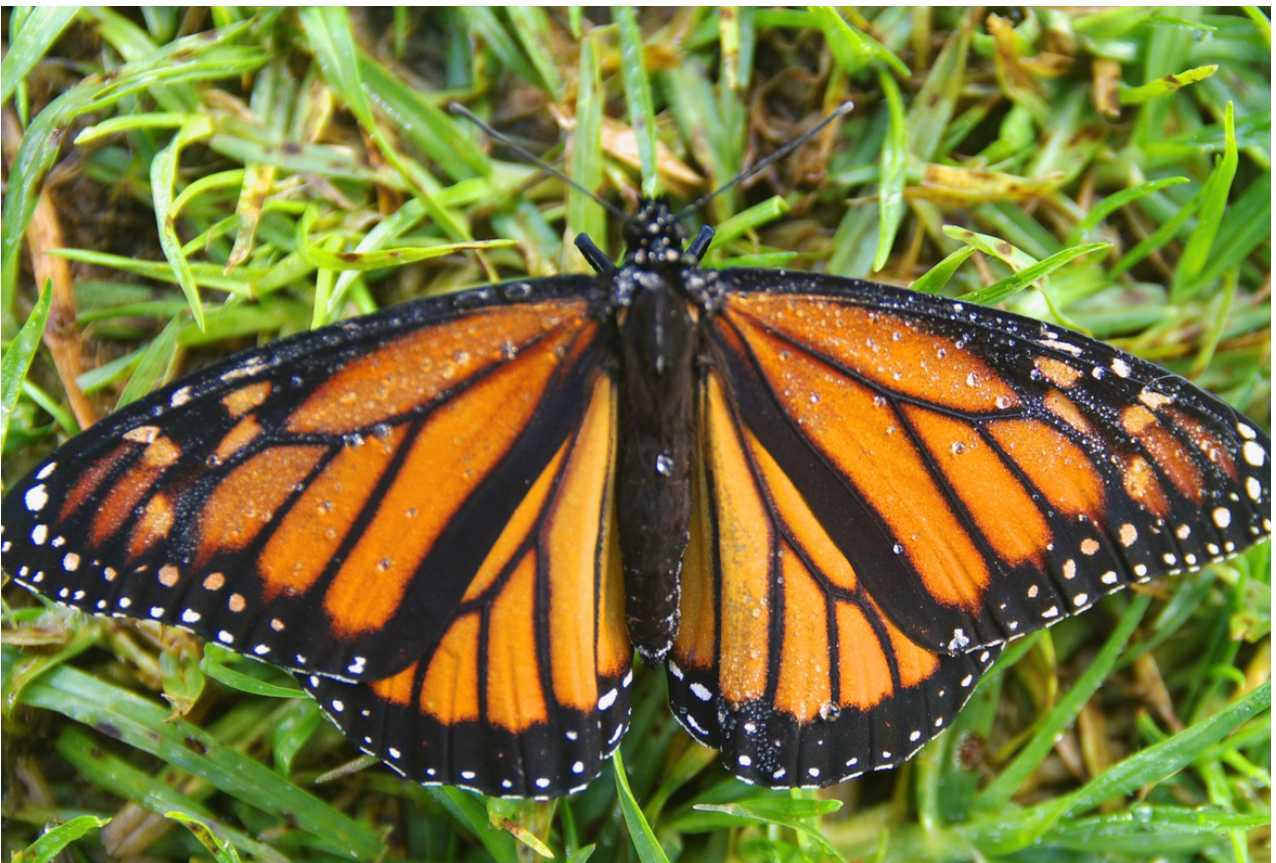


# **WISDOM FOR CHANGING CONSCIOUSNESS**



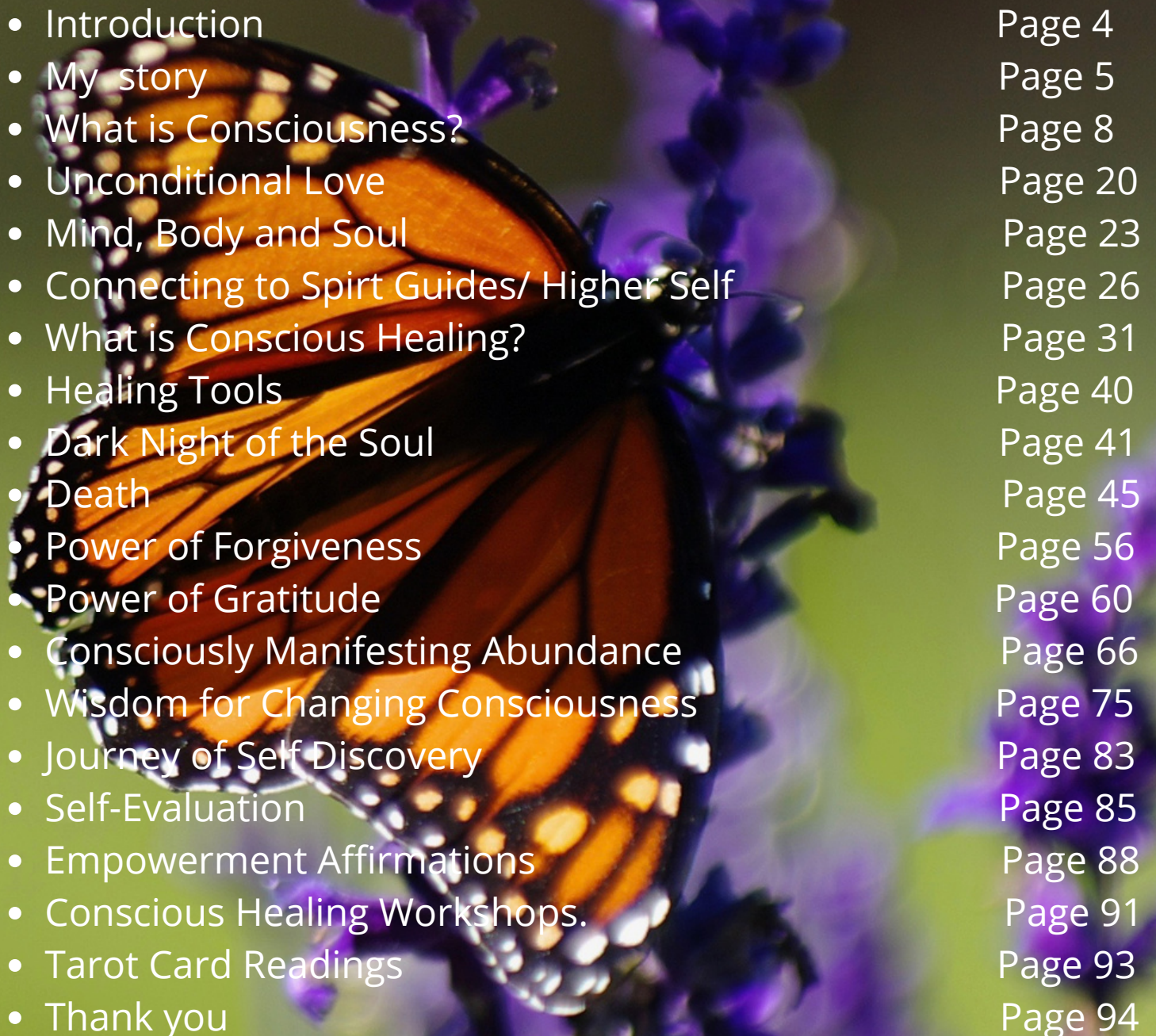
**VERNA CARR**

***The butterfly teaches us the magic of transformation. Growth and change do not have to be traumatic but can occur as joyfully as one wishes. Her message is hope and new beginnings***



**The butterfly is a symbol of powerful transformations representing endurance, change, hope, and life.**

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# INTRODUCTION

Do you want to understand the knowledge that goes well beyond three-dimensional? Do you have unanswered questions?

Do you want to raise your vibration?

Who or what are spiritual guides?

Do you want to learn about how energy affects your body?

Could you heal yourself using energy techniques?

Do you want a larger understanding of reality?

Do you want to explore and gain new levels of consciousness?

Have you ever asked yourself, what is the point of life and what happens when we die?

How do I vibrationally align my thoughts and feelings so that I make good choices that will support me in my life and gracefully lay aside those that do not?

Why are forgiveness and gratitude such powerful tools to let go of old beliefs like fear, anger, shame, self-doubt, and not feeling loved or worthy enough?

These are all the questions that I have asked myself over the years. What we explore in this ebook are some answers I have discovered and work for me. Run them through your own energetic filters to see what resonates with you. You can agree or disagree that is your prerogative. You are on your unique journey with totally different life experiences and themes to explore.

# MY STORY

## **My Story about Consciousness/ Spirituality/ Death**

My journey into death and spiritualism happened when I was in my early twenties. In a space of a few months, three people who were close to me died. First, there was Gina, who was like a grandma to me. I didn't have a grandmother of my own as both my parents were immigrants so I had no extended family living in the country. I became very close to the grandmother of one of my friends, and when I had some spare time, I would go around to her place, catch up for a chat and play a game of Scrabble. She was a great cook and there was always baking in the cupboards. She made me feel like part of her family. I knew she was sick and on the night of her passing, I was lying on my bed reading a book. I could feel her presence in the room, could smell her perfume and felt her hand touch my cheek and hear the words, "Goodbye my dear." The next day her daughter rings me to tell me that her mother had passed away. I replied, "Yes, I know she passed away at about 10.15". "How did you know?" The daughter asked. I said that "she came to say goodbye".

The second person who died was my cheeky red-haired mate, Len. He was full of life, full of mischief, and a bit of a practical joker, but a man with a beautiful heart, compassionate, kind, and gentle. He was 23, the same age as me. I knew he was going through a rough period in his life. On the day of his passing, I was working as a courier at the time and drove past his house in the early hours of the morning and felt a deep sense of foreboding. This was the days before cell phones. When I reached the office I tried to ring him- no reply. The foreboding got stronger. At about 3 o'clock in the afternoon, I could feel the black cloud burst. I was walking down the street delivering parcels, and cold shivers went down my spine. I went absolutely white and started shaking and crying. Nooooo. I had this horrible feeling that something bad had just happened. A lady walking by saw me and asked me "If I was ok?", I replied "My friend had just died," and the lady said, "I am sorry when did he die?" Just Now. he has died just now". Imagine how distraught I was. When I got back home, I telephone friends to ask about where he was. Later that evening a friend rang, and said "That they had found his body and that he had committed suicide".

# MY STORY

The third incident happened about a month later. I was sitting at the dining room table doing paperwork. I heard a voice in my head saying "that my Uncle John had died". That evening, my mother got a phone call from her sister to say that their brother John had a massive heart attack at work and had died. Ok, now, I am really getting freaked out. This was getting weird! That's three people I knew at the exact time that they died, and I didn't even know Uncle John because he lived in England.

I wanted to make sense of this: I wanted to understand. I had a strong desire to learn what happened after we died. This led me to go to spiritual churches. I listened with fascination to mediums giving message after message from loved ones who have passed over to another reality. Mostly they were accurate, sometimes hilarious as loved ones told the family secrets, but always comforting, always reassuring. Those receiving a message would be given confirmation that the consciousness of their loved ones lives beyond the physical death of the human body.

Over the years, I had my own messages from people who had died. Most times, I didn't know them as they had passed before I was born. I would go home and ask Mum, and she would confirm, "Yes, that was granny, or yes, great uncle died in the war and yes, her sister died in a motorbike accident."

On one occasion, I was sitting in the spiritual church and the medium said "that there was a young red-headed man holding up a white chess queen. Can anyone relate to that?" I thought to myself oh my God, that could only be my mate, Len, I tentatively put up my hand and said, "Yes, I had a red-haired friend and we used to play chess long into the night". The medium said "that he was sorry that he didn't stick around and he was sorry for the pain that he had caused." She described him in detail and gave me personal information that only he and I knew. The medium had no way of knowing, as she had never met Len or me before.

My curiosity to know more about spirituality fully immersed me in a life-long exploration. Over the years I have read hundreds of books about soul/ spirit/ energy/ life after death/ life before birth/NDEs- Near-death experiences communication between the realms etc.

# MY STORY

I had so many questions...What happens when we die? Who were we before we were born?... What is the soul?... What Is Spirit?... Who or what is God?... Why, why, why...the questions were endless...I wanted to know...I wanted to understand.

Over the years, I have learnt much about consciousness, energy healing and how mind/body and soul work together to create the physical human experience. I now earn my living as an energy healing intuitive. I am clairsentient, meaning that I see and feel the energy of spiritual beings. When I am working on the healing table, high vibrational spiritual beings who come with unconditional love, show me, guide and put pictures in my head of what is happening in my client's life, where their energy is flowing and where there are blockages.



# WHAT IS CONSCIOUSNESS?

*You don't have a soul,  
**YOU ARE A SOUL***

*Remember, you are God/Source  
having a human experience. You  
can be nothing else. You are all  
that is, and all that will be. This  
is your creative life force.*

*The higher you raise your  
consciousness, the more of God/  
Source you will experience.*

*What are you going to do with  
this?*





# WHAT IS CONSCIOUSNESS?

## **What is Consciousness?**

Consciousness is simply energy. Energy that is aware of its existence. You are Divine Consciousness/ Source. In a timeless state, there is no change, there is no growth and no discovery. God / Consciousness wanted to know itself, so created infinite mirrors reflecting back to itself, so it can experience itself, as all there is, from infinite perspectives.

When you came through the veil and were born into a human body, you chose to 'forget' that you were God having a human experience, that you were Divine Consciousness. You knew you were going to be born into a three-dimensional time/ space reality. So that you could genuinely have a truly human experience, you had to wipe the slate clean so to speak. You played the game of imposing on yourself blinders to forget that you are infinite, to forget that you are eternal/ all that is, so, that you gain perspective through your own unique experience, so you can discover yourself, and reflect upon yourself, to realise your connection to Source.

Before you were born into this physical body, you were a soul. You wanted a physical human experience, so you created the template for your life. At the same time, you created a Higher Self (spirit) which would act as a liaison/link between your physical human reality and what you call the soul. You are 70% non-physical and only 30% physical, so most of your consciousness exists in different realms and dimensions, connected through silver cords.

In this template that would be your life, you choose everything that would give you, the most beneficial experience for your higher growth and learning. Your template included, where you would be born, the timeline you would be born into, your culture, gender, family dynamics, and everything that would make up the predominant background to your life. You made agreements with those you would co-create this life with. Imagine if you didn't forget, there would almost be no point in being here. You would live the same reality repeatedly. You wouldn't grow and expand because you wouldn't learn anything new and old feuds would continue.

# WHAT IS CONSCIOUSNESS?

When you come through the veil, you are still soul or consciousness, you purposefully designed your life and packed your bag for this adventure. You included talents, gifts, skills, and abilities that you have practised over many versions of yourself living on different timelines. That is why some people appear naturally gifted, even as children. You also packed into your bag unresolved issues and traumas, that have impacted you. Therefore, some people have irrational fears or phobias and/or strong beliefs, and preferences of what/whom they like and dislike and/or are drawn to certain locations or periods in history.

Your Higher Self knows far more than your three-dimensional human self. **It is you**, so will never let you down. When you are aligned with your Higher Self, this allows you to expand your consciousness into other worlds and realities beyond time and space. You communicate with your Higher Self, and your Higher Self with you, through your feelings of excitement, dreams, and intuition. When you align with your Higher Self, you are in the zone. Life seems to flow, and you will be in the right place, meeting the right people in perfect synchronicity. Your Higher Self knows what you put into place before you were born, guides you and directs you where to go.

Souls incarnate in the same groups. You ask the souls with whom you have a heart connection, to agree to be part of your life and you theirs. To overly simplify, it is like putting on a school play. "I will play this role, put on this costume, and play this part in your life. If you will put on a costume, and play this role in my life." In most scenarios, there is a combination of roles; a villain, a hero, a victim and/or a lover/friend. (these can be interchangeable depending on the situation). Together, you create dynamics that provide the best opportunities for everyone's soul growth, and for the greater evolution and development of humans, and the consciousness of this planet.

