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A life time work for you to enjoy with simple messages given to me  
by spirit.

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## contents

<a href="#">Introduction</a>	3	<a href="#">Grounding</a>	46	<a href="#">Power</a>	77
<a href="#">Focus</a>	4	<a href="#">Healing</a>	47	<a href="#">Hope</a>	78
<a href="#">Choices</a>	6	<a href="#">Love</a>	50	<a href="#">Dreams</a>	79
<a href="#">Reflection</a>	7	<a href="#">Distance Healing</a>	52	<a href="#">Peace</a>	79
<a href="#">Messages</a>	9	<a href="#">Paranormal</a>	53	<a href="#">Working too hard</a>	80
<a href="#">Brain</a>	11	<a href="#">Life force / source</a>	54	<a href="#">Order</a>	81
<a href="#">Problems</a>	14	<a href="#">Protection</a>	58	<a href="#">Walking through time</a>	83
<a href="#">Ego</a>	16	<a href="#">Environment</a>	58	<a href="#">Achieving</a>	84
<a href="#">Sabotage</a>	17	<a href="#">Living in the source</a>	61	<a href="#">Day</a>	84
<a href="#">Negativity</a>	19	<a href="#">Help</a>	62	<a href="#">Messages are all around</a>	
<a href="#">Law of attraction</a>	21	<a href="#">Re-programming</a>	64	<a href="#">us</a>	85
<a href="#">Moment</a>	25	<a href="#">Bereavement</a>	65	<a href="#">Energy for life</a>	87
<a href="#">Childhood</a>	26	<a href="#">Simple</a>	68	<a href="#">Love</a>	88
<a href="#">Animals</a>	27	<a href="#">Writing</a>	69	<a href="#">Time for change</a>	89
<a href="#">Cut the tie's</a>	29	<a href="#">Source writing</a>	70	<a href="#">Too many cooks spoil the</a>	
<a href="#">Relationships</a>	31	<a href="#">Future</a>	70	<a href="#">broth</a>	90
<a href="#">Weight</a>	32	<a href="#">Looking within</a>	71	<a href="#">The world is mine</a>	91
<a href="#">Money</a>	34	<a href="#">Freedom</a>	72	<a href="#">Magic moments</a>	91
<a href="#">Forgiveness</a>	37	<a href="#">Life</a>	73	<a href="#">Enjoy</a>	92
<a href="#">Peace</a>	38	<a href="#">Intuition</a>	74	<a href="#">Summary</a>	93
<a href="#">Nature cleansing</a>	41	<a href="#">Lessons</a>	76	<a href="#">Quotes</a>	94
<a href="#">Cleansing technique</a>	42	<a href="#">Life begins at home</a>	76	<a href="#">About author</a>	96
				<a href="#">How to use book</a>	98



## Ignite the light within

*"If it don't bring peace, don't do it"*

### Introduction

After you have been to how to use book, you should be feeling the source that resonates from the e-book. Thank you for sharing in this experience and remember by reading you will receive healing to.

When we learn to ignite the life force within or some people may call it the source. We open our minds to a new world full of experiences and magic. This unbelievable peace that transcends honours, gives us, the most delightful energy and joy. We have seen the odd glimpses in life as we are travelling through trying to fit in to a world where individuals reign. It is only when we get back to the life force that is in everything, that we truly understand why we are here. It is taking me many years and soul-searching to re-ignite this light within. And so now I pass my information onto you. What I say is not going to be any new revelation; it is just simple words from the source that we all can access. Through my experiences I have been able to piece together the jigsaw puzzle to why we attract problems, situations and a life full of lessons. I shall try to include some of the experiences to give you an insight into my world. For to complicate it, would be to bring ego into this writing. I can only guarantee that the information I give you is from the heart and hopefully you will find elements that will help you on your journey. For, I am just the middle person to the life force or source. By writing this book, I too am learning about the journey.

## Focus

*"what we bring into our focus we experience"*

I'm going to start to open your eyes with an example: that I find depicts the situation entirely.

The statement above highlights that it is really about what we bring into our focus. When you buy a green car, what do you see a lot of? Green cars! Why because that is what you have brought into your focus and thought about, to make happen. Our eyes are connected to a brain and so its purpose in life is to show us situations and ideas of what we are seeing. The brain then gives you enough data to analyse and see the big picture. So often what we think about, our brain starts to create situations and people to learn from the order we have placed.

*"For every thought, has an energy attached and so a lesson to learn".*

So if you're thinking of negative situations or problems, you attract a similar energy to help you learn and experience. Sometimes we even attract the opposite, to give us insight to what we need. Your brain is so powerful, that it can create illusions and situations that are not even happening and you can even sabotage your life. 90% of our thoughts are illusions that haven't happened for example: simple message gives us guidance that comes from nowhere.

How many times have we had thought of a friend and then we bump into them or they phone us. We also receive confirmation through them saying, was just thinking about you. This information is guidance and helping us on our journey but sometimes we get information that triggers emotional response. This is because our brain is trying to clear out negative emotions we have attached.

For example; you get the message that you must go to the garage, your brain kicks in and starts to create an illusion world, I can't go to the garage, and there is something wrong with my car. It may be can't be fixed, I will need to buy a new car, which means I won't be to go on holiday etc etc. Already we have an illusion world that hasn't happened but we can feel the fear of not being able to afford the garage. This simple message to go to the garage was because we were going to meet a friend who was going tell us about a workshop that will change our lives. By focusing on what we are grateful for, we are humble to the thought of what we have created and received. Those who focus on what they haven't got, attracting lessons of not having.

Another example: If you were slipping down a slippery slope and started to focus on the slope, you will not see the hands of people trying to save you or what is available to stop you slipping, you will just focus on the slippery slope and see more of it.

another example: To show how our eyes can focus on what our brain is telling us, here is an example, which I am sure you have come across before. How many times have you been asked to get something from the kitchen, say, for example, salt-and-pepper, and you're watching a film that you are engrossed in? You certainly don't want to go and get the

salt-and-pepper. So your brain when you're in the kitchen makes sure you can't see the salt-and-pepper. Then your partner or family member comes into the kitchen after realising you been there for some time, and says "it in front of your eyes".

## Choices

"The choices we make, determines the life we lead".

If you take anything from this book, I cannot stress how important that you are in command of your life, and that you have free will to make choices of what you're going to experience. This is a battle that I have with many people, when trying to help them to heal themselves. When you realise that you even have chosen your parents to learn the emotional lessons you have brought into this life, you can start to see that everybody you attract, has come into your life because of the energy you put out, to create the experience. Like attracts like, as energy attracts energy. The universe doesn't see good or bad energy, but it is only our interpretation of what is good or what is bad.

For example: tell me if this situation is good or bad. A person is born with the purpose of killing another person who was going to kill 1 million people. This may be extreme but I want to show you that it is to do with the big picture. For it is the lesson, choice or the order that we have placed that creates our experience. So in a lot of cases, good always comes out of a bad situation. Time and time again, I have seen the big picture. why? What I perceived at the time was a terrible situation, had given me the empathy and understanding to help others. This changed my direction in life. Even illness, has its place to often stop us to prepare for another situation, where we need more energy. So often we are sent to bed,

which will allow the body to heal and create more energy for situations in the future. So we even, chose to be ill.

*"By surrendering, you accept the flow into your life"*

When we see everything is energies and so is free flowing, like the River, everlasting and always creating balance, as nature does. We start to realise, that trying to control this energy, will only create negativity. If you put too much water into a River, you burst the banks and stop the flow. If you created a dam, you will have non-flowing water and create negativity in an area. So by going with the flow, you're going with the flow of life. You have free will, to experience, everything in life. Remember you have choice to receive love, to get compliments, and to enjoy life, so don't waste those moments you choose.

Reflection

*"For what we do to others, we do that to ourselves".*

When we understand that is what we put out that is being reflected, that it is our thoughts that create who we are, we see how purer energies like children teach us so much. A child, especially from the age of 0-7 years of age is still connected to the source and so to help us and also create their lessons has chosen the parents for the best environment to learn from. Often children will take on our ancestor emotional baggage to help cleanse and we then learn the lessons passed down. So next time a child is annoying you, ask why you have attracted because you still have free will to experience them doing what they do. Once you realise that by loving yourself, they will only reflect love to you and enjoy the experience.

## Ignite the light within - simple messages from the source

In all of us is the source, an energy which flows, to learn our lessons, it is but a reflection to everyone. So everyone, we meet will reflect what we are putting out. They can only because we have asked them into our lives

to learn from. Your soul is in spirit, and is why only handful times do we feel really connected. By igniting the love within, we gain greater insight from the soul and everyone we are connected to. Because we are all

connected, we have to ignite the love within ourselves to feel the love from others. Often people will feel so right in telling us nasty things for our so called benefit but this may feel right because they are reflecting our needs and wants, which isn't from the source but because choose to do it, they will also attract a lesson. Those who work from the life / force or source have no need to reflect or won't say nasty things because they are just feeling the joy and peace from being in that amazing energy. You can't even think of nasty thoughts when in the source and so if you are, you have come out of the source. Simple words before you meet people like I love myself, and I am peace, gets you back into that high feeling of peace. When you share with many in a group the energy is even more potent. A hard lesson to learn but will empower you, you are in charge and so create who you are and who you attract. You know when are in a room full of peace or energies are good, just by the feeling, you have signs to guide you all the time, whether to do anything and in the source they become more clearly.

For example: I met a lady who so much wanted her son not to take drugs, she was mortified and couldn't understand why she attracted this lesson into her life. She did everything right by him, gave him so much love, and still he needed drugs. When we traced it back her mother was in a convent and her dad had strict parents. They always felt that they were

being controlled, never free to make their own choices. We traced back to age seven when she was playing leap frog with her friend and was annoyed because her friend wasn't playing right and kept collapsing. The

fear of not being in control was absorbed by her parents. Her son was just reflecting her lesson to her by taking drugs to be free and also meant she couldn't control him like her life. She was obviously projecting insecurity about the emotion of not being in control. Because the energy was also making her son look at his problems more often, he just needed to reflect and get away from a controlling situation thus taking on board the emotional transference. Once the programming or false illusion has been taken away, ties and chains cut to her parents and child, she no longer felt the need to control and what made her mad before had no emotional feeling to it.

## Messages

*"Messages are all around us"*

The signs all around us, that guidance to experience an order placed. Messages come in many ways, intuition and gut feeling, friends, television, opening a book, a song in our heads, a thought of the place to go or person to ring. So many ways that we are guided, to help us to achieve what we have chosen. When you start to make notes, surrender to the messages and trust that they are/you are guiding you. You start to go with the flow and see how, everything falls into place. When we can stop our brain from adding to the information, this is when we get clarity without thoughts. Messages are simple, they come to us. Like if you were flowing down a River, it is like, we see highlighted parts of our journey that we need to experience. So when the message comes from nowhere or comes

Ignite the light within - simple messages from the source

to you, and is simple, we know it is from the source. Another way of telling if it is from the source, is:

*" If it doesn't bring you peace, don't do it"*

For when it comes from the source or life force, it brings peace to our lives. So it is not bringing peace to your life or creating more problems or is for the future or the past, it is the ego all the brain creates is an

Illusion. So you can start, to recognise and deal with situations that are occurring because of your insecurities or their negative energy/problems we are attracting. For everything that we attract, as an energy attached, and this is negative, it will attract a negative situations. Another way to make sure that you understand the simple message is if you have allowed your brain to create illusions, you can ask the message to be simplified. Then you will be shown the original message. It is often that we get excited, by the simple message, and because it is so profound and gives us joy, we start to get excited and so the brain tries to take back control.

For example: I got a message to do a web site full of 10 minute books and audio's giving the simple message that people didn't have time to wade through big books. My brain started to show me a tall order of many pages, too many links with selling different products in different formats. The excitement started to fade as I realised it was too big to a project with all the other projects. When asked for simple message they told me of the web site that was too be and so I realised i was creating a world that wasn't meant to be and would happen when right time. Some-

times future stuff comes to us just to guide and see what is going to happen.

Another example: I met with a gentleman in Derby, and he is to do a lot of martial arts. He taught me something instead of me going to a place to connect why not bring the energy to where you are. He told me he was having problems with his son and through his martial arts training of centring himself. He used his visualisation techniques to bring the thought of nature into his son's room. After a time, this had a profound effect by just thinking about the sun, he felt the room become a better energy. This simple insight that just came to him after our last meeting showed that people come into your life and share for a reason. I adapted this technique with spirit help when first started to cleanse people homes. It soon became apparent that this could also be used on people and started me thinking of distance healing by putting people into nature wonderful energy.

Brain

*"Your only fighting yourself"*

For the brain is only a survivor, it knows that if you don't clear out negativity, it will not survive because too much negativity, then becomes a physical ailment. To stop the brain from creating illusion and situations, by clearing the emotions or problems or negativity we have attached to the body, the brain will not attract situations to learn from. Also, we bring into this life, past life lessons and present life lessons for the brain to attract, situations to release the negative energy by learning the lesson. Often, when we have had a trauma or too much negativity, the body can even, recreate, a past life experience into this life to learn the lesson.

