. We make a decision to hand our will and lives over to our Higher Power. This spiritualises our will. Often we need to be in this willingness every second! Without spiritual help your life becomes unmanageable again and we may relapse into our addiction. We keep honest with ourselves and others by uncovering our past and not beating ourselves. We hand over our imperfections as well and these are also transformed. We keep sharing honestly with others about our addictions and our recovery. Many tools for each of the above are provided in the Lightworker Practitioner Training™. Twelve step fellowships embody these principles and I recommend them. They work if you work it.

Types of addictions

There are many different addictions. I will discuss a few in a little detail however, the reality is, if addictions are a form of avoidance between us and our Higher Power, then it doesn't really matter what their symptoms are or how intricate we want to describe them. I suggest that if you want to identify an addiction in greater detail, then read up on it from a few different sources listed in back of this book.

Codependence – The root of all Addiction

People often ask me where addictions come from. Pia Mellody sums it up brilliantly in her book "Facing Codependence". Codependence is described as a state of "dis-ease" based on five core symptoms. As any illness has symptoms, so does the disease of codependence. These symptoms are evident in adulthood and are traceable in children in adapted survival traits. The symptoms are caused by less than nurturing parenting and physical, sexual, emotional, intellectual and spiritual abuse. Understanding these symptoms means that we no longer blame. We acknowledge the abuse and we

take personal responsibility for our adult lives. These five core symptoms are, an inability in:

1. experiencing appropriate levels of self-esteem.
2. setting functional boundaries.
3. owning and expressing one's own reality.
4. taking care of one's needs and wants.
5. experiencing and expressing one's reality moderately.

Pia then goes onto explain the secondary symptoms of the disease of codependence as:

1. Avoidance behaviors (addictions, physical or mental illness)
2. Resentment
3. Impaired ability to sustain intimacy
4. Negative Control
5. Distorted or nonexistent spirituality

I believe that as adults if we continue to abuse ourselves or treat ourselves in any way that is less than nurturing and lacking in self-love, self-protection, self-awareness, self-care and self-containment then we are not at peace with ourselves. We then get out of touch with reality (false self roles, addictions, mental illness, physical illness), take it out on or try to control other people (negative control), feel resentful towards others for perceived blows to our self-esteem, have terrible relationships (intimacy disorders) and have no connection to a power greater than self or an immoderate one (distorted or nonexistent spirituality).

I believe that being a recovering codependent means that I actually chose to join the human race! I am no longer trying to be more than human or feeling less than human. I believe that my journey from codependence has been about

admitting that I need to work on relating to myself in a nurturing and loving way instead of waiting for the world or myself to be perfect or fixed. Codependence recovery is truly a re-parenting process.

Multi-addictions

It would be easy to focus on the problem here. However, I am more guided to focus on the solution. I called myself the queen of side stepping addictions (I listed 21 at one point!) and ran a course called the "Diploma of Multi-addictions Counselling" because I was certain then, and I am now, that our human condition will find anything to hold onto to make us feel secure. So unless we focus on the answer – connecting – we will stay in what is familiar, the problem – disconnection. Or we will find another familiar feeling substitute to give us the same result – disconnection from an all powerful source.

The dictionary says that "*multi*" means "many" and "*addiction*" as the noun to "addict" means "dependent on something". Oh isn't it wonderful when the dictionary provides such simplistic meanings. If I put the two of those together to form "multi-addictions" I get "dependent on many things". I think that makes the majority of the human race! I believe addictions are shame based states of "dis-ease". They do take on a life of their own, contrary to the belief that we can "control" them. They just go, hmm, he's onto me, better side-step over here where he won't notice. They are cunning, baffling and powerful. In fact I would go so far to say that the more intelligent we are about addictions, the more cunning they become! I believe with absolutely certainty that without acknowledgement they govern us. With management strategies, just like cancer, the addiction can go into remission. But if kept under the carpet, it will keep ruling and governing every choice, thought and action. If we pretend it's not there, or we think are "above" addiction, we are really in danger. You now know that I believe that in our disconnection marked the beginning of this state

of dis-ease. This separation from Source or lack of perceived wholeness was the beginning of us wanting to fill up that lack or blot it out. We can go into recovery to help ourselves recover those lost parts that feel separated. The more we understand about addiction, the smarter our parts that feel separated get. It's not that we have to get smarter to dodge our addictions; it's that we need to get more connected. If in doubt, just go back to basics. Otherwise they will side step onto another addiction.

My counselling practice was full of people who are learning how not to side-step from one addiction to another. They may have been recovering from alcoholism and not had a drink in 10 years, but have only just begun to recognize their work addiction and burn out patterns or there avoidant pattern in relationships. Or I may have a client who came in, fully knowing that they are dependent on their partner and love addicted to them, only to realize that they are medicating their pain through food and this keeps them in the same love addiction cycle. The stories are endless as to what we do.

And of course mix these addictions in with our first addictions which are usually our roles. We get addicted to false-self roles in order to get feelings that "we matter" from an early age. Let's take a look at a few of the most common combos:

- The overachieving workaholic
- The people pleasing food addict careaholic
- The rebellious alcoholic abuser
- The love addict, co-sex addict victim
- The controlling co-addict martyr
- The drug addict star

- The genius cyber sex addict
- The gambling hero

Drugs and Alcohol

These are the most obvious of the addictions that usually play hard ball in destroying people's lives once they have taken hold. Here we see people affected in an intoxicated manner and one in which they lose touch with reality, overdose or end up with a degenerative disease. These often they require a good deal of rehab before one can access a higher power. Sometimes, medication, hospitalization and the realities of addressing the physical destruction that the drugs have played, is the only place to start. Grounding oneself and being at peace in the physical body is the best way to start. Detox is a must. I can go on about the effect of each drug on the physical, etheric and astral bodies, but it is too complicated to expand on here. A great book refer to that describes these in detail is "Rock Bottom – Beyond Drug Addiction" by Alt van den Berg et al. We can also use recreational drugs and alcohol to 'take the edge off' so that they are not full blown addictions in themselves. Using them as coping mechanisms can lead to relationship difficulties. We may find that we are more introspective and disconnected from our partner. We may find that we rely on these to connect to others as they sometimes encourage a social connection (depending on our underlying mood). However it is good to remember that what we are looking for is a clear connection with our Higher Power. If this is being disturbed, then it's definitely worth considering whether the drugs or alcohol are impacting on our connection and following through with guidance. How they affect all areas of the WOW that we discussed earlier, is a great way to break it down and get clear on the impact on our relationship with ourselves. Alcohol may feel like a stimulant but is actually a depressant to the system and this is very important to remember in treating depression. Alcohol can contribute to depression and cancels out anti-depressant medication.

Work Addiction

The best book yet that I have read to explain the various shades of work addiction is “Chained to the Desk” by Brian E Robinson. He describes the different types of workaholics. For instance there are the bulimic workaholics that binge work, to recover they need to be proactive in planning their self care. There are the Relentless workaholics that are addicted to the adrenaline and more likely to die of heart attack/stroke. There are the Savoring workaholics that get caught up in devouring the attention to details as their distraction of choice. There are the Attention Deficit workaholics that jump from project to project and never finish anything. We also have the Careaholic workaholic who feel responsible for others and overdo for them. I have used Brian’s WART TEST – Work Addiction Risk Test with students and found it very enlightening. Anne Wilson Shaef & Diane Fassel’s book “The Addictive Organization” extends this even further into how organizations set people up to be work addicted and how we contribute to keeping them sick. These are must read books.

Careaholics /Coaddiction

It’s easy to fall into the trap of trying to be someone’s Higher Power. Careaholic’s feel the feelings of others and take them on. They justifying their focus on others and overload out of obligation. They are usually the partners of addicts or surround themselves with people they can take care of. They exercise negative control because they are usually attached to outcome for someone else. We need to be careful not to slip into this behavior as Lightworkers. Ensure that you don’t have a hidden agenda or attachment to a result for people. If we are caring out of a need ourselves themselves to be accepted, loved and valuable we will lose clarity on whether we are really being called to help a person. I heard once that the difference between caring and

caretaking is that caretaking takes away a persons ability to learn from a situation themselves. By doing for others what they need to be doing for themselves, we are actually taking away a person's ability to care for themselves too. This is why most people see caretakers are seen as controlling people. Some of the most controlling people are very sweet and manipulative. They do have a hidden agenda. And this hidden agenda is a cry for love. If a person recognizes that caretaking is defeating for both themselves and others, they are able to let it go more readily.

Whether we are parents, therapists, teachers or nurses we all come under the banner of "Lightworkers". There are many ways and jobs in which we find ourselves caring for others. I believe the key to continuing to be a functional Lightworker is to balance our lives. I look at balance being the focus of work, family life, play and our relationship with ourselves and our Higher Power. It is often so easy as a Lightworker to find one or more of these areas out of balance. We might find that we are caring too much in our work environment and that our self-care is minimal. Or we might find that we are giving so much time to our partners that we neglect to nurture our career/study goals or social activities. We might find that we are connected to lots of parts of ourselves except we are neglecting our Higher Self and relationship with our higher calling and Higher Power.

It all comes down to balance, but just how is this achieved? Well the first thing to understand is that caring for others often comes from a need inside of ourselves to be needed. When this happens, caring can become a compulsion and we can become careaholics, addicted to caretaking, compulsive caretakers etc. If we are addicted, simply setting boundaries around our work, family, play and relationship with ourselves isn't enough. It needs to be addressed on a fundamental level. We need to

1. Get conscious of our role by asking our questions on challenging our

roles and then hand it over. Any resistance needs to be dealt with here. Hand over the resistance if you need to!

- What benefit or payoff do I get from caretaking others?
- What is it costing me in my relationship with others and myself and my life?
- Am I willing to let go of it?
- If not, why not. What am I holding onto it for?

This will give people a clearer picture as to why they are in a compulsive pattern of caretaking.

2. We need guidance from our Higher Power on boundaries around the amount of time and energy we spend thinking about or in each area of our lives that is out of balance (work, play, family, relationships, Higher Power, Self). We need to find out how out of whack our boundaries are before we can change them. A self-care assessment is a good tool to use and only takes a minute.

Another way of addressing achieving balance in our lives is to develop a self-care assessment. It may help you get more real about the balance of your life. For example imagine that your life is made up of a circle with 4 parts. The first part is yourself which involves attending to personal needs such as rest, exercise, relaxation, self-esteem, spirituality, nutrition and free time to meditate or reflect. The second circle is family: spending time and nurturing relationships with significant loved ones, whom you consider your family, including your spouse, children and relatives. The third circle is play: having fun, hobbies, recreation, leisure, social relationships and friendships. The fourth circle being work: being affective and productive on the job, enjoying what you do for a living, working moderately, studying and giving equal time to other areas of your life.

So draw a circle and color in the four parts as they are right now. It's simple and will only take a second. Then draw another one as to how you would like the balance to be. Is it similar? Is it out of balance? Is it realistic? Run it by someone for a reality check if you are not sure. Now think about the things that would need to change in order for it to come back to balance.

3. We need guidance on an adequate self-care plan to provide a structure in our lives for the prevention of relapse into overdoing our caring

Contact your guides in your Daily Guidance Meditation (from Level 1) and ask them for more practical things you need to incorporate to bring your life into more balance. Ask them the daily, weekly, monthly and even yearly things you need to do to get your life in balance. And also ask them if there is anything blocking you – it may be another addiction – that needs to be addressed.

Love Addiction

When we are dependent on our partners to meet our needs and put them above us, we can be attached to them in such a way that they become our 'source'. So instead of our relationship being a free choice, it becomes a necessity. I am not saying we shouldn't have needs in relationship. I am saying that it is okay to have needs as long as we are not completely dependent on our partners to meet those needs. An exception to this rule could be in the case of agreement, where both parties have agreed to focus more on one area of their partnership to support it. Such as if one person is at home taking care of the family and the other is working to support the family. Making this agreement means that both parties have mutually entered into agreement that they are meeting the needs of the family and each other differently. They are no better or worse than the other. If this is abused, one person may feel completely

financially dependent without any of their own money. This is financial abuse. The other may feel completely isolated from their family if the parent is not encouraging interaction from the working parent. So an agreement can still encourage dysfunction that needs to be worked through.

Love addiction is not only a process addiction; it is an addiction to another to meet unmet needs and also a biochemical addiction. Obsessional thinking of any form leads to the chemical dopamine to be produced in one's brain. This is a pain reliever. I believe that the chemical dopamine actually helps us to live from the neck up and not incarnate properly. This makes sense as it has been linked with psychosis. When we are not grounded in our body, we are susceptible to psychotic episodes and mental health issues. When we are not in our body, we usually don't feel anything or our feeling is limited. If have underlying beliefs that fuel fears, this will cause pain. It is easy to get addicted to numbing out. Love addiction can be more addictive than heroine.

Avoidance Addiction

Typical avoidance addicts love needy people initially because it gives them a sense of power and importance. They feel like the higher power in the relationship. It only becomes a problem for the avoider when the needy person starts to get needy beyond what they can provide. If the needy person starts to address their own needs and develop a back-bone, then the avoider can feel threatened and disinterested. Either way, if the power is mis-directed, the relationship will not be a Higher Powered one. And no matter where the person who is in need moves to – whether it be needier or stronger, the one that is needed will not be happy until they plug into a Higher Power that can esteem them and empower them in a functional way so that they don't need to be in a better-than power position anymore.

Typical avoider behavior:

- Antidependant, don't ask for help
- Not aware of their partner's needs because they are too focused on their own.
- Unconsciousness of the connection of their relationship
- Feel more comfortable when they are in a position of power in the relationship
- They may also be taking care of their wants ahead of their own needs e.g. addictions
- Unconscious of their emotions
- Lack an ability to express emotions
- Sensitive to taking on other's emotions, so use walls to shut people out
- Feel overwhelmed by others emotions
- Feel smothered by others

Avoiding of emotional sharing, thoughtful discussion, physical activity, sex and spiritual reality is avoidance of intimacy and relationship. We are not always going to be up to all of the areas of intimacy. Sometimes we do need to take space and time out for ourselves. If we share openly and safely about our limits then we remain honest and keep the lines of intimacy open. If we are not honest and we live in avoidance, we will attract dysfunctional, needy and destructive relationships.

Distorted beliefs of Love Addiction

Our underlying beliefs can cause us to feel shame and fearful. For example, we may feel unsafe without our partner with us. We may feel unattractive unless our partner gives us attention. We may feel useless if we are not praised. We

may feel completely inept socially without our partner. We may feel unlovable unless our partner says ‘I love you’ all the time. We may feel inadequate if our partner finds someone else attractive. This can turn to jealousy and possessive behavior. All symptoms of love addiction.

Pia Mellody in her book “Facing Love Addiction” talks about the conscious and unconscious fears that underlie our thoughts, feelings and behavior in acting out love addiction. The Love Addict usually attracts an emotionally unavailable partner that she terms ‘Love Avoidant’. We often find that avoidants are addicts.

	Love Addict	**Love Avoidant**
Conscious	Fear of abandonment (not authentic relationship with self)	Fear of being engulfed or controlled (uses walls between self and others)
Unconscious	Fear of Intimacy (Don’t know who they really are or how they really feel)	Fear of being abandoned (If anyone really knew me they wouldn’t like me)

Pia also goes on to talk about the Love Addiction Cycle between the Love Addict and Love Avoidant. These cycles feed each other.

Love Addiction Cycle

1. Love addict is attracted to the seduction and apparent “power” of the Love Avoidant

2. The Love addict feels high as the fantasy is triggered
3. The Love addict feels relief from the pain
4. The Love Addict shows more neediness and denies reality of the Avoidant's walls
5. The Love Addict develops awareness of partner's Walls and behavior outside of the relationship and denial crumbles
6. The Love Addict enters withdrawal
7. The Love Addict obsesses about how to get the Love Avoidant to return or how to get even
8. The Love Addict acts out obsessive plans

Love Avoidant Cycle

1. The Love Avoidant enters relationship because they feel guilty saying no
2. The Avoidant attempts to be relational behind a wall of seduction to avoid feeling vulnerable and to make partner feel loved and special
3. Feeling engulfed anyway, the Love Avoidant moves to a wall of resentment (anger) and gets critical of the partner
4. The Avoidant uses resentment or sense of being a victim to move to a wall of distance.
5. The Avoidant seeks intensity (including addictions) outside the relationship in order to feel 'alive' and have a life of their own.
6. The Avoidant repeats the cycle by returning to the relationship out of guilt or by finding a new partner.

Love addict is attracted to something that the Love Avoidant can offer them, which feels seductive and powerful. That may be that the Love Avoidant

appears very caring, sexy, strong, older, in a higher powered job or smarter. The love addiction cycle begins with the love addict getting ‘high’’ off the fantasy of ‘what could be’ with their partner. The knight in shining armor, white picket fence and ‘how would his last name suit my name’ at the end of the first date, are usually symptoms of someone in love addiction. This is the honeymoon phase. The love addict spends a disproportionate amount of time, attention and energy thinking about the other person. Usually this is obsessional thinking about their partner. When they will see them next, what are they doing, what mood will they be in when they get home, have I done enough to please them, what can I do to please them more, do they love me, are they sleeping with someone else, when will they call, will we get married, when and how, will we have children together, when and how etc. The list could go on forever. This obsessional thinking is based on ‘what ifs’ and if it goes around and around, it pulls the love addict out of the now and into the future and numbs pain of being alone, empty and unlovable. Love addicts lose touch with reality. They neglect to care for their various physical and emotional needs and rely on their partner for a high amount of unconditional positive regard (love). In effect they hand over their power over to their partner who becomes their higher power. Their partner feels powerful initially but then this leads to feelings of being engulfed and controlled. The Love Addict has unrealistic expectations of their partner to fulfill their unmet needs. Love addicts do what they fear the most, they abandon themselves. When the love addict’s partner does not respond favorably to their needs, the love addict DENIES that this is happening, minimises it, blame themselves, walks on eggshells and tries to please their partner even more. They still have unmet needs that they rely on their partner for and when Love Addicts become overly controlling to get those needs met, the Love Avoidant starts to avoid them by creating intensity outside of the relationship with addictions, other people and outside interests. At this time the love addict still tries to get their partner to love them and this aggravates the avoider even more as they do not like to feel controlled. The avoider resents this and becomes angry and may become abusive at this time,

either verbally or physically and/or retreats further into their avoidance behavior of choice. The love addict enters withdrawal at this time and it is very painful. They may medicate their pain with an addiction, go into depression or get very sick physically. They may also obsessively plan to get their partner's attention back or plot revenge to avoid their pain. If the love addict has retreated, the avoider usually feels guilt at this point or fear of abandonment and returns to their relationship. Or the avoider moves on to create the cycle again. The honeymoon begins again and nothing gets resolved. This never ending cycle of the co-addicted relationship gets progressively worse.

Love addiction and relationship addiction temporarily give the illusion of feeling happy, complete and whole. Because of the unconscious fear of intimacy, we usually attract people who are emotionally unavailable. Hence love addicts are usually co-addicted to addicts. And when we feel rejected by the one person that we are counting on for our source of love we may medicate our pain with food, alcohol, drugs, sex or being overly busy with work or children. We might try to control another to get the love we want. If we believe that being sexually desirable means we are lovable we might try to manipulate our body to be more attractive. This can lead to eating disorders including body image obsession, exercise addiction, under eating, plastic surgery and dieting addiction. Being a careaholic for another and a martyr are common in living in the hope we will be loved for all the caring and giving we do. Being overly focused on 'fixing' our partner's imperfections and trying to care them away, protect them from themselves, fix them and deny the impact of their imperfections can get us into cycles such as enabling an alcoholic to keep drinking or enable a workaholic to continue overworking. It can get to a point of deep resentment where we turn into resentful, worn and used martyrs that blame our partner for not being emotionally available. Yet we attracted them in the first place because we don't really feel deserving of love or know how to let it in. We know the intensity of addiction not intimacy. Intimacy is the real

connection. Where we both share all our imperfections openly with the other and we accept one another warts and all, with love. We see and embrace the light and the dark in each other. There is honesty and no one is handing their power over to the other. But unfortunately we attract intense, addictive relationships that are played out in a love/hate pattern. We usually attract others that we can look up to. But the person we attract to get the love we want from, is usually someone wanting to be in control of the energy flow. This usually stems from the need to feel powerful over another because we don't believe that we are part of the infinite supply and have taken resourcing that power into our own hands. Our other parts have engaged in attempting to manifest power through taking the power of another person. If that is the only way we feel power then we can get in a cycle of abusing and controlling others and feeding off other people's energy. We usually attract needy people who have a need to admire us. We usually feel inflated from the adulation. This is temporary as we then start to feel sucked dry by them. So we become drained. At this point we usually engage in addictions to fill us up and avoid our partner. The needy person feels abandoned and we come back to rescue them for more adulation and inflation. And around the merry go round it goes.

There are 3 addicted relationship types. They may exist within the one relationship over a period of time. As the relationship changes each partner might redirect their symptoms. For example a wife may start of as the love addict in the relationship, but when she has a child, she becomes love addicted to her child and neglects her husband. At this point, depending on the husband, they might become two love avoidants. In this example, the child becomes the focus of the wife's unmet needs for love. The child is then emotionally abused because the love is the wife's needy not a nourishing love.

1. Between 2 Love addicts – enmeshed, dependant. High intensity within the relationship. Neglect children and other people from relationship.

2. Between 2 Love Avoiders – disconnected. Low intensity within the relationship. High intensity outside of the relationship E.g. addictions, activities. These may be shared and use as replacements for a relationship.

3. Between a Love Addict and Love Avoidant – Commences with High Positive intensity degenerating to the High Negative Intensity at the end of the co-addicted relationship cycle. 'Can't live with him, can't live without him'.

In the next section, we will cover heaps of strategies to recover from these types of patterns. Arresting all the addictions of these types of relationships needs to be addressed:

1. The love addiction of the love addict
2. The addictions of the love avoidant
3. The co-addicted relationship
4. The addictions of the love addict to medicate their pain of their love addiction

Domestic Violence and The Love Addiction Connection

Many people who choose to stay in relationships that are abusive are usually quite aware that they would find it more difficult to leave than to stay. If the person who cannot leave has the symptoms of love addiction, it is near impossible for a love addict to leave an abusive relationship unless there is a major crisis, they are nearly killed or going insane.

If the relationship is intense in any form, whether it feels negative or positive, the love addict's obsessional thinking and the addiction to dopamine will keep

them hooked to an abusive relationship. So the love addict is addicted to the intensity.

When treating women or men in domestic violence situations it is important to recognise the factors that keep them in the relationship rather than judge them. In fact, they have low self worth as it is and being judged for staying in an abusive relationship offers no help to them. I have found that unless a love addict is adequately resourced, they will not leave an abusive relationship. They would rather stay in the safety of familiarity even if it is dangerous. They key is to help them to develop a healthy relationship with a Higher Power and to work on their self-love and self-care. Only then will they become more self-aware and be willing to act in protecting themselves and setting boundaries. Only then will they feel worth it enough to this.

Domestic violence is about power and control. The issue is not 'anger out of control', but 'the need to control is out of control'. Forms of abuse include entitlement (treating their partner as inferior), coercion, threats, intimidation, isolation, sexual abuse, economic abuse, using children (as go betweens, hurting them or using them to hurt the other partner), physical abuse, verbal and emotional abuse (criticizing, ignoring yelling, isolation, humiliation). One trying to exert any kind of control and entitlement over another is Spiritual Abuse.

The cycle of violence in domestic violence relationships has three phases according to Clint Withrow and Charles Walker, both Trauma and Addictive Disorders Therapists. The first phase is the ***tension building phase*** which is when the abuser becomes more and more angry and tense. This can fit with the denial phase of the love addict. The family will usually try to appease and control the inevitable rage that will follow. The second phase is the ***explosion phase*** which is the outburst of rage, anger and violence. This results in a relief

from the tension however the love addict may enter into withdrawal at this time. The third phase is the ***honeymoon phase***, when the abuser develops remorse for the explosion and then the family moves into denial while trying to patch things up. The love addict can join the abuser in this phase. Preoccupation of fantasy and obsessive thinking from the love addict moves them into denial and round the merry-go-round goes again. The domestic cycle fits in brilliantly with the co-addicted relationship cycle of the love addict. One can actually feed the other.

The cycle will only stop when one person enters recovery for their obsessive or avoidant behavior. Tools such as learning about a ‘no bombing rule’ with anger, seduction, neediness and rescuing bombs in order to create intensity are important. The abused can resolve their trauma with therapy but will create the situation again if their love addiction goes unarrested.

Gambling Addictions

Gambling is a pretty big problem nowadays as people are addicted to action and winning. The body of a compulsive gambler produces adrenaline and endorphins whether winning or losing. These are known as Fight or Flight drugs. The constant 'fight or flight' feeling makes this addiction unpredictable. Pathological gambling or compulsive gambling, are the persistent urge to gamble regardless of the consequences. Compulsive gamblers continue to gamble even after suffering dire consequences in their personal and professional lives. Finances also become strained or nonexistent to the point that bills and loans from family and friends go unpaid. Gambling addiction occurs in four stages, or phases. There are variations on the phases of the addiction cycle for gambling. However www.livestrong.com delivers them this way and I tend to agree, however I see that there more about chasing losses in the losing phase:

Winning Phase: Gambling addiction begins with the winning phase. Most compulsive gamblers begin as recreational gamblers, only playing occasionally and within their means. A big win typically sets the ball rolling toward the gambling addiction when the high of winning is experienced for the first time. Compulsive gamblers in the winning phase may brag about their wins while minimizing or completely ignoring their losses. They have a great amount of optimism about future wins during this phase. Betting becomes more frequent with higher bets being placed. The winning phase may last a few months or several years.

Losing Phase The losing phase begins the downward spiral as most compulsive gamblers begin to experience a losing streak at some point. During this time, the euphoria of the big win begins to wear off, but the person is unable to stop gambling. He begins to chase his losses in the hopes of recovering the money spent on gambling. He may begin to borrow money and lie to family and friends to cover where he's been or how much he has been spent. Spouses of compulsive gamblers are often kept in the dark about how much debt has been incurred during this phase, even though they may be aware of the gambling.

Desperation Phase Compulsive gambling often progresses to the point that the person begins to withdraw from family and friends, which marks the beginning of the desperation phase. The gambler may begin to blame others for her financial or personal problems while at the same time suffering guilt over their gambling. During the desperation phase, she may begin to commit theft in order to pay bills or to fund her gambling. A gambling addict may turn to drug abuse or contemplate suicide during this phase.

Hopeless Phase The hopeless phase is essentially the rock-bottom phase. At this point, any hope of winning back gambling losses is gone. In the fourth and final phase of gambling addiction, the person may feel like there is no way out

of his addiction. He may be arrested for theft, or completely dependent on family or friends for financial support. If possible, most compulsive gamblers in the hopeless phase will continue to gamble. The suicide rate is high among people suffering from phase four compulsive gambling. This is when the gambler is more than likely come out of denial and be open to help.

I have taken some of the following information off stopgamlingnow.com website. They provide a longer more comprehensive list of the types of gamblers. Remember that it doesn't matter what type of gambler, it matters why they gamble.

Social gambler I can relate to being a social gambler. I lose interest in playing Keno after 5 games. It's boring to play the pokies over more than 5 minutes. Betting on horse races once or twice a year for Ladies Oaks Day (in our local area) or Melbourne Cup is more about the fun of the day than the win/loss. I usually place all my bets and forget about them. If I win, it's great and I keep the winnings. If I lose, it doesn't matter because all that money was just for the entertainment for the day. Social gamblers don't invest in the win.

Action Gambler:

- A win creates a "rush" that is probably associated with an excessive release of the neurotransmitter dopamine. Dopamine is a brain chemical associated with the subjective experience of pleasure.
- Reacts to gambling with an unusual degree of excitement, although this may experienced by the gambler but not expressed.
- More often plays games such as cards, craps, roulette, sports betting.
- A win may lead to larger bets.
- Gambling excitement is extremely pleasurable and achieving it becomes a major focus in the gambler's life.
- More men are action gamblers than women

- Often associated with ambitious, high intelligence, Type-A, "driven to succeed" personality traits.
- Besides gambling in a habitual pattern, they are more likely than the escape gambler to bet when feeling good, happy or lucky.

Escape Gambler:

- Besides any habitual gambling patterns, they are more likely to gamble at times to escape emotional pain and life problems.
- Gambling produces a numb, trance-like, state of consciousness where problems are not in awareness.
- Slot machines and video poker are the most common forms for these gamblers.
- After many years of gambling action gamblers often start to experience escape-style gambling.
- Increased chance that an escape gambler has been physically or emotionally abused.
- Women are more often then men to be escape gamblers.

Antisocial Gambler:

- Engages in criminal activities, scams and rip-offs.
- Gambling is a method to steal money, may use loaded dice, marked cards, and fixed sports events or horse races.
- Different from gamblers who commit a crime to pay debt.
- May have a diagnosis of Antisocial Personality Disorder

Binge Gambler:

- Frequency of gambling episodes are periodic rather than consistent
- Long periods of no gambling are followed by binges that can be very costly financially, emotionally and damaging to relationships.
- There is an illusion of being in control that is a function of the ability have extended periods of not gambling.
- The relapse cycle is often triggered by a perceived "surplus" of money, while the binge cycle typically ends after a huge loss.