# WHAT IS CONSCIOUSNESS?

Some people choose so-called very difficult and painful lives. I still grapple with this, as to why they would want to. However, their why is not my why. Each soul will choose with free choice and free will what they want to experience, and what they think will suit them best. They may choose to balance out deeds from another lifetime, (some people call this karma, which is an overly simplistic term and ideology, remember there is no judgment, only unconditional love). They may choose to incarnate to be of service to another soul(s), so that all concerned, can learn and grow. There is no one-size-fits-all, but a multi-faceted uniqueness of experiences.

You have a physical body, which is limited by three dimensions of space, and one dimension of time. Your Higher Self or consciousness is multi-dimensional, so past, present and future are experienced all at once. My guides, use the analogy, that the Higher Self, ( which is the non-physical part of who you are) has the bigger picture/overview and is looking after you, the person having a human experience. Your Higher Self makes sure that you are given every support, communication, and guides you from a higher perspective. You connect with your higher self through dreams and intuition. When you trust this, then there will always be a positive outcome, even in situations you don't prefer, because there are always learning and growing opportunities. When you feel stuck, or disempowered, your higher guidance will help you find the solution. (Which is: **Follow your heart, do what excites you and brings you joy into your life.**)

Humans, when they are only operating from their physical body, feel isolated and disconnected from their Source/ God Being. The physical mind creates stories, loops and limiting beliefs. This keeps you in the low vibration of struggle, fear, stress, and worry. Carrying this baggage wears you down, makes you feel exhausted, and eventually leads to disease within the body.

The language of the higher mind is joy, passion, and excitement. When you are doing what you love doing, then you feel happy and positive, and things work out for you, saying yes to intuition and gut feelings. It will surprise you, at the synchronicity that will happen in your life. When you do this and your life and ideas seem to flow because there is nothing to resist.

# WHAT IS CONSCIOUSNESS?

**Trust and let go of how you need your life to happen.** Remember, you, as soul, put a plan/template in place, that would be the life experience you would have in this human incarnation. This is the game board of your own design and choosing. You have made agreements with other souls/ people to co-create things/events/situations on specific timelines so that this becomes part of your life experience. You won't miss out, if you are meant to be somewhere, meet someone or have that encounter or circumstance, then you will do so. This also includes so-called negative and painful events happening in your life, because that is where your greatest growth, learning and wisdom come from.

Your Higher Self or innate consciousness, has complete information on who you are, both as a physical being and as a spiritual being, and acts as a go-between the two. Your Higher Self has access to your living library of who you are in this present incarnation, and all the various other human experiences or incarnations that you have had. They are not separate; they are all connected. When you are working in unity with your Higher Self/Consciousness, you could ask yourself why you have a pain/ illness/ disease and you could ask your Higher Self to tell you what you need to do, to come back into balance and harmony. Miracles happen because you are now working with a higher vibration of consciousness.

Everything going on in your body is a reflective message of what you are thinking and feeling. The cells in your body are also conscious and are always listening, so will behave according to the instructions they are given. You are Infinite Consciousness, your energy field is conscious. As you become more aware **of** your energy field, you get premonitions and insights and become more aware of what is **in** your energy field, what you are attracting and what is going on in your universe. What you are focusing on and directing your energy toward? The universe/ Consciousness is impartial and has no emotions. **You are the ultimate creator, so you will create in your reality, whatever you are giving your attention to.**

# WHAT IS CONSCIOUSNESS?

## **Before You Were Born, YOU Chose the Template of Your Life:**

You sat down with trusted advisers and created the template for your new life experience. Which is the game board of your own making:

- You chose everything that would be relevant to your experience.
- You chose your parents.
- You chose your gender.
- You chose the country where you were to be born.
- You chose your birth date to align with astrological configurations.
- You chose your culture.
- You chose your life circumstances.
- You chose obstacles, lessons and challenges, so, that you could evolve.
- You chose good times, and joy so you could experience your human life to its fullest.
- You made agreements with other souls, to play the part of lovers, parents, siblings, children, friends, teachers, adversaries, so-called complete strangers who would be a major catalyst in your life, and even your pets- all the people you will meet and interact with, that would impact your life. Remember, you did this on the quantum level of understanding well beyond what the 3D human version of you can understand. 😊
- You chose when you would die and how. Yes, even the tragic and horrible deaths have all been pre-planned. (You may have put in place various exit points as part of your soul growth). You may have also put into your plan wake-up calls so that you pay attention to what is happening in your life.
- You might have put drama and trauma into your life so you could overcome this, and/or where you might like to make different decisions and changes so you have a life that is more meaningful.
- Of course, you have free will and free choice. You put a lot of flexibility into your life template for what you wanted to explore.
- **You are the master making the choices- good, bad and indifferent.**

High Vibrational Energy expands the flow of your life force/energy/ consciousness/ connection to God. High vibrational thoughts and feelings create health, well-being, clarity, direction, harmony, love, support, and balance.

When energy moves, you feel part of the creation and synchronicity of the universe. You have growth, expansion, and a feeling of ease and grace in Divine Timing.



Energy flows in a Torroidal Field

Low Vibrational Energy, contracts the flow of your life force/energy/consciousness and dulls the cells, creating illness.

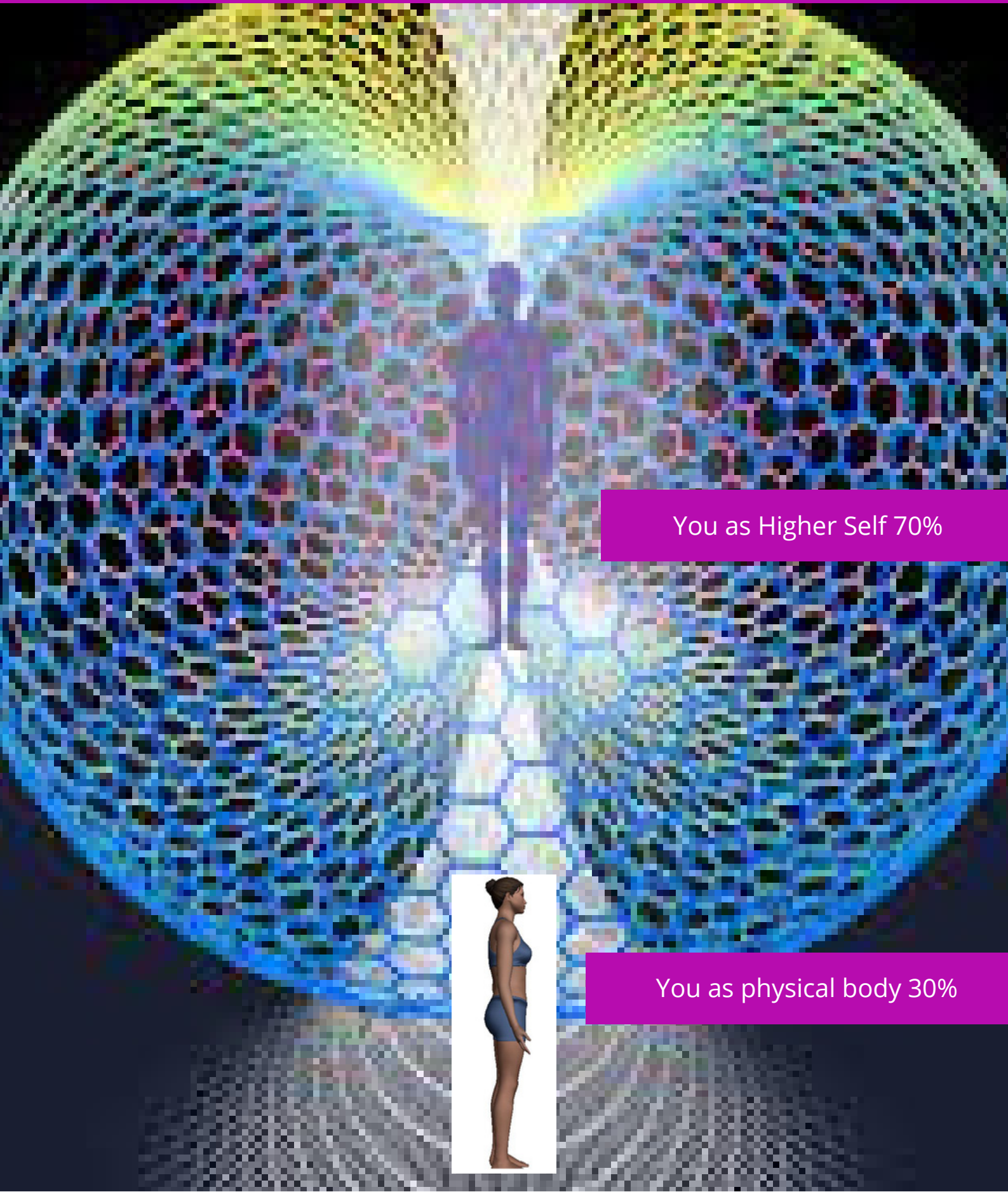
When energy doesn't move it creates self-perpetuating loops of limiting beliefs that keep you stuck. Eventually leading to pain, illness and disease



Yes, some people do have grey auras

# You are the Infinite Consciousness/Source/God

You, as Soul oversee hundreds of versions of you, going on all at once. Before you were born, you chose this human experience and split yourself into two aspects: Your physical body and your energy body or Higher Self.



You as Higher Self 70%



You as physical body 30%

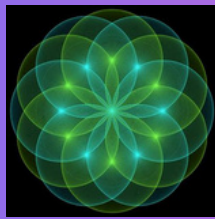




OVER SOUL



HIGER-SELF



Each Physical incarnation has it's own Higher-Self,  
Which is Connected to the Over Soul



PHISICAL HUMAN EXPERIENCE

Each Physical Human Experience is a Simultaneous Incarnation, and is Energetically  
Connected to All Other "Lifetimes."



## Concepts of Body and Soul. As described by the Analogy of the Lemon Tree

One way of explaining the concepts of body and soul is through the simple analogy of the lemon tree. I have chosen the lemon tree because it is the only tree to have blossoms, green fruit, and ripe fruit, at the same time. Imagine that you are a lemon on a tree. As that lemon, you are having your own lemon experience, but you have no awareness of the other lemons existing on the tree simultaneously. Each lemon has its own experience, so this represents one human life or incarnation. Now imagine a lemon tree with multiple lemons that is aware of and nurtures them all. This represents the soul. The lemon tree is connected with the Earth and other lemon trees through the root system; this could represent the quantum fields of existence.

As humans, we tend to think of time as linear and to have a human experience it has to be linear, so we feel that we are making progress through life. It also gives us a concept of past, present and future. Outside of the three-dimensional reality, time does not exist. Therefore a soul can experience any period of history randomly, so there is no particular order or sequence of lifetimes. In fact, they are all happening, all at once. If you can get your head around this, then you step out of the three-dimensional point of view into quantum understanding.



*Stand still, and take a breath, remember you are God in a body. What do you want to do with this? Every day you have to think to yourself what are you going to do today? What are you going to think today? How much of yourself are you willing to express in your life? Fear/ anger/ bitterness/ grief / old beliefs/ hurts dilute this. Maintain your integrity, and all integrity means is that your thoughts and actions align in the same direction. Intention, desire, will, spirituality, and consciousnesses are all one and the same.*

# UNCONDITIONAL LOVE

Creative Source/God is Love. We are expressions of and created from, that Love. We are love. Love is consciousness. Humans have been taught that the mind is supreme, that what we think we can achieve, and to a degree, this is true because energy follows thoughts. However, what are thoughts without the emotion and feelings that go with them?

Without love, we become disconnected from who we truly are. Without love, we become small, limited-thinking, greedy, cruel, narcissistic beings. Our only thoughts are: What is in it for me? How do I turn this to my advantage? How do I gain power and control over this? (Whatever this is, money, sex, environment, workplace...). How do I get more?

The less someone feels love internally, the more they seek it externally, leading to unhealthy and toxic relationships, anti-social behaviour, and addictions because the hungry ghost is always hungry. Lack of love twists people into deformed shapes of anger and hatred. Hurt people hurt other people, and sometimes the chain of pain goes on for generations.

Dr Masaru Emoto, a Japanese scientist, did experiments and discovered that water has consciousness. He studied the scientific evidence of how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions. When the words were loving and kind, they formed beautiful, symmetrical crystal patterns. When the water was exposed to ugly emotions, like fear, anger and discordant human intentions, this resulted in disconnected, disfigured, molecular formations and patterns. Remember, we are about 80% water, and water has consciousness. Therefore, anything we are exposed to becomes part of our consciousness and physical body.

# UNCONDITIONAL LOVE



## Images of spoken words affect on water

Creative Source is love and created you from love. Creative Source does not make mistakes. If you exist, then you are loved unconditionally. This is the Divine Order of the Universe. This means, that no matter who you are, or what you have done, you are loved. There is no judgment. The source is not a mean, vindictive God waiting for you to make mistakes, or sin so he could punish you. Where did this even come from? No wonder there is so much fear on this planet.

We are expressions of Unconditional Love. Why then do we hold it back? It is our true nature to allow love to flow freely through us. When we do this, we maintain a deep connection with our Higher Self. From this connected state, we notice, we say, and do the right things, at the right times. We are in synchronicity with the world, and our life flows with grace and ease. The longest and hardest journey you will ever make is to go from your mind into your heart centre.

# UNCONDITIONAL LOVE

Let's do this together! Find a comfortable place to sit or lie down. Close your eyes and think your happiest thought...Take three deep breaths and allow this thought to move into the centre of your chest...feel this like a warm ball of energy...feel this enter your physical heart...slow your breath down...concentrate on breathing in...breathing out... breathing in... breathing out... breathing in...breathing out...your entire focus is your happiest memory sitting as a warm ball of energy in the centre of your chest... with your next heartbeat... allow this energy of love...of light...of peace to enter your bloodstream... it goes all the way down to your feet...back to your heart...you feel your love energy connecting with the universal energy of love... take another deep breath...once again moving this energy all the way to your feet and up your legs...back to your heart... back to the warm feeling in your chest...back to the universal energy of love...you feel this becoming amplified...magnified... you are nothing but pure unconditional love... take another deep breath and move this love all the way to your feet...up your legs... up through your spine and torso... you feel yourself filling up with this beautiful ..radiant energy of love... if you were to give it a colour what would it look like?... feel the love of all that you are... moving up your body...returning to your heart...the centre of your being...take a deep breath and breath in the universal love that the creator has for you...when Source looks at you it sees nothing but perfection... imagine you are a parent seeing your child for the first time...this is how Source sees you... now keep amping this up to you feel love in every pore of your body...every fibre of your being...you feel this love moving into your cellular and DNA...connecting you to all that is and all that will be...you are part of this...you are made from love...you are love...there is no mistake...you are perfect exactly as you are...you are enough...you are a unique piece of the puzzle of creation...there is not another single being that is exactly like you...you are the love of God having your own personal experience...allow yourself to be opening to receiving this...know that you are loved in every way possible...you are magnificent and radiant being...put your hands on your chest...and feel the warmth of the ball of energy... say out loud... I AM love... I AM self-love... I AM Divine love and I AM the infinite love of all that is and all that will be...you now feel this love radiate from your chest out into the unified field...sending love, light and peace to your family...your friends and loved ones... the community in which you live...the wider world...see love, light and peace ripple out into the universe...continuing to amplify the collective energy fields...changing not only your own consciousness but also the consciousness on this planet...you are loved and accepted no matter who you are or what you have done...your energy will keep expanding... transforming...transmuting all fear and negative beliefs for love is the most powerful force there is.

# UNCONDITIONAL LOVE



## **The Answer is Simple:**

The true answer must come from your heart.  
Love is the strongest most powerful vibration.  
With love all things are possible.

# MIND, BODY AND SPIRIT

## **Mind / Body/ Soul Work Together as a Trilogy:**

Working together, mind, body, and soul will always take you, to where you want to go. Creating and manifesting, any experience you want to have because they connect you to the quantum fields/ consciousness/ oneness, or whatever you want to call it.

You are far more than your physical human body. You are part of a greater consciousness. When you use this as your superpower, totally embrace this, and live in alignment. That means your third eye, heart centre, and solar plexus, or your brain, heart and gut feelings, all working together in a balanced way, then so-called miracles will happen. You will live your life shining your light bright, filled with peace and joy, free from pain and illness, and blessed with good fortune. You will love yourself and be kind to yourself. You will love others and be kind to them.