## Ignite the light within - simple messages from the source

This is because the body has too much, to deal with and so tries to push to the surface negative energy, that comes in physical forms. Lessons or programming that are put in place to learn the lesson from past life and childhood, are just energy that needs releasing. The body knows that if it can connect to the life force/source, which is unconditional love, which is also found in nature, can then heal the body. This ignites the energy, life force/source that is within us. So a simple way of getting into the life force/source is to love ourselves. To bring balance to your life, the soul is looking also for this energy, and so it can become peace. When you become love and peace, you are one with the life force/source. You are then just love and just peace. A simple way to do this is to say "I love myself" x 10, and "I am peace" x10. Then you become, love and peace. So when we are connected and one with ourselves, we are just sharing love and peace. We are also, only wanting peace in our lives, because the energy is both. By giving the brain a job to do like "attract peace or show me peace in my life", it is not focusing on the negativity you are absorbing or acting upon the body signs to release. It is not until we see the brain is just attracting situation to learn from and release the energy that we realise that.

*"Everyone around you is mirroring your needs"*

Then everyone who can wind you up often may know you very well and so could have been family in past life or your enemy in this life could have been a friend in another life. The brain just shows us connections to other situations or possibilities, so we will deal with the problem early. We get cloudy mind when the brain is over working.

For example: I was wondering why I attracted relationships where I was always trying to fix the person before I could enjoy the relationship. I often didn't fall deeply in love but did love them, something was stopping me. I understood that I attracted a selfish women because I was too giving and traced back through present life healing to do with my parents and trying to please but because of what been through themselves, the emotion they carried. I was conditioned to feel this way. For my parents loved and supported me so well, over loved me really but my programming only focused on negative parts. Once I had traced times when they did love me and taken away false illusion of programming away, I saw a world of what they had done for me. This also attracted relationships and wasn't until I had found an amazing woman in Ireland, who could love me 100% and I could her. This made my past life lessons came up and the answers to why I acted like I did, especially because of the love I felt. We had shared three past lives, and in one I had vowed not to find love until found her. Each life time, brought issues of love, being killed to save our son when we were together in a clan in Ireland and treachery as she was taken away and kept away from being with me. Each one I was separated but the realisation we met up when passed over gave us a new life of being incomplete. We may have known each other for a while, but only shared love for only a week in this life. Both of us released a lot of emotional baggage and could set us free. By doing so we both realized that our time was in the past and our present now had a new venture. This exchange brought about complete love and because of it brought out deep rooted lessons to learn and let go of. This started me thinking! Of, how past life healing, was necessary to why we have phobias and are who we are. Once you cleanse past life, you free yourself from lessons you bring onto this life. Your brain doesn't need for you to have phobias to release negative emotions you hold onto. For when you learn the les

Ignite the light within - simple messages from the source

son, and take away programming it dissolves deep rooted negative energy that the body sometimes releases in a physical form. For more information or to mind, body and spirit cleansing to release past / present life lessons in a healing session go to [www.mindbodyspiritcleansing.com](http://www.mindbodyspiritcleansing.com).

## Problems

*"A problem is just a fear of the unknown"*

If you realise, that a problem, is just a sign or experience that we have ordered to learn from. We see problems in a different light. When we hold onto problems, we stop the flow of the energy and create negative build up. We start, to see it as an energy that is helping us, to release the insecurities or negativity that we are ordering. So by not feeding it, any more negativity or ordering more situations to solve the problem, we can then deal with it. A thought is but energy and so depending on how you feed the energy, will depend on the outcome. If you surrender and trust that the problem has been created to make you into a more perfect energy, then you see it as a challenge. If we give negative energy, in the form of fear, stress, worry or hold onto the energy, we attract more problems, to clear out this negative energy we have created. Next time you have a problem just put in a box at the side, just imagine or knowing, this means you have dealt with it which stops the brain from creating illusions or adding situations to clear the energy out. Negativity, is just energy and it is only what we do with the energy, makes into what it is. Energy is free flowing; both negativity and positivity have its part to play. Both can be positive and negative. For example: If in the past, you remember a magic moment, and live for that moment. You stop the flow of

the energy and then by trying to recreate, that exact same moment, you also stop the flow. Nothing can be recreated, because energy is free flowing. So you will always have, a new energy, through every situation. That magic moment, was so then and so the universe will teach you that you cannot hold on to that moment. A negative situation has a lot to do, with perceptions, and what we put to the energy. Without negativity, you wouldn't have positivity. If you hold onto a negative energy or by moaning feed that negativity, you give it power to create more energy to be got rid of or attract.

*"For every negative energy, that is put out there, there is one less person at peace in the world".*

I hear programming when people relive the same story, blaming others and situations that occurred, not taking responsibility, and then they go for help and get to re-programme some more and even create new experiences to add to claim it is there emotion to do with what they want. There is even a neutral energy, which is free flowing like the River and called peace. What we do automatically in the moment, like breathing, living, and what we are grateful for, is a free flowing, neutral energy, that "just is". We are just love, just peace and so attract what we are being.

For example: The list is endless where fear has stopped us from achieving and if we just had that simple technique of putting problem in a box the realisation that it is us who add to the problem and make it more than it is. I had my tyre changed at the garage and 10 miles down the road I heard noise coming from my back tyre. Straight away my mind drummed up ideas of another load of cash to pay for rear drum. The noise seemed to get worse and so phoned the garage. On inspection a two minute job was all that was needed and received an apology for not

Ignite the light within - simple messages from the source

putting a clip back on when examining the tyre, just made me realise what a waste of energy and time. A whole illusional world was created due to fear of not being able to pay an extra amount on the car.

Ego

*"To claim, blame, reflect or control is just the ego talking"*

Ego is something that is part of all of us. It's the part of us that wants to be something we aren't and to have all those things we don't have!

Our ego can hinder us when it blanks out the reality of a situation. It is when we only want to hear our point of view, or we can't accept information given, because it is not right at that time. It will also put you in a defensive or aggressive position to get what you think you want, rather than what you actually want. It is often that you want to control others because you don't feel in control of your life. When you haven't got an open mind to other's suggestions and only believe you have the answers, for we all have a part to play.

However, it is your ego that has probably brought you this far. However, now its job is done and if continue to use it, it could result in inner conflict when it realizes that it wants things that you no longer find important. Is this true?

When you decide, you no longer want to work from your ego, but want to work from your soul instead, you are ready to move forward. Often we get carried away with the moment, creating grand ideas and losing sight of what matters, surrender and trust. Because initially we may get simple

but profound message, we really believe without realising it isn't bringing us peace but more attraction of ego. By simplifying, you will become humble, that your part of everything and so are sharing in the magic, and don't think you are the magic. The ego separates us from the source and makes us into an individual. Thus we become and act as an individual.

For example: I am always challenged when people come for healing and always makes me smile when I hear of people owning their emotions, just telling the truth or I am entitled to say what I like. I was told by two ladies they didn't need any healing, they had worked on themselves and was just interested in past life healing. I asked them to think of time they felt angry or emotional, then once they highlighted the word that truly felt on the body, I got them to say ten times. Their faces was a picture as they felt the pain, I casually stated that if had no problems, they couldn't feel the pain. It was just the ego that was fighting back, for if in the source they wouldn't want to fight me, deflect or gain power over the situation. They both laughed and said "Bet you get loads, who tell you they don't need healing". I replied "yes", but now in the source you can gain the insights yourself.

## Sabotage

*" if you create your world, you also sabotage it"*

I watch each day how people sabotage their life's due to the increase pressure to succeed. There are many who talk the talk and don't walk the walk. The realisation that you're only as good as your last success puts a lot of pressure on us. We spend our life looking at what we haven't got which feeds us focusing and creating a world of looking in the past and

future creating a life of negativity and not achieving. We then re-enforce by looking at "what if" and blaming others, so we don't have to take responsibility. We also deflect from sorting out why we created by attacking people, trying to control others, because we feel not in control. So people don't look at our faults, and we have to deal with the pain. Our parents who try to live our life's through us, only let us do what they wanted or try to keep us from experiencing the pain they went through. However it is what made them into who they are and should be celebrated. By conditioning our minds and creating false illusion with our thoughts we attract fear, worry and stress as we look at what we haven't got. It highlights our weaknesses and creates false illusions and takes us from the source. As a defence mechanism, we look for fixes to feel better, attack others, claim to be something we are not because all we see and attract is negativity.

For example: I loved playing football and just wanted to enjoy but every time you walked onto the pitch, you was expected to do miracles, if you scored three goals, you will have people putting you down about the one you missed. Even in training people tried to injure you to take your place. You become very ego to take the amount of abuse and sometimes lose sight of why you were playing to enjoy and share in the experience with others. After sixteen clubs come to watch me, I vowed only to play at the top level. With the pressures of working come first, and football is just a dream from my family, I didn't accept professional football contracts. I so much didn't like to let people down that I even played injured which stemmed from my childhood and getting measles and missing a football final. The school had never got to the final and I was hated for months afterwards. I loved playing but never wanted to be the best, I would have

played on the park or top flight football just to enjoy. After two weeks trial and finding out that my semi-pro club had put a price tag on my head, stopping me from progressing all those years, I felt betrayed, especially when my father and I had stressed that no fee be put on and the club would get benefits in other ways. I had many offers but stayed at my home club that I played when a youngster. I became ill from glandular fever and an operation on my back. On reflection I realised I sabotaged myself and created this illness to be left alone but this only increased the attention from football clubs and people. Even by putting weight on, this didn't deter people phoning me all the time. Football gave me a great avenue to experience the world but also because of pressure and nasty world it attracted, I was becoming a person I didn't like. I didn't think twice when asked by managers to injure a footballer from the opposition. I passed on my knowledge and helped others to be a professional footballer. To help those to deal with the pressures of football with visualisation techniques.

## Negativity

*"You have to be negative to attract negative energy"*

When you see negativity as just energy we have held onto, we realise we have created it negative but negative can also be good because it creates the balance of needing good to experience. There is also negative spirits, that teach us, as there is a negative angels, which through a meditation/visualisation workshop came through, at first was disturbing but all have apart to play in lessons and so don't see them as negative but challenges. Nothing is negative for when we see that everything makes us into the

## Ignite the light within - simple messages from the source

wonderful person we are, we celebrate and see life as challenges and opportunities we have created. Peace is the key as an open vessel; we receive, give and share with reflection. When you're giving advice, ask what part is for you, for we are pupil and teacher...

I have been looking at the big picture to why things happen, interesting thoughts have brought up that negativity is just a sign, like fear, doubt, worry, it is what we do with it, will have the desired result. If you can recognize anything bad as a challenge or sign or even connected to something you need releasing you have held onto from a previous problem, we don't feed energy to it. Or what has come out give it power. (don't feed negative).

For example: I recently was part of a situation where someone

threatened legal action over a scary voice whilst doing paranormal work we captured at an event which still hasn't been disproved. I sent love to the person and I found out he took his negativity elsewhere and fell out with someone else. If we realize that lessons come from what we put out good or bad and that good always comes out of every situation, we don't see anything as bad. Thus we don't create illusions / sabotage with thoughts of the worst that can happen when gets a problem. We have choices to even experience, good or bad and make us into the special person we are, so good and bad is needed for balance or peace.

what I am trying to say, it is so hard to think pure thoughts and for balance the more you work in light, the more you can attract the opposite to balance (i.e. negative). Even too much being positive creates a negative. When we are open vessel, we just let the energy flow, don't give it out or hold onto it, thus being just recognising machines or learning machines,

## Ignite the light within - simple messages from the source

like we was as kids. By looking at big picture we enjoy life with the focus that good prevails. We can change our thoughts to create opportunities and instead of should which is blaming, we can say could happen, giving opportunity. The universe gives us lessons, good or bad, just our conditioning that teaches us what is good or bad, because if we focus only on good and try to recreate, we make it stale and stop the flow, because we can't recreate a magic moment, because free flowing, like we have free will to experience life lessons. We need the material, negative to experience, so don't look as bad but a part to play in making us a wonderful connected empathic person to share with everyone..

If you see negative as powerful and feed it by fearing it you give it power. There is nothing harmful unless you allow it and then can hurt you. I have met the most negative energies not of this earth, they have never been born and are just here to cause negativity to survive. If under attack you have to find the reason why you attracted to learn. You make a choice to let a spirit in. People can put energies onto people but free will is still involved. They can't come into your home unless asked or was already there. Negative energies can only attach to emotional, negative thoughts that we give out or hold onto. By looking within, meditating, sending unconditional love, you lesson the negativity. So we have to be negative to attract.

Law of attraction

*"give, receive and share"*

Driving along and had money in my pocket and then worried about the money going, everything seemed expensive and not sure whether to spend but this is stopping the flow, because if didn't share then I am stopping more coming in. By thinking about not having, I am creating a lesson to not receive to show me. When not even worried about money, when surrendering and going with the flow, there is no fear, it just rolls in, and a situation comes to you to experience. Opportunities start to show themselves when flowing. Unless you place the order, accept the order (free will) and experience, you're not going to attract more. Use neutral words, like abundance, living, peace, and unconditional love to order with, they have no energy attached to stop the flow of receiving abundance. When you become the energy or source it is just happening, just flowing and just receiving.

This is a popular subject now and one that I have been over working in my mind but a resent situation highlighted the true reason we can't have orders we place. It isn't about us not having it, the life force / source is abundant, but it is our perceptions of money and a little secret, which will change the way you think. All you have learnt through this book will highlight about energy. If you don't put energy to it, then it manifests, if it becomes part of an order that has already happened it will. However, if you are not a clear energy on money, you won't accept the money when shown to you. This is the key, money is just energy. Give to receive and share, simple way to order, we give the order, we accept to receive the order, and we experience or share the good energy with everyone. When we tap into the money energy, it is often negative because of peoples thoughts and brain will highlight times you had and didn't have.