Pathological Gamblers (also called Compulsive Gamblers):

- This is the only "type" of gambler that has been fully defined by the American Psychiatric Association as a mental disorder.
- Usually has had at least one financial bailout from a friend, family member, maxed out credit cards or taken out loans from financial institution, unless they are affluent, although some pathological gamblers never have had a bailout.
- Pathological gamblers share some of the symptoms that are evidenced in problem gamblers (see above list).
- There may be attempts to justify, rationalize, hide, and/or minimize their behavior to others.
- Often they will mis-conceptualize the gambling problem as a financial problem.
- May blame others for stress they are creating.
- May try to win money needed for basic living expenses.
- Winning means more time to gambling, wins are usually "re-invested" into more gambling.
- Usually thinks that they are only hurting themselves, unaware of the impact of their gambling on others.
- Wager size increases over time (measured usually in years).

- Uses money to gamble that should otherwise be allocated/invested; for example does not have an independent retirement plan that not associated with their work plan. This would not apply to some people.
- Gambling does not have to be daily in order for it to be pathological.
- Engages in "creative financing" by obtaining loans and credit.
- May have burned out relationships due to gambling and borrowing.
- Unable to easily quit gambling for long periods of time.
- May promise self or other to quit gambling after a large loss or win, but can't or doesn't for long.
- May feel urges and cravings to go gamble.
- Frequent fights with spouse/partner, blames them for the problems.
- Feels excited when gambling or about to gamble, might have a rush just walking into gambling establishment.
- Gambling establishments may feel like "coming home" when they enter after an absence.
- Other gambling patrons or more likely casino staff are thought of as "friends" despite a lack of connection outside of the gambling venue, although this is not very common.
- The solution to financial problems and stress created by gambling is to gamble more in order to finally hit a big win, or at least recover losses. Thus the problem also is seen as the solution, a characteristic of addiction.
- A Pathological gambler meets the criteria for the disorder as listed in the as defined in the Diagnostic and Statistical Manual of Psychiatry, DSM-IV™
- May adamantly deny being compulsive or pathological.

Eating Disorders

Eating disorders can be minimized to a huge extent in our culture. Overeating or undereating are not the only two concerns that we need to take into consideration when treating an eating disorder. To the degree that we will benefit from treatment depends on how honest, open and willing we are to address every area of our addiction. If one stone is left unturned, we may stay in some part our addiction and are not free from the chains of our addiction. The way the eating disorder plays itself out is one of the most cunning addictions that I have ever seen. No wonder the top causes of death in Australia and the US are weight related.

We all have to eat to actually survive and so we cannot simply stop eating like we can stop drinking alcohol. Actually, we call that anorexia! So, we really need to develop a completely different relationship with food in it's entirety including nutrition and the way we view our bodies and our health.

Eating disorders are summarized brilliantly in the book "Dieting a Dry Drunk" by Becky Lu Jackson. Becky speaks about those suffering from eating disorders as being addicted to food itself such as with sugar or carbohydrate addictions and/or to the actual obsession with any of the 6 areas:

- eating
- food
- body weight/shape
- nutrition
- health
- exercise

For example we can actually be physically addicted to the food such as chocolate. Or to the endorphins the exercise provides. Or we can be addicted to the process of the above six areas. We can be either obsessing about engaging in any of these six areas or about avoiding them. So we can obsess about what food we will eat and when or we can obsess about what food we won't eat and when we won't be eating it. We can obsess about how many foods we should be eating or not eating and buy dozens of books on eating for health and nutrition. All the while, our obsession and the biochemical effect it has on our brain, is affecting our health. We can obsess about how our body looks, compulsively weighing and measuring ourselves. We can be fanatical about the way we look and perhaps become addicted to plastic surgery. Or we can go the other way and disown our bodies so that we are like floating heads. We have no idea what our body looks like until we see a photo or break a chair or go to try on an outfit and there is not one in our size – bigger or smaller.

So, as you can see, there are a million combinations of how eating disorders play out and can hide. We do need to get honest about these. My honesty came about from attending the 12 step program Overeaters Anonymous. They have heaps of literature and stories that help to make the addiction more obvious to people. I read about these stories and heard them from the horses mouth in hundreds of meetings. If I was hiding from anything, it would be shown to me. It was a gradual awakening to how insidious it had become for me. My eating disorder had taken over my life! It wasn't that I wasn't eating healthy or exercising. I was at times. Many times I would overdo it. It was about the relationship I had between the food and myself. I could either use it to punish me or to nourish me. It didn't matter if I was overeating or undereating, it was still the same energy – either nourishing or punishing. Same with the exercise. Same with the health. I needed to see how dysfunctional it had gotten and see how much it had impacted my life, so that I could be fully willing to hand it over to my Higher Power.

So each eating disorder has a form of uniqueness about it in its symptoms, but the similarity is that it's all avoidance behavior of self and Higher Power. If you are using food or exercise to abuse yourself, what does that say about how you feel about yourself? What does that say about your relationship with you Higher Power? It says that you don't like yourself much and that you don't trust a Higher Power with your life. This is why we need to treat the eating disorder spiritually as well as behaviorally. There is much we can do behaviorally to adjust our behaviors and habits with food. But unless the root of the addiction is addressed, it just goes on and on and on. And on.

A person with an eating disorder also gets high from the process of performing ritualized behaviors e.g. dieting, binging, grazing on food, purging, shopping, and weighing oneself. For people recovering from eating disorders they need to set a bottom line around food, E.g. "3 meals a day nothing in between no matter what." Or if one is a diabetic "6 planned meals a day, nothing in between no matter what.

They also need bottom lines for all their identified process addictions. Some examples are:

* Weighing once a month only
* No purging
* No slimming pills (including natural)
* Exercising 3 x a week for 30 minutes
*Writing down and verbalising food plans the night before to stop the mental obsession of "will I eat or not eat this or that".

I loved Becky's statement in her book as it helped me to know when I was in the eating disorder. She said that you can always ask yourself when faced with

bottom-lines and choice with food or any other of the six areas “does it feed the disease or the recovery?” It really simplified it for me in the early days to know what my triggers were and how to make spiritualised choices. In order to do this we need to be honest. She says that the disease will never want us to be honest, but if we do get rigorously honest, we will become aware of our own personal process addictions. Avoiding all you can eat restaurants might be a great recovery tool for those who feel compulsive and obsessive the moment they see all the food. So too under-eating can trigger the high of feeling “back in control”. Moderation is the key as well as bottom-lines. Honesty is an absolute necessity in breaking through relapse and processes that hold us back from recovery.

Eating disorders are complicated and different for every recovering person. This needs to be honored when helping clients co-create a proactive divinely guided therapeutic plan, relapse prevention plan and intervention plan. However at a fundamental level, they will go unarrested without the client developing an adequate relationship with a Higher Power and spiritual support. Our will is disabled and needs help. The best food plan that I ever wrote came from my Angels telling me what to eat, how much, when to exercise, how to exercise, how long to exercise, when to have sugar, what to wear, etc as I could go on forever. It was the tiniest things that I needed help with. My relationship with food and my body was distorted and I admitted it and that I needed help to get back into a loving relationship with food and my body. I no longer thought of not eating a certain food as a deprivation. Although other parts of me needed a little convincing, my Higher Self knew that it was the loving thing to do. My relationship with exercise had to change from being another way to abuse myself, to being another way to love myself. My whole relationship with food and exercise changed. Food no longer became a source of my strength. However, my relationship with food mirrored how strong the connection with my Higher Power was at the time. It became the barometer for

how spiritually connected I was. If I was compulsive, I was not connected. I had to put that first. Sometimes my Higher Power didn't want me to eat. Sometimes I was guided to not exercise and sleep or rest. Sometimes I was guided to push myself a little more when exercising. Sometimes my Higher Power wanted me to eat more than other times. There was no logic to it. It was an absolute letting go. You see, the eating disorder was me trying to control life. My pain, my strength, my joy, my misery. It was a way that I was fooling myself that I was in control of my life. However, I am not. We are not. We are co-creators with God. We are not God. So my eating disorder was really a divine order! I ordered up big! And I learnt and I am still learning one day at a time, that I do not control myself, my life, the universe and everything. I am at peace with this today. And hopefully it will provide you with a breathing out and a weight off your shoulders – literally!

Sex Addiction, The Internet And Brain Chemistry

If addiction is a pathological relationship with a mood altering chemical/process then sex addiction is up there. If addiction is shame or 'secret' based then internet sex addiction is an accelerator of the progressive nature of the illness. Most cybersex addicts become addicted much quicker because they have access to far more of a variety of information and at a higher speeds than ever.

If addiction becomes a substitute for healthy relationships, sex addiction really takes the cake. Most relationships founded over the internet are secret, involve an escape from reality through fantasy of the other person and the hours spent wasted on the internet invade time that would be spent with family, friend or spousal relationships. One does not need to be having an affair to be sex addicted. Fantasy alone can provide enough pre-occupation for one to avoid reality enough.

This can then lead to offline sex addiction also. Cybersex can be the catalyst to compulsive sex. The actual keyboard, modem, websites can become eroticized and be a trigger for the sex addict to become aroused.

It is interesting to understand arousal when talking of sex addiction. Arousal actually occurs in the brain. The brain has 3 neuropathways that are activated for arousal. The first neuropathway that is activated when we are attracted to others. The second is linked to romance that involves great arousal, intensity and obsession. This one can create periods of “insanity” like in love addiction when dopamine levels go up and serotonin levels decline. Thirdly, there is an attachment neuropathway that allows us to bond with another.

Early sex researchers noted the overlap between sexual neuropathways and the neuropathways of addictions. The famous Johns Hopkins University researcher John Money hypothesized in the early 1980’s that the sexual neuropathways could be the “prototype” of all addictions. Access to the neuropathways comes through what Money termed the “lovemap” that everyone of us already would have formed between 5-8 yrs of age about what is sexually arousing to us.

Problems occur when the arousal template is distorted. Distortion includes feeling shamed about sex through ’no talk rule’ by parents. Physical or sexual abuse can vandalize one’s arousal map. Cybersex can affect and distort one’s arousal template. Addicts talk about images being “burned in” and flashing back at them like a trauma victim cannot stop thinking about when they were hurt. When the arousal map is distorted, people can be aroused in self destructive or offensive ways. When sex becomes addictive it is often because of this template distortion.

Patrick Carnes book “Out Of The Shadows: Understanding Sexual Addiction” is a great resource for understanding the various types and levels of sex

addiction. I have utilised this resource countless times in my counselling practice and Lightworker Practitioner Training™. Patrick is an acknowledged leader in the field of sexual addiction and has a website www.sexhelp.com. He has conducted research and written books on both sexual addiction and Sexual Anorexia.

Sexual Anorexia – not as uncommon as you think

Sexual Anorexia is not as uncommon as we think it may be. I find that many of my clients who are dealing with their self-esteem and body image issues may have an aversion to sex, even with themselves!

Check out Patrick Carne's criteria that are consistent in Sexual anorexics and you'll probably agree:

- Recurrent pattern of resistance or aversion to any sexual activity, initiative, or behavior.
- Persistent aversion to sexual contact even though it is self-destructive or harmful to relationships.
- Extreme efforts to avoid sexual contact or attention including self-mutilation, distortions of body appearance or apparel, and aversion behavior.
- Rigid, judgmental attitudes towards personal sexuality and sexuality of others. Anorexics are extremely critical of anyone doing anything sexual.
- Extreme shame and self-loathing about sexual experiences, body perceptions and sexual attributes.
- Sexual aversion affects work, hobbies, friends, family and primary relationships.
- Preoccupation and obsession with avoiding sexual contact and with sexual intentions of others.

- Despair about sexual functioning.
- Avoiding intimacy and relationships out of fear of sexual contact.
- Distress, anxiety, restlessness, or irritability because of sexual contact or potential contact.

The above was taken from a paper written by Patrick Carnes, PhD called “The Case for Sexual Anorexia”. He has also written a book on sexual anorexia “Sexual Anorexia: Overcoming Sexual Self-Hatred’.

Joy Addiction

If we have seven emotions anger, shame, guilt, pain, fear, joy and lust, we should not have unreasonable expectations to be in joy most of the time. I believe that is a sensible and moderate assessment of what being human is all about. However, as our vibration increases, what if we start to feel more joy than any other emotion? Is it a crime? Does it mean we are insensitive to other’s emotions or abandoning them? I don’t believe so. I believe that I can still take time and be present when another is having difficulty and still manage to be in my joy. Perhaps it is my joy that tells me that all is well in their world even though they are going through pain. Perhaps it is joy that tells me that I am enough, that there is enough, that no matter what happens, it is all good. I know that we can be addicted to joy. We can use it to mood alter other emotions. When sad we might say to ourselves or others “look on the bright side” or when you are angry at someone “it’s okay, they didn’t mean it”. Rationalisation and minimization of our other feelings to feel joy all the time is a form of suppression. We really need to keep it real and be honest about all our emotions. I think we can find our way through other emotions to joy. I can be in anger, but then feel joyful about the gift or message it brings to me.

Religious Addiction

It is easy to become addicted to Religion. I see religion and spirituality as two separate things. Religion is a way we choose to conduct rituals in the hope that these will help us to get closer to God. Spirituality is the actual connection to our Higher Power. So it is not completely unrelated. I know heaps of people who are religious who have a great connection. Then again, I know heaps of people who have a shocking connection to their Higher Power who are religious.

So just how does religion become an addiction? The addiction cycle is based on preoccupation, rituals, acting out and regret/depression. So with religion, we can use the rituals themselves to medicate rather than resolve what we are going through. We use it to change our focus to blot reality out, rather than learn the lesson from our reality. Any form of ritual can become an addiction. As addiction is avoidance of self and any real form of a Higher Power, if we are meditating, breathing, praying or chanting without consciousness to our part and what our Higher Power wants for us, it can become an addiction. So we want to be conscious, we want to know our Higher Power's will so that we can let go and let that happen. We turn up to follow through by staying in daily contact.

Our Higher Self has contracted with our Higher Power about what we want this life time. Our Higher Power knows our wishes and those of everyone else's. Somehow, they all fit together. We do not have to be the masterminds in this situation. When we don't know – that becomes a good thing. Actually, it is the most liberating thing to not know. I remember I was teaching Level 3 and heard myself saying to my students "The more you know, the more you don't know. I don't know everything. I only know what is in the now because I am in the now and connected. It's okay for you not to know everything all of the time." I then felt that I had done what I had come to this planet to do. It was at that moment

that I realized that was the lesson for me. Then, after that, for some reason writing became easier. Suddenly, not knowing was awesome. I could just turn up and write whatever I was guided to write. I didn't have to know at all. Writing became easier and so did life. Not perfect, but easier.

Psychic Addiction

We have all wanted to know our future. However, addiction to wanting to know the future can create real problems in learning to trust our Higher Power. We can make Psychics our replacement Higher Power. Many people who are interested in the healing industry and helping others, developing psychic ability and to well, becoming more of a Lightworker, seem to have a yearning to know the future. We need to be careful here. Because the need to know the future can be based on a control pattern. This control pattern is, wanting to know the future to ally our own fears. This of course relates back to our trusting and faith issues that we have with our Higher Power. So when we are asking others for guidance without putting into practice our own strategies for connecting, this can lead to a pattern of: not living in the now, handing our power over to others and wanting to be in control.

Addictions to feelings

It could be that we are even addicted to our own anxiety as a familiar way of relating in the world! We may not know any other way of relating to the world and our whole life becomes about controlling our anxiety because it is making our life unmanageable. Or depression. Our whole life becomes about that. And so, when we are not depressed, what are we? It's like we've lost our identity. We become the illness. Or we think we are.

Process Addictions

Obsessions themselves are not ingested, in other words we think them, we do not take them into our body. Obsessions create a chemical imbalance in the brain which people can get addicted to. This chemical is a substance. We also experience these when we are doing rituals prior to engaging in an addiction. These processes give us a "high" and they as powerful as actual substances addicts consume! They create a mood-altered state that prevents us from being in our body and feeling authentic feelings. Most substance addictions such as cocaine and heroin addiction have a component of process addictions to them as well. For example preparing their drugs prior to taking them provides them with a rush.

Dependency

As we will discuss, addictions/attachments to people, places and things can all be used as higher power replacements as well. In order for us to recover in the long term we need to develop a healthy sense of shame around our inability to control our unhealthy attachments and addictions. If we are using them as replacements to feel empowered the decline into being dependent is inevitable. When we finally admit this dependency to ourselves, we are able to open up to help from an authentic higher power. Until we admit our humanness, we remain trapped in trying to control that which we have lost control over. That is: being dependent. There is only one healthy way to be dependent – on that of a higher power. Even depending on ourselves can become an unhealthy attachment! For instance, if we become too dependent on ourselves we can become egotistical. When we develop a healthy relationship between ourselves and our higher self, we are not disconnected from our higher power. This is a healthy dependency, that which is always guided for our highest good.

Do Addictions really form relationships – you bet!

If addiction recovery was so easy, why would we do such things like start overeating when we stop smoking? Or overworking when we get sober? Because we are human, our avoidance behaviors often side step or join forces in the hope of prolonging our disconnection from our Higher Power. I thought it would be great if you could see the names that are used for the many ways our addictions try to hide and escalate. I found it enlightening when I read a paper written by Patrick Carnes from the Institute of Trauma and Addictive Disorders when I was studying the Trauma and Addictive Disorders Certification. Patrick uses the term "Addiction Interaction Disorder" as an umbrella to cover the following way addictions work together and join forces. So here are they are:

Cross Tolerance refers to the simultaneous increase in addictive behaviors of 2 or more addictions. For instance, one person may have progressed significantly in their sex addiction and now start using cocaine. Within 2 weeks they become a full blown cocaine addict. In other circumstances it may have taken 6 months or more to get to such a level.

Withdrawal Mediation means that addicts use another addiction to relieve the withdrawal from another addiction. Such as with nicotine relieving food or alcohol cravings.

Replacement refers to one addiction replacing another and the majority of the emotional and behavioral features remaining the same. An addict may smoke marijuana to relieve the stress of financial pressure. They stop smoking and then start compulsive gambling for the same reasons.

Alternating Addiction Cycles occurs when addiction cycles go back and forth

in a patterned, systemic way. E.g. They might be out of control sexually but a food anorexic when not in a committed relationship. Within a relationship they might become a sexual anorexic and overeater.

Masking is when an addict uses one addiction to cover up for another addiction. E.g. A gambler might blame their alcohol consumption for losses.

Ritualizing is when addicts do a few addictions together as rituals. E.g. dressing provocatively, drugging, cruising for men, drinking may form a ritual prior to a female engaging in their sex addiction.

Intensification has 3 parts, the first being *fusion* which means that two addictions become a package e.g. alcohol and gambling. The Second is *partial fusion* which happens when two separate addictions combine in such a fashion that they are more potent than if each addiction is used separately such as with alcohol and marijuana. The last aspect is *binge features*. This is when the addict engages in more than one addiction all at once e.g. the alcoholic, sex addict, compulsive gambler who goes to the topless bar casino for one-stop shopping. There's a place they can binge, they do it all at once.

Numbing helps the addict cope and numb out the shame and pain they may feel at the end of an addiction binge. E.g. A love addict may try to get their partner to return and feel humiliated when the partner refuses. The love addict feels abandoned and may numb their pain with food or alcohol.

Disinhibiting means that one addiction helps the addict to actually do the other addiction! E.g. The sex addict that drinks to get brave enough to act out their sexual addiction.

Combining is using addictions to influence our moods like uppers and downers. E.g. Getting just the right combination of drugs, alcohol, sex, danger, risk to go on a 2 or 3 week binge until they crash then do it all again.

It's important to understand that unless the core issues of the addiction are addressed, the addiction/s will interact in incredibly intelligent ways. It is often said in recovery "our best thinking got us here" and "you can't think your way out of the addiction". We can see what they are doing, but knowing about it and taking action on it are two different things. Walking the talk is important.

Relapse

It is interesting when we are connected to a higher power because if we relapse into our attachments, we just remember our humanity and let go of the relapse and step back on track. If we believe we should never relapse, that is like feeling like we are the all perfect higher power again. When we do this we tend to shame ourselves in a toxic way for our relapses. Feeling this shame tends to lead us back into more relapses! The key to long term recovery from our addictions and our attachments is to feel humility when we have a slip rather than an arrogant response of shock, horror or disgust. Slips and relapses will come as no surprise to us if we have truly accepted our human powerlessness over our addiction. When we lovingly accept our slips as their greatest "wake up call" to an issue surfaces or being disconnected to our higher power; that is when our unhealthy dependency can be transformed into our greatest asset of a healthy dependency on a higher power. We then remain aware and continue to grow spiritually. In our separation from the spirit we go back into our "disease". In our reconnection to spirit we are perfectly imperfect human beings.

Healthy shame and taking personal accountability and responsibility for our reconnection to our higher power is the way that we stop the cycle of re-shaming ourselves with more toxic shame and enter into self-acceptance of our perfect imperfection, self-love and serenity. The magic combination of humility and responsibility will always set us back on the path to recovery and out of relapse.

Where there is one addiction, there is usually another. In relapse prevention then, it is very important to address all the addictions, and not just one addiction alone. If one addiction triggers another, we will usually relapse. Working with all the triggers that may be of an addictive nature will ensure a more solid recovery, free from relapse.

This is possible but not always probable. We usually find that we slip and slide through recovery even if we don't act out. We usually have bouts of feeling compulsive and whether we act on those compulsions or not, it is very helpful to ascertain and talk about the triggers. Claudia Black is a leader in the field of addiction recovery and relapse prevention. In her paper "Relapse: Illusion of Immunity" Claudia states that there are 4 icebergs to recovery.

The first is "Overconfidence". This is the belief the addict has in their own abilities to handle situations without a respect for the insidiousness of addiction.

Some examples of overconfidence include:

- An inability to hear what others are saying
- Calling their own shots by thinking that they know best
- Discounting suggested methods of recovery prior to investigation and

- Wanting immediate results and
- Having unrealistic expectations.

I know for me that I had a lot of overconfidence after being abstinent from my addictions for a short time. I would think “I’ve got this thing beat or I don’t have a problem”. Really for me, staying humble and aware that I have an illness has helped me to embrace it and surrender it. This has helped me stay in recovery and not relapse. I am not where I am today because I think I’m cured. I am where I am today because I have a huge respect for how powerful my addictions are.

The second iceberg is ‘Control”. Control is the manipulation of people, places and things. In early recovery people pride themselves on surrendering their addiction. But they often take control in every other part of their life and this causes frustration, anger and misery.

What’s next? Addictions/mental illness/physical illness of course! The controlling behavior leads to a more unmanageable life and state of dis-ease. It’s only a matter of time before this state of dis-ease leads to mental, emotional, physical illness and/or addictions.

By the way, there are interestingly enough more than one type of controller. You have:

- sweet controllers – they usually drop hints and allude to what they would like, without directly asking. Next time you feel manipulated into doing something for someone that you didn’t want to, watch out, you might be in the company of a person who is in their control addiction.
- distant controllers – they control by withholding love, energy, time and attention. People in relationship with distant controllers usually get by

off ‘the crumbs’ of their partner’s love.

- passive controllers – they usually are aggressive in a passive way so very emotionally abusive. Usually using sarcasm, HTH (humor that hurts), condescending and patronizing tones and language.
- angry controllers – usually obvious. Blaming, threats, verbal and physical and any other type of abuse are their usual tool kit for getting what they want.

The third iceberg of recovery is “Fear of Feeling”. Addicts and many other people need help in this area. In early recovery feelings start to stir. If addicts don’t have tools to assist them with making friends with their feelings and/or releasing them appropriately they will try to medicate them by returning back to their addictions or stepping into another addiction. That is why we use the chakra clearing to help resource before addressing addictions. If we don’t have those tools, some of the disgusting old, frozen and carried feelings that come up can be unbearable. We need to especially continue clearing and resourcing when letting go of an addiction so that our feelings are moderated and bearable.

The fourth iceberg to recovery is “Secrets”. This is one that can prevent people from entering recovery also. In early recovery people start to share their secrets and this takes them out of the addiction process. If they begin to hide and conceal certain behaviors that they are ashamed of, they will eventually return to their addictions. In recovery we have a saying that one has to be “rigorously honest” to recover. We also have a saying that “you are only as sick as your secrets”. We all have moments in our lives that we are not proud of. That’s the point. As long as we stay in hiding, we stay disconnected from ourselves and others and it’s only a matter of time before we relapse.

Addictions and the Disabled Will

What does it mean to have one's will disabled and just what does this have to do with addictions recovery? I believe this is one of the biggest riddles of life, personal empowerment and recovering our whole and true selves.

John Bradshaw wrote in his book "The Family" that the blocking of choice is what he called the "disabled will". He states that once our will is disabled, *we lose our freedom*. He also states that the will needs the eyes of perception, judgment, reasoning and imagination and without these sources the will is blinded. The mind cannot use its perception, judgment, reasoning and imagination when it is under the impact of heavy or repressed emotions. Since the will is blind, it has no resource for its choice making. The only object left for the will to use is itself. As one wills to will, one becomes willful. The will becomes the self. With each act of willing for the sake of willing, one feels whole and complete. This is the basis of impulsiveness. In AA the term for this is "self will run riot". This is why it is so hard for addicts to stop their addictions and not replace them with a substitute. Basically one has become addicted to one's own will.

Isn't it funny really that we are addicted to trying to control our addiction? I mean really, it is completely hilarious! I call it control addiction. There you go, it has a name. There is physiological proof nowadays that people in anger management classes who experience black outs and loss of memory from an episode of out of control raging have experienced a shut down in the left hand frontal lobe of their brain. This proves that when we are not in control and are too willful, we lose part of our brain function and are more apt to act out compulsively in abusing ourselves or others. Not only is our impulse control distorted, we don't often recall what we have done. I find this fascinating and illuminating.

This is why the connection between our Higher Power and our will is a critical component in both early and later recovery. The third step of AA “Made a decision to turn our will and our life over to a Higher Power as we understood them”, clearly states that we need to hand this will over. Not only has the will been contaminated, but we now see, it has been completely disabled and is not even under the control of our own brain. When our wanting to control our addiction is out of control we are in a seriously damaging position, not only for our will, but our brain. And believe me, addiction recovery goes absolutely nowhere. We cycle around in a pattern of trying to control our addiction, acting impulsively in our addiction, regretting it and around again we go.

That is why being out of the addiction one day at a time helps us to see life with a different set of eyes, think with a different brain and hear with a different set of ears. Our brain and will are connected and it effects how we filter and perceive everything in our inner world and outer world.

To spiritualise our will means that we can hand over the control to a Higher Power to be in charge of our life and our recovery. Turning up for daily guidance and remaining humble are the keystones to ensuring we get out of the driver’s seat of trying to control our addiction, others and our life. Instead we are able to hand it over, get guidance and follow through. Our will becomes spiritualised and our mind and bodies also recover from the devastating effects of the addiction to control. Funnily enough, so do our lives.

Meditation and Addiction Recovery

Meditation slows down our mind; it helps us to operate from an alpha state of awareness. It helps the body to restore and maintain healthy bio-chemistry in the body. It de-stresses our bodies. It helps us to sleep. It helps with cravings for addictions…..really you ask? How so? I know that there are more forms of meditation than you can poke a stick at so I will be speaking specifically in terms of what's good for recovery from addictions.

How do you overcome cravings through meditation? There are lots of ways actually. There is one form called brain re-mapping through visualization. Our brains don't really know fantasy from reality, that's what separates man from his brain, providing freedom in the true sense of the word. Our brain actually believes that the visualizations such as achieving a goal or celebrating a happy marriage, are true. So how this can benefit addiction recovery is visualizing being free from the addiction by handing it over to our Higher Power's big Higher Powered hands. This helps us to let go of controlling our addiction, letting go of our shame around our addiction and open ourselves up to a higher source of help.

When we are aware of our thought processes and become creators rather than reactors to our thought processes, therein lies freedom. To be a witness to your own thoughts, is a form of meditation. I use a number of meditations that helps with this in Level 3 "Transforming Darkness To Light". We ask the part of ourselves behind the thought/belief to appear. This shadow part shows its face and then we can have a conversation. Rather than short term gratification and a will that is out of control, meditation helps to strengthen our will. We rein it in through identifying the part of us that is thinking these thoughts and finding out their gift and what they need. Thereby integrating them into our lives and

choosing our thought processes more consciously.

The relationship or bridge between universal energy can be strengthened in meditation and in doing so aligns our free thought with universal support. Using the daily guidance tools in Level 1 is a way to build this bridge. The ultimate equation for happiness and serenity in their truest forms is when you are living your life in the flow and with joy. Calling on universal support also strengthens our will and puts it back into a moderate response rather than having our will control us and our lives.

Other forms of meditation that can help are actually inner child meditations where we see the part of us that is out of control and craving is simply the child within who hungers for us and is using another substance, process or person to fill this hunger. We learn to build bridges between our little parts, Higher Selves and Higher Power. I have included some of these in this level of training.