There is no 'right' way to do this. Follow your joy, and you will find your own way and what works for you. Everyone has their own connection to Source and/or the quantum fields. You are only limited by your imagination, so will create, manifest, discover, and realise whatever is in you to do so.

### **Mind-Mental- Third Eye/Brain**

Knowledge and wisdom

Mental

Thinking

Understanding new concepts

Intelligence

### **Body-Physical and Emotional - Heart Charka**

Passion/ emotion

Love self-worth

Self-image

Guidance/ direction

### **Soul- Solar plexus- Centre of Gravity- Creative centre/Gut Feelings**

Multi-dimensional/ higher dimensions/consciousness

Quantum fields

Life force

Creative and Intuitive centre/ gut feelings



# MIND, BODY AND SPIRIT

## **Ask your Body, Does this make sense?**

Your body will never lie to you, as it is the ultimate lie detector. You know when something doesn't resonate with you because you will feel a twinge somewhere. The head will say "yes, yes, yes" because this is what you have been taught to believe and not question. Ask yourself, "Am I doing this because this is the right thing or the most exciting thing for me, or am I just following along with everyone else because that is the easiest way?" If you asked your heart, "Does this make sense?" Your heart will say, "Is this your truth? Does it feel right? Is this something you want to do?" If you asked your solar plexus, your solar plexus will give an instant reaction. You may feel a sinking sensation in your stomach or butterflies of excitement.

We are being dumbed down until we no longer know how to be critical thinkers, and there is so much information, most of it misinformation, that teaches us (programs us) **what** to think, not **how** to think. If you want to be a good decision-maker, it is important to follow your feelings.

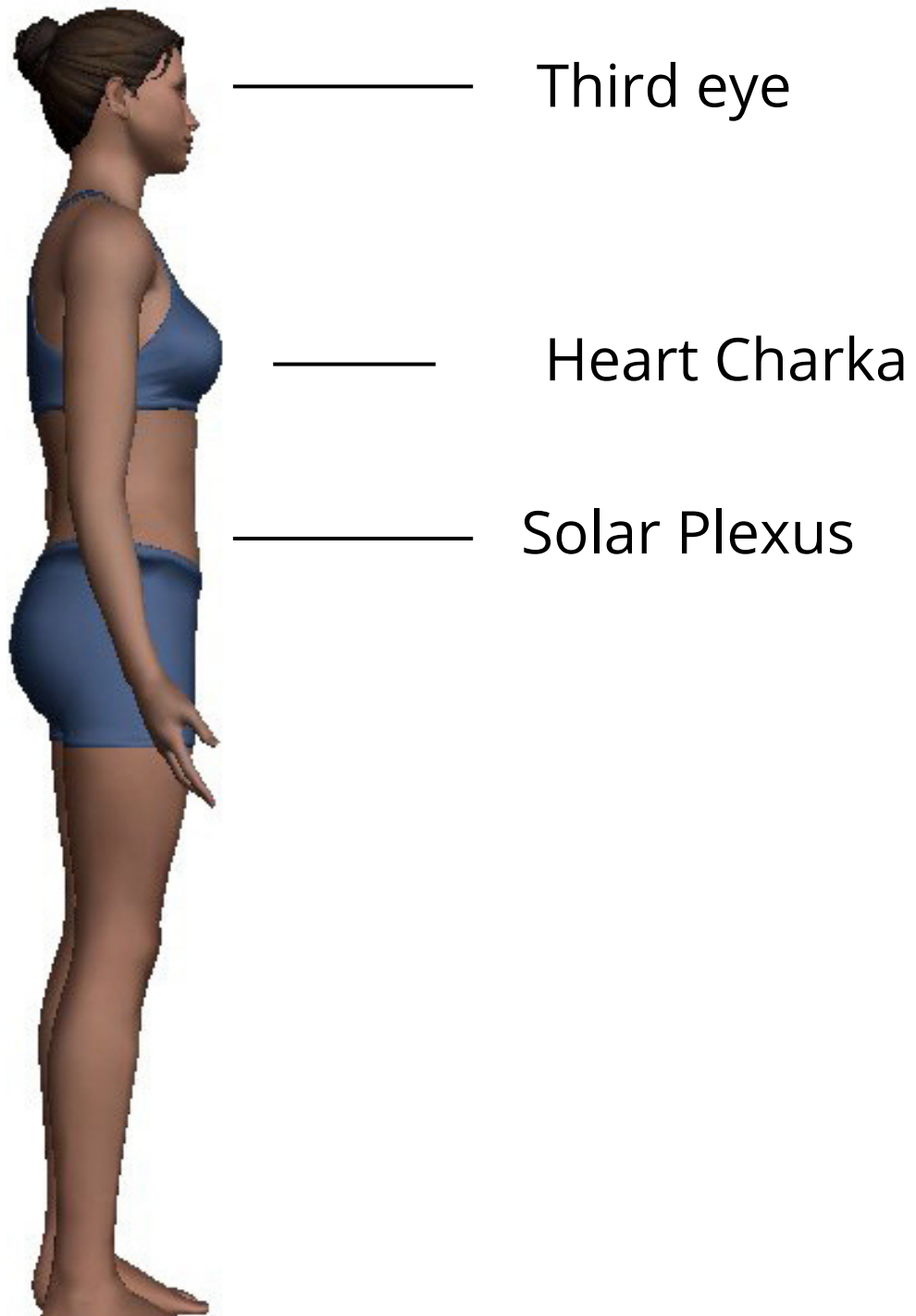
## **If you are really undecided, try a little body testing or kinesiology.**

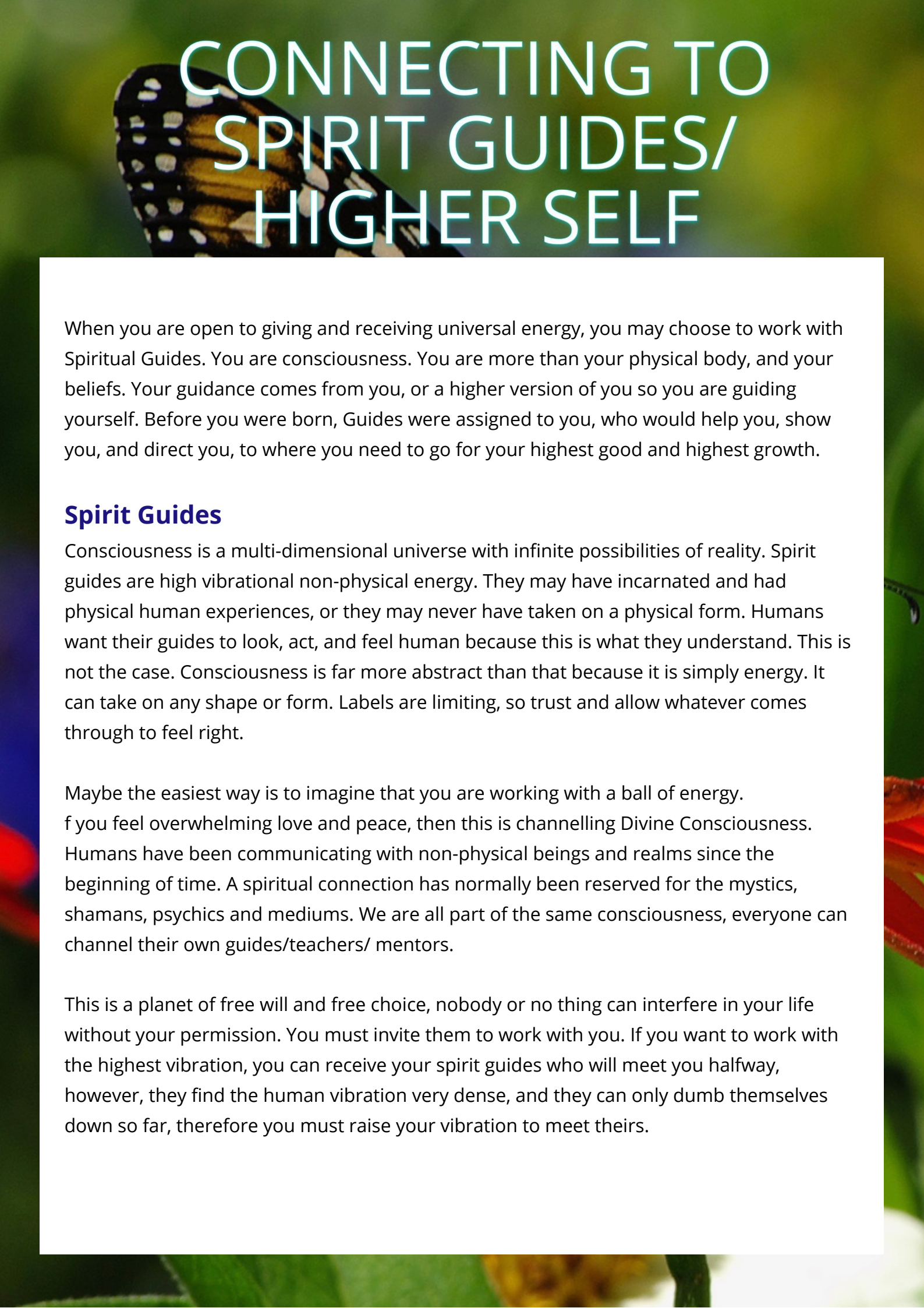
There are three good ways of doing this:

1. Put your thumb and index finger together on your non-dominant hand to form an o. With your dominant hand, get the thumb and index finger together and insert them into the o of the other hand. Ask a question and see if you can pull the fingers apart. If the fingers stay strong and you can't pull them apart, the answer is yes. If the fingers separate easily or feel weak, then the answer is no.
2. Use your body as a pendulum. Stand facing a wall so you don't fall over. Pivot on your feet and gently rock backwards and forward until you feel that your energy is balanced. Cross your arms over your chest. Ask your question. Allow your body to move forward or backwards with no undue effort on your part. If your body moves forward, it is a yes answer, if it moves backwards, it is a no answer.
3. Toss a coin, your body will tell you which side you hope it will land on. If there is no emotion, then it doesn't matter. Simply making the choice that is the easiest to do.

**Pause and ask yourself, are you following the truth that is within your heart?**

# MIND, BODY AND SPIRIT





# CONNECTING TO SPIRIT GUIDES/ HIGHER SELF

When you are open to giving and receiving universal energy, you may choose to work with Spiritual Guides. You are consciousness. You are more than your physical body, and your beliefs. Your guidance comes from you, or a higher version of you so you are guiding yourself. Before you were born, Guides were assigned to you, who would help you, show you, and direct you, to where you need to go for your highest good and highest growth.

## **Spirit Guides**

Consciousness is a multi-dimensional universe with infinite possibilities of reality. Spirit guides are high vibrational non-physical energy. They may have incarnated and had physical human experiences, or they may never have taken on a physical form. Humans want their guides to look, act, and feel human because this is what they understand. This is not the case. Consciousness is far more abstract than that because it is simply energy. It can take on any shape or form. Labels are limiting, so trust and allow whatever comes through to feel right.

Maybe the easiest way is to imagine that you are working with a ball of energy. If you feel overwhelming love and peace, then this is channelling Divine Consciousness. Humans have been communicating with non-physical beings and realms since the beginning of time. A spiritual connection has normally been reserved for the mystics, shamans, psychics and mediums. We are all part of the same consciousness, everyone can channel their own guides/teachers/ mentors.

This is a planet of free will and free choice, nobody or no thing can interfere in your life without your permission. You must invite them to work with you. If you want to work with the highest vibration, you can receive your spirit guides who will meet you halfway, however, they find the human vibration very dense, and they can only dumb themselves down so far, therefore you must raise your vibration to meet theirs.



# CONNECTING TO SPIRITGUIDES/ HIGHER SELF

At first, you may feel you are pretending or imagining your guides. That is perfectly ok, the imagination ([imagination- the magi within](#)) is where the magic happens. This is how they communicate with you. You may get downloads, see pictures in your mind, hear music or a song that has meaning to you, and synchronistic events may show up in your life.

There are many ways to receive messages from your guidance. One of the fastest is through meditation. Ask specific questions and listen for the answers. The answers may not come straight away, they may come at the most unexpected moments, when you are relaxed, having a shower, driving to work, walking or doing exercise. Because the mental human mind is out of the way and this allows the higher mind to come through. You are your higher mind, not separate from it. Your Higher Self and spiritual guidance are **100% you**, for you and will never let you down.

You are in a human body for a reason and specific purpose. You are unique, and you are the only one who can live your life. **It is important for you to do things that excite you because this is you following your own path, and being sovereign.** Your higher self communicates with you through, hunches, gut feelings, and intuition. Trust and listen because this is how guidance works in your life. Everybody can do this. When you do this as a regular practice, with no expectations as to the outcome.

The more you allow your God nature to come through, the more you will be aligned and guided in your life. You will seem to be in the right place at the right time, meeting the right people, and life just flows. You will be surprised at the synchronicity that happens in your life. You will get everything you need to get when you need to get it, sometimes in the strangest, most bizarre ways. So trust the universe has your back.

# CONNECTING TO SPIRITGUIDES/ HIGHER SELF

## What is Channelling?

**Channelling** is a natural form of communication between humans and angelic beings, nature spirits, non-physical entities, or even animals and pets. A channeler is very similar to a language translator or interpreter. They allow themselves to sense the non-verbal communication from another being and then translate it into human words.

Every person has their connection with their own higher guidance and God-self. This is unique to them. Most people, also have personal guides that are non-physical, high vibrational beings that guide and advise them from lifetime to lifetime. Many people, also have guides that are ancestors, family members, or friends that have passed over. There are also beings that are part of the Collective Consciousness, that many humans can tap into if that is their intention, for example, Arch Angels, Ascended Masters, Christ, Budha, etc.

Experienced psychics and mediums can see and feel spirit to various degrees. They relay messages to/ from loved ones. Some mediums/ channels completely leave their body and allow the spirit or entity to have full control and use their body as their own. This sounds scary, but it isn't, as it is done with full permission and agreement between the person and the entity they channel. The person has done their spiritual work and is of a high enough frequency to channel the higher vibrations. The entity coming through comes with unconditional love for humanity and has advanced knowledge that can assist individuals and humanity collectively. I have seen this for myself on many occasions.

When I was in my early twenties, I regularly went to the spiritual church to witness mediums talking to "dead people" and giving messages to their living loved ones. It was surprising how accurate they were. This offered deep peace and reassurance to those receiving the messages. I received messages from my family and a friend who had died.



# CONNECTING TO SPIRITGUIDES/ HIGHER SELF

I have been incredibly blessed to meet two very amazing channels, Louise Reiss-James, who is a multi-channel of Ascended masters, Angelic, and Galactic Beings. And Blair Stryler, who channels Tabaash. Meeting these two people has been some of the most surreal moments in my life. One minute I am talking with them as a person and the next minute, I am talking to someone completely different. Even though they are sharing the same body, personality, language and mannerisms change, the knowledge and wisdom coming from the guide are extraordinary, as they know things, that the host does not. When the guide leaves and the person comes back into their body, they have no recollection of the conversation.

I also channel myself when I am doing energy healing facilitation. I am working with my own guides, or team, as I call them, and the guides of the client. The results are usually astonishing because we are working with multidimensional consciousness, which the human mind can not even begin to perceive or understand.

Some people fear channelling because it is the work of the devil. **NONSENSE** This is an ingrained, indoctrinated, belief that stops you from expanding into higher truths and disconnects you from your Higher Self/ God nature. Which is your birthright as the Divine, magnificent, empowered being that you are. Some people think a negative or dark being will come in and take over their body. **Life is by invitation only.** Your body is sacred, no one can come in without your permission. It is up to you to **be discerning.** Even in your human life, you only want certain people to be your friends or come into your home. Why would channelling be any different? Ask yourself, "What is the value of the message?" Does it feel right? Is the message empowering and inspiring?