Simple rules to ordering:

- Make sure you have no emotional baggage attached to the item.
- Place the order in the source, if feels right to order then it will bring peace and so will happen.
- Neutral orders come back quicker, for example, what's automatic, being worded? For when we are what we want it manifests, if you are love, you attract love, if you are peace, you attract peace, if you are money or abundant, you attract abundance.
- An actual thought is needed for it to manifest, so choose your order for peace.
- When the opportunity to receive or be guided where to go to receive, then act upon it. ( free will ).
- At no point put energy to it or will stop the flow or create into a lesson.
- Don't re-order, unless it is in free will stage, the experience stage, or you will confuse the order or miss which order to act upon?
- Don't re-programme or put in negative energy by thinking of why it won't happen, put in box, or clear out because part of insecurities stopping receiving.

If you don't have capacity to receive, you can't accept, by sharing you are going with flow because not stopping the chance to let flow.

"what energy we put to our orders, creates our orders". For what we receive back has to be neutral, if has any lesson attached or negative

## Ignite the light within - simple messages from the source

energy to it, stops the flow. When it is to do with money, the world has different energy but mostly negative, so we are tuning into the world of negative, so a lesson is created. If the money was to bring peace, which is neutral then we would receive back. So if the energy we put to money (money is energy) is not from the source, it carries the insecurity, the fears that everyone has, even going back to ancestors, like the war. If you don't worry about money coming in, or give it energy, it flows in when needed because it's part of the flow. Often turns up when not thinking about it. We have give to receive, to share to receive, it is about energy flowing and so what you put to it, it becomes.

Example: If ordered a holiday to get a break, so body could relax, you would be guided to people to meet, someone may have a timeshare they can't use for free or an offer which is in your price range but unless you act upon messages, you will miss the opportunity. The connection to meet people who can fulfil or may be win a holiday will be highlight to you. Remember, place order, free will to accept order and then you experience the order. By bringing in the benefits and at every stage just enjoying the journey, you don't stop the journey. It is when we order with the wrong energy, we may still receive but don't enjoy. We order a million pounds, but because we have not ordered to do something with it, lesson open ups, so someone tries to take it away, ransom note is produced.

Why because we didn't order to bring peace into our life's. When we order something to benefit our life's, we order peace. So we order what is free flowing. My sister ordered a coat for my niece at what she had in her pocket, £7.49. To her amazement she won it on Ebay for exactly that price including shipping.

## Moment

*"The moment is all there is"*

It is when we realise, that we are being guided the whole time. We start to realise, that what we have ordered, we have free will to change or place a new order to experience. You are being guided by your soul, or the life force, all the source because everything is one. It feels a pure message because it comes from the source. To stop your brain from disregarding the message, it seems to come outside of your body. However, really it is from the life force within. This is why it feels separate from your body. So you have ordered a situation to learn from, then your brain and universe link up possible people and situations to create the experience. It is only when all the energies come together that we experience the situation. If you order in the source / life force, the energy is free flowing and so can return to you a lot quicker without the brain's intervention. However, you still choose, to experience because of free will.

For example: I put the thought out, that I needed a new door. The energy then attracted a thought of someone who could create a door or your friend tells them of their door. Because of free will, I accepted that this person was probably the best person for the job. Then, I was guided to go shopping, where I bumped into the person I was thinking of. So when we look at it in this way, we ordered, free will to experience the person and then with all the timing is an energy. We were guided to meet the person. So coincidences, is just a thought or order we have created. You could have changed the order and decided the money spent on a door could go to a holiday and so a new thought is created to experience.

## Childhood

*"we are pure spirits, enjoying the journey, collecting memories"*

As pure energies, we just, take all that life has for us as a learning machine. Our brain is collecting data, to help others make decisions after the age of seven. It is during these time 0-7 years of age, we create programming, to clear out our past life lessons and also create new life lessons we have asked for from creating an environment that's best fulfils our choices. We are often a combination of our mother and father's energy and also by reflecting their insecurities, we hope that they will support and care for us. We often try and absorb their fears and want, to help them. We absorb their emotional fears and often become them. This is often been passed down through the family, and often referred to as DNA or like a chain connecting us all together. When you realise that everybody you meet in life, you have an energy line attached, so that they can feed your needs and wants to learn your lessons. If anybody that you are connected to, is upset or emotional, they are just feeding this negativity to you. This is why, you are attracted to certain people in life, like attracts like. So that you can teach them their lessons, and also you can learn your lessons from them. By putting you in an environment, the percentage is high of you achieving your choices. This programming is often a false illusion, so that you can feel the pain, and act upon it. It is the brain's way of getting you to deal with the situation. When it feels real, through emotions and physical, we tend to actually recognise it. So all the times that you have had, bad back, shoulders hurting or even tired, is a sign of a problem or negative energy you are holding onto. For example: if you have throat problems, it is often that you feel you are not being listened to, or you feel frightened off speaking up. When they

get stressed and feel that it is only us, that can deal with a problem, our shoulders hurt because it is like we are taking the weight of the world on our shoulders.

Another example: I had always been upset by people who I did a lot for and threw back in my face my generosity. I traced picture by picture all the times this had happened till I got back to the programming in my childhood. I call this present life healing. I saw myself giving a Rupert the bear to my sister who was crying to make her feel better. I loved this Rupert the bear and only gave to my sister with love to make her feel better. My mum came along and said "I was too old at the age of five and my sister could keep the teddy". This false illusion of giving love and not receiving back but thrown back at me when done a good turn had created a life of anger when I gave love and was thrown back at me. As silly as it seems, it had caused a lot of hurt and was glad to clear out that programming.

## Animals

### *"Animals and children reflect lessons"*

The realisation that animals also reflect lessons and are often sent to help us too just fascinated me. It was only when asked to do healing on a horse did I realise how getting into the source could help in any situation.

With trepidation as I approached the home where my work was to begin, I started to go through scenarios and whether I should touch to heal or not. However, suddenly I felt that I should just do the healing, be guided

as always with no perceptions of what was needed. The realization hit me that it was the owner, not the horse I must work on first. So my first words were about why she had attracted the horse to "flight" mode a term used when horse bolts. She looked shocked when I enquired what insecurity she was putting out to feed the horses' response. We realised the trigger was just before she got on the horse and also certain scenarios that created the emotions within. On dealing with the emotions we traced back to "rejection" from being kicked by a horse, and the main programming from her father making her jump a fence at eight. The feeling of not being good enough and getting rejected came from the emotions passed down from her father to what he had been through that created a programme. Once we cleared the feeling and then emotion left. So next we went to the horse, to which I asked in my mind if the horse would allow me to help her and her master. The horse came half way, then I just stood my ground and the horse came over. I explained I was helping her master who loved her dearly and wanted to understand why they both didn't always feel safe together. By putting the horse in nature and making sure I had no fears or emotions, we both just enjoyed the space. In my mind, I felt I should tell the horse that the owner loved her dearly, wanted her to help teach the son to ride. The horse explained that it had many owners, and that it wouldn't be long before it was gotten rid off. It was tired of the pressure and being ordered to do so many tasks. I felt the insecurities of the owner were igniting the fears the horse had been causing it to "flight" and flee. Once we cut the ties from the owner to the horse and re-attached with white light, I explained that the master wanted the horse to spend the rest of its days with her and especially her son. She touched the side of the horses head and asked what I thought it was, which sent the horse stepping away. I told her I saw barbed wire

and the horse trapped and said even though can't feel it, it triggering the situation that occurred. This made a lot of sense and realised why acted in strange way at times. I asked what the horse would like and was amazed that it just wanted to enjoy a ride odd times with no pressure, to share the experience I felt of the ride and be a team. I even suggested to the owner about this, about going bare back riding, about letting the horse be in control and sharing. I got the owner to talk to the horse in its mind, she felt strange but after trying, she saw the horse move its ears a sign of listening. She saw before we cut the ties, of pink and red cords attached highlighting heart and emotional ties. She saw a blue light for communication. I then told her to ask what the horse wanted. She saw a place she knew and even though didn't tell me at first the name she came up with. I saw just hills and enjoying a good gallop, like she was free. She thought I knew the place she was on about and confirmed it had many hills. She couldn't believe she had communicated and the difference in energy she felt from the horse just blew her away. She felt one with the horse for the first time and thanked me with all her heart for the amazing experience. Now that she has bonded the horse comes to her.

Cut the ties

*"break the chains, before they break you"*

To break the chains or energy lines, we can send or imagining or a knowing of white light down the energy lines to everyone we know through our heart. If you feel any energy lines really negative, you can imagine scissors cutting those lines. When it comes to family ties, who have been feeding our lives for a life time, I often get people to imagine chains, be

cause of the size of the energy attached. However, you must also, find the programming in your childhood, and learn the lesson to dissolve the false illusion created. When we see the big picture of what emotion we have attracted from our parents, we can learn a lesson. Every time you meet or think of someone, you attach the line. That's why a lot of people you cut off try to re-attach because they can feel they are losing you. Often a lot of people feed off our energy and is why they are attracted to the natural healing people give out but need their own energy to deal with problems.

For example: a situation I helped a lady with, was that her mother was over loving, gave her too much of love. However, she still, felt she couldn't be loved. Her father, was not in her life at all, and so she attracted, with the combination of both emotions that only relationships who showed no love, she was interested in. For to do with the mother, she never received, love from her parents, and so she did not know how to love her daughters. So even though, she over loved them to compensate, the energy she was putting out, was that she couldn't be loved. This is what the daughter, took on board and attracted situations to clear and learn this lesson. Her father, attracted a wife who tried to control him, like his mother tried. So, rather than learning the lesson, he left the relationship. When we showed her that her father did love her and the time mother did love her. For years she couldn't go further than the age of nine years of age in counselling but through simple technique, she saw a rock given by her father, who kept it till his death, showing he loved her around 4 years of age. And by learning the lesson, she could attract a proper relationship, where love was accepted. By breaking the chains and cutting ties. She no longer, felt the emotion and pain, attached to her parents and so didn't need to attract the lesson no more.

## Relationships

*"Just stepping stones, to a new you"*

Every relationship is a stepping stone to help us learn our lessons in life. If you treat your relationship this way, then you will enjoy the journey for what it is. We even attract soul mates, who know us well from past life, to have the most impact in helping us learn our lessons. So what we order, in a relationship, or our programming from childhood, will attract situations to clear the emotional baggage we have attached. Relationships, is about two people, sharing a journey. It is not about a person, making us whole. When we learn to love ourselves, we ignite the life force within, which is full of love, and because we are part of everybody, we were igniting others the love and peace to share. Our body, through our brain, attracts situations of love to heal itself. So there are two lots of love. One is what the body needs and the unconditional love/life force/source energy, which is what the soul needs to share. That's why, most people who fall in love, because they are getting what the body needs / material, they have created an illusion of what they need in their relationship. After six months, when the lesson is learned, we only have the unconditional love left. If the person doesn't bring us peace, then we start to see the negativity in them. So if you don't, look for a relationship that is both body and peace, you may not stay long in the relationship. However, in some relationships, we would rather feel something than nothing at all and so will put up with negativity, for the odd moment of feeling the love or unconditional love of the life force/source. Also our fear, of not receiving this love, means we will attract those to teach us the lesson. When you, learn to become one with the life force/source, then you do not need or want any other than love and peace. For this

Ignite the light within - simple messages from the source

energy, you do not need or want, anything from but to enjoy. So, we don't even then, need the love from our parents, which is probably, what set us on our journey. That is why; we attract into our life relationships that are like our parents.

For example: I couldn't understand why I attracted selfish woman into my life. This highlighted to me that I wasn't taking time out for myself and created me less time with pleasing a partner. I wasn't being selfish enough to bring balance to my life. When you get into the source and send love to a situation you can truly see the good in why you attracted people into your life. If don't clear out you will just see the negativity of re-occurring situations and people. A friend couldn't understand why only attracted people to use them into his life. It was only when I got into the source and asked for the lesson, I realised they often put a brick wall up, so only those who was mad enough to stay around only wanted what they wanted which was sex or their cake and eat it. They thought those who would take down the wall, would really want to be with them. I am sorry to say if you don't find the programming or false illusion to why attracting such people, then you will always attract. What comes around goes around really does happen to you or around you to learn the lesson, so be careful those who cheat on the partners, you will learn the lesson. For you take that energy to attract someone to do it to you or around you and they will keep feeding your negativity if not cleared.

Weight

*"Our body craves for love not quick fixes"*

If we understand that we have created who we are, then we have also created what our body looks like. What if by changing our body, we have attracted a different person to share our lives or your body was a certain weight to deal with the demands at that time. I often think the absorption of negativity by helping too much and craving for love, has caused the way I am. Coupled with the ever increasing fear of weight due to once wanting to be a professional footballer, I can see how I started not to love my body. It is when we are in love or enjoy life, we don't seem to notice our flaws that are our perception or the weight comes off. So it has made me realise it is what energy, I put to my body is creating my body. By not loving it, I create the negative body that's not loved. I see areas where a false illusion of not normal. So by dieting I am re-enforcing my belief my body not perfect as it is. My brain, shows me in pictures, even if I have lost weight and the craving to feel love to offset this negativity created is a vicious cycle. Then my thoughts that I put out attracts those who think it is their right to tell me about my weight. Which is a reflection of my fear. When we put love into the body, we allow the body to feel good, to feel alive, and so it can heal. When we see ourselves as perfect energy, we live as perfect energy and stop absorbing negativity to feed our fears. Your body is connected to the brain; it gives off a thought of what it needs. If you are absorbing fears and negativity, and also starving yourself, it tells the brain to eat more fat, so can store for the bleak time ahead. So even if you lose the weight, your body doesn't feel good because it feels your starving yourself. I lost 2-1/2 stone, when doing what I love, writing and walking along the beach. The minute I went back to fear and worry of money, the weight and my eating changed to storing food. We put back on the weight because we haven't got to the fear or programming and so still are not happy with ourselves. We create new lessons of being thin. As one person who has been both, if you're too

## Ignite the light within - simple messages from the source

good looking and fit, people won't talk to you because think you're un-touchable, if overweight they won't talk, Because think they may catch being overweight, or you're not as superior as them. Just think you may lose your ideal partner because you changed who you are. They may like you as you are for a reason. So love yourself, do what you enjoy and watch your thoughts. Think each moment you are new energy, new you, don't look into the past because you may get back to that weight, but you will have all the emotions that went with it that started you on your journey of you thinking you're not perfect.