Boundary meditations where we visualize an external boundary protecting how far others get to stand to us and whether they get to touch us or not are very effective, especially for physical and sexual abuse survivors. Internal boundary meditations that make us more aware of taking responsibility for our reactions to others are great. They help us stop blaming others and ourselves for how we feel. The heavy emotions that people are carrying around that are not even their own, start to alleviate the need to medicate with addictions. People un-enmesh from others and start to own their own power. We explore cord cutting meditations in Level 2 and 3 to cut any cords that are tying us to others.

Body and feeling awareness meditations whilst visualizing light coming into the body through using breath work is a great way for recovering persons to realise that they actually do have a body and feelings instead of just operating from the

neck up and that they can remove any blocks and negativity from within their body. Chakra meditations such as the ‘Clearing and Centering the Self Meditation’ in Level 1are wonderful in helping us stay clear within our body and aura and full of nourishment.

Meditation on balancing the masculine and feminine aspects of self really help, especially with relationship addiction. I have provided this meditation in the next section of this training manual.

Spiritual guide meditations can help clients to connect to sources of wisdom beyond their intellect and help to develop their intuition rather than operating from the instinctual level that keeps addicts in an intense and drama filled life. We explore some of these further in Level 4 ‘Vibrating in the Light’.

Lightworker Practitioners and addictions

As Lightworkers, we are definitely not immune to addictions. We are still human and are susceptible to avoidance of our Higher Self too. We may avoid our inner Lightworker! We might not feel worthy of stepping into and maintaining a high vibration. This has been one of my biggest challenges. Addictions keep us in shame, darkness, secretiveness and dishonesty. It’s best to share our struggles openly with our support network. I’ve not met a Lightworker yet who hasn’t had their struggles with an addiction or two.

Lightworker Practitioner’s help their clients to restore the connection with their Higher Power and also to understand the role that the addiction is playing in their life.

As practitioners we treat the clients as part of a team. We let them know, “We work together as a team: you, me and my guides and your guides”. They know

that you are not their Higher Power from the get go. And that you have only pure intentions in supporting them with the highest divine knowledge available to you. This is always the best therapeutic relationship.

Share with clients using the language that you used in Level 1 by letting them know that you are checking in with yourself with what they are saying. Remember to stay honest and speak your truth. But don't tell them what their reality is. That is disempowering. Allow clients to respond. Check in with them about their feelings/beliefs to what you have said.

Begin your feedback with:

My feeling is…
My guidance is…
I'm feeling..
I'm seeing…

Much of your focus in the early stages of addressing the addiction will be on working with their relationship with themselves. Their self-love, self-protection, self-care, self-awareness and self-moderation as discussed in Section 2 of this training manual. Many of the exercises in Level 1 that help them to connect and be grounded will be the most helpful before you start digging into distorted beliefs.

Resistance

Willingness to address addiction is very important to ascertain level of commitment. Asking scaling questions can help determine levels of willingness E.g. "On a scale of 0-100 with zero being totally unwilling and 100 being totally willing how willing am I?" "How can I get that __% to 100%?" We can ask ourselves these questions as a reality check. As Lightworker Practitioners

these are fantastic questions for clients. However, if clients are totally unwilling, ask them why they believe they are. This will provide you with a reality of where they are at now, which is what we want to identify. You can usually tell by their energy that they are not willing. It may be just fear, the way you address addictions or past traumas with therapists. You won't be THE person to help everybody. I wasn't. There were a few clients that just were not interested in dealing with their spiritual issues, letting go of an addiction or even wanting therapy. They may have been asked to go to see a counsellor by their spouse or mother and so here they are, but really they are here out of obligation and this is the last place they want to be. You may be reading this book out of obligation and this is the last place you want to be. That's okay. We are wherever we are. We are in the perfect spot where we need to be. Trust that. We only start to question when things stop working for us anyway. Whilst they are working, we figure, I must be doing something right. Great, wonderful. The early part of addiction is often fun and works for us because we do feel more in control of our lives e.g. when we want to feel our feelings and when we don't, when we want to change a feeling, when we don't want to think, when we need confidence to feel a sense of belonging with a bunch of people. They pay offs are endless and very tempting in early addiction. It's best not to judge when and why someone is ready or not. Let them off the hook. Check in with your guides as to what degree you are meant to help and especially what to say with them. You will be given specific words to deal with their resistance and also their willingness to participate. They may be in resistance but still willing to get beyond it. If they are in resistance and not at all willing, ask them if they are willing to be willing. If not, you are clear that they want no help at this point. THAT IS OK!

We may encounter an ethical dilemma if we are seeing both couples in a relationship where one isn't admitting to a problem but the issue is affecting the other. We would need to see the person who is being affected separately. This will support them to cope with their partner's lack of awareness. Their partner

may not realize how much their behavior is affecting others. This is common. It is often called denial (Don't Even kNow I Am Lying). Let them know that the other client is unaware of the impact of their behavior at this stage. Put it to them that they still need to take the focus off their partner and back to their own connection. Otherwise they will just remain codependent on their partner to 'come too' before they evolve. We cannot rely on another to have a connection with their Higher Power before we do! This is the typical 'detach with love' message that I received from Al-anon. You can't help a person see their self-destruction whilst you are self-destructing in the process! You need to get off their back, get out of their way and get on with your life. You may choose to continue a relationship with them but you need to ensure that you are honest with the expense it is having on you. It is very important that you don't put the *possibility* of someone's recovery ahead of your own. Own your spiritual connection and follow through. That is what you want them to do – isn't it? Our vibration changes the environment around us; however it doesn't mean we always get the result we want.

Addiction Releasing Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny. Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers, animals, Angels and Guides in your sanctuary. Take a moment to commune with them…..

You notice that there are two movie screens in your safe place and you go over and take a seat. On the left movie screen you notice that you see all your current addictions playing there. See yourself on the screen interacting with your addictions. They may be a love relationship, food, alcohol, smoking, sex, spending, gambling, work or business or something else. Notice your addictions being played out on the screen. Now you press a button to choose one addiction to focus on for today. You see how this particular addiction affects you. You notice the kinds of things you do when you are in your addiction. Notice how you feel during being under the influence of your addiction. You also see playing on the screen how you feel during withdrawal. Notice how much of the addiction takes over your life whether you are under the influence of it or in withdrawal. Noticing now how it affects your family. Observing now how it affects your work or study life. Noticing now how it

affects your relationships and social situations. Seeing on the screen how it affects your physical health. Noticing now how it effects your connection to your Higher Power and Higher Self. Noticing now how it affects you financially. Noticing all the things you do to try to limit this addiction. Noticing all the things you do to try to control the impact of this addiction.

On the next screen you see yourself free from this addiction. You see how different areas of your life are affected by releasing the attachment to this addiction. Notice the changes in yourself. See how releasing this addiction affects your relationships and family life. Noticing how your work and study would change. Observing the changes in your physical health. Noticing your financial situation changing. Noticing any other changes that are important to you.

On the left screen you see this addiction in full view. There is a cord running between your body and this addiction. Noticing where the cord attaches to your body now. ***Where does the cord attach?*** Okay, now you see Arch Angel Michael, who is here to remove this attachment. He has a silver blue sword with him. Also standing next to you is Arch Angel Raphael. He is here to help restore the area of the attachment back to wholeness. When you are ready to have this cord cut, please nod your head. Arch Angel Michael cuts the cord now. Michael also removes any toxicity from the area using his vacuum.

You notice that the addiction has affected other areas of your body, now is the time to have these effects restored. Raphael sends healing color of light to the area where the cord was attached and to any other areas that need attention. What color do you see? Feel yourself receiving this healing energy replenishing your organs.

When you are ready you see yourself walking towards your gate. Taking a big deep breath you push open the gate and step into where you are right now.

When you are ready you come back into full waking consciousness remembering everything you experienced in the meditation.

When you are ready you see yourself walking towards your gate. Taking a big deep breath you push open the gate and step into where you are right now. When you are ready you come back into full waking consciousness remembering everything you experienced in the meditation.

Section 6:
Lightfilled Relating with Relationships

Untouchable JOY!

Joy is finding the gift in all situations.

The feeling of being untouchable with your joy in relationship is certainly worth bottling. I can tell you that when you are connected to a Higher Power, you are completely untouchable yet connected at the same time. It is very hard to describe. You are a witness to your joy, in joy, plus you are a witness to your partner in their joy or pain and feel that this is a joyful experience also. If they are in their joy, it is joyful, there is no envy. If they are in their pain, it is joyful. We know that their pain is their teacher. We don't need to step in to teach them. We know that their pain will lead them to a stronger connection to their Higher Power – even if eventually, because right now, it seems that their pain is taking them so far away from their Higher Power. We know that this separation is only temporary. Eventually we will all return to the source. We can be in joy and still be in respect of how our own level of joy translates to our partner. We need wisdom in expressing our joy when our partners are in the middle of their pain. This type of joy keeps us unemeshed with our partner.

It is good for us to stay in our joy, even when we think things look horrible, bleak, depressing or fearful in our partner's eyes. Perhaps they need to see the world this way for a time. How do we stay in our joy when their vibration is so different? Perhaps they are also in blame of us because they want to take the focus off their own reality. Perhaps they are not ready to have a connection with a Higher Power.

We know that we don't have any control over the relationship. We can choose how we respond to our partners, however, we are even powerless to how we respond. As we have learnt already, when acting out of our humanness and

inner child we can be bastards and bitches. Unless we keep turning ourselves and our relationship over to our Higher Power our will in our relationship is disabled. We stay and ask for things out of our wounded child vibration.

If we see a situation as broken, it is to us. If we see a situation as in perfect order, it is to us. We need to ensure that our connection and guidance each tiny step and minute of the way during these challenging times is strong and maintained. There is no other way. We can't wait to have a strong connection when our partner gets their act together. We need to do it NOW! It is the priority. Without it, the relationship will stay vibrating in an old pattern.

The best way to spiritualise our relationships is to ensure our spiritual connection is strong. And if it is not or is being severely affected by our partner, then taking time to readdress the connection is of paramount importance. For me, I have had relapses back into my food addiction before I made my connection to my Higher Power a priority. Then I almost relapsed into my food addiction before I made it a priority. Then I realized that I needed to make my Higher Power a priority with my relationship so that I didn't nearly relapse!

I must say though that my food addiction is a great barometer for how great or not so great the connection to my Higher Power is at any given moment. However, I don't need convincing or wake up calls anymore. I am not perfect and sometimes I do. But for the most part, I know within every fiber of my being that my relationship with my Higher Power is the number one foundation to a healthy, connected, intimate and committed relationship.

So if you are in a really ugly time in your relationship, please don't fret about it! I would even go so far to say – FANTASTIC! Because now you know that your wake up call to your Higher Power is yelling out to you. How wonderful. It's a simple antidote. I know that we will go into a lot of detail in this book relating to how to relate, but when we are in the ugliest part, we need some hope without

the detail, don't we? Every tool that is offered here is basically meaningless and can become a robotic response if you have no connection to your Higher Power about it. So it is time to celebrate. I mean it. The darkest time, hitting the endless pit of the darkest bottom, is the best time. Invite your Higher Power in to heal your relationship right now. A great invocation to say is "I turn my relationship over to you right now God" or "everything is whole in the eyes of God, please restore my sight in my relationship". When you start to hand the relationship over, things may indeed get worse for your partner. As you are vibrating on a Higher level (not as in better or worse – just referring to being connected here) your partner may well get extremely disturbed and resentful. Have faith that your partner will go through exactly what they need to go through. Stay in your joy. Keep seeing it as perfect and healed. Keep turning up to get your needs met from your Higher Power, yourself, friends and other helpers. Let it be a time of independence with the intention to stay open to your partner. Let them know the importance of your relationship with your Higher Power and how it is helping you stay centered through it all. Let them know that you want to invite this power into the relationship so that both of you can be guided on mutual goals together. The power of manifestation increases hugely when you do this together. Getting aligned on common goals firstly involves you getting centered yourselves separately and with a Higher Power. If one of you is not aligned, it is challenging to keep a mutual vision and often the vision will not be inspired but rather it is based on fear.

Recovering Couples Anonymous talk about the three elements to a relationship as like the three legs of a stool. We are one leg in the relationship, our partner is the other and the third leg is our Higher Power. Without it, we basically have a loose stool! Pardon the pun, I couldn't help it.

I love this analogy on legs because it just goes to show how important the foundation is. We can have great communication with each other, but what if it is based on hidden agendas of our unmet needs? Rather than being an

opportunity to get close to our partner it can become a way of hiding in the relationship and controlling our partner.

We are EVEN better when we are together

The kind of relationship that makes you feel more 'you' when you are with your partner, is a very good sign. If you feel less of yourself when you are with your partner, that is not a good indicator of how free you are to be yourself and also grow into more of who you are. Sometimes we are with people who are completely opposite to us and this encourages us to grow. Sometimes we are with people who are very similar to us and this provides feelings of safety in being able to express who we are. The key to whether we step into ourselves more, is whether we are in a vibration of acceptance and love with another person and ourselves at the same time.

I know for me that when I met my third husband Tony, it was so obvious that he was the one. I became more of who I am when I was with him. At the time, I loved who I was, I felt great in my own skin. I had no problems with low self esteem anymore. So I knew that even though he loved me deeply and expressed this very openly, that I wasn't getting my self esteem and self love from him. I felt so much joy and so free to be 'me' with him, that being with such a person allowed me to step into expressing myself even more. It was and is wonderful. When I was not with him, the thing I missed the most was being able to express myself the way I did when he was my witness. Being with him enhanced who I was to such a high level, that being anything less than that, felt incomplete. But it encouraged me to choose to spend my precious time with those who I also felt free to be with. And it encouraged me to carry that out more into the world. So it didn't restrict me or make me dependent on him. My way of 'being' changed dramatically and helped me to step into a higher state of consciousness. This change didn't stop occurring when I wasn't in his presence. I would step into those parts of myself on a smaller scale, with

other people. I was still aware to moderate my reality around others who may not be used to my vibration, but I could no longer abandon those parts of myself that I had reclaimed. Those parts were mostly for me, very joyful and playful parts of myself. However, because Tony provided such a safe environment to share my ideas and work through things as a team, I also found that my vulnerabilities were even more revealed to him. I felt so safe and this encouraged my less than perfect vulnerable side to emerge around others, without as much fear and shame. Slowly and with baby steps, I found myself being more me than I had even realized. I never knew that being with someone who absolutely loved and accepted me for who I was, so unconditionally, that it could be so powerful and so transformative. But here I was experiencing it first hand, and I knew then that I had something profound to share with the world. Lucky for me, it occurred when writing this book. So for me, I had a double blessing. The experience of finally finding the kind of love that lasts lifetimes over AND being able to creatively pass that information on.

I remember that when Tony and I got together, there were some challenges from outside influences. The angels told me that any challenges were only our own fears to step into joy. So Tony and I made a decision that no matter what the challenges looked like, we were a solid team and we would focus on our love and joy and keeping our doors open for people to share it. With this in mind, we found ourselves in a very strong place in our relationship. We didn't fear losing each other or concentrate our energies on the negative. We simply accepted that these were our own fears manifesting in the form of some blocks to joy and that the antidote was to continue to step into the joy.

The Heart Center

When I was at Uluru in 2007, just before writing this training manual, my guides told me that my heart chakra would only stay open if I accepted my own imperfection. I thought that meant one imperfect part. Now I realize that it is all

my parts that are reflected back to me in another. Holy @#!. I really got it. And I can tell you, at that moment I felt so much pain and tears over my ability to do that, I can't really describe it. It seemed like such a big job. I said to the universe "How the hell am I going to keep my heart open all the time? How can I do that? Why, why, why, I hate you #@!! Universe. Why do you have to make this so hard for me?" And, it replied, "You want to know love do you not? You want to feel love, do you not? You want to connect do you not? Then your moment has arrived. The secret has been revealed. If you continue to turn up and you get hurt, will you be able to cope? With all your resources that you have gained and all your realizations, you will. We promise. It may hurt, it may be hard, it may take time and patience on your part. But we promise you, that if you turn up, you will feel it and you will find your way back home. Home is where the heart is."

My God, I can tell you with all the grief in my heart, I felt so overwhelmed, yet relieved at the same time. I had the answer. I had the key. The key to my heart was embracing my imperfection so that I could stand the imperfection in another. Not only that, it would give me the love connection with another that I so longed for. When I met this part of myself, it called itself Evil Bastard. It told me that it needed me to believe in the light more. Its gift to me was unshakeable faith. It said that it needed me to send it pure light. It sent back a green light of unshakeable faith that hit me in my heart chakra. It made a joke about it was easier to trust when you are in the light, harder when you are in the dark and that's why faith becomes unshakeable. It kind of alluded to the whole "see I am better than you cause I believe in the light and I am a dark being who can live in the darkness and still hold an unshakeable faith of what is real". I got an even bigger respect right there for the darkest parts of ourselves. I had this on an even a big level that I will share with you in Level 3 as it is more appropriate to mention, so stay tuned! The point is, I really need to allow myself to be in the craziness of someone and still be in my heart space to really gain that unshakeable faith. I stopped being pissed off about me always having

to be the one to see the light. I got out of my resentment about it. I decided, you know what, I am going to risk everything here and take a chance. I am really going to let myself feel the sickness around me and stay in my heart space. I am going to have faith that I will not die. And if I do, I will exit out of this planet with unshakable faith.

You know that you still trust even when, especially when you are on the verge of craziness. You have an unshakeable faith even though you yourself are completely shaken. You don't lose the heart connection no matter how dark it gets. You are able to somehow maintain a sense that all is well even when you look around and it all seems so unwell. Why I needed to do this, seemed somehow like the last notch of the belt of a life called addicted to misery. It was like a new belt was being made for me to wear. One where I had achieved the walk over coals to really be at peace with the fire under my feet and believe that I needed that fire in order to live a life well lived with a heart full of love and acceptance. And then, what happens next is up to God. Up to a cocktail of God's will and mine. My will from both; the contracted days before I incarnated and this day.

So, we have our hearts open, we have absolutely nothing to lose. Yes it could go really bad. I know that sounds awful. But when you've got your heart open and it could be the end, it can be the scariest time. But it could also be the most genuine. It could turn out the worst possible way, yet it is the riskiest time to open it, you know, face complete and utter rejection and humiliation. But, you know we do get to that point. We make the choice of putting our heart out there and being willing to risk everything just to have this feeling. It can be exhilarating but at the same time more open and grounded. I am sure this is a significant spiritual experience. In our closed heart, we create the monster that we see in our partner. In the rejection of our heart when it feels pain, we see and hear our partner in negative ways. Yet it costs us, this closed heart. Our health, our feelings and our authenticity are all affected. As we abandon

ourselves through our closed heart, we cannot attract the loving heart centered relationships that we want. Opening our heart can feel as though we was starting our lives again. Like being reborn. For the first time in our lives, we may feel truly alive as we fumble along with our imperfection. It can feel like you face the relationship demon square in the face and both have a laugh. You might find that your partner responds to this change with resistance. Or it could be the opposite. They might start to talk how you are thinking. We are all one mind. Whatever the outcome, we win our precious heart back and manifest heart centered relationships.

Higher Powered Couples

I was shown by my guides that in connecting with our partners there are certain steps that we can take. They are so highly effective manner that the will provide a lasting connection. I have not read about this form of connection anywhere, it just came to me the morning after a relationship counselling session with a previous partner. I could see a pattern of relating that was not working for us. I knew that I had stepped out of my connection to my Higher Power. God relationships get ugly when we do that don't they? Ugly or empty. Anyway, I communicated my intention for the session was to stay connected during the session. His intention was to know that he would get his needs me in relationship with me. At the time, I believe that I had been enabling an anxiety disorder that I just discovered was in action. I was not about to commit to being able to take care of his needs in relationship if it meant me enabling the anxiety or abandoning myself. Which I had done. So, I refocused on finding a way to connect with him during the session while I was connected to my Higher Power. What I discovered was that I felt that he was coming from a child position in his energy. He was still in anger and blame. And the main focus of the session was on me not being available for him. Of course the irony was, no matter what I had done, it wasn't enough. As it so often is when we are operating from our little 'bottomless pit' parts. Of course our Higher Power is

the only one that can truly meet that parts needs. So we are sitting in session and I realize, I am connected. I am loving him actually, even though a lot of the energy that is coming from him is quite nasty. Then I have the realization, I don't know what to do. I try to identify how he connects to his Higher Power. The therapist tells me that she thinks that might be a controlling strategy. It certainly doesn't feel controlling; however it feels like I am searching for an answer. I tell her that I think that perhaps if I understand how he does this, then it will be transparent. He tells me that his way of connecting is asking, listening and getting guidance. Okay, that was painless. Great, now I have the information. However, I don't FEEL it. Like, I know that he believes he does this. But I don't feel that he is connected at that very moment. So I express this. He shouts at me that he is connected. I still don't feel it. We are coming to the end of the session. I tell the therapist that I don't know the answers. I really don't and that I have handed the relationship over to my Higher Power continually and at that moment. The therapist takes a moment to connect – "thank God for her spiritual practice in her work" I think to myself. She says that she would like to see us soon and that she would like to invite both our shadow parts that have a need to be in control, into the next session. I am so exciting. Two hours earlier, I had received a message from my angels that I need to integrate that part of me that tries to be in control! Now, here it is confirmed. I knew that his anxiety was all about that and I had attracted this around me, so I really needed to integrate it. So we end the session and I feel free. I feel joy. I feel that it's okay not to know the answer. Somewhere deep inside me, I feel that it is coming though – and soon.

Get, this, I am driving home that night and my car stalls in the middle of an intersection. No cars run into me. This is in the city mind you. However I pray. I say to God "If I have been doing your will tonight, please give me a sign". I start the car and it proceeds to drive itself for 5km. I am steering but I don't have my foot on the accelerator. So I am driving along the highway with tears running down my face thanking God. He is powering my car. He is giving me the power

to follow through. Wow, now that was the most concrete spiritual experience of a sign I have ever received to date of this writing! Needless to say, it didn't matter what anyone else thought, I was connected and I was following through with God's will.

The next morning I wake up and I do the shadow process with my controlling part. I was guided to incorporate this story into my third book "Transforming the Darkness into Light", so I will not go into that here. However then I got the process for Higher Powered Couples.

There are 5 steps. I have listed them below and then I will outline them more fully. This cocktail helps to get us out of the rut of a dysfunctional cyclic relationship and move us into being more of a Higher Powered Couple. It is also great for co-creating and manifesting specific goals together in doing steps 1-3. Manifesting is so much easier when done as a couple, family and in collaboration. This process may take time, so be patient.

1. Connect to your own Higher Power
2. Ensure that you are aware of and connected to your Higher Self, Inner Child and any shadow parts that are causing blockages/resistance with your relationship goals.
3. Conduct the Higher Powered Couple Visualisation together.
4. Continue to Connect to your partner at a Higher Self Level as much as you can
5. After a while of having this Higher Self connection, then you can be more available for your partner when they are not in their Higher Self E.g. they are purely in an inner child position.

1. Connect to your own Higher Power

Usually it is during those darkest times in relationship that we realize “Oh my God, I’ve lost touch with who I am, I am lost, I feel so unsupported. My needs are not being met. I am stuck in a rut. I hate myself. I hate my partner” Well, the key to getting out of the rut is ensuring that you transform your vibration.

You may be able to do this within the relationship. This might means that you need to take space from the relationship. I am not saying that every time you get stuck you will need to separate, but what I am saying is, honor your limits and yourself. Don’t be a martyr and try to be everything for your partner. You are not everything. This may come as a surprise, but you never will be. And if you are under the illusion that you should be or that you are, you are misguided. We are not our partner’s Higher Power and if we make ourselves that, we take on all their unresolved stuff, their pain, anger, shame, resentment, fear and guilt. Not only that, but we prevent them from accessing their own Higher Power because we are so busy interfering. How about that for a job? Would you care to now step down and resign from that position?

Now, back to you, let your partner off the hook. They are not your Higher Power. They are not perfect, do not fulfill every one of your needs and never will. This is not their job. At one point it was your parent’s job; they were imperfect and didn’t do it, because they too were only human. So it’s time to get to the real source.

Using the tools in my previous book and any that you can find in this one, please start to develop a relationship and connect with an all loving and all powerful Higher Power. Act as if, if you have to. Pretend if you have to. Make it up. Just do it. Stop allowing yourself to hand your power over to your partner in relationship. As you now know, you are really not doing them any favors. And they will hate you for it.

Stop allowing your partner to hand their power (and everything else) over to you. Say to yourself, the first step “I admit I am powerless over my partner and it has made my life unmanageable”. You know that this unmanageability means that it is truly costing you a functional relationship with them, your Higher Power and yourself. And if you don’t have that, what do you have? An unmanageable life! A life that you either constantly want to be in control of, that is actually not within your control or one you want to escape and medicate from. Your wanting to control it has started to become a problem. Your pain around not being in control has led you to checking out from your relationship, life and medicating your pain.

So resuming or beginning a connection with your own Higher Power is actually the most vital step in preventing you from losing your relationship and the most vital step in transforming your vibration. Then and only then, will you be able to contribute in a very powerful way to creating the relationship you want. And of course, if the relationship you want is dysfunctional, then a connection with a Higher Power will usually transform your thinking on that.

You might be powerless, but you are not a victim. In accessing your Higher Power, you become empowered from the true source of all power. In admitting this powerlessness, you step into ultimate power for the highest good for yourself and others. It is not a selfish power. It is not ego. It doesn’t come from fear. It comes from a place of love. So if you need to be tough, with your partner to step away, you’re tough, but not in an intentionally abusive way. It may seem abusive to your partner for you to step back from the relationship to connect. But that is their opinion in the state they are in. In order to get yourself back on track, off shaky ground, out of your addictions and avoidance, you need to do all that you need to do to connect to your own higher source.

2. Ensure that you are aware of and connected to your Higher Self, Inner Child and any shadow parts that are causing blockages/resistance with your relationship goals.

When you have established a connection with your Higher Power and you are receiving their help and guidance, then you will feel more connected to your Higher Self. This is the first big thing. You will feel more nourished, centered and enlightened in yourself. You will see what is not working more clearly, without buying into it. You become a witness to the dysfunction; whilst staying in the joy that the gift of the dysfunction is that it has lead you back to your Higher Power.

When you have this connection with your Higher Self and Higher Power, you are more able to meet with the parts of you that are more vulnerable. Your Inner child, who is needy and usually the base of all chaos in relationship, will feel more trustful of creating a conscious connection with you. They will step out the driver's seat of your life and let you drive. So you find at this point that inner child work is more advantageous because we are bringing an enlightened part to our inner child rather than a judgmental part that re-abandons them emotionally. When our inner child is supported, we feel safe and nourished on a very fundamental level.

When you have feelings of safety in your life, you are more inclined to look at the 'so-called' dark parts of you. I believe that every dark part has a light side. We can connect with these parts and find the light within them, their quality or gift that they serve us with. We can give them what they need to feel more accepted and whole. Then they begin to help us in a balanced way, rather than an out of control way. It is important to acknowledge these parts along the way in our relationship too, not just at the dark times in our relationship. This keeps us conscious of our stuff. As we integrate these parts, we feel more whole and our vibration increases. This affects our relationships on a profound level. As

we reclaim parts of ourselves, our vibration changes and this can rock the boat and vibration of our partner. Things can look like and feel like they are getting worse and not better. It is good to honor the process and not judge it or how it should be for our partner. Whatever happens, as long as you feel that you are connected and doing your best at owning your stuff, you are in the flow. Just trust.

3. Conduct the Higher Powered Couple Visualisation together.

Holding the intent for a goal together is one of the most profound ways of manifesting. You can both become co-creators with God. Whether it be manifesting a great relationship or manifesting that dream house you have always wanted, you both need to be on the same page together. But you both need to be vibrating love regarding this goal, not fear. Otherwise you will create more fear. If anything's blocking you that you have not already become aware of, this exercise will bring it out to the open.

As a prerequisite to this exercise, both your partner and you have centered yourselves, cleared yourselves and are connected to your Higher Selves.

Now it's time to determine the most pressing issue or most wanted goal for you both at this time. Then you can set your mutual goal together. It is best to write it down and then both agree on it.

When you have determined what this is, both hold hands and state the goal out loud E.g. "We wish that our relationship is full of love and light" or "We wish to manifest the house that we have outlined on our piece of paper" or "We wish to have a happy, healthy child together". Closing both your eyes, visualize your Higher Power with you and your partner. In your own mind or out loud ask the question "What do I need to do in order to vibrate immeasurable love towards this goal?"

The combination of unshakable faith and immeasurable love, even in tiny minute dosages, makes the Higher Powered Couple. When you have received your own guidance open your eyes and wait for your partner to open theirs. Then both share what guidance you received. It may be that there is more shadow work to do, or even some practical steps to do together. Trust whatever you get. Visualising your goals doesn't work if your vibration on how you feel about this goal is fearful. So perhaps there is more work to do. Or perhaps you get the guidance to send love to your goal. You might get guidance to track down a certain Real Estate Agent or to see a certain counsellor. You might need to read a certain book, attend a course or do absolutely NOTHING. Just trust again whatever you get. Conduct the visualization as many times as you have to TOGETHER to ensure that you are both vibrating love towards this mutual goal. The support of your partner in creating this energy of love towards this goal brings the two of you together. You share a common goal and you bring both light and love to it. Wherever you are in your relationship, to acknowledge your partner's Higher Power and the importance of what you can do to connect more fully *with* your partner present and to work together as co-creators, is an exciting new tool. Knowing that each of you are taking responsibility for your part of resistance, creating that goal, supporting your partner in creating that goal and keeping goals on a higher vibration will create a very Higher Powered relationship. The possibilities for manifesting things that you both want are limitless here. Yes, it is a very exciting process. And I feel very blessed to have received it.