# CONNECTING TO SPIRITGUIDES/ HIGHER SELF

## How Do You Know Your Guide is Genuine?

- Guides come with the highest vibration of unconditional love, kindness, and compassion. You will feel your heart chakra expand, and you may feel like crying because their love for you and humanity is pure and overwhelmingly heartfelt.
- Nothing they do will hurt you or harm you.
- Only come in the highest interest of all concerned, they see all humans as Divine, magnificent beings, consciousness in the physical form. They will never find fault or criticize, they don't have any bias or prejudice, only love. You may not like someone, but it doesn't mean that your guidance agrees with you. 😍
- Your guides will never tell you what to do. In fact, they will encourage you to find your own answers and solutions.
- They don't come from ego, and won't make you special, because they see the value and uniqueness of all humans.
- You have your own higher consciousness, guides and helpers with whom you could work with and ask questions.
- Guides will give you a totally different perspective on your life. But they won't live your life for you. You still have to be a human living in a human world.
- Enlightenment means holding or embodying light. The more light you can hold, the higher vibration you become, the higher the Guide you will attract.

# WHAT IS CONSCIOUS HEALING?

Many people benefit from and would die without modern-day medicine and technology. It definitely has its place. However, modern medicine has replaced traditional medicine where everything is fragmented, separated, and compartmentalised from everything else. We separate disease from ourselves, we separate our physical body from our emotions, and we separate our organs from each other as if they were not working together in the same body.

Humans are not a collection of body parts, but whole beings with both physical and non-physical aspects. Conscious energy healing works on the premise that we are soul, mind, and body, working together in unison. When these are in balance and harmony, then the physical body is healthy, vibrant and rarely gets sick.

In today's modern society, we have become very **unbalanced**, in almost everything we say think and do. When dealing with modern ailments:

**People go to doctors- and say, "Heal me what can you do for me? "**

**They don't want to take personal responsibility for their health.**

We give our power away to people, who have trained in certain sciences and health practices. In saying that, I have great admiration for the time/ energy and dedication that doctors and other healthcare professionals have taken in their training and careers. However, they do not have the time or resources to give you their individual and undivided attention. You are one of many, so the solution is one size fits all.



# WHAT IS CONSCIOUS HEALING?

**Doctors have a very limited understanding of how conscious energy works. If you cannot see it, feel it, touch it measure it, smell it, or hear it then it does not exist.**

This is changing as more healthcare workers are working with techniques like homoeopathy, hypnotherapy, reiki healing, plant medicine, acupuncture, Shamanic, Chinese and other traditional indigenous healing. Unfortunately, most doctors do not have the time and resources to pursue this knowledge. (And if they practised this, then they are most likely to be struck off the register and lose their licence).

**We try to get rid of the symptom, rather than focusing on the cause.**

The cause happens long before the symptoms appear, and when they do, long-term patterns have already been established. It takes a lot of energy to unmanifest these symptoms. The major way we rid ourselves of disease/ illness/ pain is to take a pill or have surgery. They do not deal with what caused the illness.

**When we finally get something fixed by a doctor, then something else goes wrong.**

Sometimes the side effects from treatment lead to another ailment. Yet, we consider these ailments as separate occurrences.

**Modern-day health care and medicine is a multi-trillion-dollar industry.** The industry has a vested interest in sickness and disease, rather than wellness and ease. Cheap cures that our grandparents used to use are no longer available. The use of traditional methods or plant medicine is not encouraged or in some cases banned by law. ( Many pharmaceutical companies create viruses and diseases in Biolabs so that they can sell the "cure" for insane amounts of money. They don't care about the health and well-being of people).

# WHAT IS CONSCIOUS HEALING?

**You are almost not allowed to look at the real issues because the information is censored or hidden.**

Rich individuals, learning institutions and drug companies have almost exclusive use of information, including who is able to use it and for what purpose. New information gets filtered, on how it can best be used for profit, rather than the healing or to the benefit of the masses. I am sure there are many cures for major diseases and illnesses that haven't been allowed to come to the surface.

**We see illness as an invasion of something outside of us.**

We are all made of consciousness, therefore; we are co-creators of any situation we find ourselves in.

**The connection to a person's soul/ innate/ personal circumstances/emotional and mental well-being is not taken into account** unless they go to see a counsellor or psychiatrist who works separately from other parts of the medical system.

Modern medicine certainly has its place, and I am glad I live in a world where it is available. I am not suggesting taking the stance of either contemporary medicine or conscious healing. However, I ask you to open your mind and expand upon this, and wonder if there could be more.

# WHAT IS CONSCIOUS HEALING?

## **What is Conscious Energy Healing and How Does it Work?**

### **You Are the Ultimate Healer. Energy Healing Works on the Beliefs:**

**That we are more than a physical body with a logical, rational mind.** We are individually and collectively soul/ God/ consciousness having a human experience. Not a human with a soul. Every person has a higher self that has access to far more information than the physical/ rational/ logical mind can recognise or imagine.

### **When you move beyond the physicality or material world, it is all moving energy.**

Then you move into the unified quantum morphogenic fields. 😊 I just like to use big words- Unified means all things are connected. Quantum means that all things are possible and there are infinite choices. Morphogenic means being in a state of flow, change, or transformation. Energy moves in spirals.

**The body is designed to self-heal, rejuvenate, and repair itself. Health is the natural state of being.** Energy is your life force. If you were not or did not have energy, you would not exist.

**Gifted healers can see and feel someone's energy-** they are aware of both their own energy and other people's energy. Some may see energy around the human body as colours- this is called the aura. Others may feel the energy with their hands as hot/ cold/ flowing/ blocked/ bubbly/ sticky, etc. Others may hear energy as sound, or just intuitively know, or have a gut feeling of what is wrong, or where a person is feeling distress/ disease. (Take a moment and ponder these two words- distress is caused by stress, and disease is not being at ease).

# WHAT IS CONSCIOUS HEALING?

**Conscious Healing Facilitators work on their client's energy bodies.** Working with the intention of unconditional love automatically changes the vibration directing that intention to a specific result. This reprograms the physical body to follow suit.

**Each person has their own unique signature energy, frequency, vibration, and information.**

**We have energy centres in the body, that are multi-dimensional.** Connecting with the outside environment, the Higher Self, and the greater consciousness of different realms and realities of God/ all that is. Energy is quantum. Quantum is not absolute or finite. It is infinite.

**Your unique signature energy is made up of your individual life experience, thoughts, feelings, and emotions.** The predominant thoughts that you are thinking will manifest in your body somewhere.

**When you are living in high vibrational energy,** you are happy, full of life, light, and abundance. You view yourself, other people, and the world around you through a positive lens. You are generous, kind and compassionate, inclusive rather than exclusive. Your consciousness expands, so you think differently, and see opportunities and synchronicities everywhere, creating unlimited possibilities for the benefit of the whole of humanity and the balance and harmony of the planet.

**When you are in low vibrational energy,** you feel constantly stressed, with your emotions dominated by sadness, grief, fear, anger, judgment, guilt, and shame. You feel stuck in life with no joy or happiness, feeling separate and alone, always living in the past or the future and wishing for something different. These emotions deplete your life force, health declines, and illness is created and stored in the body somewhere.

# WHAT IS CONSCIOUS HEALING?

**Here is an analogy to remember.** Energy is like water. When it is in high vibration, it is steam or mist, (the spirit state of consciousness) the molecules in the water are moving fast and free-flowing. As it slows down, it condenses and takes on the form of liquid, still flowing but slower and denser, (the mind state of consciousness). Once it slows down even more, it solidifies, turning into ice, not moving at all. (The physical state of consciousness). Spirit, mind, and body all work and communicate together, as they are different vibrations of the same substance.

**High vibrational thoughts/emotions like love, appreciation, and gratitude create free-flowing energy, creating healthy minds and healthy bodies.** The more negative the thoughts and feelings like anger, grief, and blame, the slower moving the energy is, until it becomes sluggish or solidified within the body.

**It is a conscious choice** of where you choose to be on the scale between high vibration and low vibration.

As you become more **conscious of** your energy field, you become more **conscious** of what is **in** your energy field. what you are attracting and what is going on in your universe.

**The cells in your body are also conscious** and communicate with both your physical body and your Higher Self all the time. The cells in your body also contain quantum information. This means by talking with your cells, you can create health and well-being where there is a disease. You can ask your cells to release old baggage that you have stored in your body. The body is not designed to be a storage unit.

# WHAT IS CONSCIOUS HEALING?

**Conscious Healing is equally interested in why people DON'T heal,** and what is the payoff or benefit to them. People are nice to them, they can abdicate responsibility for their life, they get attention, and it allows them to perpetuate the old stories running in their head of "I am not good enough, not loved, rejected etc". It gives them the excuse not to live their life. It could also be a passive/aggressive way of saying yes/no to a situation that they prefer to be different but don't have the courage or strength to voice or act upon this for many reasons. For example; they don't want to hurt someone, their family/culture/ society/ wouldn't approve of them doing what they want to do.

**Conscious Healing** allows you to have faith in yourself so that you can trust yourself. If you don't trust yourself then you won't trust anyone else, and the toxic energy continues. There are very few people who can say what they trust.

**Conscious Healing recognises that your body never lies.** We all have childhood trauma. We all have shame and guilt. We have times when we didn't feel enough and have ingrained ideas and programs about lack, struggle and the world is hard. We have all doubted ourselves at some point and challenged ourselves with concepts of low self-worth and not feeling loved and/or acknowledged and /or appreciated. A conscious healing facilitator will help their client reframe and change their consciousness beliefs so they can reprogram their life to live in a more healthy/ balanced way.

**Conscious Healing asks: Where does pain come from?** What is its purpose? Talk with your pain, it will tell you why it is there. With understanding, comes freedom. Energy is blocked and hidden. It is not easy to overcome ingrained thoughts, but the alternative is to stay in the drama/ trauma/ limited beliefs and suffering.

# WHAT IS CONSCIOUS HEALING?

**You can't put icing on bullshit, and call it a cupcake.** All pain is resistance to your natural self. Acknowledge what has happened and forgive yourself and others. The past is the past. Don't let it rob you of any more of your life. **Accept** and **Appreciate** where you are now. **Allow** what needs to come next.

**You are communicating with your body all the time.** Be mindful and conscious of what messages you are sending to yourself. **Your cells are listening. Thoughts are powerful.** **You create as you speak,** even if it is only to yourself- especially if it is to yourself. What are the voices in your head telling you? What language are you using? He's a pain in the neck, she's a pain in the bum, my hearts not in it, I am sick and tired of work etc, etc, etc...plus all the should, should-not, feelings of not being loved or good enough, not supported etc, etc, etc... will all manifest somewhere in your body.

**When you let go, peace happens.** Align yourself to this, for it is your natural state of being.

- Relax and do something fun.
- Gentle exercise- go for a walk, swim, or bike ride.
- Connect with nature.
- Have a routine or practice that creates a sense of peace.
- Say, "yes" to life. Do something that you have been wanting to do.
- Say no when you don't want to do something.
- Play with your children/ pets.

# WHAT IS CONSCIOUS HEALING?

**Energy healing is a first-hand, conscious experience both for the person doing the facilitation and the one receiving it.** Every healing is different. Every person will have their own unique participation and interaction with what is occurring. If you are the facilitator, then find what works for you. The more you practice, the more you will learn to trust what is coming through. For the one on the table, allow whatever happens to flow as it has been shown to you for a reason.

**As your blood flows through your heart, so does light, information, awareness, knowledge, experience and consciousness -the infinite of all that is. Consciousness is a web, a pulse connected to all that is from any direction and every direction simultaneously. Every time you become conscious of your heartbeat, the heart connects you to this pulse and the energy of the universe. It is all there waiting for you to open your heart to receive it.**





# TOOLS TO MOVE FROM PAIN TO HEALING

- **Stay in the now moment**
- **No judgment, only discernment- ask yourself, does this resonate with me or doesn't it? Feel in your own heart and your own energy what is right for you.**
- **Be mindful of what you are choosing and creating through your thoughts, words, and actions.**
- **Follow your excitement. This is your Soul guiding you.**
- **Commit to a daily practice that nourishes you.**
- **Find as many ways as you can to be thankful and appreciative for the life you have. Bring joy into your life.**
- **Let everyone else have their own path.**
- **When something triggers you, say,- "Thank you, I am aware of that. I am bringing myself back to peace."**
- **When opportunities arise that resonate with you, say yes please, no matter how scary they may be.**
- **Don't be afraid to say no- you don't have to be a people pleaser. Some people will always want to take advantage of you.**
- **Believe in yourself. You are a Divine, Magnificent Being.**
- **Don't be afraid to ask for help.**

# DARK NIGHT OF THE SOUL

Sometimes you look back on your life and ask the questions: "Why did I make the choices I have? Why did that happen? Why did I feel that way?" You chose your life because you wanted to have specific life experiences. You created problems and challenges so that you could create and find solutions. Your lessons for growth are self-selected. A basic analogy is that life is like going to the supermarket. You get to choose what you put into your trolley and bring home. Life is far more complex than that. You put into place multi-layered and multi-dimensional circumstances and scenarios. Some of which you would say, "I would never have chosen **that** !!!!. Your Soul/ Higher Self smiles and says, "Yes indeed".

You have gained wisdom and knowledge because of the choices that you made. Even the choices and circumstances you haven't preferred, have served you and added to your depth of experience. You also know that you could have made different choices, but you wanted to go through these scenarios to learn and develop your skills first-hand.

Some of these so-called lessons have been so challenging that they have brought you to your knees. When I was going through tough times, I wanted to join my guides on their side of the veil. Their answer was, "At least you now have the realisation that there are guides and a veil". 😊 It has been my life's passion to discover and explore the depth of spirituality and consciousness. In hindsight, I can see why I chose the path I did. I can look at where I am now and see how all the puzzle pieces fit into place.

Every person is on a gameboard of their own making and choosing. Of course, the more experienced you become as a soul having a human adventure, the more advanced, exciting, and challenging the game board becomes. When you are at the high school or university level, you don't want to be doing life at the primary school level. You have long since passed this. **You will always choose to evolve, grow and expand as that is the natural way of consciousness.** Therefore, you put into your life's template tests, trials, and tribulations to challenge you. When you depart this physical body, you will have a life review, and laugh at your life, and you will say to your guides, "ok what's next when does my next adventure start?"

# DARK NIGHT OF THE SOUL

Meanwhile, back on planet Earth, most people have experienced some suffering in their life, loss, feeling unloved as a child, relationship failure, rejection, abuse, you name it. Creating what I call the **Hungry Ghosts**, a feeling of emptiness that wants to be filled. This could lead to addictions like drinking too much alcohol, using drugs, having sex with multiple partners, accumulating wealth and things to make you look good and feel superior, overworking, shopping addictions, and being in relationships or jobs that don't nurture and support them. The list is endless because the Hungry Ghosts are always hungry. Addiction momentarily gives people a buzz and lifts them up, allowing them to feel good about themselves, or dull the pain so they can escape from reality. Desperate and traumatised people do not make wise choices.

Everyone has their own personal emotions and ghosts to grapple with. You can't make it go away, you must sit with it and make peace with it. You know you can't find the answer in the outside world, the only way out of depression is to go deeply inward and sit with the pain until you reach your authentic self, the conscious part of you that has the answers, knowledge and understanding that you are looking for. Eventually, you will find a doorway out, one way or the other. Either you will reach rock bottom, which is a relief because that means that there is nowhere else to go but up. You then decide to make a new life for yourself and make the changes that will support you. Or you will stay living in denial, blaming, resenting, and being unhappy until you find the exit door called disease, sickness, and death.

Again, you purposefully chose to 'forget' that you are Consciousness/ God living in a human body and created circumstances to bring you to your knees, to wake you up to the realisation, that you are the furthest away from this, so you could find this again, like an elaborate game of hide and seek. Treasure hunting would be no fun if you didn't have to search for clues. You are here for the adventure, the joy of seeking and creating that is the life experience you chose. This, of course, moves into the collective consciousness and helps the evolution of the whole human race and planet.

# DARK NIGHT OF THE SOUL

The Soul is you, your Higher Self, your Consciousness, it only has unconditional love for you and wants to support you. The only way out of the depression of the dark night of the soul and to feed the hungry ghost is to:

## 1. Love yourself

**2. Forgive all those who have hurt you** because anger and resentment towards them only eat away inside you. They have already robbed you of happy life experiences. How much more of your life are you willing to invest in them? They probably have no idea, or don't care what they have done, and are happily getting on with their life, giving no thought to you or how they have impacted your life. Being angry and resentful means that you get to pay twice, if not three times, or maybe even continuously. It is a big price to pay because you are paying with your physical /mental health and well-being. I have clients that are still carrying baggage from events that happened twenty years ago, so they have lost twenty years of their life being unhappy, miserable, and suffering. Getting on with your life in the happiest, most joyful way possible doesn't mean that you condone them or their actions, **it means that you are strong and empowered.**

**3. Forgive yourself.** Even if you feel you are the victim, please do not continue to be the victim. You did the best you could with the resources and understanding you had.