For example: I was doing an all weekend ghost busts for possible TV production. After three days of working all day and most of the nights, with as little as four hours sleep, working with energy, my trousers seemed lighter and needed to tighten my belt. On checking my weight, I had lost  $\frac{3}{4}$  of a stone. This puzzled me that even though working in paranormal with negative energies, my weight decreased, I feel it is down to enjoy myself and working with energy. Often through healing, I feel lighter from sharing energy. I suppose it is still receiving energy, giving energy and experiencing energy, bringing the balance to my body. When we enjoy what we do, our energy balances and finds its perfect weight.

Money

*"Money is just an energy"*

Money is just an energy source, and what we put to it or absorb from it will determine what we receive. Often millionaires are created because of the lack of fear or that they keep telling themselves that they will be and

bring into the now, that set's your brain to order. It is often when least expect it does a windfall come in, Why? Because, when there is least resistance, the energy flows and so we receive what ordered. We are guided to experience and when we are not thinking or doubting it comes in. The fear of it not, is what stops the flow, when can't see how it will? So if automatically comes in the key principles, is going with the flow, place an order for what you enjoy, so it won't have any obstacles to appearing and last but not least, accept the money and share it to keep it flowing in. I have often gone with the flow, received only to start worrying about it being taken off me, so stopping anymore, this was also linked to past life and love, which caused me to attract a mother who was great at saving and not spending and a father who has seen what money does to people and tries to spend as quick as possible. We can also give too much of the time and not allow, space to receive because always giving. When we tap into ordering money, we tap into the energy that is in the world and at this point, it is negative, so we are ordering lessons. In my past life I was a tax collector who was killed for money, another past life I owned a lot of land and lost it to love.

For example: A lovely lady asked me about receiving more money, and I told her to order in the source because it's free flowing and will have less resistance. She got herself into nature most morning and a thought came up that she should order new tenants for the holiday home. Two hours later she received a phone call about a possible client for the week. She thought this was amazing, and she realised, she didn't ask for money but the big picture was she got it. She said it would be nice to change the order to two weeks, which would really help. As the tenant turned up, she was so thrilled by the apartment and said can I book for two definite and possible more, depending on her work. Well, she couldn't believe,

but she ordered, she had free will for it to happen, and then she experienced. She was even lucky enough that the last occupants had cleaned top to bottom so well that all that was needed was fresh bedding. So when in the flow of the source everything falls into place. You see clearer messages on achieving your orders and by surrendering and trusting, the orders come back quicker. That's why I have included words in the source to attract abundance, which is a natural flow that only we stop from happening.

Another example: My car was broken, needed a new starter motor, I was major out of pocket and couldn't think of any way to pay for the starter motor or have it put in. I saw an image of my portable TV, which I was lucky to get for half price, even when it wasn't on offer. My sister in law offered to buy at £180, and because I had gotten so cheap, I told her to pay £100. The bill of my car was £120. On walking through the woods, I asked about ordering and why at this time was without money. I was told that even when we send you money, you refuse it and this made me laugh. You are always giving and when offered you refuse, money is just energy, and you stopped the flow by not accepting the energy exchange. When you over help you stop the flow and attract only those who take and often don't appreciate or make false promises of paying you back, when have money? The sister in law could afford, and we made sure, she could pay you the money. This was a valuable lesson to me, and if I had accepted. I would have had been extra to do another event I could not because I stopped the flow. We must allow ourselves to receive and even by thinking of having savings, you create extra to come in, we often live to our means because what we order.

## Forgiveness

*"So by not forgiving, to move on, the only person you are hurting, is yourself"*

We don't have to forgive the actions of the person, because they have free will to choose what they did to us. However, by forgiving yourself and also forgiving the situation you have created, you can move on. This is a very powerful tool, and if you learn to forgive the experience, feel it and let go. You are releasing the energy attached to often a picture of the memory of that situation. By taking charge that you created and even have free will feel the negative situations to happen, you then take control of releasing the emotion attached. If you think of the emotional feelings, you have attached to certain situations, it feels so real. This is why when too much negativity, is attached to a situation, then we find it hard to let go and forgive. It is only when, we release this emotional baggage and stop the programming of attracting more situations to clear out these energies. We can truly not feel the pain and emotion any more. So by not forgiving, to move on, the only person you are hurting, is yourself. The person or situation we don't feed, can't do anything to us because of free will, and often we see signs before it happens also. What comes around goes around and so the person will have to answer or will create their own lessons in life of pain, without you adding to it. For when we go over it is said that we reflect on our lives and also what we do to others.

For example: It is only when I forgave my girlfriend for cheating on me, did I see the reason she did. I was so frightened of being cheated on because of my first ever girlfriend, that by cheating myself before and after one day leaving the relationship, I had a fear which attracted the

situation to happen again. My own fears of them telling lies to me, created even though they had choice and so don't forgive them for that but I attracted a relationship where they couldn't love me due to my childhood of false programming I couldn't be loved. Once traced back and cleared out, I realised I was loved and so didn't need to attract someone who couldn't because of what they had been through where parents didn't show them love. I then could see why attracted this situation and move on, even if more lessons were turning up, tempting me to stay in the relationship but once knew why could move on.

Peace

*"peace just is peace"*

A sense of peace comes from when we are balanced and connected to the source. When we give to receive and share in life, we enjoy peace, for the balance of the energy within us is complete. This is when we are going with the flow and enjoying our journey. So if you want any area of your life sorted, then just ask for peace to a situation. For then the situation will be sorted. It may not be sorted in the way that you want it to be but will bring peace to that situation. Stop seeing the good and the bad in all situations, peace and harmony will always prevail in every situation. Through the lessons and experienced you become a better person. For when we give out thoughts to the universe, we attract lessons back in return. If you start to see life as opportunities and challenges, you will start to see that nothing is bad. It is only one winner at peace with ourselves, that we can share the peace with others. This is when we do not need anything from anybody, and we just enjoy the source.

It is only when we live in peace, we attract peace. By clearing our past lives, cleansing the present in childhood and balancing our lives. We really become at peace. We absorb negativity from a number of places such as environment like your home and work, when healing, our family / friends and so it is important we learn to protect. We even astral travel to help people and can feel drained in the morning. Fatigue, being angry, stressed, and illness are all signs of too much negativity in the body. The more we find peace, especially in nature, the more we release and don't need the lessons or negativity we have created, and so we attract quickly lessons to be solved. If it doesn't bring peace, don't do it, this is so important to stay in peace. Even saying the word, brings stillness and feeling of content. Like you have found an old friend or been on holiday and after 3 days you relax and nothing fazes you. It can be achieved, and you can feel the joy that comes from peace that ignites the passion to experience a new world full of new experiences, where the birds sing louder, you meet more connected people with amazing voices and words to share. Everything looks and feels so much brighter and better in peace. Your mind is switched off and the stillness just creates magic to enjoy. Anything ordered in peace, life force or source, happens quicker, but often we just want peace and don't need or want anything else. Being in the flow is all there is. That's when you can tell if others are in it or not, if those who claim they are somebody are not because if they were they wouldn't try to get power of you, make you feel inadequate, when really they are deflecting so that you don't notice their flaws or trying to control you. No more will you put up with that, just the way a person is, because why?, if they were part of the life force, they would share nothing but love and if don't, they are projecting their insecurities, choosing to psychically attack you or gain your power for their own selfish use. So tell

## Ignite the light within - simple messages from the source

yourself "I love myself" x 10, and "I am peace " x 10, to get back into the flow of the energy within you.

For example: I am sent to help people to bring peace into their lives. Often by being peace, you are reflected peace. Many people tell me how their life's changed and I just tell them they asked for peace. Coincidences I don't believe in and so just go with the flow. I was in America and a camp councillor who I never really spoke to sat down next to me and started crying. She was a team leader and had a load of parents but was scared of if she was good enough to entertain. I assured that what's the worst can happen and that she wouldn't have been chosen if wasn't for her wonderful organisation skills and great rapport with the children. She could relate like no other and if showed that to the parents she would succeed. Once she focused on what grateful for and found peace in what she did, she excelled when parents came. I always remember the line, you was the last person I thought I would be able to talk to, this always is spirit way of highlighting that nothing is coincidence and it is a two way experience when go with the flow.

Another example: I was sent to children's residential where I just didn't feel happy there. It wasn't like me because loved working with children, even the odd naughty one. The shift leader got a call and asked if I could go to another unit, as an agency worker, this isn't heard of but I agreed. On entering the building all the children ran away and was left with the only member of staff on duty. She told me how she was at the end of her tether and was ready to give up on life. After a few hours, she thanked me and only asked the night before for help as she felt all alone and suicidal. I never argue anymore and go where I am sent. The children turned up exactly the moment she started to feel better.

## Nature cleansing

*"Nature is so powerful, all in one cleansing that ignites the light within"*

This forgotten power is so important that I have created a way to bring nature to you, where ever you are thanks to spirit. When walking along the beach around Christmas last year I asked for something I could share with the world to help mankind, and they gave me this "nature cleansing". It has truly changed my life and after 7 months of walking down the beach and 4 months in the forest I truly can understand why. Not because I was awakened for the second time in my life but the energy ignited in me a knowledge that I can share with the world, an understanding to all those questions I had asked "why" to. These are a total mind, body and spirit cleansing, which creates balance into our lives. When doing my past life / present teaching workshops, I do an exercise that blows people away? I get them to think of a moment where they felt a lot of pain or emotion, a situation in their past. I then take the word and get them to think it ten times. You see before your eyes, the pain they feel when thinking of the word and highlights what too much negativity can feel like on the body and eventually will come in a physical form. So I scare them even more and say if they speak to their friends, who they have energy lines attached and trigger negativity in them to moan to other friends, and in turn feeds back a whole world of negativity. So yes " one person can change the flow of the energy by what they put out".

Why not try it and see. I then take them into nature and release it to the trees. Once they love themselves and become one with nature, when I ask them to feel the word again, they can't feel any pain. They often look at me puzzled, how such a painful emotion can be released. In the peace,

nature, the life force / source, we cannot feel anything but peace. We can't even think of negative thoughts. For those who think a lot then get back to nature, for the first part you will think of loads, as nature loves your emotions and replaces it with neutral energy. By the end of your journey, you become quiet and just become one with nature. All your senses heighten, as you become peace. This is a great place for connecting to spirit and also gaining great insights. I love it! I use nature when cleansing people homes in a house cleansing; it has often brought peace to animals and family alike.

For example: One lady who came for healing had lost her partner who for 23 years had abused her mentally and physically. Once put in nature, cleansed her past life and changed her programming from present life, she didn't feel the emotions anymore and even could see times when she was happy in the relationship, by understanding the lesson from childhood she went on to help other abuse victims to see that there was life after abuse. Her environment also fed her with negativity that had been trapped in the walls from arguments and what she attracted. So by learning the lesson she helped so many and was amazing person for it. She brought peace into her life. By freeing the negativity attached to the body and memories, she could see what she needed to do. Why not try and cleanse your body, so you can become peace and see where you need to go.

## Cleansing techniques

Why not cleanse yourself from any emotions you have absorbed on your travels, try this;

- Just breathe in and out and imagine or just knowing your letting go of all your emotions, fears and problems in a box at the side.
- Just breathe in and out.
- Just breathe in and out, as you get lighter and lighter, just go with the flow and let go of emotions.
- Last one Just breathe in and out.
- You should be feeling calmer at relaxed.

This simple method is excellent for releasing the day's emotions we have held onto or absorbed from people.

Why not bring nature into your home, your environment and cleanse yourself by trying this simple technique:

Imagine a transparent box, just a knowing is enough.

This box reaches the ceiling.

Imagine you're at a waterfall, use your 5 senses, just a knowing is enough:

Hear the birds: Feel the green grass: See the splashes of the waterfall:

Don't need to taste the waterfall: Smell the flowers by the waterfall

Just a knowing is enough.

Open your hands and feel the waterfall energy growing, getting bigger and bigger in your hands.

Ignite the light within - simple messages from the source

Pour the waterfall energy into the transparent box. You may feel tingles, warmth, wind or energy getting heavier as your senses heighten.

Open your hands and feel the sun energy growing, getting bigger and bigger in your hands.

Pour the sun energy into the box

Open your hands and feel the moon energy growing, getting bigger and bigger in your hands.

Pour the moon energy into the box

Open your hands and feel the wind energy growing, getting bigger and bigger in your hands.

Pour the wind energy into the box

Open your hands and feel the raging fire energy growing, getting bigger and bigger in your hands.

Pour the raging fire energy into the box

Open your hands and feel the Ice energy growing, getting bigger and bigger in your hands.

Pour the Ice energy into the box

Open your hands and feel the Tree energy growing, getting bigger and bigger in your hands.

Pour the Tree energy into the box to ground the energy.

## Ignite the light within - simple messages from the source

Now imagine stepping into the box and releasing last emotions your holding onto out of the box into the emotional tin at the side.