My goal setting with my husband Tony is like the above process, but with our eyes open. We are so at one with each other and have very conscious unshakeable faith and immeasurable love that we just talk very openly about things together. It's like we process real time. We talk about our resistance as it arises and what we will do the help ourselves. We talk through any differences that we have in the goal that we want to manifest, whether it be the detailed

picture of the goal or the steps we need to be taking and which one of us does what part. It can become a very natural and normal process. Once you are both connected, goal manifesting can be a synch. We even involve our kids now. We find that when we all share a common goal and share our blocks, hopes and fears, we manifest it far quicker and the goal becomes better than we might have thought up on our own. We will cover more about co-manifesting in Level 7 “Living Abundant Light”.

4. Connect to your partner at a Higher Self Level

Doing the above exercise with mutual goals is the beginning of connecting with your partner’s Higher Self in a structured manner. However, to truly gain a sense of stability and safety in relationship, having a long term connection with their Higher Self and your Higher Self is important. I say that once you have established a more Higher Powered Relationship, you will not be so overly concerned about having to stay in your Higher Self. You will most likely be more relaxed and able to trust each other to take responsibility if either of you is in your stuff. So, steps 1-3 can be maintenance in co-creating. Steps 1-5 are more relevant for getting a relationship on track and out of the dog house.

5. After a while of having this Higher Self connection, then you can be more available for your partner when they are not in their Higher Self E.g. they are purely in an inner child position.

When you do feel as if your partner is able to act responsibly from their Higher Self and you from yours, you can start to reveal more ‘real time’ emotions that are raw and undigested, knowing that they can ‘hold the space’ for you.

You may work through a feeling whilst they are present, or simply just down load what is transpiring for you at the time. I have friends who ring and sometimes say, can I do a 'coey' dump (meaning a dump from a codependent

in their stuff). If I am up to it, I can agree. If not, I can be honest and say, “I am not really in the space for it right now, can I call you back?” This more ‘imperfect way’ of relating needs a solid foundation of support from both party’s Higher Power. If that is not present, it will turn into one again becoming dependent on the other or both become needy, demanding and blaming. Yes, the inner child rules again! So it takes a while to get here.

We need to have very reasonable expectations of the kind of support that our very human partner can offer us at any given moment. We also need to balance that with ensuring our needs are met too. They are not expected to meet all of our needs, but we are responsible for having our needs met. We can get very creative with how we have our needs met. Firstly, we have to see our needs as valuable. Once you have given yourself permission to have these needs met, opportunities will present themselves that you had never before even considered. Ensure that HOW your needs are met are within the moral and ethical boundaries of your relationship.

If you have ever entered a relationship and thought that you should be able to express all your feelings all of the time and gain total support all the time, this is distorted thinking. Bear in mind, that you might indeed be getting the support you need but at what cost to the other person? We need to always be responsible for how our needs and reality affect others. This is part of our Self Moderation issues. As long as our partners are resourcing themselves with their Higher Power, how they do that and how often is none of our business. We are not in control of their relationship to a Higher Power. We do have a responsibility to identify where we are at with ours. We need to give ourselves time to off-load with our Higher Power and our support network too. Our partners will not be there for us 100% of the time – even if they are willing to 100% of the time. Don’t take advantage of our partner’s willingness. Our Higher Power is available and willing 100% of the time. Building on this resource, turning up for each other, being willing to be available and acknowledging your

humanity and imperfection are the cornerstones to a long healthy relationship. One that is free of guilt, control and drama. No power struggles. No pressure. Just love, with a good dose of compassion for each other's very perfectly imperfect humanity. Love and compassion = Unconditional love.

Being seen

Isn't it interesting how, when we are feeling alone in relationship, we often think "I just want YOU to know who I am". Or "I just want to be seen". Why ? It is not our responsibility for how other people see us. It is our responsibility for how we see other people. Sure, we can be aware of the impact we have on other people and be conscious of that. But we don't take responsibility for the reality they form about us. If we have a need to be seen, for the very core of us, we are usually dependent on them at a core level. By them seeing who we truly are, really make us happier? What if they actually know who you truly are, but they don't want that right now? What if their avoidance of who you are, is actually not giving you the affirmation you need to get from a higher source? Perhaps if you knew that you are completely seen AND accepted by your Higher Power, you too would love you. Your self esteem would grow and then you would not be so shaken when you feel your partner doesn't 'get' you. Perhaps you don't think that your partner digs you because they don't get you. Perhaps they get you and they don't really dig you, and until you've gotten that, you will continue to dig a hole for yourself.

I find it ironic that a lot of this book has been written during one of the darkest times of my life in relation to relationships. I have learnt a lot during my own years of conducting many counselling sessions and being in relationship recovery. However, it was completely unexpected to go through the turmoil of relationship loss during writing this very important book. However, Spirit told me that sometimes it is easier to 'see what there is a need for, when the resource isn't there'. I must say that although it was unexpected loss and that I

initiated it, I did not feel alone or that it was something out of place. Timing is everything as they say and for some reason, it needed to happen during the commencement of writing of this book back in 2007. Was this Spirit's way of giving me the extra juice needed for the inspiration of this book? I think that was partly it. I do know that everything happens for a reason. It was time. And I came across and experienced resources that I had not yet explored. They too needed to be interwoven into this book. So, it's all good. As for me, I survived. Not only that, I have learnt even more about creating Lightfilled Relationships - I have lived one for the last 4 years. We create these relationships. We can't wait for them to magically appear. We need to live in the light so that we attract them to us. Sometimes, when we live in the light, we attract the darkness because we are shunning our dark side. But what I have learnt is that there is always a choice. So I know that I may attract darkness around me if I have not completely shone the torch in that particular area of myself. And I also know that I can choose to refocus on the light, to help me with that. I don't need to prove to people, who I feel are rejecting their own light, that I can give it to them. That is not my job as a partner or a Lightworker. Just because we can, doesn't mean that it is appropriate. In any case, I know that after letting this book 'sleep' for 4 years, I picked it up with more knowledge from living an actual Lightfilled Relationship. It was great to start this training manual with a relationship breakdown and end writing the book with an incredibly Lightfilled one. I had to choose to live what I wrote, for both myself and my relationship. It was actually a lot easier that I expected. Ironically, after living in the light, I attracted a partner who actually does see me!!! So it's funny. Not depending on being seen leads to being seen. I saw myself, I loved myself, I trusted the light and voila, he appeared.

Space of Compassion

I know that there are times in relationship where disconnection is actually of assistance. Holding a space of compassion can often be seen as

disconnection. There are times where either ourselves or our partner are unable to moderate our reality. It is important to hold compassion for ourselves and others in this situation. Disconnection out of anger is actually a control strategy. If we are disconnecting to hurt another that is one thing. To protect ourselves is another. If we want to hurt others or use disconnection as a distancing technique, then this is done from a place of fear. When disconnection is done in love, it is done for the good of all. Remember the adage “to love someone, set them free”. It is true that if they were ever yours they will return. Sometimes we have to set ourselves free and love ourselves by living in integrity when someone’s reality is immoderate. Sometimes the best strategy to stay in a place of love is to hold a ‘space’ of compassion. This is done out of love, not out of fear or a need to control. It means that we can see that the person is immoderate, we hold compassion, we don’t abandon ourselves, we keep connected to our Higher Power and we are able to be moderate in our interactions with our partner. We are able to tune in to what is the limit of their situation. We feel connected to them, but not enmeshed. It is a kind of disconnection, but paradoxically, it is not truly a disconnection. In this space of compassion, we are connected to the All. This in effect, means that we are connected to them anyway.

It is not loving to ourselves if it is costing us our serenity or sanity to stay with someone who is unable to moderate their thoughts, feelings and behavior. We only need to interact with people to the level that we are able to coexist in peace. If that means no contact, in order to hold a space of compassion for both ourselves and them, then so be it. If it means some brief contact that sticks to the facts, rather than an emotional relationship, then as long as it is done with love, that is okay too. If it is being in relationship or marriage and being honest with our limitations for time together, ways and amounts, then that is fine too.

I don't believe that in order to be in relationship or marriage you HAVE to have it all together as a couple all of the time. Or live together and never have time apart if needed. We are two separate people in our humanity. We may also have two separate life purposes that involve each other. We are also never separate. And we share a bigger life purpose from the Universal perspective. But in our humanity, we need to find our own connection to our Higher Power and our life purpose. Our partners may sometimes get in the way of that. Our primary relationship to our Higher Power, can only help a relationship. And if it means separating in order to find or build that connection, then it can only be good for both parties in the long run.

We are not always going to be functional at the same time. In fact, many times in relationship we will have a 'needs clash'. We both maybe as needy as each other at that same time. We will both want our needs to be met first. In these situations, it is great to honor what these needs are by being honest with each other. It's okay that needs are met through other channels, within the bounds of the relationship agreements. If you have any problem identifying where your own needs and boundaries are, these questions for either yourself or clients may help:

- Can I handle my partner's reality right now?
- Am I able to meet my partner's needs right now?
- Is my partner able to meet my needs right now?
- Do I need my needs to be met right now?
- Am I able to moderate my reality right now?
- Is my partner coping with my reality right now?

These questions will help to identify how and what you can offer your partner – right now. It may be that your partner is stuck on an issue and they are not facing it. Perhaps they are obsessed with earning enough money or their job. If

you are dealing with someone's addiction or mental health issues, that it's okay to have your own limits with how much you can cope with. If it is interfering with your serenity, then it is not a crime to step away. Rewrite your own expectations of yourself. You don't have to be the perfect partner and handle everything 100% of the time. You can take space to take care of yourself. If you are not loving to yourself, then all that will be in your heart to offer up will be deep grief, emptiness and sadness. It may be that you have already done everything in your power to address their need and you realize that their need is based on a limited belief or wound from the past. Perhaps you now are able to admit you are powerless over them 'getting it' and cannot tolerate it any more, as it is consuming your time, resources, energy and family. It is okay to disconnect from their issue, whilst still loving them. You can put a boundary of time around how long it would take for them to 'get it' if you separate. You can let them know that you hope that this time apart will help with clarity. You can let go and let God and trust that if they are meant to 'get it' they will. As long as you are taking care of yourself, you will be able to make an informed decision on whether it serves you and your highest good to stay in relationship with them. Pia Mellody in her book 'Facing Love Addiction' states that a reasonable amount of time to put a relationship on hold is six months if you are caught in negative intensity and a co-addicted relationship cycle. During that time we need to ascertain really clear boundaries on how much we relate to our partner in many different areas of relationship. Perhaps it would be only enough to co-parent during that time. It may take time to reenter the relationship on different levels after six months. As long as both people are committed to the relationship and willing to do work on themselves and their relationship with their Higher Power, then that time of putting the relationship on hold, can actually save their relationship. It is not always necessary. But sometimes it is.

Gender and Relationships

Relationships between opposite or same sex couples can both have healthy or unhealthy ways of relating. Power struggles don't just stop because we are the same sex! Energetically we can be bound or free in relationships. They can be controlling or they can be empowering.

There is talk that men and women operate differently. I believe that as a woman, I have a masculine side as well as a feminine one. This means that I need to be aware of both sides of myself and achieve balance in both areas. One area is no better than the other. Men also have a masculine and feminine side of themselves. Men and women have both been judged and stereotyped over the years. The question to really ask ourselves is:

1. How comfortable am I in my femininity?
2. How comfortable am I in my masculinity?

Our sexuality may be different, but inside of ourselves, we are all spirit. When I was studying my Diploma in Anthroposophy which covered the philosophy of Rudolf Steiner, we did Male and Female studies. It was really important to experience the differences, but see the similarities of the exploration of both these sides of the women and men on the course. We were able to see and own our own parts of these sides of ourselves. We learnt about the differences of the masculine and feminine energies. The masculine energy is more about thinking and doing. The feminine energy is more about feelings and our etheric body. We are all spiritual beings that are capable of evolving all these parts of ourselves in balance. It takes our will and our focus to do this. I spent years doing the meditation that I have included in this book and learnt more and more about how to make balanced decisions with the masculine and feminine sides of myself. If we simply judge each other as men and women we will fail to

realize the deeper spiritual truths and power that exists in both the masculine and feminine energies. Without both the Universe would fail to exist.

If you are in same gender relationships does not change you. It really doesn't make you any different. I know that gay people feel different. That is a very real feeling for them but it is based on beliefs that they have grown up into. In reality, gay people are not different from straight people. They still have both masculine and feminine parts of themselves. So do the people that they are attracted to and form relationships with. Gay people may feel like victims as times. However, they are not. No one is a victim. Gay people are able to be just as empowered as anyone else. Their struggle may be dealing with other people's opinions and beliefs. But we all need to take responsibility for the reality we create and the one that we want to create for the future. It can be empowering for Gay people to know that they can do this. It takes courage and faith. It may be that in their admission of their sexuality and coming out about it, it is their greatest struggle in this life time. It is not to be minimized. Instead, the enormity of it needs to be acknowledged by themselves and they need to honor their needs. Their relationship with their Higher Power and their own self acceptance is what will get them through to a place of peace with their sexuality. This is where they can acknowledge the spiritual components of their own masculine and feminine energies and how these are separate from their sexuality. Levels of masculine and feminine energy do not necessarily equal who we choose to be with sexually. Aversions to either masculine or feminine energies lead to imbalance, fuel power struggles and repeatedly attract us to a certain kind of person. The following examples can show how an inequity of power in relationships, through denial of either masculine or feminine energy, can create certain dynamics. These may result in relationships that limit our ability to evolve into our full potential. This has nothing to do with being gay or straight. Here are a few combinations:

1. A very masculine woman is attracted to a very feminine man. This may lead to denying the man's masculinity and he ends up feeling emancipated.
2. A very masculine woman is attracted to a very masculine woman. This may lead to complete denial of the feminine and everything it represents. This may be a cold and hard relationship devoid of emotional intelligence but lots of action.
3. A very masculine man who denies the female partner's masculinity and doesn't allow her to take the lead in relationship at any time. She may end up feeling controlled or become very dependent.
4. A very masculine man who is attracted to a feminine man. This denial of the feminine in one leads to attracting a feminine man.
5. A very feminine man who wants a very feminine woman who has an aversion to men (which symbolizes masculinity).
6. We may have an aversion to men however are unconscious of a high level of masculinity in ourselves. Women involved in the feminist movement may relate to this one.

There is a yin (feminine) and a yang (masculine) in everything. This is how you actually learn about who you are. We have a light side of ourselves and the dark of ourselves. Through the forces of the outpouring and the need for inpouring we learn balance. Your higher mind is able to translate the darkness into what needs to be filled. This is a feeling of emptiness that requires filling. This is where the wisdom in the feminine resides. The outpouring of the masculine goes to where the need is. This is the wisdom of the masculine. It knows and it goes there.

In relationship, when we are both doing this, we have relationship balance. We are both able to give to ourselves and others. We are able to feel the feminine need and then find the gift of the masculine to fill it. As we get better at identifying our own inner masculine and feminine energies, we will also get

better at seeing these qualities in the world around us. Just to confuse things, there is also always a little bit of the masculine in the feminine. And there is always a bit of feminine in the masculine. This is not a contradiction; we just need to seek it out. And we will get better at expressing our masculine and feminine energies too. We all need to think and act. We all need to feel and reenergize our etheric body. Both these qualities are important in everyday life and in everyday decision making.

'Balancing the Masculine and Feminine Meditation' that I have included in this book can assist with embracing both of these precious parts of ourselves and making balanced decisions. We can create healthy relationships. Whether we are attracted a man or a woman, same sex or different, we can create and attract healthy and fulfilling relationships.

Unconscious Attraction

All attraction occurs in the brain. Whatever we are attracted to, is usually created in our brain before the age of 8. Then these neuropathways fire off when we see or fantasize about situations or things we are attracted to. Until we know who we are and feel whole within ourselves, we can be unconscious to the powerful attractions that have been created before we were even an adult. And also some of these attractions that we unconsciously hold that have been created through abuse and trauma in our adult lives. The combination of curiosity, embarrassment and arousal as a child, can lead to arousal neuropathways being created in our brain. If this arousal map is distorted, we are attracted to certain types of people, genders, masculine/feminine energies, controlling behaviors, power differentials and even can be bonded to others through trauma.

Most sexually abused children grow up to attract sexual abusers or become abusers themselves. To reintegrate into a more whole and spiritual beings, we

need to acknowledge and heal any attractions that we have that may harm ourselves or others. It is not the attraction itself that is wrong. It is the whether we act on the attraction. Is the attraction contributing towards the good of all people concerned? If not, we need to ensure that we are accountable for changing our behavior. Is the only way that we experience arousal and sexual release through an abusive fantasy or abusing others? If so, we need to take ownership for the distorted attraction that exists in our neuropathway. We need to own it, seek help and do everything we can to resolve it. Sexual abuse survivors admit that they get aroused by fantasizing about being abused.

We can transform our neuropathways into creating more loving ways of being aroused and change what we are attracted to. It takes time and it is possible. We need to engage with our Higher Power and ask to have these distorted attractions removed. We need to accept and ask for help from spiritual and professional support so that we can literally ‘change our mind’. I have witnessed many transformations as a Lightworker Practitioner, counsellor and friend of abuse survivors. I have experienced my own mind change and the things that I am attracted to, completely do a 360 degree turn around. Where I was once attracted to emotionally unavailable and abusive men, I now have a man who is very loving, emotionally intelligent and who is not afraid for me to step into my own power. He accepts me as a feminine woman, but more than that. He sees me as a spiritual being on a quest for wholeness. He embraces that about me. This acceptance reinforces that I have transformed and accepted myself as a whole being. This is how the power of attraction can effect and contribute to creating the relationship that you want.

Balancing the Masculine and Feminine Meditation

Closing your eyes, you now go to your safe place. Call forth the part of you that you identify as your male or masculine side. Notice how this part of you is dressed and looks. Ask this part of yourself what it needs from you right now. Take a moment to send this quality to them in the form of a color. Ask them what their gift is for you. Feel yourself receiving this gift now. Take a step into their body and feels what it feels like to fully embrace this part of yourself. Notice how you feel in your body. Feel yourself receiving what you need from this part and also from the Angels at the same time. Feel as though this part of yourself is receiving what it needs to feel balanced.

Step back out of your masculine body now. Ask this part of yourself for any guidance and steps to take on one or more particular issues or just spend time with them for a little while.

Now call forth the part of you that you identify as your female or feminine aspect of yourself. Notice how this part of you is dressed and looks. Ask this part of yourself what it needs from you right now. Take a moment to send this quality to them in the form of a color. Ask them what their gift is for you. Feel yourself receiving this gift now. Take a step into their body and feels what it feels like to fully embrace this part of yourself. Notice how you feel in your body. Feel yourself receiving what you need from this part and also from the Angels at the same time. Feel as though this part of yourself is receiving what it needs to feel balanced.

Step back out of your masculine body now. Ask this part of yourself for any guidance and steps to take on one or more particular issues or just spend time with them for a little while.

Home is where the heart is

As soon as the airplane touched down when I went to visit Uluru, I heard my guides say “Home is where the heart is”. It felt like the heart of world. We call it the red center for a reason! It felt like this big masculine energy plonked right on mother earth in the middle of nowhere. It felt like a sacred marriage between the two. The energy that is emitted by this sacred marriage affects people profoundly. Some people who attempt to climb Uluru die of heart attacks. Some people cannot stand the strong energy. For me, I found home. I felt a very strong descending energy as soon as I encountered Uluru. It is one of the most grounding spiritual energies I have ever experienced.

In fact I returned to Uluru in 2009 for my honey moon! Again it was amazing experience for me and to see my husband Tony profoundly affected by this wonderful energy was sheer delight. I remember when he first saw Uluru and started crying because he was deeply saddened that people were climbing it. However, we had so much fun walking around it. We were also deeply moved by many parts of the 9km journey. We experienced the extraordinary inner and outer beauty of it. I was so glad to be able to share this with Tony. We found a spot on one side of the rock where it gradually meets the earth. We were able to respectfully lie down and meditate together. It was a beautiful way to commence our own sacred marriage.

Is it possible to stay in a relationship with partner if you feel they are not connected to their hearts? I have cut off from my own heart in the past to feel safe. It feels safer but it is not. I did it for 4 weeks once and by the end of that month, my hands and joints felt as though they were throbbing with arthritis. The heart energy has to move. When it does not, it is dangerous to our health. I felt so much hate inside of me that I was going to explode at anything and everything. Cutting off from your own heart is bad for your health.

You may find that in relationships you are continually coming from a genuine heart space and really want to connect with another. You do not want to feed off them; you are just really coming from the heart. If a person has their heart chakra closed, or denied then they will be put off by you. This is a good sign for you. If someone is put off by you coming from the heart, their heart is sick. Perhaps when they were a child, a parent smothered them with love and also every other feeling they had. So they learnt that to let love in means to carry someone. This energetic pattern is very important to understand. If you have an avoidant in your life that you are getting frustrated with because you want to connect in a loving heart connection, without dumping all your feelings on them, it is understandable. If they have these unhealed childhood wounds and fear based belief that letting the love in is not safe, then you are fighting an uphill battle to try to connect. If the avoidant is aware of their feelings in this area and owns their fears, instead of projects them onto you (whether it is silent violence or an obvious blaming kind of energy), then there is a chance you can work past it with them. Many exercises need to be undertaken to practice this safe heart connection. Remember, if you are connecting from the heart but you don't feel a heart connection, that is a sign that a bridge does need to be built. You can only build it from your end. You can't do the work for your partner. Sometimes suggesting it exacerbates the problem because you might find that they enter a blaming child space and it triggers their self worth issues. They might be angry at you and tell you that you are controlling – they are basically viewing you as their parent even though you are coming from a space of wanting to create a healthy relationship. This can also be frustrating because the very problem of how they see you (parental figure) is stopping a solution of working together.

What do we do when those times occur in our life that our partner is just disconnected and out of touch? Do the best you can. Be honest. Turn up. Leave if it's too much. The impact of their disconnection needs to be shared. It's a bit like living with an alcoholic. If someone is addicted to their own misery

and can't find their way back to their heart's song, then trying to save them is only enabling their misery to continue. Sometimes, tough love is called for. Giving our partner more space during his time of disconnection can contribute to the relationship feeling even more disconnected. We need to communicate with honesty to our partner about our struggle without the heart connection. We then listen to our partner's response. If there is genuine understanding and commitment to achieve the heart connection, then this may be enough to start to build the bridge. When words are spoken to us with the best of intentions, we always need to feel into the energy behind those words. If the energy behind words feels empty, then there is usually a heart disconnection. We may feel a lack of faith in the following through of the commitments. We just need to keep turning up and keep being honest the whole time. Little steps can feel like big steps. Little changes in our partner can feel enormous to us. But words without follow through of a change in behavior can be crippling. So ensure that you keep being honest. Set limits with yourself and how much time and energy you are going to invest in giving the relationship a chance to shift gears back to the heart connection.

I made a decision that day in Uluru that heart to heart connection came first. I thought that honesty, respect, faithfulness and personal development were the 4 values that made a rock solid foundation for a relationship. What I realized was that, without that heart connection, everything else was nothing. Respect is just words without the heart connection. Honesty is excruciatingly painful without that heart connection. Faithfulness is not even real without that heart connection because you are not even being faithful to yourself. And personal development doesn't happen without that heart connection.

When things don't feel right

If something doesn't feel right and we let our partner know, they have 2 choices. If they listen and want to work as a team to get to the bottom of things,

then that is a healthy response. If they deflect, minimise or rationalize things, then that is a warning bell. Our reality should never be reduced or talked away. Our reality is our reality. If we have a bad feeling about something, it could mean that there is something going on with us, or our partner, or something else might be appearing that we can both become aware of and evolve from.

We can distinguish between the imperfection of a person and something that doesn't feel right. When we are in reaction to our partner's imperfection, we can end up feeling a bit annoyed and uncomfortable. When something doesn't feel right, we tend to feel a bit sick, nauseous or toxic internally. We need to trust our feelings. We don't have to know the details in order to trust that all is not ok. It could be that all is not perfect and they are not facing that. Or it might be that they know what's not right, however, they are not being honest.

When we feel sick, we are usually carrying someone else's denied shame or feelings. These feelings are usually overwhelming, we can't work out what they are and they make us feel crazy. If you can't work out what you are feeling, it may not be yours! When we realize it is not ours, it can feel like a huge dump truck of toxic stuff has been magically removed. We often carry stuff we don't realize. It might not even be our partner's stuff. They may be carrying generation loads of stuff. By carrying stuff that isn't ours we don't contribute to the solution. All the clearing in the world won't lead to a long term solution. In fact, if we clearing stuff that isn't ours away in order to cope, it can become a way of enabling it to all continue.

Balanced polarities

The most important energetic component of relating in a Lightfilled way is to have balance in the energetic polarities. In other words we all have polar opposites of energetic significance within us, namely our yin and yang. The yin is described as an ability to be receptive or feminine and the yang as an ability

to give or be masculine. These two opposing forces create a healthy relationship when they are moderated in a balanced way by both people in the relationship.

How to we get to balance these polarities? There are many ways. In fact I learnt how to balance these polarities in my chakras on my trip to Uluru in 2007. Whilst I was there on my own in 2007, I found a spot and leant up against Uluru to connect. It was amazing. I immediately sensed this 'figure of eight' energy going through and balancing each of my chakras. I was also given the messages of the significance of each chakra's yin and yang qualities. It is not enough to just clear and fill them. Apparently, they must be balanced in the yin/yang energy. Otherwise, we attract people into our lives who are imbalanced in their energy centre. This practical exercise is included later in this Section in the meditation on 'Balancing Yin/Yang of Chakras'.

Uluru communicated the following message to me on balancing the chakras. Working from the top chakra and down to the bottom chakra, Uluru told me the yin and yang properties of each chakra. Here is the summary:

Chakra	**Yin**	**Yang**
Crown	To receive spirit	Opening to spirit
Third Eye	To see within	To see without
Throat	To swallow the truth	To speak the truth
Heart	To receive love	To give love
Solar plexus	To see the spiritual power within	To step into spiritual power
Sacral	To feel nourished	To give nourishment
Base	To give space for others' passions to be expressed	To feel passionate

Competing for power

After I had been in recovering from my own love addiction for some time, I thought that dependency was something that other people did. When I was in my love addiction, it was easy to see and feel withdrawal from the unhealthy attachment I had to another person when they were not there or were avoiding me. It was obvious, painful and gut wrenching. However, it was after a period of time of recovery from my love addiction that I realized I usually attracted men who had a need for me to revolve my life around them. Even if I was independent prior to every relationship, it would soon become a dependent relationship in that they would somehow depend on me to revolve my life around them. Some of the ways I revolved my life around them were:

- I would attend all of their sporting events
- I would work for them without pay
- I would go into business with them and be expected to support their dreams whilst abandoning my own
- I would move to where they lived

It's funny because we do these things to be the supportive partner. But when we are not living our life, our partners can start to look down on us. If they are not connected to their own Higher Power and we begin to start living our own life, they may get uncomfortable. They may unconsciously feel uneasy, because living our own life may be seen a direct threat to their power supply. They may feel resentful in doing anything for us because they have such a shortage of their own vital life force. We might feel that it is a race against time to do more and more to satisfy them. In the bigger picture they may start to spread their power more into our life and eventually try and take it over. Of

course it is not conscious for most. So, an innocent shortage of energy can become a huge power struggle in relationship.

The theme of this kind of relationship is a dependency of power. Lightworkers have a strong torch of light inside of them and that is what attracts people to us who have energy shortages. However, in order to control this source of light, others have needed to maneuver themselves in a power position somehow in relationship where they control the time, energy or money. That helps them to feel like they are in a more powerful position. But whilst they are busy trying to be the Higher Power in the relationship, to compete with inner light of the Lightworker, they are cutting themselves off from their own Higher Power and unconsciously drawing on the Lightworkers' light. We are responsible for the giving away of our own light. We have a need to give it away because of our own need to be the person with the power and source! This is not an intimate or lightfilled relationship. True intimacy does not lie in who has the power. It relies on a shared power that has been invoked from a Higher Source. Therein lays the lightfilled relationship.