**4. Triple A- Acceptance and Acknowledgement** for waking you up and the wisdom and knowledge these lessons have given you. **Allow** yourself to move on and bring good things, people and experiences into your life.

**5. Know that you have a choice** of how you want to be and act **NOW**. If you are focusing on what is counterproductive, then how can you see what is productive?

**The tools of empowerment are gratitude, laughter and changing whatever is not working for you.** How do you have the best fulfilling experience? What does that look like and feel like? Visualise this, imagine yourself doing this, and then act as that person would act.

# DARK NIGHT OF THE SOUL

It doesn't matter how your life has led you to this  
point.

What matters is the choices you now make.

ARE YOU A VICTIM? OR ARE YOU THE CREATOR OF YOUR LIFE?



# DEATH

## My Personal Story About Transitioning Mum

Mum had her own strong belief in the Christian faith. This has nourished her and given her the courage to face the many ordeals of her life. My perspective about death and spirituality challenged her belief system, and pushed her buttons because she couldn't understand me, or why I thought the way that I do and did what I did. However, being the gentle, caring soul that she is, she did her best to support me in my life. Over the years, we only danced lightly around the topic of spirituality. Once, in an odd conversation, we had, she told me, "that she was afraid to die because she didn't know what to expect." I said, "Oh mum, that her God was a loving God, not a vengeful God and that there is no judgment so there is nothing to be fearful of."

I was fortunate to spend the last week of my mother's life with her. I sat with her, in her room in the care unit of a rest home. Over the week her health deteriorated rapidly. She was flicking in and out of consciousness and was given morphine to keep her comfortable.

I sat by her bed and gently held her hand and told her "that I loved her". I quietly talked with her, giving her reassurance that it was ok to go as there was nothing to be afraid of. I told her about the beautiful spiritual beings in the room, including my dad, who was nervously pacing up and down with a bunch of roses like a young man on his first date. I reminded my mother of a conversation we had many years ago, when she came home from church one day full of bliss and ecstasy, saying "that when Jesus calls her name, she would be happy to go with him."

As an energy healing facilitator, I have been taught to work with the energy of the physical body and connect people with their Higher Self / God energy/ Oversoul. I know how to release the cords that hold someone in their physical body. When I unlock these cords they literally float about 1m above their body. They are not going anywhere, because they are attached by a silver cord to their body, they are tethered like a balloon on a string. When someone dies and they are not coming back to their physical body, then that silver cord stretches until it disintegrates and they transition to their next reality. When someone has a near-death experience, they are still attached to their body by that silver cord and have a foot in both worlds, so to speak.

# DEATH

I knew that Mum's time to transition was close because she was almost in a coma. I gave her an energy healing, released her cords and opened up her third eye. When the third eye is open, it enables someone to see and go beyond the three-dimensional normal reality. Her eyes opened up as wide as saucers. I gave a little chuckle and said Mum, "Welcome to my world", I knew she could see the amazing colours and energy of the spirit world. I talked to her about her strong faith in Jesus and asked him to be present to assist in her transition. I could feel his unconditional love around me and around her, his hands supporting her through her back.

Still holding her hand, knowing that she could hear me, softly I said, "Mum this is how you die. You will leave your body feet first. Your feet will go cold and numb and you will hear a mechanical sound like chish, chish, chish as your life force withdraws from your body. When it reaches your heart, you will take your last breath and literally 'pop' out of your body." So please do not worry or get stressed. Jesus is here and will take you by the hand and guide you to where you need to go. The room is crowded with your family, who are here to support you. This is going to be the best day of your life because you get to go home. The worst day of my life, because I lose my mum. The best day in yours, because when you wake up tomorrow you will be free and never have to sit in that wheelchair again. I want you to do two things for me. I want you to concentrate on your breathing so it becomes slow and relaxed and I want you to put on a pretty dress and some lippy because you will be reunited with your family, whom you hadn't seen since you left England 60 years ago. "

I know she heard me because she became calm and settled. In those last moments of her life, her face went incredibly peaceful, and I could see the light in the room as she exited her body. She lingered only long enough to take one last look at me as her spirit floated above her body to travel across the bridge of flowers, transitioning from this world to the next. To welcome her was a large reception committee of friends and family.

# DEATH



Joy Stella Carr (nee Waterman)  
7th November 1933- 8th July 2021

I feel really blessed to be the daughter of such a beautiful loving soul. I love you, Mum. I raise my glass in respect and admiration for the life that you have lived, the joy you have spread and the hearts you have touched. I will not say goodbye for this is not the end. Instead, I will say Namaste. The soul of me greets the soul of you.



# DEATH

Two days after her passing, I was talking with a guy who channels spirit. Mum said, "She was glad that I had been there to support her and help her transition. She is extremely happy and wants to run through the fields." I can't imagine what this freedom feels like for her after being mobility challenged and confined in a wheelchair for so long. She is now going through the processes of her transition, talking with her spiritual guides/ teachers and mentors and evaluating her life.

## **The Consciousness Lives On After The Death Of The Physical Body**

My mother still has her sense of humour. On the day of her funeral, I wanted to wear her gold watch and a beautiful opal necklace my brother brought her when she visited him in Australia. On the eve of my mother's funeral, I put the gold watch next to my car keys on the bench so I knew where it was. On the day of the funeral, it wasn't there. I went into a panic. I couldn't find it. I looked everywhere. Time was short I had to go without her watch. The watch turned up on the bench three days later. I guess she wanted to wear it one last time. When I got home after the funeral, the opal necklace was gone. I was upset and disappointed with myself for losing something that held sentimental value for her. About 5 months later, when I was having one of those 'mum moments' I was going through a mini-crisis in my life when I really wanted to ring up my mum and talk with her and ask her advice. I found the opal necklace on the floor I had vacuumed that morning.

For the first couple of months, I could feel her around me and sometimes hear her giggling as she played practical jokes on me. For example, if I was thinking of her, her photo would fall off the shelf or I would find something of hers that I hadn't noticed for a while, or I would get a bill with her name on it in the post that day, or one of her friends emailed me. One instance, I remember: I was sitting in my lounge room with a friend, telling my friend that I was assessing my life and it was time for me to move on. At that exact moment, we could hear beeping. Strange! My friend and I looked at each other. We traced the beeping to the alarm clock which had just gone off. This was 6.30 at night not in the morning when it usually goes off. (I haven't touched the alarm clock, or had a power failure or anything else that could explain this) I laughed because I knew it was Mum giving me a wake-up call.

# DEATH

Of course, I love my mum and miss her terribly and have to go through my own grieving and adjusting to not having her around and not being able to go visit her. That is human life, and it sucks. If my mum was here today, she would say that dying was completely different than what she thought it would be. She wants me to know that she loves me and wants me to realise my life. She now gets me (finally) and we can communicate in totally different versions of reality.

Years spent at the spiritual churches and through my learning and life experience, I have absolutely no doubt that consciousness lives on beyond the death of the physical body. Quite often, when I am doing healing facilitation, a loved one will come through and give a message to my client.

When you die, I refer to this as going home or transitioning from one reality to another. When you die, you will float above your physical body. You will travel down a tunnel or see a bright light or cross the veil or go over the bridge of flowers. These are all connection points between physical reality and non-physical reality. You will go wherever you think you will go or whatever your predominant belief about the afterlife is. If you believe you will go to heaven, you will. If you believe in something or someplace, that is where you will be drawn to go. You will be met by all those whom you have loved, including your pets who have died before you.

There is nothing to be afraid of. In fact, it could be one of the most exciting days in your life because it is a time of celebration. Once again, you sit with your trusted team of advisors and have a life review. There is no fear, there is no judgment, no anger, no guilt, no regrets, only unconditional love. Through spiritual empathy and understanding, you get to experience every thought, every emotion, every action, every consequence of your life, and how you and the other people in your life were affected by your choices. It is simply observed from a place of neutrality, as information, knowledge and experience to be used in a positive way. It will be clear to you what you will do next.

P.S. You are conscious, so you get to choose how and when you are going to die. You may choose to die quickly with no pain or over a long period so you and your family have time to adjust. Every soul makes this choice, their life could be 1 week or 100 years. Souls incarnate for specific reasons. When they have done what they are here to do, they move on.

# DEATH

## The Stages of Grief

These stages are not necessarily linear, a grieving person may cycle in and out. Grief has its own process which is unique to the person doing the grieving. There is no right way to deal with grief.

### Shock and Denial.

Feelings of shock and denial are unavoidable in nearly every situation, even if you could foresee it happening.

### Pain and Guilt.

Guilt is a real hurdle when you are grieving. People blame themselves. Could they have said or done something differently? Even when the grieving lessens, people feel guilty and disloyal when they are getting on with their own lives, because they are not loving them enough or remembering them enough.

### Anger and Bargaining

Especially if the one that died was a child or young adult, some people get angry at God for the great sense of unfairness. Each soul is on its own journey and has a purpose in mind when they incarnated. Maybe that reason was to help their parents grow and evolve spiritually, maybe that reason was to die first, so communication links could be established between physical and non-physical. There are many reasons a soul chooses to transition. On the human level of understanding the death may have been a random accident. On the Soul level of understanding, there are no accidents, this event would have been collectively planned before they were born.

# DEATH

## Depression, Loneliness and Reflection.

Of course, you are going to miss someone who has died when they have been part of your life for so long. Nothing is ever going to be the same again. There is so much adjusting to do. Loneliness is especially difficult. It is hard to be on your own when you have been with someone for many years/decades and you only know a life with that person in it.

## Upward Turn.

Some people come out of their grieving process, some do not. The upward turn may happen when the ones living start making conscious choices to be happy and live their lives.

## Reconstruction.

A major readjustment period, especially if there is financial stress and other worries. The ones still living have to reconstruct their life and start over.

## Acceptance and Hope.

The grieving process may continue indefinitely, as losing a loved one is the hardest situation to deal with. Gradually, over time, people who are grieving establish a new routine. They don't feel so raw and vulnerable and they move on with their own life.

The need to understand "why" normally causes the greatest pain. When we are in the most intense period of loss, it is not the time for us to understand. We may never understand until we transition ourselves. Let go of having to define their death or even try to understand why it happened, because you may never find the answers to these questions. Instead, feel the love they have for you and you for them, and this will lead you from pain to peace.

# DEATH

## Crying

Crying is just one expression of grief. Tears are not a sign of weakness. If you feel like crying, let your tears flow.

## Share Your Memories

Sharing memories with others can help you maintain a sense of connection to the person who died. Retelling stories and reminiscing about days gone by can help keep your loved one an ongoing part of your day-to-day life. You can place pictures and special mementoes into a scrapbook or memory box. Remember, if memories are too painful right now, then it is okay to put them away for a while and return to them later when the time is right.

## Find Support

Grief can be very isolating. Whether you speak to someone individually or join a grief support group, reach out and find people who know how to listen. This can help normalize the myriad of feelings you are experiencing.

## Be Gentle with Yourself

It may be 5 days, 5 months, 5 years or longer since your loved one died, and you may still experience moments of grief so intense they take you by surprise. While these grief bursts occur, you will continue to heal. Be gentle and patient with yourself as you move forward into a full and meaningful life.

## Give Yourself Time

Let your heart, not your head, determine how you feel. Everyone grieves differently and at their own pace.

## Share Your Thoughts

Allow yourself to think and feel thoughts and emotions when they arise. Discuss these feelings with someone you trust.

# DEATH

## Take Care of Yourself

Rest, exercise, and eat a nourishing diet. Grief can leave you physically exhausted. It is important to take care of yourself and give yourself the extra strength you need.

## Journal

Be spontaneous. Write whatever seems important at the moment. Express your anger, sadness, and memories. Ask yourself: What do I notice about my grief today? What is getting easier, and what is still hard? How are people responding to my grief? What would I want my loved one to know? Journaling can help lessen the pain you are feeling.

## Write a Letter to the Person Who Died

This is an opportunity to tell your loved one how much you love or miss them, or how angry, sorry, or sad you are. Maybe you didn't have the chance to say goodbye or heal an old wound, always imagining that there would be plenty of time.



Photograph-Pexels

# DEATH

## **The three most common messages that loved ones who have passed want to share with their grieving family and friends are:**

We all have to acknowledge death, as someone we love dearly passes from our lives. Picture your loved one standing here, what would they say to you? What would you say to them?

### **1. They are ok**

Understand that you are still connected with them. They are well and they are thriving. Death does not have to be a sombre experience but a celebration of a life lived and a soul journey of learning and growing and that journey continues on to whatever is the next excitement in their evolution. They, including your pets, are still around you and of course, you will see them again.

### **2. Death is nothing to be afraid of**

In fact, it is simply a transition between one reality and another. That there is so much more than the physical life, expansion is amazing. Most of you have an out-of-body experience when you go to sleep every night and enter the dream world.

### **3. There are no rules around grieving**

You have to adjust to a whole new way of life and go through your own healing process of the pain of loss and separation. Once you have found your own peace and understanding, don't let their death steal your life. Yes, the physical pain of separation is intense, but the soul connection and the Divine Consciousness live forever. There is no separation. You can talk with them out loud or in your head. Even though they are in another dimension, they still want to share your special moments with you. Life is precious. Your loved ones give you permission to please go and live your life.

# DEATH

## Love Letter To A Deceased Person

Dear

When you were alive...

As I grieve for you I feel...

I forgive you for...

Please forgive me for...

I never got to tell you this. I want you to know...

You will never get to see me do this...

I love you because...

If your loved one was here now (and they are) and would gaze upon you in unconditional love from the spirit world. What would they say to you?



# THE POWER OF FORGIVENESS

## The Healing Power of Forgiveness

I spent many years carrying around the pain from my childhood. It was excess baggage that weighed me down and created weight problems later on in my life as I would seek solace in comfort food. The body is not designed as a storage unit, energy is meant to flow.

The situations and events growing up caused pain and robbed me of a joyful childhood. Because I did not know how to forgive, it continued to cause me more pain and hindered me from living and enjoying life. I finally came to the realisation with the help of many teachers and healers, whom I met in person, and encountered in the many books I have read, and the videos I have watched, that as long as I carry the grudges and resentments of the past, it would continue to define me and deny me in any joy in the future.

**Thoughts are powerful**, and if I think about them often enough, they will solidify. I think of thoughts as steam or mist- ethereal energy with no real direction, form or power. The more I continue to think thoughts like I am not loved, I am not enough, I cannot trust people... the energy slows over time condensing into water, still flowing but in a denser form, eventually solidifying into ice. Thoughts are all made up of the same substance, but moving at different rates or frequencies. **Once thoughts become solidified, then they create blockages in the body where the energy does not flow, causing discord and disharmony within your body. All pain, illness, and disease are emotionally based.**

Unforgiveness is like taking poison. Not only does it energetically affect the one you are angry towards, it equally impacts you as the one thinking those thoughts. It seems perfectly justified to be angry at those who have hurt you, but as long as you continue to carry the story of that hurt, it will continue to hurt. Hurt people don't make good choices about what to invite into their life. Don't let what happened to you continue to steal your life force.

# THE POWER OF FORGIVENESS

Forgiveness is so powerful because it allows energy to be released, and creates so much freedom within your body, allowing you to make different and better choices that are in alignment with whom you are, how you present yourself, your dreams and aspirations.

Forgiveness does not mean you condone the actions of another. It means **finding your peace with what has happened because you cannot change that**. The person committing these acts will discover that energy always returns to the same vibration. The soul is eternal, so there is no escaping or getting away free with no consequences. There are always consequences for actions. That is a universal law. At some point, that person will be held accountable for their actions.

You deserve to live a life that is not burdened by the past. Let go of your anger and resentment. It no longer serves you, it is detrimental to your well-being. As you forgive others, you also forgive yourself for all the hurt you have caused- so no more guilt/shame. Also, forgive yourself, as this gives you permission to drop the baggage and heal from all the hurt you have caused yourself.

Pain must manifest somewhere- where in the body do you feel this?  
Who or what do you need to forgive, so you can release this pain?