By saying a few words you attract peace into your life and problems to be solved. Here are a few words I put in and why not add your own that comes to you

- Abundance
- Peace
- Unconditional Love
- Harmony
- Then add those that feel problems need sorting:
- Family
- Friends
- Money
- Relationship
- Work

Often we start to meet those who we have emotional ties to for everyone we meet we attach an energy line, watch how problems arise, just forgive, feel and let go, see them as the body releasing. When we then say "I love myself and I am peace" so many times, I normally do ten, we then become love and peace and so attract.

*"be love, attract love, be peace, attract peace, be spiritual, attract spiritual, be material attract material, what do you want to be today? ...  
as simple as that..."*

## Grounding

*"it is only when we become one with nature, do we start to live"*

When our bodies are one with the earth we can work with the spirit world and not get dizzy spells / headaches because our body needs the energy from the earth. The body wants love, which is found in the earth, it is the energy force which can heal the body and is often why we need quick fixes of love we search in foods, people, shopping, drink and drugs. That false moment of feeling loved through what we perceive makes us feel good. Just by drinking warm water / room temperature, is another way of grounding. The body has to work harder to heat up cold water. Dehydration can cause many illnesses to the body because we are made up of around 75% water. It keeps us connected to the source and life force and gives us extra energy to deal with negativity.

For example

Just imagine yourself as a tree with roots coming out of your feet and going deep into the ground, re-connecting with the earth energy. This is very important for the body, for this will enhance your body's natural healing.

Another way to ground yourself is to drink 8-10 glasses of warm water / room temperature a day, this keep you flowing in energy and makes sure the body is grounded.

## Healing

*"Allow the body to heal itself"*

The body can only heal itself, when it isn't focusing on clearing negativity that we are holding onto or creating thoughts to attract lessons. By getting back to nature, loving ourselves, we ignite the energy within us to heal our bodies. Our body can create new cells within a year and a whole new body within 7 years. Amazing healing has happened through allowing the body to heal itself. If your power of intention has no insecurities or negative energy by not believing, you can heal any part of you. The only time this doesn't work is when experience/ lesson is needed and often because you are holding onto negative energy or absorbing from others. As natural healers we try to heal others, so we can learn to heal ourselves. We naturally give out energy but if have insecurities attached or too much of our energy mixed with another will make them look at their problems more. If unable to deal with energy like putting too much negativity into the body, we start to re-act to certain people and attack them in the hope that they stop feeding us the energy. That is why a lot of relationships, struggle when two people have a lot of issues.

For example: It is like when someone gets frustrated, as healers, you empathize to help that person, you share in the energy of the emotion, but then you can feel their frustration that triggers yours and two lots, makes you re-act and you may not want to be around them or around you. The solution is to put yourself in the source by saying I love myself, and I am peace, put white light around you, so you're only putting out neutral energy. This will give them just energy to see clearer, and

hopefully they will use the energy to sort their problems out and join you on the journey. If they don't the energies won't mix and is when you feel it is time to move on. Many people who are becoming more spiritual, find that old friends, don't seem the same and partners have different energy. Why not sit down and ask what each person, you are friends with gives to you, with regards to energy. You will be surprised with those who just take and feel better, dump negative energy on you; those who are reflecting your insecurities and make you feel like you have the problem. And those who blame the world and you, so you won't look how they have made so many mistakes. Energy exchange is very important in understanding what you're absorbing and then taking home to your environment. You all know when you're with someone who is nice and at peace and those who aren't. You know when a house feels lovely to be in and those that are not. By getting back to nature or the life force within, you naturally feel good; you attract good things and don't feel like eating bad food. Because the body doesn't want anymore negativity, we can numb the pain through our cravings and fixes.

For example: I was asked to do some healing on a lady, who had a traumatic time with the loss of her husband. He was wary of me, and I explained what was happening and how he was creating a lot negativity and the body was re-acting. I told him he needed to go on, and then she could feel him in her heart, instead he was mixing the energy that was creating highs and lows because of emotional attachment she had of him. I always ask before healing if allowed for sometimes experience is needed. After putting healing/ love into her body, I scanned for the past life lessons that came to the surface. By tracing to past life, I got the story of what happened to make the body reject the leg. She had been behind enemy lines as a man, got caught in a trap and her leg needed to be

amputated due to gangrene. She hid in a hole but had to give herself up to survive. Her body rejected the leg because of the trauma of her husband who died and started to re-create past life by rejecting her leg. The poison effect of the gangrene created extra acid in the body causing more problems. Once I cleansed the lines by imagining water, sown the leg up with energy to allow the body to heal, put her in nature to cleanse any present life emotions, she could walk properly and drive that same afternoon after weeks of not being able to. Because she hadn't told me before of her illness, she found this amazing and when mentioned if she was claustrophobic, she said "Yes" and have a lot of acid in my body. By showing the body what it should look like, reprogramming her mind energy of not creating an amputated leg, she has given me feedback that certainly showed that the body can heal itself, if negativity and programming are taken away. There were other areas but this, I felt was the best example, and also we sent the husband over, and now she can feel he is around.

*"Sometimes we don't even know we are healing"*

An example: I was once in a pub and my mother was next to me. If it wasn't for my mum being spiritual I wouldn't have understood what was happening. I was sitting there and felt really drained. I needed to get out of the place and found the pub too much for me. There was a little girl who gone through several operations and had four kidneys two of which was poisoning her body. I realised afterwards that someone mentioned it would take some hand on healing, even a miracle to help her, but they were still in hope. This I found strange at the time as they mentioned a spiritual saying and none of them knew anything about the subject. Out

side my mum mentioned about the little girl and nice to see I was healing her. I looked amazed and asked "why she thought that". She said "she saw an energy line from me and five people working on the little girl". I was amazed but not shocked because often people had mentioned they wanted to heal but next day they were fine. My mum highlighted, because of free will, spirit couldn't help and it seemed they used me as a means to trigger the healing.

Another example: The most amazing thing was that his mum who hadn't had a period for a whole year, the next day did. She told me she could feel the energy from me working, which sent her backwards at the time. It just goes to show that you never really know why you are sent to help people. You never know by releasing the son emotions, it may have caused the mother worry to be released.

Love

*"We don't need or want love when in the source, we are love"*

All our bodies wants is be loved. Next time you feel like have a craving for a quick love fix, just imagine love into the stomach, have a glass of water, and suddenly you have no craving. We are attracted to quick fixes because we have too much negativity and need some love. By loving yourself, you give your body what it wants and helps the healing process as your body start to get rid of problems and negativity. We often see illness as negative, but it is just our body's way of letting go of the negative energy we have held onto. When we are happy and in love we don't eat

much, time just flies, and we feel better about ourselves. Happiness is a man made thing and we need to create to be happy. We are not hungry because our body is getting what it needs and wants. By being in the source you become love and peace and so attract this into our lives. How many people are attracted to happy, confident people, why? Because, they give out love, without realising that they do. Why do most people want another person's partner or what the couple had because it's about the love? However, because two people have come together at that time, doesn't mean if you take that person away, you will receive same love. It doesn't work like that because you have timings and connections involved to them coming together. That is why a lot of people who get together based on the other half already taken, will go searching for another as soon as the false or material love runs out. So you need to clear the emotions attracting you to this love. Often it is to do with childhood or want of parents to love us or past life lessons. Often our phobias are past life ailments that we bring into this life and create phobias, fears and illnesses. Our mannerism and dislikes can be attached to past life, so clearing this lesson, changing the programming; will stop us attracting negative problems and change who we are. Why is it when we least expect it do we find love, because we are love and so attract love when go with the flow. When you are love you see the good in people and automatically share love. By just saying I love myself x 10 you become love and ignite in you the source that's within. Because everyone connected to the source when ignited, we just share the joy of being in the source. This then ignites more love and we feel more joy as we share.

## Distance Healing

*"A single thought can heal the world if believe it can"*

I imagine myself in the room doing old style hands on healing. I ask the soul if I can work on the person. I then scan the body or often can sense where to do the healing. However, with the soul it is so much more powerful because it is about power of intent with no fear of it not happening and also a clearer energy working. When doing past life / present life healing people have noticed how my eyes change and my energy grows? Just by being an open vessel, energy from the source and higher entities can use my body to transfer the healing needed. They even now work without me realising, for just someone saying they need healing triggers, spirit to work on them and being an open vessel, I am not stopping the process of healing but free will determines the process to work.

For example: When doing my workshops on past life / present life healing, I always include work on doing distant or absent healing? It is amazing how you can send your soul to do healing. I always ask the other person soul if able to do. We sent one of the ladies out of the room and because of all the cleansing we had, everyone found it easy to send their soul and scan the person, just the thought alone of the area needed healing had an amazing effect. When the person returned before we had started healing, she described the areas that we all had come across that was needed, just showing power of intention and thought actually does create energy. So even the thought created a healing to take place.

## Paranormal

*"even spirit, need help"*

Paranormal wasn't certainly an area that I was keen on to be a part of but after the third call to do it, I decided to give it ago. I realized now that it opened up my senses and improved my connection to spirit and the source. When you work in the dark, you switch off your main tool your eyes which allow the other senses to heighten. I learnt to deal with energy lines, possessions where negative energy was attached to people creating illnesses and changing their mannerism and even seeing a person change his character from placid guy to Mr. Angry, certainly gave incredible insight. I learnt to remove negative energy from a person and protect them from the spirit entering again. The spirit world needed just as much help as the living because they still carried their emotions with them. By clearing emotions, the spirit was light enough to move on. It seems to dissolve away their lessons. I became so tuned I could stand next to people and know what ailments they have. By scanning a place, I could tell what was there, and now I use the same technique to scan bodies.

For example: One of my mum's friends was a visiting one time, and talked about her friend at work, who was dabbling in the dark side and ever since, my mum's friend was feeling highs and lows. She didn't feel right and came to see my mum about it. I got the impression that someone was with her, and this friend of hers, unknown to her had put a spirit to her. My instinct was to go close to the person and draw out the energy that was attached to her, at first, the energy did not want to leave, but came to me in the end. I then released the energy and protected, my

## Ignite the light within - simple messages from the source

mother's friend in white light. The information that I got from a spirit was that it was a train robber at the age of 39, and I gave her his name. The very next day, she phoned my mum to tell me that the Lady practising witchcraft had confessed all and wanted to know how she knew about this person. It was at this point that my mother told me of a protection phrases given to her by the old mediums. This has been valuable but sending love into a body can do just as much good.

### Life force / Source

*"Trust in the universe / source or life force and we will never be alone"*

The source is in everything, in everything you can see and can't see. When they quit en the mind, we are able to see the good in everything. To actually enjoy the good in everything we must first be unconditional love. For everything around us is just reflecting what we are sharing. For we are in everything and everything is in us. The actual energy or vibration that resonates in all of us is part of the source. What we put to the source will determine what we receive back. By going with the flow you are actually going with the energy of the source, and then you can actually enjoy the source. By even empowering yourself to be the source you can do amazing stuff guided by spirit. That is where we have this-overwhelming high feeling. Some people get it after three days of being on holiday, it was like when we have a profound thought that makes everything seem right. A sense of peace and well-being, we might want to sing and enjoy the moments, always see beauty that we never saw there before. We often want to share by complimenting people as we see the purpose and beauty in them.

It was that moment when everything comes together, and you feel at one with the source or the universe. When we look to the source in everything, we see only the good that a person has to offer. We don't look for the flaws and certainly how we can gain anything from them.

The source is but a neutral energy, so what you put into the energy will determine what you get back from the energy. If you put positive energy into the source and this is where people get confused, the balance will have to be redressed by having some negative and so the lesson is learnt. For you are actually putting energy into something that is neutral. The source is just free flowing energy. That is where you get the joy of life. It "just is" energy. What we do automatically, is the source, joy, laughing, living, balance, peace, singing, intuition and so much more. It is not about what we think to do, but what we actually do, which is the source. The life and messages from the source are simple and it is only our brains and our body that makes it complicated. The soul to me is just a reflection of the source, that's why we often fall in love with those who resonate the same energy or love that's inside us. By raising someone's energy to connect to their soul or the source, we help others to get connected and also ourselves to receive the connection. That's why a lot of people help other people, because really there trying to help themselves.

For example: When in Ireland I was doing healing every day and connecting to the source. This one occasion I felt I would like to get home early and re-arrange an event that had planned when got home, so could spend more time with my girlfriend. I asked the source for my group booking to be re-arranged, ten minutes later I received a call that my friend was ill and can we re-arrange. On the way to airport I ordered for the flight to be early. At the airport I noticed an earlier flight and asked the attendant if could go on that flight. I saw a lovely white glow and he

said that there were places available and he doesn't normally do it but can get us on. As we was last on the flight, I told my friend not to worry, joking about getting on early as a old age pensioner, we just got to the counter and as the lady looked at our ticket, she made an announcement that all "B" class tickets can line up. Yet again someone was helping us and lovely light appeared. As we got to the airport, we hadn't got our pass to the car park and instantly the security man let us go. With so many orders that came true, I was able to be with my girlfriend a night early, just going to show ordering in the source really works.