Lightworkers take note! Feeling you are more powerful and better than your partner in relationship because you are more enlightened is spiritually abusive to your partner. I realized that I had allowed myself to engage in spiritual abuse in a previous relationship. My partner at the time seemed to consistently be looking for the negative in everything I shared regarding my lightworking. Instead of looking for the positives and highlighting them, he seemed to zero in on the deficit or the bits I was missing. Sharing my lightworking became a confrontation rather than a conversation! It was unnecessary and the antithesis of what I was teaching. I am certainly not saying that everyone has to agree with me. In fact, I would hope that the Lightworker Practitioner Training™ is seen as suggestions only for you to find your own way, with what you do best. What I am saying is that when you are looking for the power in a situation, you offer the negative to someone first. The mistake I made, was to see his

opinions as a personal attack and jump to my defense. Arguing facts and data is really a dysfunctional and unhealthy way to go. Rather than feeling supported I felt judged. Rather than my partner being the soft place to fall in the world, he became my critiquer. The best support that we can offer our partners is to be that soft place to fall and offer honest opinions, in a way that is supportive to both ourselves and our partners. It is great to be honest, but let's not use our brutal honesty to hide behind because we are truly in search of power in the situation. Isn't this what adolescents do? I did this during my adolescence. In order to find themselves, adolescence are steeped in a black and white kind of thinking for part of their adolescence. They exercise their brutal honesty so that the truth will come out of a situation. They shine the torch with the light of truth. But they are not so experienced in offering this honesty with a good dose of compassion. The wisdom of honest sharing is balancing the light with love. Love and light are the yin and yang for balanced communication. Done in this way, opinions become a contribution rather than a contamination. As adults, we are encouraged to offer both support and honesty within a situation. To only ever offer support becomes caretaking. Sometimes the support we offer needs more truth in it. Sometimes tough love is called for. The right dose of compassion and honesty will be guided by our Higher Power. We just need to turn up and be willing to be both compassionate and truthful. Both light and love transform any situation. Too much light blinds people. Too much love suffocates people. The right balance is needed to create the Lightfilled relationship.

Loving someone who doesn't love you back

Loving someone who doesn't love you back is painful. It is actually quite different from love addiction. It is a yearning for something that perhaps will never happen, so it can feel just as painful. We may truly love someone and be quite healthy and centered in this space. The other person may not have the same level of interest in us and over time, this can start to feel like a love

addiction cycle. We may honestly love them, who they are and hold a torch for them. But perhaps they are not mature enough, wise enough or even aware enough of themselves to love us back. That is okay. However, if we know that someone doesn't hold this love for us and we deny the truth by living in the fantasy that they will, this starts the love addiction cycle. I am not saying to give up hope. I am saying we need to exercise healthy caution. We need to monitor the level of their love and be realistic in how much of our love, time and attention we give to them. We need to ensure that we are not expecting our love to MAKE them love us. This kind of love is conditional. Unconditional love does not expect anything in return. We are human and therefore we love conditionally at least some of the time. And in healthy human relationships, this expectation is realistic to sustain our human parts. If we are not getting much time, attention or energy from our partner or potential partner, then we need to be real with ourselves. We need to connect to our Higher Power and ask for guidance on whether we are being guided to be in relationship with them. In seeking the lesson of why this relationship is in our path, we can surrender more to it as a gift in its own right. We need to find this gift so that we don't collapse into resentments that may arise when we are not getting the love or person that we want. Finding the gift means that whether we are meant to be with this person for a reason, season or life time, we have acknowledged the powerful impact it is having on our own evolution of consciousness. We can take that gift on its own merit and know that the person that is not choosing to love us, has played an integral part in our life journey. We can feel the love of our Higher Power in granting us the gift of this learning. We can learn from it and move on with a sense of wholeness.

Choosing a partner

There came a point in my life where I realized that I was always the chooser in relationship. I would only pursue someone after I was already smitten. I realized that none of the men that I had chosen, had chosen me! They had only

ever pursued me after I had been really obvious about my high level of interest. It was almost like, “you are a low risk and a guarantee, I will go for you”. So, my learning was that in future I wanted a relationship where it felt like we had both chosen each other. You see, when we choose someone and they haven’t chosen us, we are in danger of them seeing us as their source. With all our energy and interest, we may not see if they have a hidden agenda. If we moderate our interest and temper this with what comes from genuinely from someone else, we will see whether they are choosing us too. Pray for help with this. Ask the Angels and your guides to show you the truth of what is in their heart. When we let the universe know we are interested and then ask them to show us the truth we save our time and energy. We create lightfilled relationships rather than light depleted ones.

Things to look for in choosing a partner:

- They are a giver, but not at their own expense.
- They are honest about their needs and reality
- They love themselves and don’t act better or less than others.
- They take responsibility for their own sense of power supply from a Higher Source. They are not burnt out or energy depleted.
- They are loving people who come from the heart rather than the head.
- They are aware of their containment issues.
- They take responsibility to their thoughts, feelings and behavior. They are not blaming others.
- They are living the life they want to live now by taking steps towards it. They are not complaining about the place they are in that process. They are looking at the positives of their life. For example if they want to be a published author, they are writing. Even if they are working a job as a bus driver, they take the time to write. Or if they want to be a teacher but have no qualifications to teach, they are studying teaching

of some sort, in the area that they want to teach. Or they are working in their area of interest.

Some helpful dating questions that ‘cut to the chase’ and that are helpful with screening potential partners:

What are your priorities?
What is important to you?
If you could do something different what would you do differently?
What are the most important things to you?
Why do you want a relationship?
What are your values in relationship?
What do you see that’s positive about yourself?
How do you define success?
What’s the biggest commitment you ever had in your life?
What strikes you most about me?
How do you express your spirituality?

My husband Tony and I have developed a set of questions in the form of relationship reflections to assist couples with building a healthy relationship. We call these Higher Consciousness Reflections For Relationships. We find that as a couple you can continue to develop your consciousness, by sharing your reflections with each other. Many of the themes that we cover in this training have also been included in these reflections. Each reflection includes a guide to why you may have chosen this reflection as a couple. We certainly have built our relationship from developing these reflections! For more information go to our website at www.site.lightworkerreflections.com

Owning a positive outlook

I used to make excuses for the way others viewed life or lived their lives. No matter how much money or what kind of job others have, it will not change their outlook. Ironically the outlook comes from inside of us. We can make all the excuses we like for people who are in spots, things aren't going their way etc, but how are they dealing with it? It is their inner attitude that will show you how much light they carry inside of them. How much light they generate inside of them.

I attracted negative, cynical and sarcastic people in past relationships because I myself had not embraced that shadow part of myself. I had embraced my light – to a point because I had realized that I was a positive person. However I still felt that I had to be positive for both myself and whoever I was with. One of my biggest learning's was that I realized that it was not my job to be positive for the both of myself and my partner. The belief (very unconscious) that I had to be positive for both myself and my partner, kept me in dysfunctional relationships a lot longer than I realized. So now, I look for positive attitudes in people that are followed through with positive action. In other words, they walk the positivity that they talk.

By not embracing my own inner cynic, I attracted cynical people that I had an aversion to. In other words, I was attracted to people that I could try and change to be more positive. Its okay to see the positives, but it's also a good idea to be a realist. I think cynicism is realism taken to extreme. I don't believe that cynicism is at all positive. However, a little bit of realism goes a long way in seeing a situation objectively. However, miracles are never objective. We might see a situation completely objectively. It may look completely doomed! But, miracles are always possible. Just because we are realistic doesn't mean that we drop optimism and faith.

People who have embraced their inner cynic, do not deny or sun the darkness of situations. They are able to own their negative blocks and are still able to see and choose to think positively. Therefore they don't have an aversion to the negative nor are they stuck in it. Being stuck in the negative drains energy, lowers vibration and cuts us off from trusting our Higher Power. Thinking positively means that we are exercising our faith that anything is possible 100% of the time.

Stealing Light

As Lightworkers who become more aware of our energy in-put and out-put, we know when others are feeding off our own light. If you spend 10 minutes with someone and need a break from them, it is often because they are stealing your light. It may also mean that your energy is being drained by your own negative attitude towards a person or your aversion to what they represent for you. That's your own responsibility to mend. Shadow work is helpful here.

In the case of feeling as though your energy is being taken, well, one usually takes what one does not have. However, others can only take our energy up the level that our conscious and unconscious mind allows. This is where we need to be clear on what our boundaries are and what we will and won't allow at any given time. People who take light and energy from others do have their own. However they may have a limited ability at the current time to invoke their own energy and light. They may be a bit depleted today, but in general they can generate their own light. They might be Lightworkers who will pass on the light they are taking from one person and give it to others. You might find that your light has gone to a good cause, to raise the vibration of a situation. There are those that will take your light and just feed off it for themselves. You can get a sense for what the outcome will be of your light being taken by a person's attitude. If they are positive or caring people, it will usually go to good use. So you may want to give these people more of your time and energy.

I believe we only need to give people as much as we can give before we need to invoke some more light. You know that we get better at doing this ‘real time’, rather than at the end of the day. We can call on this unlimited supply of light and energy at any time. Sometimes it is just the time to rest. Respect your limits and your humanity. Just because you are having a hard time resetting your energy levels, doesn’t mean you are not getting better at it or are bad at it. It just means that right now, you need a good rest. Give this to yourself. In my early days of Lightworking, I would have ‘off’ days. Not that I felt off. Just that it was a ‘me’ day. This was a day where I allowed myself to be completely selfish. I would rest, eat right, exercise, get a massage, laze around, read, meditate, have a spa or steam bath etc. I just completely indulged myself. I would use this time to connect to spirit in the relaxation, rather than blot out spirit. I would not focus on healing my feelings. I would focus on rebuilding my energy source. I would include chakra clearing, but not much exploration of why I was feeling what. It was a down-time day and so very nourishing.

If we are finding that we are attracting people who drain our energy, we can also look at that part of ourselves. Perhaps there is a part of us that is disowned that never receives light from another. This is really, really, really bad for relationships. If we want to share or co-exist with another, we need to learn to receive. Receiving is not stealing. We are only stealing when we are taking something from another that is violating their free will. If I am taking energy and time from another when I know full well that they are in resistance, then it becomes stealing. Sucking light is different. We can suck light from very willing people. Those people who we suck energy from usually feel great initially as it gives them a sense of importance. But later they feel resentful because perhaps the giving is only going one way. They then turn into martyrs with loads of resentments and unmet needs in the relationship. So we need to watch whether we are stealing, sucking or receiving.

Sex

When we are feeling a heart connection with ourselves, our Higher Power and our partner, we usually find that we are able to be honest and free with our sexuality with ourselves and our partner. Usually we find that we can openly communicate about what we want and need sexually, without shame. The loving connection that we create and share together, flows into the making of more love and can be expressed in a sexual way. Having fun, being silly and being creative with sexual play, are all extensions of this loving connection. Sex can also be primal, fiery and passionate. It can also be sensual, soft and slow. All 3 of these components are part of healthy sexuality and the lightfilled relationship. All these are spiritual facets of our sexual connection with our partners.

Most trust issues are around an imbalance in the base chakra. Our fear around safety is usually based around money and sex. This is the place where most issues are found in relationship. However sex and money issues are not usually about the sex or the money. They are usually about trust issues. Trusting each other can be a very healthy concern if there has been betrayal in the past. Nevertheless, it's important for each person in the relationship to own what they have attracted, so that if they want to change their story, they are empowered to do so.

Sex is often where most people hide their secrets. The saying 'you are only as sick as your secrets' holds a lot of weight when it comes to blossoming with your sexuality in a spiritual way. Shame binds and immobilizes. It keeps us in the dark. It's important to be resourced and talk about any secrets we have that are binding us and stunting our spiritual growth. Slowly, we nurture ourselves and grow out of old behaviors that kept us secretive and stuck in the past. We open up, we bloom and we experience an amazing lightfilled, fun, erotic and sensual sex life. We all deserve it.

Embracing our Shadow

Another way of connecting with others in a healthy and meaningful way is to meet the parts of ourselves that we are annoyed by that is reflected back at us by our partner. We reconcile this part of ourselves and in doing so we resolve any irritation that our partner may be triggering. Different forms of these exercise will be explored further in Level 3 of the Lightworker Practitioner Training™, "Transforming the darkness to light", where we explore shadow work in more detail. However, I have also included this meditation later in the Section as it is so profound in helping us to integrate these parts and get on in relationship in a healthy way.

Healthy Developmental Stages of Relating

Just as with the emotional development of a child, all great relationships have their own stages. It is normal and healthy to go through these stages with moderation. It is not healthy when we stagnate at any stage or go to extremes. This extreme behavior will be discussed in later. For now, let's focus on the positive aspects of relating and the stages that we go through.

We go through 4 main stages in relationship that usually follow one another. They are the Bonding, Conflict, Independent and Interdependent Stages. They are all extremely important. Every relationship goes through these stages whether it is our lover, friend, spouse or coworker. We find that we go through these stages with every change that occurs in our life too. It's very much a way of us coming to terms with and finding our way to connect and relate in the world.

Within these 4 stages we find ways to try to connect, communicate and relate. We call this intimacy. This is a sharing on 5 different levels: physical, sexual,

emotional, intellectual and spiritual. So as we go through the four stages of relating, I will refer to these areas of connecting.

The Bonding Stage

Just as babies need to bond with their caregivers, so too do we need to forge a bond in any relationship, if is to be meaningful, connected and last. To the degree of intimacy and closeness that you want, is to the degree that you bond. Some people call this the honeymoon stage, the eros stage or the dependent stage. It's all about finding that initial connection whether it is a new partner, city, home, school job or project.

We all have our 'little' parts that need to bond and feel as though they are getting their needs met. There are other parts too that need to feel that they are connected with the other person. These parts don't all have to be little. In fact, our needs can differ on so many levels.

So as discussed, we can have needs and can connect intellectually, emotionally, spiritually, physically and sexually. This forms the different kinds of relationships that we have with people. For a life partner, I would hope that you connect on each and every level. I am not talking about having a perfect connection, but one we can build and improve upon.

Bonding in this healthy way is different from enmeshment. In the healthy bonding that I am discussing, we are connecting in a way that supports both parties. It is not about always giving or always taking. It is about giving and receiving and not making the other person responsible for our needs at any time. If we are in a healthy relationship bond, we won't get resentful about our partners not being available to us. We go and take care of ourselves. We don't 'unbond' to ourselves and Higher Power because we suddenly have a partner. There will be times that our partners are doing the best that they can to take

care of themselves and that is all they have to give. As long as their intentions are pure, it takes a lot of maturity and self love to go ahead and take care of our needs, instead of waiting around for them to be ready.

The more you have a bonding with yourself, the greater you will be able to respect your partner's right to take care of their own needs first. The greater you will be able to be at peace when your partner is off taking care of their own needs. It is an invitation to go ahead and work on your own self loving when your partner is taking care of themselves. We are not expecting them to be our parent – as we are parenting ourselves.

When we are in a healthy bond with someone, we see the things we love about ourselves – in them. We don't see them as better or worse than us. We don't put them on a pedestal. We can look to them as powerful beings because we too are powerful. We usually see the best in them because we see the best in ourselves. We fall in love with them because we have fallen in love with ourselves.

I hold the belief that if you have connected on all the levels discussed and you have two willing people, pure intent, a strong connection for both with their Higher Power and follow through in behavior, then any relationship can succeed.

Physical Bonding

Physical bonding is where we are able to feel safe with being physically touched by another. We feel that we can melt into that hug. We can be physically playful with our partner and play rough and tumble with them. Our physical bodies are a source of grounding in the relationship. Exercising together whether it's playing squash, climbing a mountain, yoga or going for a walk can be a time of real bonding. We are comfortable with the physical

appearance of our partners. We are comfortable with them because we are comfortable with ourselves, our own bodies, enjoy being touched and feel grounded.

If we feel that we are not 'fitting' together physically or that we are a bit 'unco' (uncoordinated in Aussie speak) then it may be that one or both people are not grounded or comfortable in their own bodies. It may also be that the different pheromones that our bodies produce are not compatible. Perhaps one or both of you are not in touch with your bodies. Perhaps there is trauma from being touched from childhood. That's okay. If you are bonding on an emotional and spiritual level, you can work through this. You will need to support yourself by owning your own discomfort and seeking professional help to work through the past traumas or abuse and shame around your body. Being touched by your partner can be contracted so that it is safe. But please do not use your partner here as a therapist. This is a big responsibility to put on their shoulders. Physical massage and body-based therapeutic processes are very effective. So is exercise and movement. You will find that it is far easier for you to physically bond with another when you are at home in your own body.

Sexual Bonding

When have a healthy sexual bond with our partner, we are able to feel sexually aroused by our partner. It doesn't mean that we have to engage in sexual touch to feel sexually bonded. You can flirt, play and just feel sexy around your partner. You can engage in actual sex or play that is sexual like kissing, stroking, fore play and intercourse. However, the important thing here is arousal. It is not about one person having a good time, it is about both. The act of anything sexual, does not equal bonding. Some people say that the idea of connecting sexually in and of itself can be a catalyst for healing. The whole process of engaging in sharing, talking, touching and the end result of what it

brings up whether it is an orgasm or tears around a past trauma, is having an exceptional sex life.

So it is important here to feel a connection. This is what often differentiates us from feeling like we only have a plutonic relationship. However, our brain has usually got our sexual arousal map figured before we are adults. A lot of our arousal template may be distorted and based on abuse. It is normal to change our arousal templates during recovery and as we become healthier, what we were aroused by in the past becomes obsolete. We start to be more moved sexually by an emotional and spiritual connection. If we use sex as our main way of finding a connection with another, it can result in a pattern of sexual addiction or empty feeling sex. So, we may bond on the sexual level, but it may become a replacement of other levels of intimacy. One or both partners may develop a sexual aversion and this can start to become an avoidance pattern in the relationship itself.

Intellectual Bonding

You may bond on an intellectual level. You connect and understand each other on an intellectual level. Sometimes it feels as if you are thinking each other's thoughts, but you own your own mind and beliefs. You don't make what they think your reality. You share your thoughts on different topics.

If you are disconnected on an intellectual level, you usually don't follow or feel stimulated by your partner's ideas on things. You may feel a sense of being better or less than your partner on an intellectual level. You may not share in discussion on a broad range of topics. Or it may be just one topic that you just don't connect on and this is the bug bear in your intellectual connection.

Emotional Bonding

You may bond on an emotional level. This is where you are able to maintain a healthy centre whilst someone shares their most intimate feelings about themselves with you. They share the imperfection and you hold no judgment or immoderate reaction. You may have feelings arise, but these are easily managed because you are not taking their feelings on. There is a healthy emotional boundary between you. You do not make yourself responsible for the other person's emotional reality.

They don't call it a heart to heart for nothing. If you are disconnected emotionally from your partner, your heart is usually closed to them. Sometimes the heart chakra runs one way energetically, so you can give, but find it hard to receive. Or the opposite, you can receive but are not able to emotionally open up.

Being honest about all your feelings is important here. We can share ourselves openly when we have an emotional connection. Having an emotional connection doesn't mean we won't feel fear about sharing. We could feel more fear, because the more connected we feel, the more hurt we could feel as a result of our partner's response to our sharing. Having an emotional connection doesn't mean that we will talk about all our feelings all of the time. It means that we can talk and be received by our partners when we feel like sharing. There are different levels of sharing. Emotional sharing doesn't mean we HAVE to talk. Emotional connecting means that on some level, we get what our partner is experiencing – separate from us. We also get that we have an emotional response to their feelings too – as a separate experience. We are not enmeshed but we are aware of ours and another's emotional reality. We are aware of our own emotionally reality and our partner's at the same time, without taking their unresolved stuff on board. Taking on another's stuff is enmeshment. It can be hard as a Lightworker not to take on your partner's stuff

because you are so sensitive. The key here is to discern what's yours vs what's theirs. And to practice not taking responsibility for their stuff. This is a gift you give to them because it means that they get to spiritually evolve and learn what they need to learn. We are not perfect and the perfect bond doesn't mean that we won't ever take on another's stuff. It means that we have an emotional bond AND need to be careful and aware of how much stuff we take on. If we are regularly doing our chakra clearing, praying and asking for guidance, keeping up our connection to our Higher Power, our inner child and our Higher Self, we will find that any stuff that we take on, is always a catalyst to more self-actualization. It certainly doesn't mean we have an unhealthy bond with our partner. We just need to be 'onto it' so to speak.

Spiritual Bonding

Spiritual bonding is where we share our beliefs spiritually and invite a spiritual connection into the relationship with another person. We invite spiritual support into our relationship to support us, guide us and help with transformation. We share our experiences and guidance with another. We feel that our Higher Selves are connecting and bonding. With this comes an understanding of who the other person truly is, beyond their human limitations. We are able to experience our partners as spiritual beings. We are able to pray and meditate together on mutual goals with spirit. We are able to share an unconditional love connection as we are inviting beings of unconditional love to support us, move through us and fill us compassion for each other. We are more patient with imperfections. However, we have higher expectations of ourselves and our partner to take responsibility for our imperfections and handing them over to be spiritualised by our Higher Power. We expect that our partner's keep their connection going as well and ensure that we confront behavior in relationship that looks immoderate and unsupported by spirit. If our partner is out of touch with themselves or reality or spirit and we sense this, we mention our concern. Not to control them, but to maintain our own integrity of what we deserve. It is

not our job to fix our partner's relationship with their Higher Power. But it is our job to take care of ourselves and have an honest relationship with our partner on how their behavior affects us.

When we are not spiritually connected, it as though our Higher Self is missing the other person's self. It is possible for one person's Higher Self to be connected to another and feel this connection and for the other person to not feel the connection. This happens to a lot of psychics. I imagine that when we are knee deep in our stuff, it is easier for a counsellor or objective person to be able to be connected to their Higher Self and connect to ours, even if we feel disconnected from it. For example, we might feel quite centered and calm whilst our client or partner is exasperated. Yet, there is a part we may connect to even for a brief moment, where we just know it is their Higher Self. The reason why they might not feel the connection is because they haven't got a strong connection with that part of themselves at that time. In fact, the best form of therapy will help get a client more in touch with that part of themselves.

When our bonding with another becomes a replacement of ourselves or our Higher Power it becomes possessive. We treat our partners like they owe us, we own them, can meet all their needs or we get resentful when they don't fulfill our needs. Jealousy, rejection, distrust, suspicion, game playing and love addiction are all forms of dysfunction at this stage. There are many different forms of possessiveness:

Physically:	Control of environment, whereabouts, body. Lack of compliments to reduce partner's self confidence. Over complimenting to create dependency. No access to money/financial status or unlimited access to funds.
Sexual:	Wanting our partner to meet our physical and sexual needs when we demand it. Withholding/providing sex to keep our partner interested.

Emotional: Jealousy over friends, family and children connections emotionally, social connections, wanting to be the only emotional support. Expecting our partner to be our only emotional support.

Intellectual: Not allowing ideas. Challenging ideas to try to be top dog. Getting angry at friends when they support their partner's ideas. Pretending to go along with ideas to manipulate partner.

Spiritual: Taking over another person's sense of who they are and replacing it with themselves. Not allowing another to have connections with a Higher Power without guilt. Jealously over connections with a Higher Power and Source. Trying to discredit partner's Higher Power.

If we stagnate at this bonding stage we usually: feel lost without our partners; they are our other half; start to become dishonest about who we truly are; and perhaps remain in the fantasy that we will live happily ever after with them without any conflict or difference what-so-ever. This can lead to buried feelings, emotional dishonesty and a love addicted relationship.

The Conflict Stage

At this stage we achieve difference in relationship in a really healthy way. We are not always going to agree or be connected on every level all of the time. But in these times of disconnection we can still feel an overall connection to our partners and support. Even when they go off to take care of themselves, it ca feel supportive to us. We know that we are important enough to them that they would take time to look at their issues.

In the conflict stage we are usually in a fight or flight response. That means that we usually either fight back and argue or we feel so vulnerable and exposed to our partners that in order to create a boundary, we flee. We might also be in

flight by having had walls built up gradually and so, we are really unavailable to our partners, even if we are in the room. It is a kind of protection from our partner's reality.

The following are an example of some of the healthy thinking we achieve in the conflict stage:

1. You are you - you think what you think
2. I am me - I think what I think
3. I accept you
4. You accept me
5. Neither of us is right or wrong - we are just different
6. I can safely disagree with you
7. You can safely disagree with me
8. We can work through our differences to find a middle ground.

Our goal at this stage is to find the middle ground.

When we have a difference of opinion, it can be a time where old distorted thinking immerges. It's difficult in a time of conflict to celebrate your partner's assets. We are more likely to focus on the *differences* in each other rather than the similarities. It's hard to see the light side of your partner when you are immersed in your own struggle. Core issues may emerge such as "I need to be adored because I don't feel valuable" or "I am not good enough". You may feel judged by your partner even though they are just expressing a difference of opinion. The "There is not enough" belief may trigger many issues around sex, money and love. These may appear as symptoms of not feeling as though we are accepted sexually, contributing enough monetarily or getting enough love. We may find ourselves in a whirlpool of all of the above issues all at the same time. We may also find that our partner is experiencing some or all of the above at the same time. It may feel hopeless and like a mish mash of emotional

garbage. We can send a light beam into the relationship at this point by looking at the intentions of each other. Do you believe that your partner loves you and wants to own their issues? If so, repeating the mantra “they are doing the best they can” may be very helpful. I have found that visualizing handing my partner over to a big set of Godly hands helps when I want to fix everything for my partner. Sometimes, we just have to keep turning up, even though it is a dark time. Once we are through the other side, it helps us to appreciate the light. I am not suggesting that all conflict stages have to be this dark. But they can be. They are but a step on the way to a new way of relating. It is important to acknowledge how dark, confusing and isolating it can feel at this point. We need to call on all our resources that we have learnt to date. To rely on those sources, take care of ourselves and continue to seek guidance. These times are the times that we need to be supported the most. The times when both you and your partner are needy and struggling are the hardest times to survive. But they don’t last forever. They teach us a lot. Keep turning up even when it hurts to turn up. But never turn up without your spiritual support.

When we experience conflicting ideas, my husband and I pull out our team name at this point. We say stuff like, "What does Team Tonelle think about this situation?” We have the rule that unless there is one person in desperate or urgent needs, all conflict gets taken to Team Tonelle. We discuss all the bits and bobs of the situation. We let out all our emotional stuff around it too. Anything we need to own, any feelings, any fears, they all get pulled out and popped on the table. Everything is important. Nothing gets left out. It’s only when everything is completely out there in the open and not hidden from view, that we can let the light in of our Higher Power and Higher Selves. These are the leaders of our team – our Higher Selves. And they give each part of ourselves an opportunity to be heard. It’s a great resource that has worked for us that we will continue to use our whole lives together.

If we experience stagnation in the conflict stage, the relationship can become abusive, violent, self destructive, addictive and lead to a complete relationship collapse.

The Independent Stage

At this stage we are aware of all 5 areas of intimacy. We are clear on our physical reality and own and accept our body physically and sexually. We are clear on what our emotions are, separate to our partner. We know what we think and are mindful of our thoughts. We are conscious of whether we are connecting to our spiritual resources or not. We have bonded, gone through the conflict of honoring our differences, however we then come to a place where we feel comfortable enough in the relationship to be more of who we are. The relationship supports us in becoming more of who we are.

If the relationship stagnates at this stage, our relationship is not supporting who we are. We may feel guilty in stepping forward and shining more. If we feel unable to step into what we are passionate about, this may lead to depression. We may also do what we want but start to create very separate lives. We may not want to be physically or sexually intimate with our partner any more. It may begin to feel like a plutonic relationship. We may start to conceal our true self and develop avoidance strategies, distancing techniques and create emotional or sexual affairs to fulfill our needs. We may start to compete with our partner. We may experience our partner or ourselves in passive aggressive behavior. To the world we might look like a perfectly happy couple however this false couple image is a cover up. In order to get our needs met, we may triangulate other friends and family members into our relationship. To keep the status quo going, we may enabling each other's addictions. Sex can feel empty, ritualized and routine. Marital rape can even occur if sex is being withheld as punishment. Couples usually take each other for granted and grow apart.

Sickness, disability, mental health, addictions and death issues are sometimes the only ‘way out’ of the relationship.

The Interdependent Stage

At this interdependent Stage, it’s all about collaboration, sharing, working as a team, enhancing what is already there and exploring areas of continuing growth together. We now know who we are and are getting on with the job of focusing on the joy and light in life more. We may choose to explore unchartered territory in the world together through travel. We might focus on expanding our minds together through study. It might be time to explore different areas of our sexuality. We might choose to start a business or work on a project together such as building or renovating a home. We may wish to get creative and try out different artistic expressions or art appreciation. We could be drawn to growing together more spiritually and find different ways to do that. It might be time where you want to work on strengthening the way you communicate and support each other due to experiencing something really big that you’ve never experienced before. You might try a new hobby or recreational activity together. There might be things you’ve always wanted to do such as taking dance classes together to learn partner dancing to add a little fun. Talking about fun, this is a really fun time in relationship. This is the part where you get to let the abundance of love and light into every corner of your relationship. It is endless joy! And of course it is untouchable, because you both own it, contribute to it and created it. You have both said yes and the universe is saying yes back. The rewards of being at this stage are endless.

Our only blocks or stagnation in this area usually involve fears that arise during being challenged in different areas that we have never tried before. For instance, if we have never abseiled before and our partner wants to share the experience of abseiling, we may experience some feelings about it. Especially if either of us has a fear of heights! In this part of the relationship we celebrate

expanding ourselves as individuals, but at the same time, we invite our partners in to share the experience. We grow together in unlimited ways. Our resistance to letting in the light and feeling worthy of receiving may arise at any point. We can continue to be honest in the process. We are not always going to feel comfortable. We may turn away from our partner because of our own blocks, fears and perceived limitations.

In general though, at this stage, we are more mature and emotionally intelligent. We don't get stuck for long. We usually get over it and admit our stuff. Most of the growth and new challenges appear in areas that you build on and life becomes a continual adventure.