Photograph- Pexels

# THE POWER OF FORGIVENESS

## Hawaiian Ho'oponopono Healing Prayer

When I feel someone has hurt me, I find the Hawaiian Ho'oponopono healing prayer a simple, but effective way to process my anger/hurt/rejection. It works on the belief that we are all connected in a unified energy field and one with the same Source. When I put energy towards someone else, positive or negative, what affects me, affects them, and what affects them affects me.

I have spent many of my early years being angry and bitter with the circumstances of my life, and the people in my life. I was so balanced that I had a chip on both shoulders. This stayed with me for a long time and continued into adulthood. Creating a downward spiral of bad choices, which led to me attracting and manifesting even more situations of abandonment, rejection, abuse, poor treatment, mistrust etc. I know now that vibration, attracts vibration and as this was the energy I was oozing out into the world, of course, I would meet those who were of a similar vibration. In their case, their label was abusers, narcissists, bullies, sexual deviants, etc. Believe it or not, this is the same energy/ vibration. One person gets to play the victim, and the other gets to play the villain. Both people are carrying their own pain only expressing it differently.

The 4 basic steps of the Ho'oponopono Healing Prayer:

1. I'm Sorry
2. Please forgive me
3. Thank you
4. I love you.

# THE POWER OF FORGIVENESS

## **Affirmation by Tabaash**

I have been very fortunate to meet Blair Styler, who channels a Being called Tabaash.

Here is a powerful affirmation from Tabaash. I have this printed on my wall, and say it with sincerity, and feeling every time I am upset. Saying this, and believing it to be true, has stopped me from playing the blame game. It has helped me tremendously. I realise the importance of maintaining peace within my own I AM.

From the Lord God of my Being

**I now choose to be totally liberated, mind, body and spirit:**

of all that limits me,

of all that I am attached to,

that no longer serves me,

of all that I am addicted to,

that does not profit me.

**I ask forgiveness**

of all the people that I have hurt,

in my life

in any life

in any way at all.

**I forgive all the people who have hurt me**

in my life

In any life

In any way at all

**I forgive myself**

for all the ways that I have hurt myself

for all the times when I did not pay enough attention

in my life

In any life

In any way at all.

**Now I choose to be at peace. Always. So be it.**

# THE POWER OF GRATITUDE

## The Power of Gratitude

The Universe works by vibration. What you put out gets mirrored back to you.

**Gratitude is high vibration because it allows you to appreciate what is already in your life, so you can create more of the same.** Energy always follows intention. You can never think of two conflicting thoughts at the same time. The joy is, you get to choose.

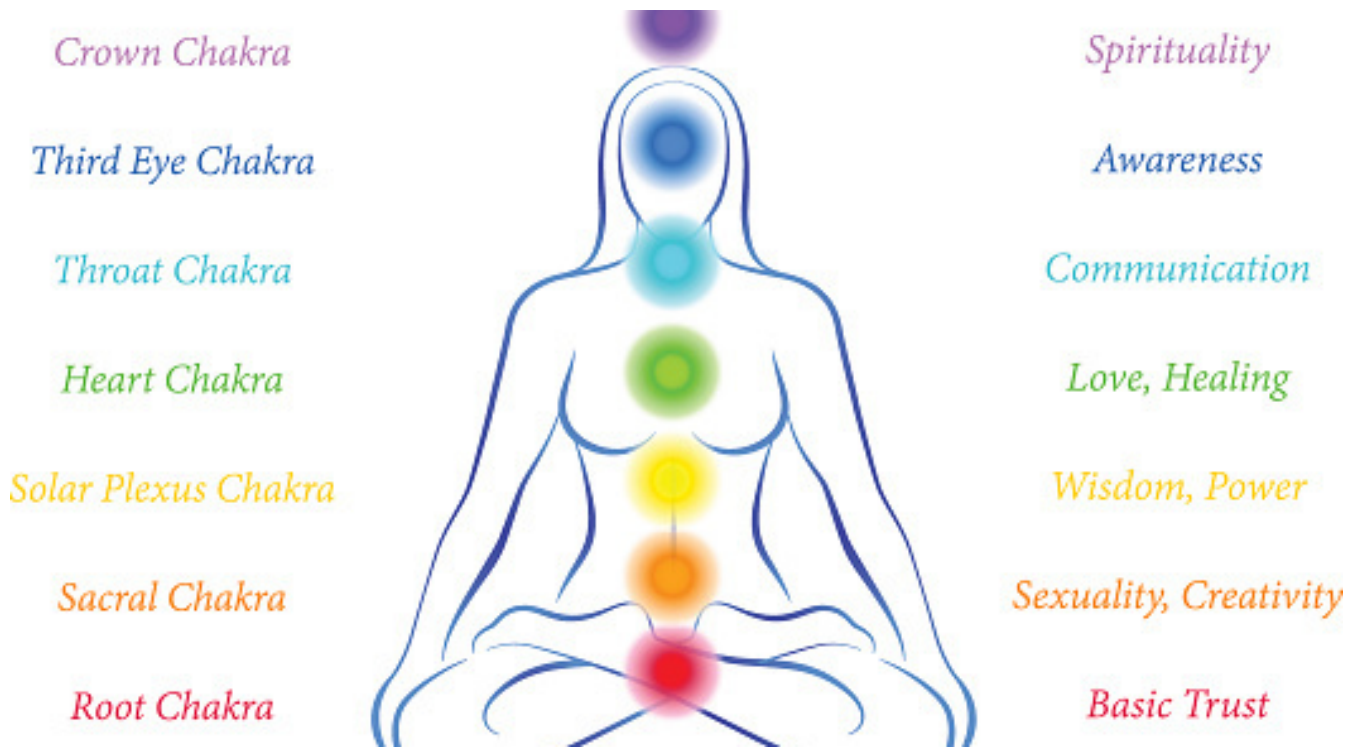
No matter how bad your life is, there is always something to be grateful for and gives you a ray of hope that life will get better. When you see the world through the advantage point of gratitude, then your attitude changes, and then everything else in your life will also change. Your energy fields will open, you will feel lighter, you will feel more love, more affection, more abundance, and people offer you good things.

Low vibrational energy and thoughts of anger, resentment, jealousy, cynicism, or judgment will be the vibration that you attract back to yourself. Creating a downward spiral because no one wants to be around a negative person. This makes you feel even more stuck, and alone, there seems to be no way forward.

The tide lifts all boats, meaning that as you increase your vibration in one area of your life, then all other areas of your life will rise to the new vibration. (The reverse is also true). Your vibration is your vibration. It makes a statement about you to the Universe. Gratitude is an investment in your own experience, your health and well-being and your life flowing easier.

Every morning, every evening in fact as often as possible, take a moment and a deep breath and ask yourself: **What are the three things I am most grateful for NOW?**

# THE POWER OF GRATITUDE



## Gratitude Meditation on The Charka/ Energy Centres of Your Body

(Get someone to read this out aloud to you or record it.)

Find a safe, comfortable place to relax. You can go as deep and as long as you wish, or you may simply want to use this exercise as a tune-up when you have a spare five minutes.

# THE POWER OF GRATITUDE

Take a few deep breaths and become present in your body.

Open your heart... with each breath in... imagine light flowing into your body...with each breath out... imagine light flowing out of your body...in and out.... no resistance...allow your body to relax and your breathing easy...you are light...you are energy...moving in and out of your body...

Bring this beautiful light energy into your **root chakra... at the base of your spine...**the root chakra represents comfort/ security/ predictability...What makes you comfortable?... Can you be grateful for that?... Feel the things that make you comfortable... Imagine a beautiful glass ball filling up with red energy... the colour of trust and safety... keep filling this until the ball is full...you are grateful that you are alive...there is nothing to be afraid of... you are supported in your life.

Now move your attention up to the **second energy point which is the sacral chakra** representing the energy of pleasure ...What makes you joyful?... Take a moment and be thankful for all the people and things in your life that you get to like and enjoy... on your in-breath name them...on your out-breath say why you are grateful that they are in your life... do this for each person... breath in and out... grateful and appreciative for all the people in your life who are your family and friends... and how they add depth and meaning to your life...Visualise a beautiful glass ball filling up with orange energy... the colour of sexuality, excitement, and fun... keep filling this until the ball is full... and you have the feeling that you are alive, healthy and your life is filled with joy.

# THE POWER OF GRATITUDE

When you are ready... move your thoughts up to the **third energy point- the solar plexus** ...this helps you make decisions in your life... Where in your life are you thankful and grateful that you get to make these decisions?... You have choices- be thankful for that... What is working for you?... What are you choosing?... The solar plexus is also the creative centre... what are you creating that lifts you up... nourishes you and allows the life force to flow through your body?... Picture in your mind a beautiful glass ball filling up with yellow energy... the colour of the sun...creativity...wisdom...and new ideas ... keep filling this until the ball is full... your thoughts and feelings are aligned to your abundance and the life you want and deserve.

Open your heart even more and let the light pour in... the **fourth chakra is the heart centre**...Appreciate the loved ones you have in your life and the things they do for you... open your heart even more...you have so much love to give...who else are you appreciative and grateful for?... Can you expand upon this and include people in your community...and the world...strangers whom you will never meet... all connected by Universal Love...Imagine a beautiful glass ball filling up with soft green energy...the colour of balance...love and peace...keep filling this until the ball is full...you see and feel green light swirling from your chest...touching all those whom you love and love you...expanding even further...sending love into the world ...making a difference...love, light and peace going to wherever it is most needed.

Now feel your energy moving into your **fifth chakra- into your throat**...as you speak you create...this is your expression...not just your words...this is what you wear... read...watch... how you create your home and your world... this is what your intuition is guiding you towards...Are you thankful for that?... Say I am thankful my intuition works when I pay attention... I am thankful I have a voice... The ears are also part of the throat chakra...I am thankful I can hear and be informed... See a beautiful glass ball filling up with blue energy... the colour of expression... and speaking your truth...being who you are...keep filling this up until the ball is full...until you feel that you can communicate easily and effortlessly. speaking your truth...being who you are...keep filling this up until the ball is full...until you feel that you can communicate easily and effortlessly.



# THE POWER OF GRATITUDE

Feel your energy shift up from your throat into the centre of your forehead between your eyes...[this is the sixth chakra- or third eye](#)...when you move into this centre... you are now moving beyond logic and reason... say to yourself I am thankful I have imagination and intuition...answers and solutions...clarity... I can visualise something better... See a beautiful glass ball filling up with indigo-blue energy...the colour of perspective...keep filling this until the ball is full... until your mind is clear...you gain new insights and intuition...you connect to deep knowledge and wisdom.

Above your head is the [seventh chakra- this is the God chakra](#)... be thankful that you are deeply connected to the Divine... You have a Higher Self that will take care of you... Imagine a beautiful glass ball filling up with high vibrational violet energy... keep filling this until the ball is full... you are now part of the universal vibration of all that is...and all that will be... be thankful that you are a unique piece of creation...there is not another person who is you... you have been created for a reason...open up to receive everything that is yours to receive... in any way, it wants to present itself to you...you are complete.

Stay here as long as you wish... you can return at any time... for now...your human self needs to return to your body... slowly...gently now come back into your heart centre...feel the love around you...through you... for you... and because of you...once again feel your energy and attention in this now moment...you feel supported and grounded... open your heart... with each breath in... imagine light flowing into your body...with each breath out...imagine light flowing out of your body...in and out...in and out... allow your body to relax and feel heavy as you come back to your normal reality. Have a stretch. Take a moment to pause and reflect on what you have just experienced.

Have a glass of water because this is the universal conductor of energy.

# THE POWER OF GRATITUDE

## **What do I have to be thankful and appreciative of right now?**

Recognise what is already in your life that you are thankful for and appreciate.

Appreciate the loved ones you have and the things they do for you.

Acknowledge the positive things that happen in your life.

Pay attention and be mindful of where you are placing your energy.

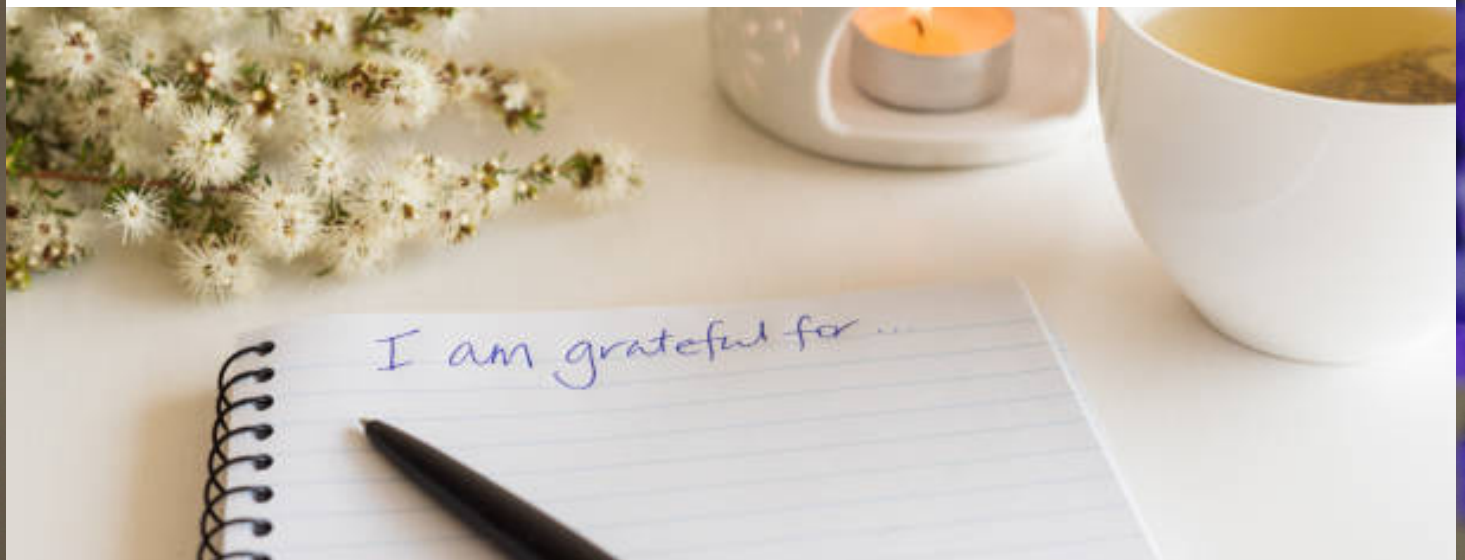
Enjoy life's small treasures.

Feel abundant.

Allow more goodness in your life.

Be happy now- you don't have to chase the next best thing to make you happy- you are already happy. Gratitude helps you focus on what you have instead of what you lack.

Feel optimistic, creative and thankful for all the wonderful life that is on its way.



# CONSCIOUSLY MANIFESTING ABUNDANCE

## Seven Steps to Manifestation

### 1. Vision

You must have an idea, dream, vision, or picture of what you want. Ask yourself **WHY** you want it, and list the reasons. Can you see yourself, being this, doing this, having this?

### 2. Desire

Are you excited and have strong positive emotions that this is possible? Ask yourself **WHY** you have this, doing this or being this.

### 3. Belief

- Do you believe this is possible? If you don't believe it is possible, you won't be able to manifest it.
- Do you believe that you deserve this?
- What is holding you back from getting this?
- Where did those beliefs come from? Are they even yours, or do they belong to someone else?
- How do they serve you?
- Why do you believe them to be true? Is there another way of defining or reframing these beliefs?
- Do you believe that you can change these old beliefs from something you don't prefer to something you do prefer?
- After all, a belief is just a thought that you keep thinking why do you insist on maintaining them? What would happen if you let them go?

# CONSCIOUSLY MANIFESTING ABUNDANCE

## 4. Acceptance

You must totally accept yourself and the new belief to be true, without **no doubt**. You can manifest this idea and make it so.

## 5. Intention

**It must be a conscious choice**; Are your thoughts and feeling aligned with what you are asking for? Otherwise, you will sabotage your progress, and give up because it is too hard. Manifestation is not wishful thinking.

## 6. Action

**Action, Action, Action** is the most important thing to do. Without action, nothing happens. What does the version of you who has already manifested act and do? How do they dress/ speak/ what material things do they have, what does this feel like to be them, living your life this way? **Act as if, speak as if it has already happened**. The universe doesn't understand the future tense, IT MUST EXIST IN THE PRESENT. You must act like you are already in that reality and behave like it already exists. Do all the things that you would do as if it had already manifested. You must change your behaviour and body language to represent the new version of yourself. Focus on what you prefer rather than what you don't prefer.