I believe that we are all energy and that everything around us is a form of energy. This I believe is what connects us all and which makes us part of a wonderful (loving) energy. All of us are a part of helping each other to experience what we need to connect us. God to me is the big energy we are trying to connect with, and so if we and everything are energy, then we are also a spark of the Divine. We are taught all our life that working hard, making money, doing things right, living up to expectations, etc., is important. Well, it is, but without the balance (balancing your experience between work, play, spirituality, exercise, and relationships), we won't achieve any of it, and we will end up searching inwardly for what really matters in life. The universal energy is free flowing, like a river or the sea; the only time it is stopped is when we try too hard, like putting extra water into the river and bursting its banks, stopping the flow. Furthermore, worry, fear, doubts, and frustration are also key elements that will stop the flow (necessary to feel and let go). These are emotions that we hold onto, causing us to feel life's experiences. This makes us doubt ourselves because we haven't cleared these negative emotions out and instead, we have held onto them. We put them to one side because they hurt, we see them as bad for they always pop up when problems occur (this builds up causing us to not see clearly). When you

hear people say, "go with the flow", they are right, go with the flow from within yourself. The source of all energy is in our heart, which is connected to the Universe, or some may say the soul, which will give us the answer right or wrong. That's why some people say, "If it feels right go with it". No experience should be judged as good or bad, until we understand the value of the lesson created by our higher self to learn from. We have free will to learn and this is why we seem to have the same lessons repeated, until we learn and clear them out. These become emotions like black clouds, which are highlighted as a symbol on our shoulders in a mist blocking the flow of our energy. Also, we hold onto emotions in our stomach, which when not released can manifest itself into many physical illnesses. Your body is full of energy and when flowing like wheels or Chakras, we are healthy and living. When we hold onto emotions, energy doesn't flow, and we can also take on energy from others into our own bodies. We then have non-moving energy in our stomach and shoulder areas; it's rather like taking the world on our shoulders. This causes us to feel drained, tired, have sleepless nights, headaches/migraines and generally our chakra (energy wheels) start to become affected. This is why illness is created by us to stop us working, so our body can try and deal with the lack of flow in our wheels or chakra. This can also be created through bad habits (i.e. eating, self-harm etc.) to try and stop us in our tracks to take time out and heal and rest. Problems happen, we can't see the "wood for the trees", this is because we feel all the negative energy from previous troubles and all this emotion makes us concentrate on the problem rather than the lesson of recognising that it is for a reason and then letting it go.

## Protection

*" Learn to protect from what you give out"*

With regular meditation, you will be protected from negativity energies from spirit, people draining you, people dumping problems / negativity, absorbing people energies through healing them, negative thoughts, disasters and problems you hold onto for good comes out of bad, so you don't need to hold onto anything for the universe is free flowing of energy. To hold onto problems, fears, worries, anger and stress will eventually become in the physical form with bad back, injuries, headaches, depression and fatigue. You are in charge and only you can let a spirit in. When we are not sending pure love out to the universe, we can attract negativity to ourselves and so this meditation will help you to trust and believe in yourself and be protected. Nothing can harm you, unless you let them. All around us from TV, news and people are feeding us negativity that the brain runs with and creates this illusional world that we re-enforce. I hear people creating negativity all the time, by just what they say and how they say it.

All day long we are absorbing as healers other people's negativity and when we hold onto it, we attract more to us. Our mind can also attract more people through thoughts and so the cycle keeps re-enforcing negative behaviour. White light around us stops psychic attacking, dumping of negativity and absorbing people's emotions. Adding a waterfall around you, means that any negativity will be absorbed, before gets to you. Even in shower you can imagine negativity being washed away. Sitting in nature you can give your negativity away and the sea is great, whether just imagining can be enough. If you don't protect and ground yourself,

you will attract negativity. We often go home and dump it in our house, we don't use items, which aren't doing their purpose and so become negative. If absorb into the house we attract also spirits to attach to feed off us, so even asking angels to take away, can get rid of spirits connected to you who can create problems around you and feed your thoughts. I am also amazed how many people don't meditate, don't protect themselves before sleeping. It is the most active time for spirit to contact you. I would be up to all night if I let them, but I take control. I put a white light around the bed and post angels at each corner for protection. I organise a time to speak and help them. I also imagine a purple cloak or mist to stop me from being drained when astral travelling, because I know I heal people and help when asleep. Orange in the morning gives me energy for the day. Waterfalls and flowing water gives me energy, find your energy source to replenish. Make sure you ground yourself, by imagining white light or roots coming out of your feet. Ground yourself with nature is an amazing way to replenish and protect the body. For example: I often have to send protection out to families but still cases of children being woke up at silly times always effects me. I have taught my son to ask the angels to take away but with so many houses being visited by spirit, I could give numerous examples. One in particular was where a child was sleep walking and spoke in a nasty voice to his mum. Then, he would cry for ages afterwards around 3am in the morning. After cleansing and removing the energy, the child has slept soundly all through the night.

## Environment

*"Your environment represents you, cluttered place, and cluttered mind"*

Your environment is where you go to find peace when after a busy day you want to relax. When we relax, we start to let go of our negativity, we have absorbed. Whatever happens in the home, the energy, can stay in the home. Our thoughts of our home, will create the feeling in the place. If anything in the home is not used for six months, it loses its purpose and so will become negative. How many items we save? In case we need, when we never use it. How many clothes kept in case they come back into fashion? Often the item is broken, and we promise to fix but never get around to it. This is all fear of not having. We are taught to buy the latest gadget and six months later it is obsolete, and so we feel it isn't of use anymore as we look to the next fix. Sending nature into the home balances the energy and gets it free flowing again, which is stopped by negative thoughts, and what we bring back. Sending love around the home gives energy to those things not used. Furthermore, very good when you have gained items that still have the energy of relatives or people we have bought from. Many a house has been haunted on a possession we have bought. In the walls energy is stored to show each moment of time and history and why people who can do psychometry (reading energy of objects) can tell different time frames of things happened. Mostly trapped in walls are emotions trying to be released. If your foundation isn't cleansed you take with you the negativity into the world to attract, so a house cleansing is important, so why not visit my website at [www.housecleansingunwantedguests.com](http://www.housecleansingunwantedguests.com) to receive a free download on how to cleanse your home.

For example: A friend told the story of a family she had visited who lovingly restored their home into a place they loved. The energy from the home was so amazing, you could feel the peace and how much they cared for their home.

Living in the source

*"one energy, one love, one life, enjoy"*

I created a routine to make sure that I was re-connected every morning because I found at nights, I was still learning lessons. My daily routine has helped me to become more at peace and easy to recognise the signs. So easy to get back to a routine of re-programming that this simple method has kept me for longer in the peace. I no longer want to moan, or get involved in arguments are be apart of negativity, but if I am the protection of white light and waterfall, just stops me from absorbing. I have still odd elements to cleanse, but now I am teaching others in workshops, I am receiving my treatment also, quite amazing the guidance I receive while helping others. For the one true lesson is life is simple and it is a two way experience, so whatever you do in life you will start to see the good in others more than the fear because you only putting out the light. For example: I had completed a workshop on past life healing and created a pdf to do every day to start my day in the source. I stayed with a friend in London, which usually would bring up a lot of issues to do with money and energies with being sensitive to a lot of energies, especially negative. After few days of helping my friend, I was trying to stay in the source and odd times shared the purpose of places that seemed to draw passers bye. It was amazing how a church energy grew when people

stopped and stared regular. By being one with everything I could feel the amazing energy and see the purpose of why it was created. Once shared with my friend we started to attract amazing experiences. We suddenly saw a harvest moon shining a bright brown colour, then was guided to an amazing voice in a tunnel, and it was like angels were sent to guide us and show us new experiences. We stopped to get a light and the energy of the lady we shared a moment with was amazing. A new world was emerging as we shared the source together. No more did we need to talk or want anything but this amazing peace and experience that would stay with us. Everything seemed brighter and clearer. It is not just about you being at peace but igniting in others brings the experience.

Help

*"we are only supposed to help someone so far"*

We are often told we must give and not receive that we are programmed into a life of helping. We are here to give, receive and share and in the source we are just love. However, often we help others to help ourselves, we learn on the journey of experience. But I always say if you go too far in helping and a detriment to yourself, then you have helped too much and have a need or want from helping. We may only need to help someone 100 yards and so when helped a mile we often get times when thrown back in our face. Why? Because, we asked for the lesson! We have put in too much energy into a situation. Which stopped the flow and created a lesson, for ourselves to experience? So we are not allowing ourselves the chance to share or receive. We even start to turn down the hand of friendship or compliments because we feel we should just be

giving. The world doesn't owe you anything for always doing right, these are your insecurities of your lessons you are putting out. Like if we love someone so much they might love us back but really if we help ourselves, we can allow others to help / love us also. If experience is needed, then we are not supposed to help someone and just by planting the seed is enough.

For example: I often get messages to help people and especially my sister, who can help herself and give me great insight. When I find profound information that has changed my life, I often want to share with her. She smiles and oh not another book I can sense she is saying but often three months later when her timing is right or in another phase of her life, she phones me to share in the wonder I got three months back. I have learnt to just plant the seed, don't need to prove or make her understand for when it is right for her to know it will be apparent. People laugh how after time they realise that simple guidance messages becomes apparent, and they remember where the information comes from. Often planting the thought or seed of help is enough. I love the sharing with my family who trigger great insights and thoughts.

Another example: I did some past life / present life healing on a daughter of a friend, and she was so made up, she wanted her mum to experience the same treatment. Her mother became defensive and I am too old to clear my emotional rubbish out. She had fear when she saw her daughter crying of not being a good mum, which wasn't true when realised it was the emotion she carried from her parents. I told the daughter, she would find the treatment when the right time. It was only after a while the daughter looked at me and realized her mum moved and sat in the nature energy. She was talking about her problems which we both enticed

through conversation, and understood that her mum was already receiving the healing. Her mum noticed our faces and laughed and called me a crafty person, and I said you decided to release and everything happens for a reason. She agreed to have healing after that ha ha!

Re-programming

*" The journey is more important than the destination"*

It is easy to slip back into routines, and get back to giving out negativity. After cleansing people sometimes don't put into practice what they have learnt. Even thinking ill of some or expecting someone to do something to you, is an old picture that has no memory but a conditioning we hold onto. This can only happen when not in the source and to not recognise it and go into the world of blame and ego just highlights what we have been taught before. So regular cleansing each day is important and asking the source for confirmation is a must. Your heart is a perfect tool for finding out if feels right or wrong, if simple messages that our brain turns into ego, where we feel passionate and matter of fact about, we can notice when this is happening because we over go on about the same information.

Simple technique: "if don't bring peace, don't do it".

If someone says something bad, what am I putting out to allow that to happen? If your life isn't flowing, have you surrendered, trust in what you ordered. Look at the big picture if fears set in, what is the worst that can happen, nothing for even death is but a means to a new beginning. Everything happens for a reason, to make you into a wonderful empathic

person who can share life rich tapestry. Nothing is good or bad, so don't feed the negative. With this in mind you will not be going back down the road of re-programming.

For example: I was helping a lady who had spent 9 years in therapy. She knew and told me all her problems and why she had them. By blaming everyone else she didn't feel in control and started to re-programme more negativity with the same old lines that been programmed into her from years of therapy. Once we got back to the programming, we could see why attracted and in just one session she was able to clear the emotions and have clearer mind to take control and realise she had created her life. When too much negativity is in the body we only see and talk about the problems as everyone else fault. Because the pain often creates a re-action from the mind to add more negativity in hope it will clear out but too much negativity creates clouded mind and endless cycle of over worked mind. By clearing past life, present, we was able to give her the tools to deal with problems, stop re-programming and sort her life out. I was told she has stopped her sessions and sorted her marriage and herself out and enjoying life again. Once you are empowered, you understand and take charge, this creates self esteem and a knowing you can change your life. It is what you put out, your receive back and because of free will chose to experience.

Bereavement

*"when we clear the physical connection, we can feel them more in our hearts"*

This is a delicate subject on one I still find hard to share after a lifetime of friends and family leaving me. To have been a part of so many wonderful emotional experiences has been an amazing journey for me. After my Nan died in my arms, I vowed to help others through the process, not to give proof but help them to understand that life goes on. It is our emotional attachment that stops us feeling the love in our hearts as the body rejects the pain caused by the emotion attached. For some it has taken a life time, some have said goodbye early but everyone is affected by a loss of those we love. It is even harder when it is children and still get a lump in my throat when helping those to try and understand. A lot the cases those who die young I am told become angels and help others at similar age. Others have left a legacy for the family to help others in their moments of sadness. I see life as everlasting and so new journeys appear for me when loved ones go over. My Nan is more a part of my life than ever as she helps me to teach others to communicate and develop. My brother, who was a miscarriage, can get up to loads of trouble on my behalf when healing and clearing out unwanted spirit guests. He has even helped a lady get peace from the local trouble makers in the street. The lessons of losing people has given me the empathy not just to help the living but also the departed to clear out emotions, stopping them on their journey. It is a shame that mediumship has become entertainment and misses the key reason for contact "the message" or guidance that spirit world gave. Too many see mediums as oracles, who can tell them what to do and more interested in the shoe size of the relative rather than the simple message that is helping them on their travels. When parents lose children even in a form of miscarriage or at a young age, nothing can really be said to help those with this loss. On asking about this, I was shown that the greatest gift a woman could give is to be a part of a miscarriage, this is often the last journey of the soul and then becomes a

spirit worker or angel. Those who die early are so connected that you can tell they have been sent as a gift for only that time. My friend lost a 6 week year old nephew, this child was so connected, and you could tell because you just knew that it was enlightened soul. This devastated my friend for years and really affected him. It is often when you help someone to release the emotion attached and lesson learnt, often a spirit will send you a feeling of euphoria, an amazing profound feeling for helping their journey and spirit. It is often to do with the last encounter we have, which determines the emotion we hold onto. Just before they go over, we often feel guilty for not being at their side when passed over, or if you see the last breathe, it feels final and will never see again. Often a spirit want you to remember them for what they were not the last breathe and will try to organise for you not to see the last breathe. As one who experienced this, this is the most horrific thing to see of someone you love. My Nan took 24 hours to go, collapsed lung, going blind and holding onto life. I told her I loved her, and it was time to go, she cried and took her last breathe and went. I was devastated for a long time afterwards, as I lived with my Nan for 6 years. As a medium I was shocked to find took me three months to recognise the signs, this taught me a lot to do with the body and how we can because of emotions not see the signs. Once I released the emotion, I realised the signs was all around me of my Nan contacting me. I have even got a symbol to know when wants to communicate. She gives me a shake like when she was alive, like a hug. Just love when she visits and helps me on my journey.