Relapse in relationships

A dysfunctional dynamic in relationship can occur anytime. We can start off healthy and slide into dysfunction. I find it is always the same reason. We have not learnt how to have and maintain a healthy connection with ourselves whilst having a healthy connection with another. When I say that we have not learnt, I don't mean that we haven't tried! This one takes practice, practice, practice. Relationships just don't work if both people aren't willing to be conscious of how they are connecting to others and themselves. I mean we can be conscious of ourselves with all the self care in the world. But if we are not conscious of the connection, we lose it. We can be conscious of how we are connecting to another but if we are not conscious of our connection to ourselves, we lose it. These are the nuts and bolts of relationships. You can't force someone to want to be conscious. This is interfering with their free will. However, you teach people how to treat you by what you ask for and then your follow through. So if you say to your partner, "It is really important to me that you are conscious of how connected you feel to yourself and how connected you feel to me. I would like to check in regularly, say once a week to share this with each other. Would you be willing to do that?" This is showing what you

want, suggesting a follow through and inviting their free will into the picture. If they say no, then you might need to focus on your connection with yourself for a while. It takes two willing people to create a healthy relationship. And these issues of connection are two of the most basic and fundamental areas with which we start to share intimately with each other.

Conflict Resolution

Win/Win situations are an interesting approach to conflict resolution - You win, I win. We reach a compromise and find a solution that meets the needs of both parties. However sometimes we find that it's not about winning. It's about keeping it real. For instance, what if the underlying reason for the conflict is:

- one of us has an unmet need that we need to deal with between ourselves and our Higher Power
- one of us is off track and needs to be confronted e.g. addiction
- one or both of us need our will spiritualised because we have stepped into our inner child
- finding a win/win means that we enable a destructive relationship or behavior to continue
- one of us is compromising more than the other consistently in the relationship

It is all well and good to compromise. This means we are working as a team. If we are going purely on a win/win negotiation, both parties will come out with some or all of their needs met. There are countless resources on how do achieve these results. However, if one person is not in their integrity and the other person compromises, then the relationship is compromised. The relationship loses its integrity and both people are not honored in the process. Without the assistance from our Higher Power, we lose spiritual focus in the relationship. These kind of win/win negotiations may become mechanical and

like putting a band-aid on an infected wound without properly cleaning it. It might be out of sight, but it eventually it becomes a much larger infection. Denying the root cause of the problem whilst trying to pacify each other through win/win negotiations, can become a problem of avoidance. This avoidance of truth can cost couples precious time, money and eventually the relationship itself.

Relationship Tips

Here are some relationship tips. Some are adapted from Pia Mellody book "Facing Love Addiction". They have been vital to assisting me with counselling couples. They have also been vital to applying in my own relationships. I swear by them. They are tried and tested. They work.

Don't blame each other - Take accountability for your behavior and actions and stop worrying about what your partner has or has not done. I like to say, apologise even if you feel that you have only contributed 1%. The other 99% is between your partner and their Higher Power.

Don't bomb each other to create intensity - Some types of bombs are seduction bombs, neediness bombs, caretaking bombs, abandonment bombs and anger bombs. They get you attention but because this is 2 year old behavior, it will keep your relationship away from an adult level. If your partner throws a bomb, don't respond. Close your mouth, breath (in and out), sit on your hands, walk away. Controlling another by throwing bombs works against your relationship and usually comes back to you within a short time. Bombs are the worst intimacy blockers. They create pain and trauma that take time and energy to come back from. They create distrust in the relationship.

Don't keep score of what your partner has or hasn't done – Keeping score

keeps you both in the problem and not in the solution.

Speak in terms of how you feel rather than data - Arguing about whether something did or didn't happen or if it was or wasn't a big deal is futile and invalidates another person's reality. Honor the impact that behavior and events have on your partner, not whether it's a big deal to you or not. E.g. "When you arrive 10 minutes late, I feel unimportant. I'm working at esteeming myself and taking responsibility for that, but right now this is how I feel." In response to a statement like this, it is best to active listen and be accountable for your own stuff rather than trying to 'fix' the other person. E.g. "I hear that you feel unimportant when I arrive late. I am sorry and I will work at being more on time in the future."

Don't threaten abandonment – If we are in the middle of a conflict or a heated discussion, we don't say things such as, "It's over" or "If you….I am leaving". It can create trauma and keep the relationship very dependent. It is a controlling strategy to get our own way and manipulate our partner. Apologise for any threats of abandonment that you have made in the past, wipe the slate clean and commit to not threatening abandonment.

Look for the positives – Training ourselves to look for the positives in each other rather than focusing on each other's negatives helps us stay in gratitude and clear our head. Our partners learn what we like and start to feel good about themselves. We get more in touch with a balanced view of our relationship too. We stay in our heart space. Relationships build on strengths.

Hand your partner over to a Higher Power - Invite a Higher Power into your relationship rather than trying to control your partner to meet your needs. A relationship based on need rather than free choice (want) is dependent. Draw on your Higher Power for strength and support when your partner is in his/her

imperfection or your expectations are too high.

12 Step Fellowships and relationships

12 Step fellowships are a wealth of information and support for ourselves and others when dealing with relationship issues. They began with AA in 1935 and are now going strong in helping millions of people recover from a vast array of addictions. You can easily find information and local meetings on the web. Some of the helpful 12 step fellowships that can assist with relationship issues include:

- Recovering Couples Anonymous
- Relationships Anonymous
- Love Addicts Anonymous
- Love and Sex Addicts Anonymous
- Al-Anon – for families & friends who have been effected by another's drinking
- Nar-Anon – for families & friends who have been effected by another's use of drugs
- Gam-Anon – for families & friends who have been effected by another's gambling

Resolving fear of abandonment

In order to resolve our fear of abandonment, we need to strengthen our relationship between our inner child, Higher Self and Higher Power. We can work on each relationship separately. As we build on these relationships and begin to trust, our fear of abandonment is resolved. We no longer fear being alone because we are not alone. We know that we are available to witness our needs and commit to having them met appropriately. This deep change can

resolve and dissolve many attachments and addictions. When we resolve this fear, we usually attract people that are whole in themselves and do not fear intimacy. We can also let the love into ourselves as we feel worthy to receive it.

Resolving fear of enmeshment

In order to resolve our fear of enmeshment, we need to learn to set healthy boundaries with others. We need to get comfortable with our own feelings. When we are comfortable with our own reality and we are comfortable with protecting ourselves from outside influences, we gain the trust we need to know that we won't enmesh with others. We know that we can be real with others and not get sucked into their drama. Even if others are needy, we don't feel guilty. When we have the strength from our Higher Power to set these boundaries yet we don't create walls around our heart. We continue to be real. We continue to share who we are. We are not in hiding out of fear that we will become suffocated by another. We usually attract less needy people. Needy people are no longer attracted to us. We are more 'imperfect' looking to others and that really turns off people who are attracted to an illusion of perfection. We attract others who are taking care of their needs and who own their own reality rather than blame. We are able to be intimate with others and accept their imperfection as well because we are comfortable with our own.

Cutting Cords

Cords bind us to another when there is an unhealthy relationship dynamic between us. They usually attach from one chakra to another chakra. There is usually a flow of energy from one to the other. The may be thin, thick, new or old. They may run one way or both ways. They may fill a need, zap power or send toxic energy to the other. For example, one person might feel empty in their stomach (which is the sacral chakra) and the cord is attached to the other person's heart chakra. The receiver of the energy is seeking love to fill the

emptiness of a lack of joy in their life. If it is running the other way, it could be seen as one person is using their joy to warm up another person if their heart is shut down. Another example, one person is attaching a controlling cord from their solar plexus to the third eye of their partner. Their solar plexus is their personal power center. They may be using their own power to try to control or block their partner's spiritual vision. There are many combinations.

We usually feel depleted when we have a cord attached to us. It's as though we are being sucked dry of energy. One chakra is usually depleted due to the person's unconsciousness or not taking adequate care of their resources. What we deny, we attract. Underneath the cord, there is usually a wound from the past that has created vulnerability. This vibration attracts the polar opposite vibration to seek homeostasis or balance. If we don't find a way to meet our needs from higher sources, we can cut cords, clear attachments and clear our chakras but we don't get to the bottom of the issue. We keep repeating the cycles and attracting the same partners and relationship dynamics.

In cutting cords we need to:

1. Identify if we have an attachment
2. Determine who this attachment is attached to
3. Determine where it is attached to our body
4. Determine which way the energy is running – what are we giving/receiving
5. Understanding the pay off for the belief underlying our need for the attachment
6. Understanding the unmet need that is under the wound of the attachment
7. Willingness to let go of the attachment
8. Allow ourselves to be supported in cutting the attachment

9. Ensure that we have support in reintegrated when we have had a cord cut

We need to work out whether we are up for it physically and whether our Etheric body can cope with having the cord cut at this time. If you are just recovering from a huge Detox or a car accident, a cord cutting wouldn't be recommended.

When a cord is cut, positive and not so obvious positive events may occur. Our life reshuffles itself and our relationships change. Sometimes we may get sick as our body reintegrates and lets go of toxic energy that we have stored in our body. Our vibration changes and the any carried energies are shed like a snake skin. We may feel raw and require a lot of resourcing and filling of light in our chakras. Calling on Archangel Raphael to fill ourselves with his emerald green healing light, can be a very powerful and energizing healing balm at this time to our etheric energy centers.

Follow up work in reinforcing our new beliefs also needs to occur. So that we don't slip back into old habits, we need new behaviors planned to support our new beliefs and create newer healthier habits. Cutting cords don't mean that we step into being invincible. Don't go cutting 8 cords in a day as I did once - whoopsie! Be open minded and humble that one cord can alter your life and your destiny. Sometimes by cutting the major cord, the others release without much fuss from us. Trust your guidance and you will know. The follow up work after cord cutting is highly important otherwise you can fall into old belief patterns and recreate these cords. 'Clearing and Centering The Self' meditation from Level 1 plus the 'Relationship Shadow Meditation' from this book are particularly helpful tools. I have adapted this meditation from Debbie Ford's 'The Dark Side of The Light Chasers'.

When we are in a relationship that we want to step out of, but find that we can't, there might be a really strong cord attached. It might even be that we are in a domestic violence situation. With or without physical violence, cords can feel extremely violent. Energetic violence occurs too in these relationships. The trauma to the aura and the energy centers, even without cords, is crippling. Sometimes we simply can't leave a situation without some work on ourselves and our Higher Power. Leaving just feels too painful. Almost like an amputation. Start with resourcing higher sources. Once we replace the unmet need, it leads us to releasing these cords without even having to cut them. We at the very least will become more willing to release them as we are not so dependant on the energetic supply that we are receiving from them. We can challenge the limited beliefs that we are weak and can't stand on our own two feet. It is weakness, not strength that opens us up to a Higher Power where there is unlimited, infinite strength. Sometimes stepping out and wanting to release something begins with stepping inside of ourselves.

Cord Cutting and Emotional Healing For Relationships

1. Invoke your Angels and Guides for assistance. Ensure that you are clear in your chakras and that your third eye is open and nourished.

2. Ask your client to think of the person or situation in their relationship that is affecting them at the current time. Tell them to think of the person or situation in as much detail as possible. If they are having trouble visualizing, you may use a chair and they can imagine this person is sitting on the chair opposite them.

3. Look with your third eye and see where you feel this is affecting them. Check this out with your client to find out if this is true for them. If not, where in their body are they feeling the most emotional response?

4. Ask them if they feel as though they may have a cord attached between themselves and the person. Look to see if you can see this cord.

5. Ask them if they are willing to have this cord removed. If yes, ask them how they feel the energy is running. Is it running towards them, towards the other person or back and forth. Notice whether the energy coming towards them is nourishing or toxic. Notice whether the energy they are sending to the person is nourishing, toxic or emotionally draining*. If they are not willing to have the cord removed or don't have a cord, ask them "what is the negative belief supporting your emotional response?" Proceed to step 11.*

6. Ask them why they believe they need this cord attached to them – what negative belief supports this attachment? What do they hope to be 'getting' from this attachment E.g. love, nourishment, security?

7. Ask Arch Angel Michael to step into your body to severe the cord and remove any toxic energy and negative belief from their body.

8. Tell your client that the other end of the cord is being plugged into the source for that person to be supported.

9. Ask Raphael to step in and send healing energy to the effected area of your client.

10. Check out with the client after the healing, how they feel now when they think of the person or the relationship situation. If there are still some residual feelings, you may need to do some more clearing or healing with them.

11. Ask if they are willing to have the negative belief and the toxic energy removed and have the area restored to wholeness.

12. Ask them what their new belief is.

13. Ask Arch Angel Michael to step into your body and remove any toxic energy and negative belief from their body.

14. Ask Raphael to step and send healing energy to the effected are of your client.

15. You may ask Jophiel, the Arch Angel of beautifying assist the client with creating a new positive belief.

16. Check out with the client after the healing, how they feel now when they think of the person or the relationship situation. If there are still some residual feelings, they will need to follow up the clearing and centering the affected area.

17. The Relationship Shadow Meditation is recommended following this meditation to reinforce the client's new beliefs and to own any parts of themselves that the client has been projecting onto their partner.

Relationship Shadow Meditation

Closing your eyes now and taking a big breathe right down to your toes. Now I want you to imagine that you take a ride on that big yellow bus. You look around. There inside the bus you see the part of you that you feel you are rejecting in your partner. You go over to them if it feels safe. You may need to take an angel or other support with you if you don't. Ask them if they are willing to come with you. If they are and you are, you both notice that the bus comes to a stop. You both get off. You are lead by this part of yourself over to a beautiful safe place. You look around and notice that this place is full of beings that are here to support you and this process. Take a moment to connect with them and feel resourced.

Now find a place where you and your shadow part can sit and feel comfortable. Take a moment to look at this part of yourself. Give it a name that you can remember that is light and fun but is not humiliating in any way. When you have that name please let me know.

Ask, _____(say the shadow's name in the blank spaces), what it needs from you. Your guides and helpers surround you and your shadow with this energy. Notice if this energy has a color. You feel that they are sending it through you to your shadow. Feel yourself sending this quality to _____.

You feel yourself float across and into _____'s body. You feel yourself receive this powerful energetic quality. Feel how it feels to be them and to be receiving this quality. Notice where this part needs this energy the most in their body and chakras. Feel it filling up. Now you look back at yourself. Feel a loving connection.

You float back into your usual body. Notice if this shadow part has transformed in any way. Ask them, “what is your gift to me?” You listen to what _____ says and then you see them sending you this gift in the form of a color. Feel yourself soaking up this energy and notice where in your body or chakras you need this energy the most.

If you wish to, you may now spend some time with _____ and ask them any other questions or guidance you have on your current situation and any concrete steps to take to follow through on this guidance. Nod your head when you are finished.

You say goodbye to _____ for now and as you give them a hug, you feel them shrink into the size that can fit inside your heart.

You notice that there is a door. You make your way up a path to a door. You open the door and step into this room. When I count to three you will come back into full waking consciousness feeling alive and refreshed. 1, 2, 3.

Healing Relationship Meditation

Closing your eyes and taking a deep breathe. Imagine that you are in your safe place. Spend some time with your guides and feel yourself lovingly resourced in preparation for this healing. You notice there is a small pool of water. You notice that Arch Angel Raguael, the relationship angel is standing next to the pool in preparation for the relationship healing that is requested. Arch Angel Michael and Arch Angel Raphael are also there to assist with the healing process. There are four vacant pillows surrounding the pool. Go over to one and take a seat. On the seat next to you, you see your inner child. Next to them, they also have a guardian angel. Ask your inner child how they are feeling and what they need right now. ***What do they need?*** See this quality coming to them in the form of energy and light from Arch Angel Raphael's healing scepter. If they need physical comfort, comfort them now. Ask them if they are ready to heal this relationship with your partner.

If they are ready, see your partner come and take a seat on one of the pillows. On the pillow next to them, is your partners inner child. See that their inner child has a guardian Angel and that they also have Guides and Angels supporting them. Notice now any unhealthy toxic cords between yourself and your partner. Notice any unhealthy toxic cords running between your partner and their inner child. Noticing any walls or barriers between your partner and yourself. Noticing any walls or barriers between your partner and their inner child. Get a really clear picture of how the energy is running or stagnating.

If there are any cords or barriers and you are willing to have them removed ask Arch Angel Michael to cut the cords and remove the walls now. See Arch Angel Michael removing any toxic cords, barriers and toxic energy to the womb of transformation. See both your partner and their inner child being safely and gently escorted to the womb of transformation. Feeling both you are your inner child are cleared of any remaining remnants of toxic attachment by Arch Angel

Michael as he uses his vacuum to clear away any build up of emotional or physical toxic energy. When he is finished Arch Angel Raphael using his healing scepter sends his loving healing light to where the cord attached on both yourself and your inner child. Notice what color this light is. Feel its healing energy fill you both….

Notice you are feeling whole and complete. Ask Arch Angel Raguel for any relationship guidance that you need right now.

Give your inner child a great big hug and let them know you love them and are here to give them what they need from now on. Tell them that they are never alone and that you will never abandon them. Thank the child for coming and let them know that you will commit to connecting with the regularly and that they are in a safe place within you all the time. Give them a hug and as you do so you feel them shrinking so that they are small enough to fit inside your heart. Feel them nestled inside your heart. Taking a big deep breath you push open the gate and step into where you are right now. When you are ready you come back into full waking consciousness remembering everything you experienced in the meditation.

Cutting Cords Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through.

Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers, animals, Angels and Guides in your sanctuary. Take a moment to commune with them…..

You notice there is a small pool of water. Go over to one and take a seat. Thinking now of a person to whom you feel you may have an unhealthy attachment. Looking around yourself check to see whether you feel an unhealthy attachment that may look like a cord. Notice how thick it is and how wide it is. You see the cord running all the way out of your special sanctuary and to a womb of transformation. You see the person to whom the cord is attached is held in this holding bay. They are safe and taken care of. Notice what the cord is taking from you. It may be energy or light. Notice what the cord is giving you. It may be that you are feeling as though it is energizing you or that you are taking on another's toxic energy. Ask the Angels and guides to

send you what you need so that you can feel ready to let go of this attachment. See and feel yourself receiving this now. Breathe it in. Feel it fill your whole body. Feel it especially fill the place where the cord is attached.

You see Arch Angel Michael with his sword of truth. He is here to cut away anything that no longer serves you. If you are ready to have this cord removed, ask him now to cut the cord. He cuts the cord and also removes any bits of the cord and toxic energy from that area using a special vacuum.

Notice you are feeling whole and complete. Thank your guides and Angels for their help. Say goodbye for now and see yourself walking towards your gate. Taking a big deep breath you push open the gate and step into where you are right now. When you are ready you come back into full waking consciousness remembering everything you experienced in the meditation.

Clearing Vows of Poverty, Chastity and controlling the Chastity of another

The reason why we tackle clearing some of these vows at this point is to help to address some of the more common blocks that we encounter in both our work as Lightworkers and their clients around money and relationships. These vows may have been made within or outside of this life time. It doesn't really matter if we are conscious of a vow that we have made or not. We attempt to clear away any contracts that we have made in past lives or this lifetime that binds us to poverty, controlling or being controlled by others.

Distorted beliefs that will prevent Lightworkers from stepping forward are usually present as symptoms of issues with money, relationships and sex. A way to address these is by severing vows of poverty and chastity. This is an intense process for the Lightworker to experience; however it is designed in a very loving way that includes their free will and that of their clients.

If any resistance to accepting our new belief comes, then we focus on connecting and invoke spiritual resources. Chakra clearing will also assist reintegrating to our new vibration once these vows are released. Shadow work would be a more advanced choice if the Lightworker has had an opportunity to learn this technique.

Adequate preparation of clearing core beliefs is very important for both Lightworker and client. We discuss the importance of preparing the Lightworker and their clients for the "fallout" of the meditation clearing. When these vows are released and the old beliefs are transformed into new ones, people's life dramatically change. New jobs, new or transformed relationships, new opportunities, and moving to new locations are some of the results that occur when we challenge and change our beliefs. This kind of preparation is also in-built into the meditation so that the client is able to experience how severing

these vows will actually transform their life before they have even chosen whether or not they are willing to clear their vows.

For long term vibrational and energetic change it is highly important that the Lightworker and client is willing to look at the core beliefs that underpin why they made these contracts in the first place. In the meditation, these old core beliefs such as “I am not worthy” are uncovered. This old belief will change or transform into a new belief by the end of their meditation. For example their old belief that was “I am not worthy” may transform to “I am worthy of the abundance of the universe”.

It is important to write this new belief in the form of an affirmation and repeat it to themselves at least 3 times twice a day. This affirmation will encourage a commitment to their new beliefs and a new programming that supports the release of their old beliefs and attachments.

All affirmations need to appear in the present tense such as “I now allow….” Or “I am now completely safe”. The universe is literal and will deliver life as we see and believe it is. If you affirm “I will feel safe” the universe will respond by affirming to you experiences that mirror this thinking. Experiences that mirror that one day you will feel safe, but obviously not today. Ouch! So we stress the importance of affirmations in the present tense as if they have already occurred. For more information on the affect of, use of and design of affirmations, Louse Hay has written a fantastic book called “You can Heal your life” and it is full of fantastic affirmations and how to use them in your life. I like to keep them as simple as possible. Such as “I am safe”, “I am happy”, “I am centered”. These actually become my everyday thoughts and responses to situations. This of course encourages my vibration to change thereby increasing the positive experiences in my life. I am a firm believer in how you think is what you attract. That is why ensuring that our feelings to these affirmations match, is really important. If we don’t challenge the vows, we may

‘react’ to our new beliefs and our vibration attracts what we don’t want to us. If we are finding that we are still reacting after releasing vows then Shadow work may be necessary to ensure that we are accepting a part of ourselves that is in resistance.

Let’s look at each of these vows in more detail:

Releasing Vows of Chastity

There are two types of chastity vows we will refer to. The first is the vow of being virginal or celibate. The second is being of virtuous character in relationship to another.

1. Virginity and Celibacy Vows

These vows are usually made in conjunction with adopting the career of priest, monk, nun or old maid. Usually sex is frowned upon one way or another. It is seen as dirty, bad and judged by God. We may have made a vow through ceremony never to have sex. Or if we have had sex, never to have it again. Vows can be as simple as saying: “I am celibate”; “I no longer need sex”; “I no longer want sex”. We can energetically shut down.

2. Virtuous Vows

These vows are usually made with the intention of only being intimate with one person through marriage or long term relationship. Saying things like “you are my one and only”, “I will never love another”, “I promise to love, honor and obey you”, “we will be together forever”. Imagine how many of those we are still bound to from past lives! Usually it is made with the intent of fidelity to a marriage whether it is sexual or emotional.

Vows of controlling the chastity of others

If there are those who have made vows of chastity to another, there must be a person whom that vow was made to. We find that if someone has sworn, promised or made a contract to only be intimate with one person, then that oath can be taken advantage of in an attempt to control another person. The reason why one would have a need to control another person usually related to a need to feel powerful. This usually stems from the need to feel powerful over another because we don't believe that we are part of the infinite supply and have taken resourcing that power into our own hands. Our other parts have engaged in attempting to manifest power through taking the power of another person. If that is the only way we feel power then we can get in a cycle of abusing and controlling others and feeding off other people's energy. We usually attract addictive relationships. They are usually intense and are played out in a love/hate pattern. We usually attract needy people who have a need to admire us. We usually feel inflated from the adulation. This is temporary as we then start to feel sucked dry by them. So we become drained. At this point we usually engage in addictions to fill us up and avoid our partner. The needy person feels abandoned and we come back to rescue them for more adulation and inflation. And around the merry go round it goes.

The reason why a person would have a need to control the chastity of another is because they have also attached themselves to another out of fear and have now bought into the belief that in order to feel any sense of power they need to have power over another person. The need to feel powerful leads to them to exploiting and abusing others. We want to ensure as ethical Lightworker's, that we don't fall into this trap. We can exploit other's vulnerabilities through our own need for self-aggrandizement.

Unfortunately this belief also stems from the fact that we are not good enough and we are not a part of the source, thereby less than the source, thereby

trying to overpower others and be more than others. So we see that either end of the scale; feeling unworthy and less than and undeserving and having fear of not being loved and the other end of feeling powerful over others and controlling others still stems from the main belief that we are not part of the all.

The intellectual impact of vows

In focusing of the intellectual impact of vows we focus on the core beliefs that set us up to choose to make the vows.

Being pure of chaste really assumes that we have a judgment on sex. A vow of chastity usually means to remain a virgin or only be sexual with one person. It can also stem from a sense of loyalty and what we value in relationship. For example when we get married may make a promise to love, honor and obey. Or we don't believe in divorce. These vows are like promises. So a promise is a promise right? Or do they depend on our own consciousness at the time? Perhaps our loyalty to someone was made from a place of fear. Perhaps the relationship changed and became controlling, abusive and unhealthy. Perhaps our partner is uncommitted and doesn't want to participate in the relationship. Maybe we have grown conscious of unhealthy behaviors that were there all the time. You thought you knew what you were doing, but if you knew what you knew now……

We all have a right not to be conscious 100% of the time without feeling as if we deserve to be punished. We always have the right to choose something different. We don't have to know everything. It doesn't mean we are dumb. Believing we are dumb is just a distorted core belief. Believing that we should have known is also a distorted core belief. Feeling we need to be punished is just a cover up for believing we are unworthy and not good enough.

Making promises to one person or to God to remain pure can stem from fear based core beliefs. I am not saying that fidelity is wrong. Making a commitment to be faithful to one person in relationship while the relationship still supports the both of you is wonderful and very healthy. Staying in a relationship where you have made promises to another to be faithful to them emotionally or sexually forever, even when it is not healthy, is dangerous. You are certainly not being faithful to yourself if you do. The relationship may be creating emotional, physical, spiritual or intellectual abuse or neglect. If nothing you have tried to do have changed and you continue to stay in the relationship, this is a sign that you are in attachment to a person rather in relationship. This attachment stems from unhealthy beliefs that are keeping you in an unhealthy situation. Some of the common beliefs are:

- I am unlovable
- No one would love me just the way I am
- Sex is dirty
- I am a bad unworthy person
- I am not good enough
- I am not safe
- I am so stupid
- I need a strong person by my side
- I need to be pure to be loved
- I should've known better
- I deserve this abuse
- I deserve to be punished
- I made my bed and now its time to lie in it

The physical impact of vows

The main physical impact of taking vows of chastity is that it shuts down our two lower chakras namely; the base and sacral chakras. Blocking ourselves off from the energy of the sexual chakras leads to physical and energetic issues. These are chakras are integral to us feeling safe, grounded, creative, creating abundance, spiritualizing our will and feeling passionate about our lives. In women the main issues include, period pain, blocked fallopian tubes, kidney deficiency, ovarian cancer, problems with conception and other issues around the pelvic region. In men it can lead to prostate cancer, erectile dysfunction, lower back pain and low sperm count to name a few.

The sexual impact of vows

Usually the energy that has been shut down in the base and sacral chakras creates a blockage in our creative in our sexual expression. We may shut down or feel over sexual. We may use our bodies to control another through sex. Our arousal is usually charged with feeling naughty and sexually dirty and thereby reaffirms the belief we might have about ourselves that we are unlovable and that we are trash and not good enough. If we believe that we are dirty and we may as well get off on it, we may be highly promiscuous or gain power over others through using our bodies as a manipulative tool.

Or we may be sexually anorexic and have a complete aversion to sex and anything sexual. If we are sexually shut down and sexually anorexic we will find that very hard to engage in an open and spontaneous manner during sexual intercourse. We may appear nun like or even have an appearance of being quite a wall flower or being quite stoic or plain.

Whether overly or under sexual, we usually find that body image issues rate highly here. If we put a lot of attention into looking and being sexually desirable

to feel loved, this can lead to eating disorders. If we want to wall ourselves off from sexual advances, we can hide behind walls of fat. Or we can turn into little children by being underweight by trying to be prepubescent to deny our sexuality.

The emotional impact of vows

Apart from the depression and anxiety that is caused from the impact of blocking off the two base chakras, we find that we emotionally have very strong attachment to another person to the point of addiction.

Releasing vows of chastity is usually related to an attachment to another person out of fear of abandonment or rejection. This usually stems from the core belief that we are unlovable or that it is not safe to be alone. We usually made a promise to another to be true to them so they wouldn't leave us. We become dependent. We may be independent outside of relationships but then when we get in them, down we go. We turn into needy children after the initial honey moon period of true love subsides. We attract addictive relationships.

There is a common belief that we associate having sex to making love and feeling loved. This is great if that is what is actually happening. However sex does not equal love. The feeling of connection during sex is temporary. The intensity of sex can mask feelings of emptiness. This is where it is easy to slip into a pattern of sex addiction. We mask our pain through getting high off sex, we feel empty, we want more sex and on it goes. The partner of the sex addict is called the co-sex addict. They are usually trying to get the love they want through giving the sex addict the sexual highs they want. They are usually the love addict.