## 7. Allowance

The universe has amazing ways of synchronicity, if something, a person, or an event is meant for you to experience, it will unfold in totally unexpected ways. Allow the flow without expecting it to happen in a certain way. **Make sure that you are asking for the thing itself**, not the money for that thing, not the process of that thing. All the details will work themselves out automatically as the path of least resistance. When you change, your frequency changes and you now have access to information that you were not an energetic match to before.

# CONSCIOUSLY MANIFESTING ABUNDANCE

## Prayer- Michelia Sheldon

There is no one outside of yourself. You must only connect with your own power. Once you connect with your Soul, you remember that you were created with a God-like power within you. When you connect to your own power of God, then it is already done. You are stating gratitude because this is something that you know is happening within your world, within your energetic shift.

Think of prayer not as a verbal request but as an energetic/ vibrational shift. If you were to say, "I do not have" so, I pray to a God outside of me, to bring this money to my door. Then your guides would say, "This is the wrong direction to go with this prayer. Instead, if you were to say: I AM part of God's Power, I AM shifting my vibrational energy towards financial abundance. I AM grateful that I AM receiving what I need at the moment. I AM grateful that I AM now in alignment with the thing that I am asking for. So it is. I AM grateful."

The words **I AM** are extremely powerful because what you say you create. You are what you think. **I AM** makes a statement to the universe and yourself, which brings everything into the present moment and it activates within your physical consciousness, cellular and DNA.

# CONSCIOUSLY MANIFESTING ABUNDANCE

## I AM Meditation

Ask someone to read this to you.

Take a deep breath... in your next breath allow yourself to come into this moment... where yesterday, today, and tomorrow disappear.... at this moment there is nothing to worry about.... nothing to concern yourself with... drop into your sacred heart space of all that you are and all that you will be.... call in your guides... feel the love they have for you... allow this to imbue you... saturate you...allow this to penetrate to the very core of your being... Allow this love ... self-love... divine love and the infinite love of all that you are... Breathe into this for it will create balance.

Connect with Gaia/ Mother Earth and ground your energy deep within the physicality of this planet... Allow the love to expand... until it embraces all that you are physically... all your energy bodies... all that you are through your DNA and ... your Akash... Allow this to ripple outwards until it penetrates every aspect of who you are physical... non-physical... this life... other lives... existence in other realms and realities... Sit within the consciousness of this space... within the I AM of the, I AM...

At this moment, you are all that there is... all that there will be... and all that has been... Breathe this in as your energetic signature...breathe this into your very core...and the essence of who you are... You know you are more than the physical body...you know you are more than this human experience... Within this human experience, you call yourself...the crosshairs of time and space meet in this now moment... in this consciousness...in this body...You are the centre point between realities ...you exist between the in breath and the out breath... between life and death...between physical and non-physical.... for it is in this place of the void, of nothing and everything, that all is created...

# CONSCIOUSLY MANIFESTING ABUNDANCE

Let us take a moment to concentrate on who you are... why you are here in this now moment that makes up the human experience you call you... What are you expanding into? ... What are you creating for yourself?... It is not external but internal... It is already there .... so, take your hand and reach for it... take it off the shelf... You do not have to jump through elaborate hoops... Bring this into being through your thoughts and emotions... Give it energy and bring it into manifestation... Truly step into the energy of who you are... allow the petty doubts... fears... and consequences to fade into the background... Stand front and centre in your life... Stand in your full magnificence and radiance... Acknowledge your gifts .... acknowledge your talents... you have a depth of wisdom that you have carried with you... lifetime to lifetime... Sit in the energy of all that you are ... and all that you are creating... until it is the most tangible thing in your reality...

Yes, you are ready and the world is ready for you... You have spiritual teachers and mentors with you... who will put their hands on your shoulder and guide you... allow it to be easy... take the path of least resistance... do not make it hard for yourself to come into the joy, excitement and passion of who you are. It is easy energy to be in and create in... for this is the vibration of who you are... You are always in the right place at the right time... Allow this day to be the day of new beginnings... this is not at a future date.... it is already manifest within your energy... it is already part of your vibration and experience... create this energetically, deep from the core of who you are... allow this to resonate with you... until you have done it a hundred times .... a thousand times.... bring it into your very sacred of heart spaces and imbue it with your energy with words and/or pictures... be the energetic signature of what you are creating...

# CONSCIOUSLY MANIFESTING ABUNDANCE

Do not ask if this will happen or that will happen... step out of that energy...that it is old energy... Say I AM... I AM this...I am creating this...This is what my reality looks like...don't ask questions...don't ask permission... If this is what you want to manifest then create this in your energy with your thoughts, words and actions...speak as if it has already happened...act as if it has already happened... express it and experience this within the very core of your physicality... Step into the newness ... In this newness, you do not have the old emotional attachments...Allow the old skin to shed... it is the time of your new beginning... it is your new birthing ...define everything you will base your life on... Create it with as much detail as you can... with as much love and enthusiasm as you can...for this is who you are...so be it.

The universe will support you, in whatever you say is true about yourself... if the universe supports you, when you say, "I am a bad person, I am worthless, I am a failure"... it will certainly support you when you say ..."I am creative, I am loving, and I am deserving"... decide what is true for you as there is nothing in existence that will contradict you... it will simply reflect what is true for you at that moment...You are creation, you are consciousness... you get to decide ... and you have free choice and free will... much has been given to you and created by you, for you, because of you, through your passion, love, and excitement...what are you going to do with it?

Take three deep breaths... and say to your body...I AM love, I AM Divine Love and I am the Infinite love of all that is and all that will be... I now create as the magnificent empowered being that I AM.



# CONSCIOUSLY MANIFESTING ABUNDANCE

## Consciously Manifest Abundance

**You support your reality**-not the other way around. If you mix and match your vibrations, supporting a reality that is not your preference but you are doing it because you are afraid to let it go, this muddies your intention and you will end up in push-me-pull-you energy. This could make you feel angry and frustrated that nothing works out for you. (You don't go into a restaurant and order fish when you want steak if you want steak then ORDER steak!). The universe doesn't care or have any emotional attachment, it will bring you what you ask for.

**Don't overthink**- When you ask **HOW** this implies struggle. When you ask **WHY** then this creates the energy of excitement, solution and healthy anticipation.

**Bring your thoughts and feelings Into alignment.** Come without expectations as to the outcome, and allow the universe and your higher self to show you and guide you to where you need to go.

**Take Action Steps** from this Place of Alignment.

**Be Authentic/True To Yourself.**

**Allow People** To Get To Know You In The Manifested Version Of You.

**Be Kind To Yourself And Heart Centred,** give generously to others to help them achieve their goals. It will surprise you how the universe reciprocates.

# CONSCIOUSLY MANIFESTING ABUNDANCE

## AFFIRMATION FROM TABAASH

From The Lord God of my Being

I AM love, light and peace.

I give the Source inside of me permission to express, the highest conditions:

to love me,

to guide me,

to nurture me,

to whisper in my ear intuitively,

to connect me to my own knowledge and wisdom,

to show me and guide me to the things that I say and want are,

to align my thoughts and feelings with the abundance that I want and deserve, and that will support me in my life.

From the Lord God of my Being, I am connected to my spirit, my Higher Self, my God Self.

I am connected and tapped into the deepest, most magnificent, most beautiful, most abundant, most of everything label I can imagine.

When I speak this and be this, I create as the EMPOWERED being that I AM



Your Success Comes From You.

No matter how much others may teach you,  
assist you, and remind you.

You still have to be the one to apply it in your life.



# WISDOM FOR CHANGING CONSCIOUSNESS

## **Consciousness Creates Reality**

As our collective consciousness changes, so too does our reality. Perception creates reality. People behave as they do because they perceive as they do. For thousands of years, those that control the resources, the narrative and the flow of information have the power.

We have created top-heavy systems where the power is concentrated in the hands of a few, who have manipulated and directed this power to create massive wealth for themselves and extreme poverty for the rest of the world. People are treated as resources, slaves and commodities. The powerful elite design systems, mine and pillage the natural abundance of the land and oceans so that they can steal the collective resources. These systems create large corporations that take with no thought to the gifts given, pollute and poison the environment (and us) with no consequences or accountability.

The most powerful groups in the world control information. They own the mass media and social media. They decide what is taught in schools and universities and who gets funding for science, medicine, technology, engineering, humanity, military projects, etc. Anything that doesn't agree with their narrative is censored and withheld. Those who speak out against these corrupt systems find themselves shut down, out of a job, humiliated and harassed, and in extreme cases, they disappear, or have a 'car accident' or 'heart attack'. We are taught not to question- someone in authority always knows better about our life, health, family, education, etc. When the population is dumbed down, it is able to be controlled.

We are experiencing huge cosmic energetic shifts as more light enters this planet, and this raises consciousness. At first, only a few wake up, this then, goes into the collective unity fields, expanding the consciousness of many. Never before in the history of this planet have there been so many awake and aware people. These people are questioning everything that makes up the world that they live in.

The background of the entire page is a close-up photograph of a monarch butterfly with its wings spread, perched on a purple flower. The butterfly's wings are orange with black veins and spots. The text is overlaid on the top half of the image.

# WISDOM FOR CHANGING CONSCIOUSNESS

This will cause shock waves in the mass consciousness, as people realise to whom and what they are giving their power. They will conclude, that they have been lied to. We have all been indoctrinated into systems of industrialisation, doing what you told, fitting in, that other people are more than you or less than you, based solely on how much money you have. Corruption and evil have infiltrated every sector of society.

People are pushing back. When we realise as a collective, we can create a different approach and have the freedom and leverage to change the world. If you are reading this, then most likely you are here to be part of the changing consciousness of humankind. Through shared information, we will create a unified force that will question and make accountable every structure/ system/ government/ corporation/ institution/ religion/ mass media/ leadership, etc. Whatever is not in integrity or for the combined benefit and good of the people, will be exposed, topple over, and fall.

This is great news because that enables and encourages us, to start afresh and build systems that are more conducive to the support, healing, well-being, harmony and balance of the planet, people, and animals, creating sustainable ecosystems. As consciousness changes, so too does every aspect of human dynamics.

New systems will be created that can't be monetised, or weaponised and give freedom and sovereignty to the people. Power will be decentralised and like-minded people will create communities (common unity) based on shared values and mutual support. The information which has been hidden, or not yet created, will be revealed, transparent and available to all who want access to it. The freedom to have an opinion and freely be able to speak a viewpoint without fear of consequences is the fundamental building block of a conscious society.

# WISDOM FOR CHANGING CONSCIOUSNESS

**Some of the biggest changes I see coming are:**

## **Emphasis on Technology and Information**

Technology will affect every aspect of our lives, and advance rapidly over the next couple of years. It is the dawning of the age of robotics and artificial intelligence. Free energy will become available, which will change the way we think, travel, heat our homes, the work we do and the way we spend our time. We also need to be very conscious, that we don't become controlled by surveillance and AI, and become even more enmeshed in the matrix. It is already normal for teenagers to lock themselves in their rooms connected to computers playing violent games. There are so many devices that want your information/ data and are tapping into your energy and upsetting your electromagnetic fields. Please spend as much time in nature as possible to create the organic balance and harmony you need to survive and thrive.

## **Environment/ Resources**

The changing consciousness will also bring about an awareness of what we as a collective are doing to the environment/earth/plants/animals/ land/ sea. We are nature, not separate from it. We are stewards of the Earth. This does not mean we get to rape and pillage the Earth's resources for greedy gain that only a few benefit from. This is our home (we don't get another one), so we need to look after her (I see the Earth as feminine energy i.e. Mother Nature/ Gaia/ Sophia) and she will look after us, and when we do, we will thrive and blossom as a race, rather than be poisoned by our greed and stupidity.

Remember, this is the time of the Great Awakening, and everything that is not in integrity for the greater good of humanity will not survive. I see many new technologies coming like free energy, ways to clean up pollution, waste and toxic matter, sustainable food production and techniques that add to rather than destroy the environment. People all over the world will become mindful of what and why they are doing what they are doing and how it affects and impacts the world.



# WISDOM FOR CHANGING CONSCIOUSNESS

## **Economic Disruption**

Most of today's economic, banking and financial systems are corrupt and are not backed with anything of substance like gold or precious metals. Most countries' currencies are printed paper money or digital money, creating fluctuation and inflation based on the whims of those who are in government. Those controlling these systems make sure that all legitimate resources flow to those in the 'club' because they have the power to create artificial highs and lows, manipulate cash flow, influence stock exchanges and allow the entire economies of countries to either flourish or be destroyed, creating huge discrepancies between wealth and poverty.

New quantum banking and financial systems are coming, that are based on equality, and decentralisation from governments and greedy corporations. Every person on this planet will have access to resources that ensure their basic survival needs are met. Eventually, we will move to a system where there is no money, but that is probably decades away yet because we as a collective have to retrain ourselves into these new systems because the old ways are so indoctrinated and ingrained into us, it may take a couple of generations for this to happen.

I also foresee a greater unity consciousness among the citizens of the world, as global communications improve and more people travel. Warring nations will find peace or at least agree to disagree and not attack the citizens of another country. People will come to see the similarity between themselves and other people living in different places. I see local cultures remaining intact, and the nations of the world forming bigger collectives with a common currency. For example, Alaska, Canada, the USA, and South America will become the Americas, the countries of Europe will become a united Europe, Africa a united Africa, Russia a unified Russia., Asia a unified Asia, and the Middle East will also become unified as will the Pacific Nations. Antarctica will probably remain neutral. This creates at least 7 major sectors of the world, each creating and acting independently as well as collectively.

A monarch butterfly with orange and black wings is perched on a purple flower. The background is a soft-focus green. The title text is overlaid on the top half of the image.

# WISDOM FOR CHANGING CONSCIOUSNESS

The benefits of this are, that each country has to be at peace with every other country and at peace with its citizens. In the new systems, there will be checks, balances, accountability and transparency ensuring no country can dominate another and corrupt people are not the centre of power. There will be stability and very little inflation in the world's economy because it will be based on gold or other precious metals, which have the same value all over the world, therefore are not subject to manipulation.

## Art and Creativity

In the new age of consciousness, which is also the age of technology and machines, new systems will do the dirty, repetitive or unsafe jobs. With free energy, a fairer, more equal distribution of wealth and resources to all citizens and the creation of sustainable living. People will not have to work so hard just to survive. The new age will be less labour-intensive, allowing people more time and resources to express themselves in more creative ways.

We have been taught that our creative energy is not a worthwhile part of our experience. Souls are incarnate to have this experience, not being able to express this completely holds them back from their harmonic balance. That is why many of us struggle because we are not allowed to express our true nature. In the new energy, people will have the freedom to choose, to be, and to do what excites them, and aligns with their soul. Recognising that we are all unique and want to create in our own way.



A monarch butterfly with orange and black wings is perched on a purple flower. The background is a soft-focus green and purple.

# WISDOM FOR CHANGING CONSCIOUSNESS

## Community Care and Human Values

Over the last hundred years of the industrial age and the consumer age, the tribe and the family unit have been separated and compartmentalised. No longer do people live in communities where they help and support each other, instead they are broken down into small individual families and sometimes single units. This is further divided, by mum and dad going to different workplaces, the children going to kindergarten or school and the old people either live on their own if they are financially and healthy enough to do so, if not they get put into a care home and visited once a week if they are lucky. You break down the family unit, you create havoc on the planet.

The main disadvantages I see in this are: young people raising families do not have the support or wisdom of each other or previous generations. Children are not taught by their parents, but by an institution that could have an agenda. The rules and regulations of that school/ institution may not be aligned with the values of the parents. The parents have very little say in what is going on with their children's education and growth. School is one size fits all. Every child gets the same program regardless of their interests, talents and abilities.

Separating the older generation means that they are not there to teach the young ones. They could feel lonely, useless and a burden on their family because they are most likely to be on their own because their partner has died and/or facing major health issues. They are also possibly grappling with their own health, emotional and financial issues.

Humans are not meant to live in isolation. People thrive when they live in a place where they feel they belong and can contribute to their community. People need and want the support of other people. This is the most natural way of living. The old saying, that it takes a village to raise a child, is a truism because every person has something different to offer and every person, regardless of age or gender, needs the comfort of family and friends around them. Remember, it is love, not money that is the strongest vibration in the world.