For example: I used to do a lot of readings on Ebay by email and also when toured the country. This on occasion I received in an email from a lovely lady who asked for my help again. She said "that this will be a tough one but just needed guidance". I so wanted to help her that my

ego stepped in and did a 4-5 page reading, not really knowing why she contacted me. I kept getting one message and even told her that this message kept coming up. I saw a purse and a little toy being put in it. This had been repeated and she thanked me and said "that's all I needed to know". So it wasn't about the ego of 4-5 pages but the simple message, and even though I didn't know why at the time, because I gave it, it meant more than anything. She later explained she had lost an 18 month old child, and she wanted to know he was okay. The toy in the purse was what he used to do. She knew this meant he was happy. So I could have missed the message, that I didn't understand "why" to give if was focusing on names and shoe size ha ha!.

Simple

*"simplicity is the key"*

If your life isn't simple, you have created it that way, for it is about simple messages. Anything else is but an illusion, for when we flow, life seems to have no time, jobs get done so much quicker. Why? Because we have no obstacles, no thoughts distracting us, teaching us, we just are one with ourselves and the life force.

For example: The moment that I didn't think about money, just enjoyed what I was creating, money rolled in, the moment, I surrendered to the source, I was taken on journeys to amazing experiences. Information came to me to act on automatically and anything else I asked for the simple message that guided me. I felt peace and enjoyed peace and my heart filled with love when in the source. You have nothing to prove or even have to say and notice the simple messages around you. More

Ignite the light within - simple messages from the source

connections and instant messages come to you and you feel alive for the first time. Nothing fazes you or even what you would normally worry about comes into the equation because peace is all there is. You feel passionate in the moment, enjoying the simple things in life and seeing peoples beauty as you share.

Writing

*"Source / automatic writing is a moment of bliss"*

When we learn to automate our writing, by just being in the source and writing, we have odd moments of the brain kicking in order to take back control but the simple profound messages start to flow. Why not let go and go with the flow and see what messages you have to day to share with the world from the source. Just let the pen flow or keyboard do its thing, don't give any energy to the outcome, just a knowing that when in the source it will flow. You will soon see what's ego and what is simple messages guiding you. You will be amazed what the world has to share. Don't add to it, just know that if feels right, is right. I will be getting a group of people together to write in the source, so many can share with the world this amazing energy. The group will be called "source writing". For example: I worry about the length of this writing, at times it flowed so well, and it was only when in the source did I have no fear of the writing and how many pages it should be, or if I put everything in. The writing grew as I grew and was everlasting flow of information. This amazing technique has given me answers to a lot of questions where guidance was needed. It is now automatic and a joy to share with people.

Here is some of my writing from the source for you to enjoy, see what feels like the source or my ego.

## Source writing

*"What will be, will be, find joy in your hearts and share".*

## Future

“ The future is but a thought away”

Many people perceive that the future can be predicted and explained but really all the future is, is a time that we put forward to experience. For now is the moment and so what you do in this moment will determine your future. Nothing is set in stone, and we cannot predict the future for it is but only a time we have not created yet. To truly tell the future you must put a thought out, a notion of what we feel will be the future and so then we access the law of attraction to actually create the situation and people to confirm what we have ordered. Once a thought is projected into one's mind, it is then processed by the brain to access more data to make it real. This is the key, what is real, what is it that makes a future event really happen. Is it a thought, an action, a knowing or just plain ordering? I feel the answer lie within the question. Real? If 90% of what we think about is an illusion than the real part is the experience that we have ordered. So what we order becomes real when everything falls into place, time, sequences, people and situations. When we realise that these factors make up the chain of events, then ordering can be more complex than first thought. For how do all these situations or perceived coincidences come into play. The answer to that is the creation, one single thought, and one simple idea, takes on a form of itself, becomes alive and then can be processed, thus creating the experience. The experience can be only manifest when all the energy that completes the idea can be

formed and take shape. So there is the answer, real is when the yin and yang, the peace, the balance comes together. It is this, which makes the experience alive and real. We still have free will to stop the collection of energy particles or re-order the experience, which may take longer depending on the energy that comes together. So each day we are starting a new cycle of events and re-ordering old experiences to create new ones. Whether from past or future we are creating pockets of orders that will have to coincide with the balance to become real. Then the brain gets involved and really messes everything up creating negative energy to stop the flow of the creation or experience and so future is but that, an energy not been formed or created until we make our minds up of what it will be.

Looking within

*"When we let the brain take over, we lose sight of the looking within".*

This term depicts a moment that when the alignment of energies triggers a connection to the source and our thoughts at that time creates a course of events that we can add to, to make real. This is the process, without

you adding to the thought; you will not get the actual result of what the soul needs. This is where free will comes in, for when we have a thought, we have chain reactions of events, the brain shows us all the connections to the memory of how to achieve, what went wrong, what could happen and then is passed over to the lesson part of us, the reflection of the source or soul. Don't be fooled, this isn't the place where we get

inspiration from our actual soul, for our soul is connected to the actual source that is in everything. What we have inside is but a reflection which helps us to reflect to others and learn valuable lessons when we reflect or what might be perceived to look within. Okay let's try it, think of death, imagine looking within, what thoughts come to you? Fear and doubt, worry, past friends, pictures we have seen, these are the brain making links. Then we get the soul reflection, peace, harmony, new beginnings, and a bigger picture of what could be or what death means to the source. Then we access both an order what we want from death. A lesson to learn, that eventually death is but a moment in life where we are experiencing and learning from our own death and others to prepare us for what we perceive is an experience. If I told you that you didn't actually die, well the body does to a fashion but not the soul is already part of the energy and without the lesson the body doesn't need to live no more. So actually the body is looking for experiences also, looking for ways to live and learn. Suddenly, it's not just our minds starting to survive, our body, which grows new cells every day and also the only part that doesn't need experience is the soul reflection. That is why looking within, has no concept of telling you anything but what is an actual possibility, real or even a moment to live.

Freedom

*"Freedom comes at a price"*

The price of freedom will depend on what you perceive freedom is. This is where people do not understand, we fight for freedom and when get it, we go back to the routine that stopped the freedom in the first place.

*"to find freedom, you must first be free from your thoughts that created your lack of freedom"*

If we perceive we are free, then no cell in the world can hold us, for it is just the body that the cell is holding onto. Like our bodies are doing to the soul, or what we may think is our life line. Take away the body and mind, we are free. Take away your thoughts and lessons, we are free. Take away the essence of what you are about, we are free. Right let's try it! Shout freedom of the top of your voice, how do you feel? Are you free, no, why, you felt free for a moment but actually your body wouldn't allow you to be free, because if free, then you may not do its bidding? Right shout I am not free, I am not free, how you feel now. You're looking for ways that you are not free. Are we getting the picture, right shout peace, x 10? How you feel now? Hmmm you may feel at ease, like you just are, so if just are at peace then peace is a neutral word, a word that is balance, and now we are starting to see. To be free we must first balance our life's, just be free, not think to do anything to do with body, mind or experience. The lesson isn't even about doing free stuff to have freedom. We are already free, already have freedom and so to try and be freedom is to actually not be free.

Life

*"Life is only a perception not a reality"*

Often people wonder what life is. Is this something we made up to experience, to understand, to live, to do? Yes we are starting to see, that it is another one of those words like freedom. It has a concept of its own, in

conjures possible situations and lesson that might be a need to learn the lesson. Life lessons, how to live in society or gain great insight to survive, to live. If you have already had many lives, why would you want to relive another? Because that is what we are here for, or are we. Has someone just made it up to give us something to do, something to learn, a means of controlling the masses? Now we are getting technical, "control the masses", ha ha.. How can we control the masses through one word? Easy because it doesn't bring peace, it is open to interpretation and can have many associations to it. We may not even know what living or life is, that a start. Take it back to the purest form. Life is just life. It is what is, what we perceive what we create, what we want it to be? So what we put out think about is what it becomes. So if having a bad life, we must know a good life to compare. Well most would say no, but then again, what we see as good life, is possible what we have been told. Which adds another situation to worry and try and control? Too many anomalies starting to appear, but really we may need not to look at life. It may be the experience of life will produce the lesson. How can we take one step without life, quite easy because we have intuition, a knowing that a step has to be taken, we have an instinct that life needs to be lived and experienced?

Intuition

*"Intuition and gut feelings are from the source"*

Where do we get this great vast knowledge where we feel guided to do strange things and phone our friends? And they say, I was thinking of you. What if our intuition came before our thought to phone someone? What if by thinking we should phone, we ordered a friend to think also

about phoning, and he ordered to and so we may share and information may flow. Suddenly, a new world of connections has appeared but is this coincidence? Because really we may have ignited in another the opportunity to experience, and maybe he already ordered a situation to experience and so the energies are searching for similar connection and possible outcomes. Can we really have similar situations? Well, why is it? We attract similar people with similar situations. Oh may be because more lessons can be experienced because easier for the balance to emerge. Okay now we are certainly opening a mind field of possibilities. We are not just ordering or having thoughts, we are creating possible connections, we are sharing in the experience with others and where does this joy feeling come from. Well, that could be a subject on its own but when the lesson been learnt and shared thus creating a connection or lesson to be resolved, the energy of that completion, sparks off a chain re-action causing the energy to be released to start the journey again and thus creating a new energy. The joy comes from the release, the explosion of energy completed its cycle. Then when we experience more completion we seem to be in this happy state, of more and more energy exploding around us and because this energy itself gives us clearer energy, lessons are learnt quicker because purer and easier to connect and release. For it is free flowing, it's connecting with other new energies to create quick solutions, because at the purest form. It has no energy put to it yet from the brain or the body. I feel if meant to be, the lesson will emerge at the right time. So the purer we are off thought, the purer the lessons can be learnt. Alternatively, even going further than that, the purer we are the quicker the lessons can be learnt.

## Lessons

*"lessons are just that, lessons"*

We have covered a lot on joy, it keeps cropping up, but isn't joy, just another word for happiness. No because to be happy we must first create happiness in a physical sense. Our body when happy, can relax, can give off energy like joy but not joy. It's the chemical balance before becomes joy. It's the moment when we could score a goal, we could have joy. When we see happiness as this, we need to create situations to be happy, or give the opportunity to be happy. Joy is the being one with ourselves, the pure form we are when first come into the world. The perfect energy is what we started out as. So if we can feel joy in our hearts, we can be one with ourselves. We can be complete in the knowledge; we have achieved a perfect connection. However, if we are that perfect connection, if we are joy, then why do we need lessons? Is it just re-creating more joy, to re-create more life lessons to experience joy? Only you will know that because only you are ordering what you want. It sounds simple, just have joy in your life and everything will be perfect. Well yes that's very true. Having joy in everything we do is like having peace, balance in our life's but more. It's the completion of who we are. It is what we are about. What we came into the world as, is pure joy.

Life begins at home.

*"It is our first moment that can determine our day".*

That first thought will create the rest of the day. Often we get ideas coming in order to process, symbols, and messages while we were a sleep. Often lodged in our subconscious, waiting to be born and learnt the lesson we have created. To gain the insights, the energy has to become alive and experience. If we had this much get up and go, we may conquer the world. However, how can we? When, we can't even get out of bed in the morning. Who's stopping us from this first experience?, who's trying to take control? Oh it's only our brain, trying to regain control from the night full of what's if and wonderful lessons that wait for us each day. So if you want a day full of joy, what is it? We need to do to create that happening, what is it that makes that day a joyful one? Our first thought. This is so important to who we are. Why those who are morning people, seem to be alive in the morning. Maybe it's because it's brand new day? Brand new you?

Power

*"Don't give your power away, it is who you are"*

What we give our energy to can be used. What we feed energy will determine what course of action we take and what people do with our energy. By giving your power away, you create the lesson in forfeiting the chance to be complete, to have joy. For when we give away what we need to create the peace and balance, we give it to someone else to feel they have the peace and energy to do great things. You say this can't be bad, we are often told to give and share. However, there is a difference between two people sharing energy and one person taking energy. This then depletes your energy because it isn't being shared back. So does

that mean we shouldn't share? No, it means we created the lesson to learn about giving too much of our energy, too much of what we need to complete the chain reaction. Give, receive and share will create balance and peace. However, keeping your power will mean that automatically the peace is with you. It isn't yours to hold onto, but to be a part of. With your power in tack, you can automatically share in other their power and then joy can come from that. What I am saying is that, in all of us is energy, that then triggered with people with own power, this pure energy will ignite in others the pure energy only shared. When is met by pure energy? A depleted energy will attract a reflection or lesson this creating unbalance. So we need to find some energy to balance ourselves through experience and lesson.

Hope

*"We need to do something to achieve something".*

This is man made to create the illusion that we are not in control. I hope I have a good life, hope I become good at my job. So now we realize that hope is but a word made up to give us a false illusion of what could be, what we can share with the world. If we take the "e" of it becomes a hop. So we have to hop before we actually are. It's not just something that is; we must put something to it to create. I hope I will be a good writer. However, if an already good writer why do I need to hope? To be one, It is another word that is used to give false illusions; we may see many on our travels. If you hope for something does it bring you peace? The answer is no, it creates a sense of, we need to do something to achieve something.