In the past we may have made vows of chastity to God in the hope of gaining some security and safety. If we saw sex as dirty, we may have strong aversion

to sex. We may have felt that we would feeler safer and more loved in the eyes of God and others if we abstain from sex. We also may have made these vows that if we felt were not completely pure enough to be worthy to receive God's love. If one believes that sex is dirty and abstaining from it means that one is lovable, it can keep us shut down for years and life times. Imagine a past life where you made a vow to God to be celibate but you actually failed to control your sexual desires. Oh the guilt and shame! Feeling sexual is in no way a cause of feeling separate from God. We have our sexuality for a reason. It is God given. There is no shame in that. Sex or no sex, we are loved by God either way. We are an expression of God's pure love. Nothing can take away or damage that, ever.

The spiritual impact of vows

When we are allowing ourselves to be controlled by others through vows, we are handing our spiritual power over to others and making them our Higher Power. This is spiritually abusive to ourselves. Usually energetically they have hooked on and created an etheric cord to another person because their core belief that they are unlovable cuts themselves off from the source and from the infinite supply. They shut this supply down when they don't feel that they are lovable or good enough. When we are controlling another's chastity and sexuality, we are trying to take their energy as well to fill us up from the lack of love we feel for ourselves. This is spiritually abusing others. We usually find that the cords that run between this dynamic are like umbilical cords. They run back and forth, delivering toxic energy. This is an unhealthy attachment that does not sustain us spiritually.

If we have made a commitment of chastity towards God, this may have played out in this lifetime or another and we may feel as if we are betraying God by being sexual. This relates back to the judgment and the core belief that we have that we are unlovable and we need to be pure in order to be lovable.

Often we find that we project this view onto other people. We become people who judge others for spontaneity and freedom that others express with their sexuality. Again we cut off from the infinite supply of energy of the universe, especially to our base and sacral chakras.

Releasing Vows of Chastity Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny. Now call in your Angels and any Guides you have to surround you now. You are feeling safe and peaceful.

In this meditation we are focusing with resolving your issue relating to Chastity. Now imagine that there is a cord attached to your body. Notice if this cord is attached to protective armor such as a chastity belt. At the other end of the cord is a book. On the front cover of this book it says “Contracts I have made relating to chastity” on the back cover there is a core belief written there that supports your contract and attachment to chastity. Read what it says. What does it say?

On your left you see a movie screen that is showing you past times in which you lived out this contract of chastity. The things that cost you and the things that benefited you from holding this belief. Notice how this belief affected your family, your relationships, your work and your health.

On your right you see a movie screen that is showing you future times in which you are living your life without this old belief. You see how different areas of your life are affected by releasing this attachment and armor. Notice the changes now in yourself, your family life, relationships, work, where you live and your health.

Now you see a womb of transformation above you waiting for this to be released. Archangel Michael is right beside you now with his sword of truth. Archangel Michael is the protector and releaser of all attachments and armor that no longer serve. Archangel Raphael is right beside you also; ready to send you the healing that you need straight after this attachment and armor is removed. Archangel Raphael is a healer that will rejuvenate you and alleviate suffering related to releasing this attachment, armor. If you are now willing to have this attachment and armor removed say “I am now willing for you to remove this attachment and any armor I have relating to chastity Archangel Michael”. See Archangel Michael effortlessly slice through this cord and removing any armor and escort them to the Womb of transformation.

If you are willing to receive healing from Archangel Raphael say “Archangel Raphael please help me to heal from this attachment to chastity”. You see Archangel Raphael send you a green or other color light from his healing scepter. Imagine this light enters into the area where the cord or armor has been attached. This light is now feeding you the quality that you lacked when you formed your old belief relating to chastity. You now feel whole and complete. You now feel completely resolved with this issue. Take a moment to create a new powerful and positive affirmation that replaces your old negative belief. What is your new belief?

Feel, hear and see a celebration from the Angels and Guides all around you now. When I count to 3 come back into fully waking consciousness remembering this experience and committing to affirm yourself with your newly formed belief 1……2…….3 (Click fingers)

Releasing Vows of Controlling The Chastity Of Others Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny. Now call in your Angels and any Guides you have to surround you now. You are feeling safe and peaceful.

In this meditation we are focusing on resolving your issue relating to controlling the Chastity of another. Now imagine that you are attached to a set of keys by a cord. The keys relate to controlling the chastity of others. Notice how many keys you have on the key ring. The number of keys you have is the number of people that you have tried to control. Notice where on your body the cord is attached. There is another cord that attaches these keys to a book. On the front cover of this book it says “Stories and Contracts I have made relating to controlling the chastity of others” on the back cover there is a core belief written there that supports your attachment to controlling the chastity of others. Read what it says. What does it say?

On your left you see a movie screen that is showing you past times in which you lived out this belief of controlling other’s chastity. You now see the things that it has cost you and the things that benefited you from holding this belief. Notice how this belief affected your family, your relationships, your work and your health

On your right you see a movie screen that is showing you future times in which you are living your life without this old belief. You see how different areas of

your life are affected by releasing these keys. Notice the changes now, in yourself, your family life, relationships, work, where you live and your health.

Now you see a womb of transformation above you waiting for these keys to be released. Archangel Michael is right beside you now with his sword of truth. Archangel Michael is the protector and releaser of all that no longer serves. Archangel Raphael is right beside you, ready to send you the healing that you need straight after these keys are removed. Archangel Raphael is a healer that will rejuvenate you and alleviate suffering related to releasing any attachment to these keys. If you are now willing to have this attachment to these keys removed say “Archangel Michael I am now willing for you to remove my attachment to any keys I have relating to controlling the chastity others”. See Archangel Michael effortlessly slice through this cord, removing any attachment to the keys and escort them to the Womb of transformation.

If you are willing to receive healing from Archangel Raphael say, “Archangel Raphael please helps me to heal from this attachment to controlling the chastity of others”. You see Archangel Raphael send you a green or other color light from his healing scepter. Imagine this light enters into the area where the cord has been. This light is now feeding you the quality that you lacked when you formed your old belief relating to controlling the chastity of another. You now feel whole and complete. You now feel completely resolved with this issue. Take a moment to create a new powerful and positive affirmation that replaces your old negative belief. What is your new belief?

Feel, hear and see a celebration from the Angels and Guides all around you now. When I count to 3 come back into fully waking consciousness remembering this experience and committing to affirm yourself with your newly formed belief. 1……2……3 (Click fingers)

Archangels Messages on relationships

One day in mid-may 2007 I was just about to hop off the train and I heard the angels say, tomorrow morning you will be channeling the angels. I had not channeled the archangels since I had written my first training manual “Making Light Work”. So it was pretty exciting.

I experienced that the angels actually wanted me to firstly get the point of what I wanted them to say before I started typing. What happened was that I typed a section that they channeled and then for some reason lost the information and I had to retype it. It was somewhat different, clearer and had even more impact on me because I understood it. I wonder whether channeling is clearer when the receiver is in line the principles being delivered. This was an interesting realization because prior to that, I felt that when I channeled, it didn’t matter if I understood it. Perhaps it does matter. Perhaps it means that I need to re-experience what they are saying because it will make more of an impression on me.

Here is the summary of what each of the 15 Archangels had to say about relationships:

Archangel Ariel

I am the one who you call on when you want to stand in your integrity and truth in relationship. I am the one that you call on when you need to confidence to do that. I am fierce in my fiery energy for a reason. You will find that all untruths are burnt away from the situation. As you know, you can use Michael’s sword. My fiery energy is the embodiment of Michaels’ St Sword of truth invoked in an all body capacity. I don’t just stand by your side. I transform your whole body so that you have the strength to carry the torch of inner light that God would have

you use for the highest good of all in transforming the relationship. You are correct in knowing that joy vibrates at a higher level, all that which does not serve falls away. You can propel this into action a lot sooner if you use me. That is why I am the manifesting angel. Don't expect to manifest and for your life to stay the safe and not transformed. If you truly want to manifest, it must change for the better or worse. You know that some people can easily manifest but their life gets easily worse. Why is this? Because they are in fact aligning themselves more clearly and fully with fear and they are choosing to very clearly manifest through their attachment to fear. However, because it is an attachment through fear, the loss gets greater and the fear gets bigger. And in relationships we are no different. If we attach ourselves to the fear that we are not going to have our needs met, our partner doesn't love us, we are not supported etc, then we not only attract this, but we lose faith that anything is possible. We lose faith in the light and start to try to control our relationships ort of fear. So that is why relationships break down and there are unhealthy relationship cycles. There are so many unhealthy relationship cycles. It is endless. But the one thing that they have in common is that they are based on fear. You know that you have a heart connection when you are not basing your relationship on fear. It feels different. You know that you are not in a cycle. You can't transform a cycle on your own. You can step out of the energy and if the other person does, then it is transformed. If they do not step out of the energy, then the cycle will stop, but the relationship will fall away. It takes too willing people to live in light to have a relationship that is not based on fear. As humans you all have your fears. To not feel any fear is unrealistic. To have fear on top of the foundations of your relationship is an absolute nightmare riddled with toxic influences. This will create unhealthy cycles. The reason for this is that the fear of the foundations of the relationship comes back to the foundations of the relationship with self and a higher source. To the degree that you feel supported and connected to this power is to the degree you will feel safe in relationship. It is not about your parents. Your parents are representative of a reflection of the connection between the higher power and

yourself. So all relationships are not about healing childhood wounds. They are about healing the wound between the self and the source. However, the answer lies not in the relationship itself. It relies on the decision that an individual makes to own this as their truth and to transform this into a solid connection and relationship. It takes willingness and openness to let the light in. Without it, Lightfilled Relationships are not possible.

Archangel Azrael

The whole point of me being available to humans for the communication with their deceased loved ones is to bring the relationship to a point of healing. There are many forms of communication with the other side but if it is used for selfish reasons, based on fear or any other reason other than for the point of healing the self and restoring oneself to wholeness. It is the dark side and not light work. It is not necessary for those who have communication with the other side to have confirmation only of their deceased loved ones existence post life on earth. In fact, those who find out that life exists on the other side after being faithless for a time, do not then have their faith restored. Faith is restored in the act of trusting a Higher Power with all of their life. For some Christians, they do not even do this. It is not a question of belief, but a question of faith. Faith without works is dead. The works is in the complete trusting. Especially during times of trial. Hand it all over and you will feel that the faith itself is an entity. The entity of faith can transform your whole life and also it can resolved relationship dysfunction. You see, when you hold the intention that the relationship with the other person who has passed over, was for your highest good, you are in faith. Your perception of the situation, them, the dynamic of the relationship you shared, everything that happened in your shared time together, this changes. It is no longer about who is right and who is wrong. It is no longer about, does life exists on the other side. It is no longer about whether they want to contact you or not or approve of what you are doing on earth. Both parties need to step into this faith. As a human, you can be in faith and the

deceased one may not yet be. You have to hold your own in faith even though someone on the other side has not stepped into this faith yet. You see, this kind of faith is an internal spiritual condition that is chosen using your free will. No one can do faith for you. People who have passed over on the other side can't do faith for you on this side. It is the ultimate lesson for why we have relationships. They are sent to teach us and help us to get to the next level of our learning. Romantising this concept doesn't work. We cannot say that we will be together forever, although in essence we are all one, so we are all together forever anyway. We can only say, I am committed to learning all that I am called to learn in relationship with you.

Archangel Chamuel

In regards to your life's purpose, I beam here to let you know that your relationships support or form your life's purpose more clearly. They are usually one or the other. It is not a black and white issue. Sometimes relationships transform and last the distance from you getting in touch with what your life's purpose is while you are with them. Sometimes it happens that you find your life's purpose through living in a way that is outside of your integrity and they symbolize that. A shadow part is truly integrated when it is understood. When you understand a shadow part and have given it what it needs, if there is a need for this, then it falls away from being around you or it is attracted yet again or it transforms with you. Relationships that last the distance transform regularly. However, there is a main point regarding life's purpose where they truly transform. You see the mark in time of realizing your life's purpose is a huge mark. It can be defined and also it then defines your relationships. You will find that once this has been formed, your partner is either for or against you. Not against in a bad way, but just pushing you to believe in your life purpose more by being resistant. You cannot live and share your life peacefully with someone who is resistant to your life's purpose. It will only last as long as it takes to truly define that you truly want to live your life's purpose or until they

understand and get on board with it as a support. Not as an alley but as a supportive partner. They don't have to be doing what you are doing for the relationship to be successful. I know that some of you might not like the idea that you need to know your life's purpose before you meet your life partner or before your relationship is serving the ultimate purpose. I know this is a hard pill to swallow. But consider the opposite. Imagine if being with someone was just an end in itself and had no purpose what so ever. Wouldn't we all just be in depressed relationships that are dead and empty and devoid of any light?

Archangel Gabriel

I am the comforter of your resources and energy when you are depleted in relationship. I soften the edges of the harsh reality of feelings and humanness. Call on me to gain compassion and understanding for both yourself and your partner's inner child. And also too for the inner child of us all. When life feels hard and you feel like a victim, know that I am here to bring comfort. We all feel a little down and depleted sometimes. Know that this is part of the human condition. You will need to invoke energy to help soften the edges. I can help you to not act out your rough edges on others. And to be more conscious of the effect the effect that your behavior has on others. If you find it hard to contain your feelings such as anger or rage, you will know that it is a challenge to contain it sometimes. If you are finding it challenging then you will know that you can call on me for help. If you have been through relationship traumas and need to refill your cup, call on me. I will come and sooth your wounds and help to fill up the empty spaces that you may feel from any past abandonment issues that may be triggered in your relationship.

Archangel Jeremiel

As usual I am here to help you see the overview of the situation. Whether you call on me know or when you pass over, I will help you see the truth of the

situation of your interactions with others. I will help you see the impact that your behavior has had on others. You will learn from this and your conscience will evolve. You know what a conscience is, it is the ability to know the truth of God and the All and to act it out. Not just know it but to act it out. So your conscious is aligned to God's will and God's work and the reconnection of the All which is God's work.

Archangel Jophiel

There is no way that your relationships can escape me! I am the helper to help you see the beauty in your partner and to see the good in what they do. There is usually some time that you are able to do this. Usually it is at the beginning of a relationship. However, the best relationships are those that continue to see the beauty in every little thing that your partner does. And also to see the beauty in yourself for the things that you do and how you are. It is very important to not forget that it is a job to look for it. It is much easier to assess situations based on what needs we are not having met. It is harder to train yourself to look at situations and be grateful for those, focus on those and then of course, bingo you will attract more of those. I say go for gold in your relationships. It is not rose colored glasses; it is the only colored glasses that will help a relationship to last the distance.

Archangel Haniel

When the moon is new, you have manifested all that your have focused on with your partner for the month. How has your thinking been? It might have been a mixed bag. However, what is strongest in your heart will be that which manifests. If you have a cold heart, you will manifest emptiness. If you have an open heart, you will manifest opportunities that surpass even your wildest dreams. If you have an angry heart, you will attract more angry situations, I you have a sad heart, you will be feeling either more meaning in your life because this is what it has taught you or you will feel very, very depleted and depressed.

If you have any angry heart and are not attracting more angry situations, beware. Your heart will be feeling stagnation. Unless you use this to step into your integrity, and change your behavior and choices, this could be detrimental to your health. Of course sadness can too. Many have died from broken hearts. The moon will affect your relationships when it is full too. When it is full, also beware. All that is in your heart will be hard to contain. You will need to be careful about how you express yourself and your reality. It is a challenge during this time. It is important to know that at this time, your feelings and that of your partners are heightened. It is more of a challenge not to 'take on' their stuff. Be an observer of your own sensitivities and that of your partner. Be more tolerant of yourself and other people. Notice how they behave and how the moon energy affects you both. If you work in harmony with the moon together you will find that both of you are more in tune with each other and on the same page. Seek extra support during these times if you need it. You can't expect your partner to be available for you when they are stretched at their limit. You need to have extra support organized and incorporated into your life ahead of time.

Archangel Metatron

I will help you focus like a laser beam on the priorities of your relationship with others. You will find that you have a lot going on all at once in your life occasionally. It will feel as though it doesn't rain, it pours. So during these times of confusion and uncertainty, call on me. I will replace your confusion with clarity. I will help you focus. I will help you get through the murky patch. I know that you can and will have a hard time following through with guidance for your highest good. Like during the times that you know what you should be doing, but you are either resistant, or you have fear. I am here to tell you that this is not only normal, but it would be arrogant to expect anything else. However, if you call on me, I can help you to be able to know exactly how to follow through on the guidance and to carry it out. You are a soldier when it comes to carrying out God's will when it comes to being assisted by me.

Archangel Michael

Well, you know that I like the idea of everyone spreading the light and having Lightfilled relationships. You are no different. I am counting you in the count because that is my mission, leave no one behind. You need to know that there is a limit to leaving no person behind. THIS LIMIT IS THEIR FREE WILL. And in relationship you know that it has to be their free will to live in the light. I am not an advocate for pressuring people or lecturing people towards the light. This is an unhealthy and unnatural process. Please do not do this nor assume that you will have any success in relationship if you take it upon yourself to be the person who pushes another into lightworking or living in the light. This is not your responsibility. I can help you to see the truth of the situation and your partner by getting you to hold the sword of truth. I can also help you by showing you a sign on their forehead of whether they are lying or not. If you see a dark spot, you know that they are lying. The third eye may be open; you may or may not see this. But the spot will be there at the time of the lie. Use this in identifying whether or not you wish to choose to be in relationship with or believe what another is saying. They are not always going to be lying to you on purpose. It may be that they are actually lying to themselves. They may not even be aware of their own lies. Still, you need to ask yourself whether you want to be with someone who doesn't see the truth of the situation. If you want any guidance on whether you are meant to be with a particular partner before, during or at the time of noticing the mark of the lie, please ask me. If I give you the sword of truth and you feel very centered in your body, the answer is a yes. If you feel wobbly, faint , dizzy or really sure that your whole body is saying "No" then of course the answer is no. Sometimes you get a sense of being centered and know the answer is a yes and then the fact that it's a yes makes you wobbly. This is ok. Your first response if the correct one. You may have ask for help or assistance in determining whether or not your are fully connected to your realty that quickly by asking someone to assist you and

perhaps even muscle test you or use a pendulum on your behalf if you are not sure and require a definitive yes or no. And remember, sometimes you are meant to be with them and it is for a reason or season and not for a life time, however the significance of the relationship in the overall impact it has on your life is very important to turn up for.

Archangel Raziel

If you think that relationships don't require divine magic in any way, you are wrong. They do. A lot of it. What is divine magic? Well divine magic is the art of seeing the situation from the greatest perspective there is. That of the highest perspective that can be a complete observer and understand the highest good of all concerned. This takes time to acquire and practice. However, if you call on me, I will give you a snap shot of the situation. The more you call on me, the greater you will be immersed in this energy and used to it. Seeing the forest from the trees in relationship in various situations is important, but seeing it from the point of view of a life journey, even a spiritual journey, is more valuable and important. It is an art form. It does indeed help you to spiritually evolve, the more you do it. Remember, when you find yourself reacting say, "Raziel, please transform my thinking to a higher view now". I will come and correct your vision and thoughts to that of the highest position. In order to maintain this vision and thinking, the old will fall away. Sometimes we want the best, but when it means that we don't have other things that we want, perhaps a specific person, we think, well no, I have changed my mind. I am here to say that that is okay. There is no pressure from us as to how and when you evolve and when you choose to. So, don't fret. You only deal with as much as you can handle at any giving moment in time. We are not here judging you if you do not call on us for support. And sometimes you know that if you call on that support, it is going to cost you in another area. So, you can pray for the willingness to see the situation and also the power to carry that out.

Archangel Sandalphon

I will send you songs as cues to the meaning behind both your thoughts and the situation at hand. In order to clarify which, ask me and I will send you a signature yes or no song. It will be different for everyone. But please book your yes or no in advance. I am able to know what is going to happen to you ahead of time and sometimes I will send songs of warning to let you know that something relating to that song is about to happen. The more you listen to what I send to you, the more you will get into the habit of checking things through and getting confirmation on things that have and will happen. I also bring songs of comfort when you are hurting to fill you up and resource you. I bring songs to sooth your wounds, I also bring songs of celebration to help you to rejoice. We do much singing in the spirit world as this is our way of expressing feelings. Feelings are not painful but there are denser and lighter vibrations. So the song reflects this. This is how feelings translate in the sprit world. So when you are talking to a loved one on the other side, they can sense how you are feeling through the vibration that you are emitting. And this vibration is more clearly felt through sound in the spirit world. So whatever you say to someone who has passed over, ensure it is the truth. Ensure that your vibration matches your words. They will know anyway. You need to decide what kind of relationship you want with them. If it is an honest one, you will try to match your words to your vibration. If you want to appear in control or perfect to whoever has passed over, they will know that you are either lying or lying to yourself. They will either help you to see it more clearly, this can become unwanted help. But if you have initiated contact, they may assume it is okay to help. SO the help can come in the form of speeding things up, escalating situations and the feelings of others so that you see your truth.

Archangel Zadkiel

The feelings that exist between you and your partner and the people who you relate to are very important. These feelings, if stuck, will affect not only you but

everyone around you. You may have to work really hard in your relationships for your energy not to get stuck. This is not necessarily what you are meant to do. Sometimes you are called to stick with it. But usually if a relationship is too hard on the outset and you have to work really hard at keeping it together, it is usually just that, too hard. The energy flow is not meant to be and you are fighting the flow of energy and the will of God. If things don't flow in relationship, there is a sure sign that something is not quite right. Either at that time or the relationship in general. So you can pray to me to help the energy flow better. If it doesn't improve (sometimes it gets worse before better and that's okay) ensure that you are on the right track in staying with that person. I usually recommend that you give a relationship 6 weeks from the date of the noticed energy stagnation to the time of reassessment. It means that you have just over 40 days from the commencement of your willingness to move the energy better. This is a sacred number in coming to realizations, spiritual changes and development. So notice the energy stagnation, commit to the change, pray to me and others for help, turn up and do what YOU need to do and reassess it in 6 weeks. If things have not improved at all by the end of the 40 days, I would seriously question the current suitability of this relationship. It is important not to stay in stagnation for more than 40 days from the time of realization. Otherwise, you may find that you desensitize to this vibration and living this way becomes the norm and a habit. This is seriously dangerous for your health. And those that surround you, especially children. Remember, if something doesn't feel right, it probably isn't.

Archangel Raguel

Okay, so I am the relationship Angel. Why am I the one who has this task? Because someone has to hold the vibration of ensuring that two energies understand each other. It is all about understanding. Your shadow parts are always projected onto another. These parts need to be healed. When they are healed, the energy flows again it is time to move on. Remember that people

change and what feels right at one point in your life may not feel right at another. Even if it feels perfect now, it doesn't mean that it will in 10, 20 or even 30 years. It is okay to give yourself whole heartedly to someone. There is no failure in divorce or separation. I say this because some people live in fear of separation and they don't fully commit themselves to the relationship. This is no use. It is not living in a connection with someone. So it is really important to commit yourself wholeheartedly if you want to share your future with another, without fear of it lasting or not. There are many reasons why people do not commit wholeheartedly; money, opinions, religion, culture, life purpose.

Archangel Raphael

I will bring all the healing you need to recover from the past hurts of relationships. Call on me to restore your vision to what has manifested your abuse, trauma or the issue at hand. I will help you get to the bottom of the why that it happened and the effects that this event had on you. It is not good enough to just heal the trauma itself. It is possible, but the undercurrent and belief that this creates this undercurrent of a vibration is what needs to be addressed to effect long term change and complete healing. When you thing that you have changed a belief but you feel it hasn't changed, it hasn't. Only the feeling, not the thinking matters. That is why most abuse and actions that are dysfunctional in this life are currently becoming more over thought and covert. We need to realize that the abuse and boundary violations that happen on vibrational level are the ones that matter. The physical actions are an after effect or symptom of the already felt and probably already expressed vibration. So in your healing you need to heal your mind to heal your body and the effects of what you have attracted to yourself. You do create your reality and it is this reality that you are always responsible in effecting through your thinking. When it comes to actually recovering from a dramatic event, you may feel as though you have taken on the other person's energy. You may need to clear yourself and replenish what you feel might have been toxically taken on or stolen from

you. Nothing can be taken on or taken from you without your permission. However, correcting beliefs is a life long task. So don't live in judgment of yourself if you are finding it hard to do. Just dust yourself off and begin again, and again and again. And one more thing, don't forget to call on me, because I have vibrations to send you that specifically need to be replenished within you at any given time.

Archangel Uriel

Wow, relationships matter. Let me tell you. I know that I affect your thinking through your claircognisense but do beware that you balance this out in relationship. Otherwise you can be seen as a no-it-all or better-than your partner. Knowing without wisdom in how to communicate the knowing with who and when is really destructive. It can be seen as controlling and also abusive. Many abusive people are highly claircognisent but they lack the wisdom in its delivery. So if you want to master the art of being claircognisent you really need to come from the heart space in the delivery of the head messages. Drop down, down, down into your heart when you get a message or thought. You will know it is the true thought. But this is not the point. Whether it is truth, in relationship with others is emotionally immature if you do not. Many adolescents seek and know the truth but they lack the delivery maturity and blow many situations up into dramas that could have been resolved effortless, had they taken time to come from the heart. The reason why children and adults struggle to come from the heart is different. For children, they usually come fro the heart innocently at first, no wisdom there, but more of innocent fumbling. We usually pardon them for their innocence. With adults it comes from a fear being hurt. They may have been hurt when they opened up once before and now they have shut down the heart. So they lack the wisdom because they have consciously or unconsciously shut down their heart space. We know this because people tell us that when they are with a person they feel cold, like they are removed, aloof and also that they are heartless. This clear,

cognitive function can be the death of relationship. When there is no heart, there is no connection that is everlasting. People can connect in the claircognisense and be highly suited, but if either party has a problem connecting with their own heart, there is no relationship. It is one sided. Without heart, there is no relationship. It is not just the light of truth, but the love of the heart that sustains relationships.

Section 7:
Lightfilled Relating with the Other Side

Are we born with 'It'?

You are probably not expecting the story you are about to get here. I am not going to say I was born clairvoyant and that I talked to spirits when I was born. It doesn't mean that I wasn't clairvoyant; it simply means that I believe our psychic faculties awaken when they are meant to for us in our lifetime. I want to share with you the story about how my own psychic abilities were ignited. I don't expect that we all have these experiences. I certainly don't believe that we need them in order to develop psychically. But it was the beginning of it for me.

It all began for me when I was pregnant with my second daughter Phoenix. I was seven months pregnant and I was meditating on my baby's name. I heard the spirit of my baby tell me that it wanted its name to be Phoenix. Then I saw a seen from a shared past life together and I understood why she wanted to be name Phoenix. She said that she was able to attain a sense of freedom in her Spirit during that past life. However, in this life, she wanted to attain freedom in her physical body. It is interesting that she so loves to dance. It is one of her favorite things. Just like the Phoenix rose from the ashes and is the bird that can never die as it continues to transform itself, she wants to spiritualise the physical. Isn't it interesting that she chose a mum whose mission is teaching just that? The funny thing was, at the time, I wasn't even counselling or teaching other people. After I saw this past life vision, the spirit of my grandmother told me that she was taking care of Phoenix. She said that Phoenix was safe and in her care. Not only did I have a conversation with my unborn child, I had one with my yaya my Greek grandmother who had passed away when I was 9 years old. I was so excited that I had all this unexpected stuff happen. It was truly an amazing experience.

My next experience wasn't until my Phoenix was a 3 months old. I was on my way to a funeral for 3 family members who had been tragically killed by their father. Whilst on the plane, I closed my eyes. Immediately the 3 children came to me and started talking to me. It was both shocking and relieving at the same time. Completely unexpected, I listened to what they had to say. They had a lot of pity for their dad, they knew he was in pain. They wanted his pain to stop. I told them that they were not responsible for his pain or making it better. Immediately I got a sense of connection and did not go through the normal grieving and loss experience.

They continued to hang around me. They didn't like the message or my stand point on not 'fixing' their dad. I felt their presence in my counselling sessions with clients, hanging around, learning and listening. Eventually, 2 years later, they thanked me, they understood. I am not quite sure what had happened to change their mind. I kind of felt like their human spirit guide. It was a weird way to start mediumship. Totally unplanned, unexpected and really not what I ever thought I would do. But then, I felt that by just treating them as if they were alive, we had this normal relationship even though they were not in human form. It made my training as a medium really real. Without the pretense of I am better than them or anything. They needed me. I behaved as any loving person would. I stood my ground. They were normal stubborn children who didn't know how to manage their feelings yet – also normal for young children, they needed someone firm to learn from. They turned up. I waited a long time before they were willing to talk to me, as they didn't like my viewpoint. I let them go. They just kept coming into my sessions and perhaps it was a build up of information. Perhaps it was one thing I said on one given day. I don't actually know. But I do know that the energy changed with them. They finally 'got it' that they were not responsible for their father's behavior. They were at peace.

After this experience I realized that my clairvoyance was developing. I had worked on myself emotionally and spiritually in a deep way for a while and was

practicing the 12 step principles for the past 11 years at that point. I think that this lead me to a natural progression of opening my third eye and other psychic faculties. So, I got 'itchy' to develop my own clairvoyance. A color therapy workshop was on offer and it mentioned that I could improve my clairvoyance, so I attended. It was a great beginning. I used these tools daily and started to really understand the 'seeing' spiritual faculty a lot more.