# WISDOM FOR CHANGING CONSCIOUSNESS

## Health and Paradigm Shifts

Over the next couple of years/decades, there will be major changes to the health industry. Health care is a multi-trillion dollar industry where pharmaceutical companies make enormous profits by investing in disease and sickness, giving people drugs and procedures that they may or may not need or benefit from. This system is well overdue for a complete overhaul.

The rapid changes happening in technology and the economy will also directly impact health and well-being. New technology could include sound, light, quantum energy healing, and plant/herbal medicine. I wonder what else will be available? As the collective raises their consciousness, people will think differently, want to eat more wholesome foods from natural sources and be more holistic about their bodies and their approach to living their lives. Information will come to the foreground, about the connection between mind, body, and spirit and the correlation between people's emotions of what they are thinking and feeling and how this manifests in their physical body as distress and disease.

## Increase in Mental Health Issues

There will be significant changes that will bring about mind-blowing transformation to the established structure. Every aspect that makes up our society, will be questioned and this will bring about radical change quickly. Many people cannot cope with such dramatic destruction and reconstruction of their lives. Everything they believe to be true, may not be. This will cause stress, distress and anxiety.

Even though this is the age of Aquarius and this is a humanitarian sign, many people will feel that they no longer belong or fit into their existing group of family or friends and that they want to be different and individualise their own dreams and aspirations. This could cause a sense of loneliness and isolation until they find people who are like them.

# WISDOM FOR CHANGING CONSCIOUSNESS

A monarch butterfly with vibrant orange wings and black veins is perched on a cluster of small purple flowers. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

**Where else are we going with  
consciousness??????**

**Time travel, extra-terrestrials, a higher perspective, science,  
medicine, education, politics, government, economics,  
space travel, longevity, telepathy, advanced psychic  
abilities, remote viewing, instant healing, quantum  
financial systems, bionics, clean, free energy, living and  
working in a holistic way, new inventions and innovations, a  
world of joy, peace and prosperity for all...**

**What are you creating to bring in the new consciousness?  
What does the new world look like and feel like to you?**

# ARE YOU READY FOR YOUR OWN JOURNEY OF SELF DISCOVERY?

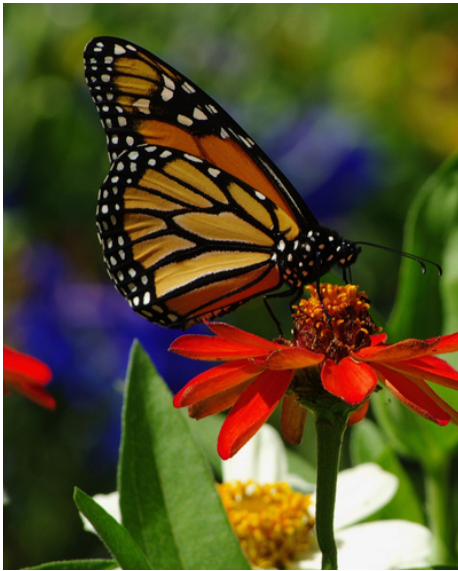


**WHAT ARE YOU  
CHOOSING?**

**WHAT SEEDS ARE  
YOU PLANTING?**

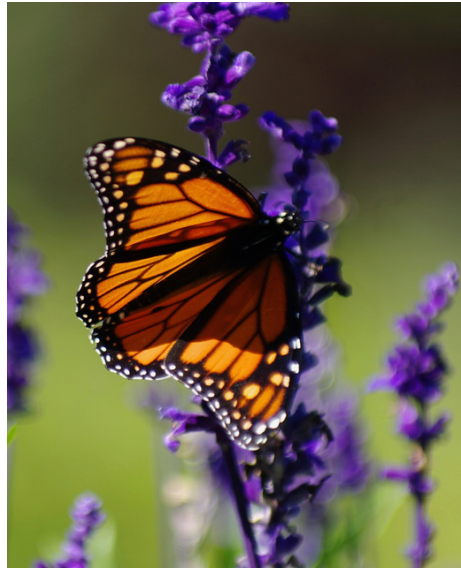


**WHAT CHANGES DO  
YOU WANT TO  
MAKE?**



**DO YOU BELIEVE  
THAT THIS  
COULD HAPPEN?**

**WHAT DOES  
YOUR JOURNEY  
LOOK LIKE?**



**WHAT DO YOU NEED  
TO DO DIFFERENTLY  
TO MAKE THIS  
HAPPEN?**

I (insert your name) ..... give myself full permission to explore and create the best version of me.

# SELF-EVALUATION

## Learning to value yourself

Print this out and take your time to answer.

Some of the questions are quite brutal, however, you are the only one who will get to see them. Remember it is you reflecting you. The more honest you are with yourself, the more empowered you become to make different choices.

If you loved yourself unconditionally:

What would that look like?

Whom will you allow into your life?

What would you say to yourself?

What is acceptable and unacceptable?

What would you be doing?

What is your body image? How do you see your body, the attachment of the body? Self-worth about your body?

# SELF-EVALUATION

## Did you Find the Answers to Your Questions?

Print this out and take your time to answer

Some of the questions are quite brutal, however, you are the only one that will get to see them. Remember it is you reflecting you. The more honest you are with yourself, the more empowered you become to make different choices.

What is your story?

What have you learnt about your own consciousness?

What happens after you die?

Who/ what/ where were you before you were born?

How do you align your mind, body and soul to work together?

How do you connect with your Higher-Self and Guidance?

What is your Higher Self saying to you?

What are you intuitively picking up?

# SELF-EVALUATION

## Did you Find the Answers to Your Questions?

Do you believe that you can heal yourself?

What needs to come up to be released? Allow this to happen. If you hold onto something it will cause blocked energy in your body that may make you sick or feel depressed.

How do you go from living the dark night of the soul, and feeding the hungry ghosts to living a life of joy and passion?

How are you unconditionally loving and supporting yourself?

Who do you need to forgive?

In what ways do you need to forgive yourself?

Are you a victim or a creator?

What are you grateful for right now?



# SELF-EVALUATION

## Did you Find the Answers to Your Questions?

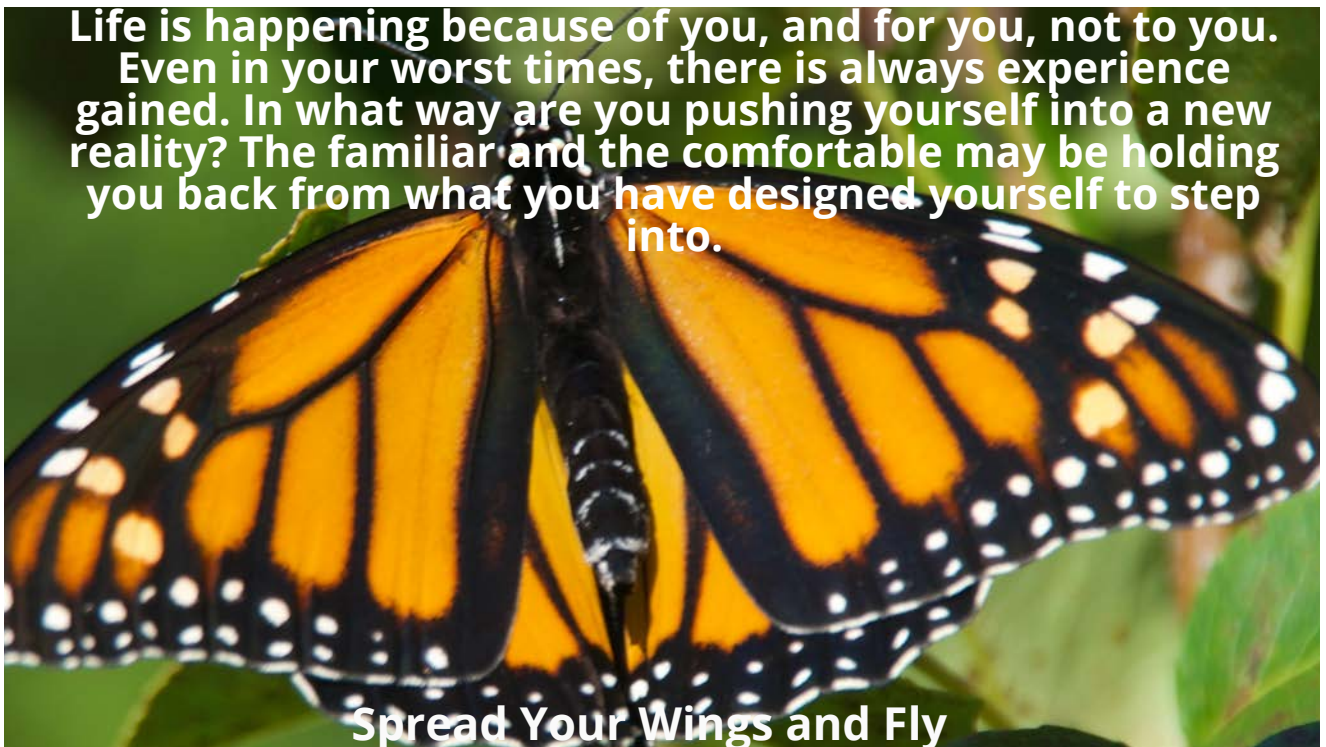
WHAT ACTION STEPS ARE YOU DOING TO CREATE THE LIFE THAT YOU WANT AND DESERVE?

ARE YOU SHOWING UP IN YOUR LIFE AND BEING AUTHENTIC? ARE YOU SHOWING YOUR TRUE COLOURS AND FEELING THE DEPTH OF WHO YOU ARE?

WHAT BELIEFS ARE HOLDING YOU BACK?

WHAT DOES YOUR NEW VIBRATION/ LIFE LOOK LIKE AND FEEL LIKE?

Life is happening because of you, and for you, not to you. Even in your worst times, there is always experience gained. In what way are you pushing yourself into a new reality? The familiar and the comfortable may be holding you back from what you have designed yourself to step into.



Spread Your Wings and Fly

# EMPOWERMENT AFFIRMATIONS

**I HAVE CHOICE**

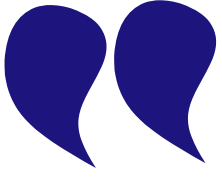
**I HAVE GROWTH**

**I HAVE FREEDOM**

**I HAVE INSPIRATION**

**I HAVE A POSITIVE BELIEF**

**I HAVE POSITIVE SYNCHRONICITY**



Blessed old soul, blessed one that has been here so many times before. Who has run the gauntlet, and inch by inch, grown and expanded. It has taken courage; it has taken fortitude, and yet you still do not recognise the magnificence of who you are. You still do not believe that it is possible, that you are an advanced soul, that you are an enlightened one, that you are the Divine Divinity, the Love of God having a human experience. As this filters down into your reality, it will make so many more things possible. It will allow you to expand beyond the boundaries, further than you have ever expanded before. You can rip away the perimeters, the boundaries, the limitations. You do not have to be put into a box or pigeonholed, for you are far greater than even you think is possible.

Verna Carr



# Conscious Energy Healing Workshops

Conscious Energy Healing works on the premise that we are soul, mind and body working together in unison. When these are in balance and harmony then the physical body is healthy and vibrant and doesn't usually get sick.

## Verna Carr: Workshop Facilitator

On my own journey of change, personal growth and transformation, I have met many gifted healers and teachers who have shared their knowledge with me and encouraged me to connect to my own God-self, truth and wisdom. I wish to share my knowledge to help others create the life they want and deserve through healing and wholeness.

For 30 years I have been actively engaged as an energy healing intuitive. I help others by relieving physical and emotional pain, providing a sense of purpose and direction and guiding others on their own journey of personal discovery.



# Conscious Energy Healing Facilitation Inspiring and Interactive Workshops

## Weekend Intensive Energy Healing Facilitation Workshop where you will:

Acquire powerful and effective energy healing techniques to facilitate healing for yourself, family, friends, (and pets).

Meet with other like-minded participants in the workshop and have hands-on experience in three different roles: the energy facilitator, the one receiving the healing and the one observing.

In-depth, open forum conversation where you can ask questions about consciousness and healing from this perspective.

Experience a guided meditation to connect to your inspired knowledge and wisdom, and meet your healing guides.

Workshops are strictly limited in participants (6 is the perfect number). Everyone gets individual attention, the highest value and the greatest reward to learn and co-create.

The format is fun and interactive, everyone feels, supported and listened to. Come as strangers, leave as friends.

One day is simply not enough time to achieve the full benefits and become competent in this modality of energy healing. Treat yourself to a weekend away. Fully immerse yourself in an experience that could be life-changing for you.

You will receive an easy-to-learn, step-by-step conscious healing manual. As a bonus gift, you will also be given a copy of my book *Metamorphosis, Wisdom for a Changing Consciousness*.

The workshops will be held in Whitianga, a slice of paradise on the East Coast of the Coromandel. I live 100m from the beach and within easy walking distance to the ferry, cafes and accommodation.



**Invest in your own healing and wellness journey. You will be buzzing after spending 2 days with high-vibrational people doing/ being/ learning Energy Healing Facilitation.  
\$450 (\$200 per day plus workshop materials.)**

**To book your place at the next workshop, please  
Go to: [vernacarrspiritualhealing.com](http://vernacarrspiritualhealing.com)  
Contact me. Verna 027 320 0079, [vernajcarr@gmail.com](mailto:vernajcarr@gmail.com)**

# Tarot Card Reading

**I have a wealth of spiritual knowledge and over 30 years of experience reading tarot cards.** First for friends. For the last 5 years, I have helped hundreds of people by reading tarot cards professionally over the telephone for a well-known NZ company. I also read tarot cards at the local market and do readings online and over the phone. I want to encourage and empower you to create positive changes in your life. You get to ask questions and choose what subjects you wish to explore.

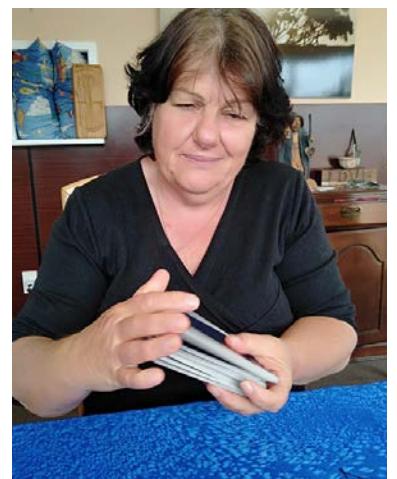
Experience the energy of a guided and inspirational card reading. Cards are a tool I use to tune into you and interpret the wisdom that is there for you to receive. To me, it is more than just reading cards and looking up the meaning in the book. As an adult, I have been tuned into high vibrational spiritual beings who have lovingly and gently guided me through my life. They have given me valuable tools for my learning, growth, personal, and spiritual development. I enjoy using the cards because they give me something to focus on and act as a bridge that connects me with my clients and with the Infinite Wisdom of the Universe. **It amazes me how profound the messages are and how they deal exactly with what is going on in my client's life.**

**How may I help you to find your own answers?**

**What possibilities and potentials are in store for you?**

**Clarity and direction? Wisdom from your soul? New love in your life?**

**What questions would you like to ask???????**



**To book your personal tarot card reading, please  
Go to: [vernacarrspiritualhealing.com](http://vernacarrspiritualhealing.com)  
Contact me. Verna 027 320 0079, [vernajcarr@gmail.com](mailto:vernajcarr@gmail.com)**

# THANK YOU



To the people who have shared their wisdom and consciousness.

These are the people who have influenced me the most:

My own amazing team of spiritual guides/ teachers and mentors

Louise Reiss-James, Multi-channel of Ascended Masters

Blair Stryler- Channels Tabaash

Darryl Anka- Channels Bashar

Michella Sheldon- Multi-channel

Ester Hicks- Channels Abraham

All the wise channels and teachers who post content on media platforms.

All my friends, have supported me and added value to my life.

The clever people who design and share clipart and photos for free.

**Verna Carr**  
**Intuitive Energy Healer**  
**Workshop Facilitator**  
**Tarot Card Reader**



*Personal Healings and Readings. By appointment*

**027 320 0079**

***vernajcarr@gmail.com***

***vernacarrspiritualhealing.com***