Then I did a body based counselling course which dealt with past life issues and resolving blocked energy. More and more I was seeing energy and beyond the veil of time into past lives. It became more the norm. I was also running my own Diploma of Multi-Addiction Counselling through The College of Creative Healing. We were trying to get the accreditation through, but it wouldn't go through unless I compromised on the integrity of the course. I decided to let it go. A funny thing happened though, I was so relieved! Everything shifted. I decided to take 6 months off work and just be. Just take time out for me to decompress and see what Spirit wanted from me. During this time, I decided to get healthier and joined a gym. They had a steam room. I loved it. That's the main reason I joined. What happened for me was that immediately whenever I entered the steam room, I started to hear a voice. I found out that this voice was Arch Angel Michael. He told me that he would be offering me spiritual assignments. I got all excited. I felt like I wasn't working, but my life had meaning. Apart from taking care of my two children, which of course is work, I wasn't going to do any counselling or teaching. For my first assignment, he tells me to approach this trainer in the gym and to tell her what he tells me which was that her dog is okay. She bursts into tears. She tells me that her dog died on the weekend. It was so bazaar just being given this assignment. It was a lesson in trusting spirit and then following through. I kept getting these assignments. They were all different. All I did was turn up, listen, trust and follow through. At the end of the six months, Archangel Michael had me delivering Level 1 of the Lightworker Practitioner Training™!

Mediumship

Basically mediumship entails being a go between, between this world and the spirit world. Some spirits have crossed over to the spirit world and some are still earth bound. Those who have actually crossed over are usually helpers and guides. They come and give unconditional love to a situation, often knowing now what they wished they knew when in human form. They can come in the form of that we knew them in, or in past life form. They present to us in the form we understand. We can also connect with Angels and other guides such as fairies, animals, gnomes, mermaids, unicorns, crystal guardians, ascended masters and other spiritual life forms. Other entities that appear can be dark and menacing. Only when we learn that they too come to serve the light. We will discuss the Earth Bound Spirits and Other Entities in more detail as we have discussed Spiritual Guides at great length in my first book “Making Light Work”.

What is the point of mediumship?

Mediumship can be helpful in your everyday life, relating with your own guides for guidance. It can be helpful in your working life too, whether you are a bus driver or a counsellor. It can help you see what is going on behind what is right in front of you. It can help you to get to the truth of a situation. We open our Third Eye and we see the truth. Practicing these skills is like taking care of building new muscles, we just have to exercise them regularly.

Mediumship can also be helpful if you are trying to help the police in solving crime. There are many television reports and shows that demonstrate this more and more. You don’t have to work in the profession to help the police or others in solving crime. If you have a hunch, a dream or a vision that might help, don’t hesitate to share it. It doesn’t matter if you are off track.

The more you take that leap of faith into sharing what you believe is the truth, the closer you will get to it. The more your guides will communicate to you. The more you will hear them. Remember, you are not doing it for an external payoff. You are doing it to evolve. Keep that focus. Don't get caught up in the hype around psychic ability. Everyone has it. It is part of the human-spiritual connection.

You may think to yourself "who am I to share what I think to be true?" I would ask you this "who are you not to?" I went through this process in writing my books. The fear of them getting out there in the world. What if I was wrong? What if people didn't like what I had to say? What if I actually got sued or something happened to me or my family? Then I would come back to what spirit was telling me. Which was mainly this "you know Shell, we just want you to do what we've asked. Write a book every 2 months. Turn up. Do it. Don't question." I never got any guarantees about where this would go. I am currently writing book 2 with no guarantees about where this will go. However, I have been called and asked to do something. No matter how small it is, don't turn away from it. It's the next spiritual lesson for you. You can put it off. It is actually your choice. Always your choice. But life just gets difficult. Because we are fighting what we know to be the destiny we have chosen when we were in the spirit world before our incarnation. I say, just turn up. Do that next little or big step. Don't worry about the final outcome. It will benefit YOU from doing the next step. The outcome might look crap. But you will know what taking that next step means to you. You will always take that with you. And I am sure that you will inspire people, just from taking that step. Your family, your friends, your co-workers, your children. They will know what it means to take that risk and what that means is far more important than the outcome. You know "St Joan of Arch" died for what she believed in. Do you think she is looking back with regret for all the inspiration she offered in doing what she believed in and standing up for the truth? No way. She is probably aware of how great an impact her choices had on the world and is guiding others to do the same. I believe she is.

I believe that she is speaking through me right now. Thank you St Joan of Arch. You are blessing the work that I am currently doing. I am filled with a burst of heart energy. Tears of joy. And love for my fellow man.

Earth Bound Spirits

They are often in the form we remember them. The Grandmother in that favorite dress, our Father with his pipe and slippers, our best friend from High School, still at the age she died. Or they may appear in different form. Perhaps we had a child aborted or miscarried 4 years ago, they might appear at the age we would expect them to be now. This is the key. When dealing with our own decoding on who we are seeing for ourselves or clients, we need to remember that we are seeing it from our point of view or theirs. Do not jump to conclusions if you see a child around them that they had an abortion or miscarriage.

Addictions

Spirits who have crossed over with an addiction and haven't let go of it can use others to feed that addiction. Spirits are quite capable of using bodies. They can only do this when we have a lack of connection with our Higher Self. Our relationship with our Higher Self is preventative medicine to ward away lost spirits from using our bodies to feed unresolved addictions. Chakra cleansing to ensure that we are full of healthy energy can also alleviate the need for addictive behavior.

Spiritual Relationship Counsellor

As mediums, we are basically witnessing and counselling unfinished business between people. We help those who have deceased, resolve this unfinished business. They might be unsettled and trying to get someone's attention. There

may be something important that they want them to know. Family and friends who want to communicate with their deceased loved may have trust or faith issues with a Higher Power. This is often covered up with 'I need to know that they are ok'. Sometimes there is a need on both ends. Both parties might have a cord attached. Spirits may be bound to the earth plain because someone hasn't let go of them. Or they haven't let go of someone else. Mediums that are ethical, try to make a genuine connection with earth bound spirits to assist them to move on to the light. It is not natural or healthy to hang around the earth plain because of an attachment. It is possible for earth bound spirits to return in a more evolved form, so that they are not here for their own needs, but rather to be of assistance to their loved ones. This vibration feels different. It feels peaceful, not needy or controlling. They always have their loved ones highest good at the centre of the conversation rather than their own desires.

Interpretation in Mediumship

Relaying what you see even if you don't understand it is the most important things. Ask for clarification from either the deceased spirit or the client. Don't be afraid to ask lots of questions. Don't expect to understand what you are seeing, feeling or hearing. You become another person's set of eyes. However what you see is really for the eyes of the person who you are connecting with their deceased loved one. You need to be clear with people that you will work collaboratively with them to interpret the meaning behind what you are seeing. You may hear music, or sounds you don't understand. You may not even understand the words that the deceased is using. You may experience smells that are quite strong or unfamiliar. You may even get a taste in your mouth. Sometimes a spirit will touch you and you will feel hot, cold or even pain. Trust everything and pass all the information on. It can sometimes feel like you are conducting an investigation into what the message is by bringing a whole story together from bits of information and words. Spirits can play games too. So

ensure that you have Archangel Michaels Sword of Truth at the ready to ensure that your vibration is really strong and that no deceit is possible.

The very human medium

When you are feeling down or tired, run down or vulnerable, like your boundaries or buffer to the world is non-existent, this is not the time to try to communicate with the other side. It may be a cue to work on being grounded and invoking your protection. You may be a gifted psychic, but if you cannot operate functionally within the laws of the human earthly race, it will lead to burn out. Many people can access the other side but their challenge is to filter. We need to be able to filter the information so that it makes sense to others and our Higher Selves. This is why we must stay grounded. When we are able to follow through on guidance given for ourselves, then we will be more helpful in communicating truth to others. When we see the whole point of guidance as requiring 'follow through' from ourselves and others, we learn that guidance is empty unless we use it. Then it comes to fruition the way it was intended. We can't do this effectively when we are tired. We need to be mindful of our energy and how it affects our filters and our ability to stay focused on following through with guidance.

Dark Entities

Believe it or not they are here to help us to see the light. Without the darkness the light cannot be seen. Funny that. The information I have about dark entities is that they serve us to return to our feelings of wholeness and connectedness through pain. Light beings help us heal through joy. So dark entities are no better or worse, however they can feel worse. But the end result is the same. It's our choice how we want to learn. The more we evolve, the less need we have to heal through the pain. We have some specific tools that are helpful

when dealing with dark entities in Level 3 of the Lightworker Practitioner Training™.

Seeing the truth

I remember reading somewhere when I was studying my Diploma of Rudolf Steiner Education, that in the future our forehead will show a mark of some sort if we are not telling the truth. How much easier would life be for us if we had that little short cut? Well it is available now. We just need to be open to it. Ask to be shown when people are being untrue. Ask your guides to give you a sign. This mark can be seen on spirits as well as humans. We see it as our third eye. I am also open to this type of communication coming through in a different form. If your strengths in communicating with the other side are in hearing, feeling or knowing instead of seeing, you can ask for a sign to be given to you in one of these forms so that you know what the truth or untruth is of a situation.

Where Do Entities Appear?

There is usually a system of where they appear around a person. I am a big believer in, if you learn a system where they appear, they will tap into that and appear there, out of help for you. If you are alone and see someone, ask them who they are. If you have fear, you will project hate onto them. Just be respectful. Treat them normally. Let them know that you are here to help and ask them what they want. If you are serving as a medium for someone let them know with courtesy and warmth that you are of service to their friend/family member.

Here's an example of a system that you could learn and use if you felt that this was something you can remember.

Dad's side (paternal) of the family appear on the right side of the client
Mum's side (maternal) of the family appears on the left side of the client
Usually the grandmother and grandfathers appear around the side of the top of the head. The mothers or father are a bit lower.
The aunts and uncles between the shoulders and neck.
The children between the shoulder and feet.
Friends, siblings, neighbors, teachers, cousins appear at arms length away on the left side.

Spirit vibrations

When attending the Angel Intuitive workshops with Doreen Virtue I learnt that there is different energy of vibrations for various people. For example:

Male energy – slower vibration
Female energy – vibrates faster
Younger female – hummingbird
Children – can be very joyful and their energy can zoom towards you
Older man – very slow

Tips for communicating with the other side

- Always ensure that you have a strong connection to your guides before you begin
- Find a spot where you can sense or see a light portal. This can be helpful to direct spirits to if they are ready to cross over.
- Always come from an intention of service
- Always speak politely to the spirit rather than yell at them!
- Ask politely for their name.

- If you can't see the spirit but you sense that they are there, you may wish to use your hand to feel around a person's aura. A spiritual presence can feel hot or cold. This can help or replace a visual if you are more clairsentient.
- If you are in doubt of sharing a message, ask your guides.
- Inform the spiritual entity what is happening "I am here with your son John and he wants to speak with you now if you are willing" or "John senses that you might be hanging around him, do you have a message?" or it could be as simple as "hi, I was wondering if you need some help?"
- Continue to be guided from your higher sources, with what to say and do. Just expect the unexpected. I find that interacting with people, whether they are on this side or not, always teach us lessons. We never know it all. It's always good to have an attitude of humility with a good dose of expect anything and be prepared for everything. When we have our Higher Power's support, we never need to do it perfectly. All we need to do is turn up and trust that everything that unfolds is in perfect order.
- If you are not feeling confident or distrust the spirit, use Archangel Michael as an intermediary and fill the room with angels. Ask for the Carrion's to escort any dark entities to the womb of transformation. More information of this is in Level 3.
- Call on Archangel Azrael for comforting grief and loss.
- If you feel overly uncomfortable or out of your depth it's ok to stop and reflect on what this might mean. You might find that if you are working with someone, they have had a lot unresolved grief come up. It might be time to work with them one on one and do a meditation such as the "Resolving Grief and Loss Meditation".
- If you feel that you have had a negative experience, call on the angels to clear you and your space. If you are with a client, take some time

after they leave to get in touch with what the experience might have triggered for you.

- Conduct the ‘Resolving Grief and Loss Meditation’ in this section. This helps those who have had someone close to them pass away to reconnect with them and let them go in a powerful and nourishing way.

Resolving Grief and Loss Meditation

Imagine that you in your very beautiful sanctuary. Feel the loving support of you guides and angels.

You see _____ (insert name of person who symbolizes their grief/loss) coming in before you. You notice that what they look like and how you feel about them. You notice that above them, there is a beautiful white light that is supporting them. You may see a cord attached from them to this nourishing light.

You now have an opportunity to talk to _____. Ask them any questions you might have with the intention to resolve any unfinished business. Answer questions they might have as well with the intention to take accountability for your own behavior in the relationship.

You notice if you have any cords running between yourselves. Let them know that you are now ready to let them go and say your good byes. If there are any cords, ask Arch Angel Michael to cut this cord. You see them ascending to the light.

After they have ascended to the light, you notice an energy shining down on you. Feel yourself soaking in this energy. Notice what color it is. Soak this color in and notice where in your body you need it most. Feel it filling you up and empowering you. You are feeling yourself restored to wholeness. Reflect now on what this energy represents and how this supports you in your life. Make a commitment to yourself to call on this energy daily. You now know that it is readily available to you from your higher source.

When you are ready, you open your eyes and come back to full waking consciousness remembering everything you experienced in your meditation.

Guidance

If you ask, you will always be guided. Sometimes you think that the guidance you receive is for a certain purpose however sometimes it is for the purpose of a higher learning that you have already contracted. You may ask a specific question to your guides and follow advice to reach that specific goal. However, your guides might be leading you up the garden path, so to speak, to another goal that was predetermined by you prior to your incarnation. For instance you might be given the nod from a deceased grandmother to marry someone. Then later when you are divorced, the grandmother may admit that she knew it was not meant to be but that you had to believe in the union fully to be completely engaged in the relationship. She may present upset because although she had the task of leading you in that direction, it is not easy for her to see the pain that it had caused you. Guidance is sometimes what we like the sound of and we follow it and get what we wanted. Or it can be something that we don't like the sound of and we follow it and we get something better!

Opinions on death and the afterlife

I have found that dealing with the afterlife has totally wiped all my fears of dying. In fact I look forward to it. To me, death will bring a whole new adventure, I am ready for it. However I love life so much, I don't want to go yet! Not at least for another 40 years. Family and friends might be absolutely freaked about death. They might be sensitive and not resonate with the topic of contacting the afterlife at all. They might not understand how we can do what we do. They might think that it's playing with fire. They might not understand that it's about resolution. Lightworker Practitioners seek to resolve unfinished business simply to help both parties move onto the next phase of their spiritual journey. It is not about indulging people's attachments to those that they have lost.

Sometimes those who have deceased have moved on don't have the issue. They are happy and at peace. Sometimes death isn't so great for the people that are left behind. Sometimes people don't cope, might have a nervous breakdown, they don't want to live anymore because they want to join their deceased loved one. Sometimes they feel so helpless and powerless over another person's death that it is debilitating. Sometimes their own beliefs or disbelief around the afterlife come up and they need to come to terms with death in their own way. Remember that your joy in contacting the afterlife is a wonderful thing. Ensure that you are always mindful that the impact of your own opinions on others may be quite different to theirs. No matter how at peace we are with death, there are others around us that we need to be sensitive towards regarding their own opinions and experiences. Ensure that there is space for a different view on death to be worked through. Meet them at their map of the world, check out how their beliefs affect them and use whatever tools you can to guide them through this difficult time.

Searching for meaning

I think that deep down people know what is meaningful to them, even at a young age. Even if we are not conscious of it, we still react in ways that demonstrate what is meaningful to us. Even though the end result of the grieving process results in finding what is meaningful to us, it's not like we never knew. Grief really highlights what is meaningful to us. Sometimes this is triggered by loss of a person or changes in our circumstance. Sometimes we lose connection to our meaning. If we cut off other feelings and shut down, we can lose connection to our meaning. We may sink into hopelessness, depression or addiction. Also, when we rely too strongly on another to provide our meaning, we can form an attachment or dependency. They become our all and we may lose connection from the deeper meaning in our lives. There has to be a balance to it.

When treating depression we look to find meaning in our lives and also our relationship with meaning. It may be that we don't have any meaning or a desire to have it. Was there a time in our life that we had it? Where did that go? Why did we lose it? Was there a death or loss of some kind? Exploring these questions is really important. If we don't find meaning, the depression won't shift, we will have no motivation, we will live an empty life. WE become the walking dead!

In helping to process their grief, we look for the meaning in:

- the impact that the person who has passed had on our lives
- what we have lost since the change, trauma, event has occurred

What we are looking for here is to find out what is important, meaningful, what we value, and to explore that. This is a way to find out more about who we are and perhaps even what we are here for – our life purpose.

Also, in dealing with those who have crossed over, we are looking for the kind of gifts that this relationship brought. When we can identify the significance of the relationship, the spirit of the person who has passed on, lives on. There is a part of the deceased person that we need to integrate. So, in fact, the healing is in the integration. Sometimes there is so much pain that we cannot see the wood from the trees. We may be in shock for a while and this is normal. Sometimes we are in shock for 6 months before we realize that the change was real. Then there's a lot of anger. Either towards others (including God) or oneself – guilt over not having done enough, said enough or even made and amends. There is the bargaining and fear of loss of other things. Then comes the deep grief and sadness. During this time of deep grief, the questions about how the loss served us can usually be resolved. It's harder to find, but not impossible, in the other stages of grief. Looking for the meaning in the early stages of grief can be both hurtful and helpful. We need to be sensitive to

whatever reaction is happening. Grief is an outpouring of emotion. We cannot get to the inner world as quickly sometimes unless some of it is out. However, looking for the meaning can also speed up the process of grief. Talking to others about how the deceased person taught us something that we value, can help to drop us into our grief a lot quicker. The final stage of grief is acceptance and gratitude for the change or loss. We can't get to this unless we have found the gift, the learning, the lesson, the reason – the meaning.

Taking our power back – soul retrieval

I think all emotions need to be processed, because they are all teachers. Please don't judge your anger as wrong. Even if you are angry at someone for dying! Our anger is the part of us that tells us what we value. However, if we are in blame at a deceased person for mistreating us or leaving, we are disempowered. As we are angry at someone else, we give our power away. We give a part of us away. Eventually, we end up tired, angry and weak. Instead, we need to search for the gift in the emotion. What is our anger teaching us about ourselves? What do we value? How can we integrate this learning into our life now? This will assist greater healing by enabling us to take back our power. Whilst we are still in blame, that other person, deceased or otherwise still has a 'piece' of us. When we learn the gift, it sets us free. Our parts of us return and we become more whole. We are no longer split and confused. We are empowered and able to take this forward into our future.

The Afterlife?

When we get to other side fully, we realize that we are really all equal. We see everything we have done and we don't put ourselves above others. We are able to review and process our lives. We step into our Higher Self. From that viewpoint, we choose to help others back here on earth, out of our own free will. If we are still earthbound but deceased, we will still be in a lot of better

than/less than stuff, unresolved grief and really not at peace. So we need to ascertain who we are dealing with. Ask Archangel Michael to help you to know who you are dealing with. You will sense energetically if the person or entity who you are communicating with is resolved, at peace and feels whole. They may still express feelings of remorse, but from a compassionate space, not a guilty one. So there is a difference in the vibrational quality coming through.

Perpetrators vs Victims

If we are communicating with a perpetrator we might find that they have not been changed by death at all. They may be influencing perpetrators here on earth and even playing a part in negatively influencing them. Perpetrators who are now transformed in the afterlife may express their realisations and how they are now assisting others on earth to recover from offender behavior. Perhaps they are hanging around the jails and being a positive influence in changing the rehabilitation programs. Their knowledge of offender behavior can be used for higher purposes. Their amends is in their actions now, not just their words. We need to be willing to forgive, however this forgiveness does not set the offender free. Our forgiveness sets us free and heals us. An offender can go on to rehabilitate in the afterlife. In fact, the afterlife process can be seen as just that, a big rehab program. So those who ever had a fear of failure in rehab, don't worry, it happens eventually anyway. We all get a go at it. The only condition is that we are willing.

If we have been a victim of abuse then we might have a real judgment of perpetrators. Perhaps we might have committed some heinous crimes in a past life too and have a real judgment on board about this part of ourselves. I believe that most of us have done the lot in past lives, murder, rape, molestation, pillaging. Consider the dark ages, the medieval times. Consider Roman times! What about the cave man times? With all that spare time on our hands, we would have played out our dark side. Now we have the internet and

more covert expressions of addictions and abuse. It doesn't mean that we are not playing with that same energy. It just means that it has got smarter.

If you are ever in any doubt about the genuineness of a perpetrator claiming that they are sorry or rehabilitated, just grab Michael's sword and check in with them. Use the Rose Quartz heart where you see what position they are in when making their claims. Call on the higher Angelic Realms such as the Thrones or Principalities to hold the energy in the room. Your fear might be bigger than the reality of who they are now. These reactions can cause you to misread the situation. However, if your sense is that you just are not ready or can't handle the energy or are not ready – it's okay. You are only human. Look at it like a pointer to some inner work and hop to it. Do some clearing from your reactions and then shadow work at integrating this part of yourself represented by the perpetrator. If you only do clearing, you have done half the job.

Sometimes the reason why we are trying to get rid of imprints is because we are still in so much judgment of the perpetrator. We don't want to attract it any longer, but we are not yet ready to admit that we are it! The reason why victims attract perpetrators is because they are denying this part of themselves. They have not made their peace with it. "How can I make peace with a murderer or molester?" You might say. Well, it's an interesting journey folks, but these parts are here for a reason. There is something to learn from these parts. And you really need to ask yourself, do I want to continue to play the victim all my life? We are not responsible for what other's do and their actions towards us. But using them as a scapegoat for our own disowned stuff is abusive towards them and us. It keeps us disempowered. When you look at it that way, the victim has really become the abuser by not taking responsibility for what we are creating and attracting. We simply hold up the imprint and they shout match! These relationships are usually a 'fit'. And really it is game, set, match and then poor me – most of the time. Sometimes it is out of the blue. But one thing is for sure. We can certainly get through past traumas if there is a sense of safety built

within ourselves, that we are doing the inner work not to attract these situations to us again.

What are we willing to do to take our power back? If we are not ready in Level 2, that's fine. It is shadow work and this will be addressed in more detail in Level 3. I know that I want to be a wonderful role model to my children about owning my own power, because I want them to grow up and as empowered beings that live in Lightfilled relationships. That is the true art of transformation.

The Other Side and Remorse

I have been shown that after we pass over to the other side properly and are transitioning to be no longer earth bound, we do a kind of assessment of our life, our behavior and the consequences that have ensued. In saying this, I would like to entertain the possibility of being able to do this in such a way as before we pass over, to save ourselves time and find the meaning behind our behavior. Sometimes we are aware of our intentions and others we are not. If we take stock before we pass over, this saves us a lot of time and we are able to be less confused when we pass over and more available to our family members that we have left behind (temporarily!)

Rudolf Steiner had a great suggestion that involved doing a nighttime meditation of reviewing our day backwards. So seeing the consequences first and then the choices later. It takes the charge out of justifying our actions. In doing this daily, it ensures that we become more conscious and morally aware of ourselves. We are able to separate our behavior from who we are. We are able to come to terms with things far easier and also not get caught up in continuing any dramas that we might have been a part of. It helps us to be more objective and an observer of our behavior. And in his book "The Philosophy of Spiritual Activity" (Also called the "The Philosophy of Freedom"), Steiner talks about freedom being that state of being that we are able to

observe without reaction and judgment. We are just noticing. We are able to be in it but not of it. So this is part of enlightenment. And when we can do this for ourselves, we are in a better state of being after we cross over. We are more likely not to be attached to things, especially the earth. We are more able to be free-spirited and aware of ourselves and our actions. We are more connected because we realize the consequences of our choices. So we are more empathetic of others without being attached to others and carrying their emotional realities around with us. It is a great practice.

Another way of taking inventory is through the 12 step (from 12 Step Fellowships such as AA) that I discussed in the first training manual. There are so many ways of taking inventory. Asking questions, making lists of boundaries of others we have violated (physical, emotional, sexual, mental and spiritual), writing lists of behaviors we want to discourage, writing lists of behaviors and things we want to encourage, going through the seven deadly sins and writing out how we have acted these out and the list goes on. The key is to find a non-punishing way of doing it, that encourages light. You will feel some darkness in coming to terms with dark behaviors, there is no doubt, but if you bring lots of love and light to yourself as you take these inventories, you will find they are easier and shift quicker. As they say, focusing on what you want brings you more of it. But sometimes we need to have these realizations before we know what we want. And that's where our dark side has helped us get to the point of saying, "I know how it feels to be in the dark. Now I choose to be in the light". This always has to be our own free choice. Only when we choose the light are we no longer earth bound. When I was doing my 4th Step which is "Made a searching and fearless moral inventory of ourselves", I realized that for every deed I did that was against myself or others, I could see the learning in it. By not focusing on the behavior, but rather on the learning, this lifted the process. It gave it meaning. It motivated me to be honest. When I emerged from doing my inventory in this way, I felt lighter and more positive. I felt lifted to my Higher Self. Rather than being a process of shame, it became a process of

empowerment. This kind of awareness and ownership lifts us to higher states of consciousness. That's probably why 12 step fellowships are so successful in treating addictions and why they are so popular all over the world. And why there are so many types of them!

Enlightened mediumship

In January of 2009, I was called to help Lightworkers who had passed over. I remember closing my eyes one day and suddenly I was transported to different scenes where there were groups of people from large scale catastrophes still hanging around. Some of these catastrophes were old, such as September 11. What these Lightworkers didn't realize was, they were Lightworkers. They had been hanging around trying to help others. Not only that, they were also overly concerned about the ones they left behind. They wanted to stay to pacify their loved ones grief. I assisted them in resolving their over-responsibility issues by letting them know that they were Lightworkers and that they could return. They just needed to cross over properly. Then they could come back as spirit guides if they so wished to assist humanity on an even bigger scale. This excited the Lightworkers and they would quickly go to the light. They knew they had heard the truth and they did not want to waste another second.

I did this for a while. One catastrophe, one Lightworker at a time. Sometimes the catastrophes were new. Sometimes I would come upon an ancient place where there was a gathering of spirits, such as a mountain in Malaysia that my husband Tony and I visited in July 2009. I sensed that there was a lot souls staying around the top of this mountain and I told Tony. A couple of hours into our tour, due to having time to spare as the car had broken down, we had some time to just chat with our driver. It was amazing. The driver told us that the mountain was where all the souls of the land choose to live in the afterlife. Tony and I looked at each other. It was priceless. I knew then, that spirit was with us and that the calling I had was being confirmed wherever we went. In

fact, the mountain top was quite cloudy the whole day and then it emerged! It was a sight to see. I felt an overwhelming sense of involvement with the souls who were ready to move on.

Arch Angel Michael told me that there was a massive problem of earth bound spirits who were not moving onto the light. There were also Lightworkers trying to help them on the other side but even though they had the best intentions, they were ill equipped to help. I felt so overwhelmed! But then, I was shown to set up a guidance center energetically at Uluru. I was told to hold the intention for spirits to come and ask for help in helping other Lightworkers. So they would turn up and ask me questions. These questions would revolve around how to assist others in moving towards the light. I turned up and there would always be a few of them waiting for me. However, 1 or 2 questions later and they were all gone. I would think, hey I thought I had more questions to answer. They were obviously all experiencing similar issues. I did this for over a year. They would bring me unexpected questions that I simply didn't know the answer to before they asked. Yet when they asked, I knew the answer! My claircognisense was obviously being exercised.

Then one day, Jesus appeared in one of the rooms in Uluru. He hasn't left. He is simply there all the time. So whenever I turn up, there he sits on a beanbag ready for my questions. A few times, I didn't know the answers to the questions that were asked of me. I would leave one room and I would just go sit with Jesus and have a chat on the beanbags. Then go back and give the answers to the helpers. I would say it pretty much the same as I heard it from Jesus.

Then one day, no one turned up to ask me questions. The numbers were dwindling a bit but I didn't really mind. When no one turned up however, it was a shock. I was so used to seeing a few people there. Then I was told that what I had done, had passed on to others. The knowledge that I had shared, had spread so widely that the all that I had helped were now helping others the way

I had helped them. This was a huge shock. I remember that the feeling was huge. I was very emotional and grateful. All I had done, was simply turn up and ask for nothing in return. I just wanted to help. Then all of a sudden, this massive problem was gone. I thought to myself that if I was part in all these enlightened souls crossing over and helping others to cross over, surely this means that the next lot of kids coming our way are going to have an even higher state of consciousness. And that is who is coming in right now. If you feel called to use the guidance center that was energetically set up in Uluru, please feel free to do so. Jesus sits on the room to the right. There is a big room in the middle and a smaller room to the left. It is a beautiful centre with large shells on the outside of it and a beautiful floor made out of the outback's red sand. Great for keeping us grounded!

So I look to the future and I know that it is not if, but when, we choose to use our higher faculties. It will one day be the norm just as we see the blue sky, feel the sun and breeze on our skin. We can fight it, but we are only fighting the inevitable. We will all experience seeing beyond the veil. And then after a while we will look back and think, that was weird when I didn't use that gift! Like my husband says about nature, God has given us all this abundance, it's here now and it's right here for the taking. What are we waiting for?

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