## Dreams

*"Dreams can come true".*

Many people believe that dreams can't come true, but if it is us who create the dreams then how can this not be so. Too many illusions and people are put off by doing what they are born to do. If you were born with intentions of achieving certain aspects in life, then if what you attract is exactly what your thoughts are then it should be obvious that the information coming from within is about what your dreams are. It may sound simple but your thoughts create your reality and so dreams can come true. Try and just let the dreams emerge, go with the flow and see them develop, because like most things they still need to take shape until the connection is received. It could take moments or life times to come into place but the timing is important. So just allow your dream to come true will tell the universe, I know I have a purpose or dream, and it's only me when I allow it to happen, without any negative energy, it will flourish.

## Peace

*"Be peace, live in peace"*

Peace is there to be obtained, at anytime; it is not something that's unattainable. Like the energy source in all in us, when accessed it just is. 'If it doesn't bring peace, don't do it' is part of my soul awakening program. If we are peace in the form of perfect, then peace is already with us, and so we were born with peace and can be accessed anytime. If we realize we

are peace and anything we create around it, just takes us out of the peace, out of being perfect. When you start to see yourself as a perfect energy of light, you start to realize that anything we do outside of peace is, but what we create. For without peace, comes chaos, disillusion to what we are. We tend to look at life the wrong way. We are taught we have to obtain stuff, be something before we can enjoy life or obtain our goals. However, if we knew we were perfect, and we are making ourselves non perfect with thoughts and what we do, we may start to understand that what we automatically do and guided to from within is obtainable and actually isn't hard to achieve. Say Peace x 10, how you feel? You just are peace, and the brain not arguing with that one.

Working too hard

*"Trying too hard, stops the flow"*

When we put energy to something, we create something. Think of this for a moment. When we create something we need to have an experience or lesson from it. If you want something, then to get balance you must attract lessons till the order is complete. If you wanted a plate full of spaghetti, you would order the type of food that would bring about the completion of the spaghetti. We could leave to chance and have old spaghetti but no, we tend to have ideas of what we want. Our brain gets the taste buds going, your senses and even the thought of what you would feel like after the event. This is also a way to have what you want, create the balance of what it is you're wanting and the outcomes and it is more likely to manifest.

*"For you are creating, the peace, in what you order".*

Too many people order spaghetti and then are upset if no sauce, no garlic bread and become upset over the order they themselves placed. You can also over order or do too much work on an item. I will have spaghetti, with everything, then re-order, oh want rice instead, then go back to original order and before long the actual order is messed up, and has no chance of flowing to gain the connection to create balance of it happening. For if you put out with confusion, the universe will reflect back the lesson to learn, in a confused manner. So allow your orders to manifest, listen to intuition, which will add what's best for the order to be processed and then go with the flow, for this method helps the order to come together. When the order ideas come to you of what to add to order, is when you can expand your order to make it into a new order that you originally couldn't see. This is like life, I want a pony, to ride and enjoy, simple but effective, the brain, thinks of all the connections to do with a pony, your intuition, gives you insights so that you cannot just have the pony but the joy of the big picture. May be the reason for ordering a pony is to do with wanting love, or to share an experience with person energy.

Order

*"Taking leaps and bounds in ordering"*

So now we are starting to see that your thoughts and ordering needs on be a single thought, the clearer we are with what we order will give is better chance to materialise but we also need all the different

connections to make it happen, timing, connections to others or ourselves when we are ready, the process of all the different elements like brain, intuition and gut feeling to make is complete. The brain will just process, giving the information needed to get the job done. But if we order with peace or pure intention, knowing the big picture to why we may want to order or have this experience, which is what the lesson is it can evolve quicker. We may not even have to place the order for when we realise why or the lesson; we can move onto the actual order itself and re-order a new one. Let me simplify, you want a car, to take a girlfriend out, you feel that this is the order. The peace or big picture is you like the girl and want to impress so she will go out with you. So the lesson is you want to do something that will encourage a girl to go out with you. So what is the peace that is needed to create? The perfect scenario is that she is going out with you. By the time you have processed and bought a car, or raised the money up to do so, you may have lost the chance of her going out with you, then you may even have created false illusions, she may not like the car, may not be good enough and this is before you have even asked her out. You have created a world of uncertainty; all do with what your perception of what you feel you need to get your result. The truth is off a different matter, she really likes you and the car doesn't mean anything but may do, if she is reflecting your needs, so you have created problems already with your order. Now we know through big picture she likes you and it has nothing to do with the car, you may just simplify your life by asking her out. She may even know someone who has a car on the cheap or one herself. So your original order was an illusion.

## Walking through time

*"So the journey is what needed to find what we are looking for".*

This may be a strange statement but is very relevant. Time is needed for the connections to take place. For all the energy to manifest to create the joy from the experience and lesson. But what if we just realised that time is just an illusion to what we perceive may be needed. Maybe the past is there for us just to know, and by walking it we are only re-enforcing what we perceive we want. "So the journey is what needed to find what we are looking for". Timing holds the key to outcome to actual experience. So by just walking, we are experiencing and learning. So try this sometime. You want to get one from one side of the room to the other, don't sit there and think of what might happen, the outcomes, the process to actually walk. Just do it, just walk to the other side and the experience will teach you how to do it better next time. The illusion of what we are about to achieve can cause you to have no time and not even to attempt the simple walk. What I am saying is the lesson is the experience. When we get to the other side, we have learnt how to do it, the outcome, the feeling of achieving, the connections that become complete and feel peace and joy from. Just do it and time will be a factor in only that it will happen when right to happen, when everything is falling into place but speeding up the process, is just doing and learning on the way. By going with the flow, everything is already in place to experience. It has to be because we are already on the journey. We are already at peace because we are going of pure instincts, guiding us to achieve quicker our outcome.

## Achieving

*"Nothing can't, be achieved"*

If we understand that only us stop the flow, stop the connection from emerging, stops the joy, then nothing can't be achieved. Look for the peace in everything you do, or the joy you will get from doing it and there is nothing that you can't do or learn from. Different stages of what you want may show themselves or you may even just experience someone else joy from achieving and so you have felt the joy, the outcome from what you would get from achieving. It is normally when we see the joy from others that we want to do in first place. Want to experience, but what if we recognised why we wanted to experience and lesson from it, we may not even choose to learn the lesson from it. The peace is that we know how it feels through sharing with another. Our own self worth or ego, we may want to compete to be better, but this is not bringing peace, this is just fuelling the need to get the outcome. Once achieved we often not really that excited or get much joy because we have lost site of the lesson from it.

## Day

*"Take each day at a time"*

I hear allot of living in the "Now", live every day as though it is your last. Well what if in the now you don't know what you want?, what if you can't fit everything in a day or a lifetime. The now creates your future, so this moment is all there is. If you don't want to experience or learn, don't think, just go with the flow that your already living your purpose. Be

## Ignite the light within - simple messages from the source

Inspired by spirit world or your soul to find peace in your life. Do what makes you feel balanced and at peace. Then you will create more magic moments of peace where all you need is peace. Many look for what they are missing, what they don't have. Is this bringing peace, think about all the orders we need to place to find peace. Of course not, just clouding and creating more work for ourselves. More frustration and work that isn't needed, with more opportunities to learn a valuable lesson starts to show itself. We create more programming to attract good or bad situations, to learn from without really gaining much peace in life. Our focus will determine our peace, order for one day at a time, order for this moment peace, then see all the different ways we can gain peace in our life's that come to us. This is the key, in peace we gain more peace, out of peace we create more of what we need to get peace. Give yourself a chance and start today in peace, know that this moment is all there is, what you do with this moment will determine the peace you want. I am peace, I feel the joy of peace and can I have more peace, yes why not try the lesson of sharing peace, we will put you with others who are at peace, to feel the joy of sharing. Instinctively you could go to retreat your friend has suggested to you, or talk to such and such who knows the location. It is when we don't act upon our intuition, that we don't find peace. We ordered this moment peace, we have even got other ideas of peace and to complete the chain, we just need to experience peace to bring about joy and the lesson.

Messages are all around us

“We see a new world when in the source”

If you learn anything then this can be your eye opener to a different world. If messages are guiding us to peace and joy from completion of a lesson, then by not acting we are slowing the process, for the going with the flow, heightens our chances of quick peace. You feel you should phone your friend, they already have the answer to what you need to find peace. You don't phone, so then the universe tries to create an opportunity for you to bump into your friend with timing and places. You still have free will, so can choose not even to meet, so then it's about connections, till this event happens. When you eventually meet your friend, they have confirmed the idea and you now have to re-order for the next stage to happen, if you had off phoned you could have been already flowing in the lesson or experience. Or you might have learnt the lesson from just chatting because you was in the flow, you was already in the peace because you went with the intuition that gives you pure energy to learn the reason for what you was ordering. By not acting we also stop the lesson and is stored ready for when situations may arise to re-learn. That's why we feel like we are going around in circles. Each time we have chosen not to act upon the pure message. The lesson will re-appear each time, till we act upon the message or walk the walk. If everything is a message we have created, then doesn't it make sense to actually learn the lesson by doing it. There is no chance meeting, we are drawn to people with similar interests, experiences, and it's like a magnet that draws similar energies to help the flow of the energy. For the same energy can create a pure energy. Even opposite energies can create a peace or balance, because the opposite will highlight what we are missing to learn from. You suddenly hear certain words highlighted and stick in your mind as you start to learn from everyone you meet and do.

## Energy for life

*"Our bodies are like rivers, free flowing"*

When we realise everything is energy and free flowing then we can really start to understand the concept that what we put to it to determine the outcome of what we get from life. Our bodies are like rivers and free flowing, to put a dam in the way or to hold onto negative energy just stops the flow and to release the rubbish that has built up we need to be ill or break the dam down. Our bodies when not flowing cause all sorts of problems for build up of energy can even harm our organs. It is even starting to show that abundance of negativity bring to the surface physical ailments, highlighting in life what we are holding onto, fearing or not doing to let the energy flow. A trauma from this life can trigger our brains to re-create past life ailments. If your throat is hurting this is a sign you're not being listened to, or you need to listen. Because the energy now flowing it becomes dirty like the dam build up by not flowing and starts to manifest in a physical way because the body is attracting to clear out. Often people hold onto their problems, fear and then creating more to feel and eventually sending us to bed or the doctor to get fixed or spend quiet time to reflect why attracted. Pure energy is neutral and so what we do that is neutral will keep the energy flowing, living, breathing, joy, peace, laughter and even focusing on what we are grateful for, because some may say it's positive, but I feel too much positive will have to be balanced by negative. Yes bring peace to the situation which is neutral or sending white light, which is pure energy or even unconditional love if

have no insecurities or beliefs it can't happen. Energy is in everything, find the energy in everyone and you will not go far wrong. Find the purpose in everything, like a cup, if not used it isn't doing its purpose and so it's not sharing in the energy to be balanced or at peace and so becomes negative.

Love

*"Love can be found all around us when we are love"*

This is such a controversial topic because of the feelings we get from love. It can be both positive and negative. You have love that feeds the material side and unconditional loves that some may say feeds the soul. Both have their part to play in the lesson of love. By giving out too much love that a person can't handle can actually bring up their deep rooted fears and phobias to which they will re-act in you or trigger your fears and phobias. Unconditional love is a great healer and also if can be done without emotion a great neutraliser of energy. This will help the flow again and peace will be restored. Try this, before meet someone, I love myself x 10. I have noticed time and time again, people treat me different when I do this and peace as well. They seem to only reflect the energy inside them, and often just seem to want to share this wonderful energy, creating joy. What you order for love you will receive lesson from, to love yourself, ignites the energy within or soul reflection to activate, this creating peace and the feeling of joy. When in this source of energy, you don't want to be better or fear or anything, why because what you put in would be reflected back and the energy is pure. It can only share the pureness. Sometimes when we do meet others who are ignited and act upon this

Ignite the light within - simple messages from the source

energy, you share the joy between you and then the energy builds and you keep sharing. A lot of the time you emerge as one and as long as you keep away from insecurities or giving out too much love, both will enjoy the experience. The problem becomes when those who haven't felt this much love get over whelmed and bring about a need to have more, thus creating the lesson of love and often losing the link by putting too much energy into it. If you give too much love, or energy, you are creating a void of non balance. If just love yourself, or are just love, it easier for it to flow from one to another without a need. It's like a river which travels all around and comes back to start the journey again, with no dam or things in the way, it flows quickly and effortlessly.

Time for change

*"Nature is fighting back"*

Too much negativity is hitting people and the planet, causing major problems. I often hear people say it's the government or we are being controlled. Well that as an individual may be true and yes we are allowing that to happen. Like I say, if you don't want to see violence or bad news on TV, don't watch it, the rating will go down and they will have to change the channel to something better that people are interested in or the film will not sell and so the director won't make any more films. Because we can feel pain more than the odd fleeting moments of pure energy and joy, which we disregard because we are told we must be giving and if doing that then we are can't receive at same time. This then stops the flow and creates givers and takers in society. To share seems to be a naughty word unless we get from it something to benefit our lives. How many of

you share, just for the sheer fact you can without wanting anything in return. We would rather feel than not feel at all, we would rather get abuse than be happy. If we all joined forces in society and learned to love ourselves which would heal the body, bring out the negative emotions, attract others to join and share, we would create an abundance of joy or wonderful pure energy that would solve problems allot quicker because free flowing. Fear, doubt and being better than the next person keeps us stuck in a world of abuse and negativity, because we are focusing on what doesn't bring us peace.

Too many cooks spoil the broth

When we get too many people involved in our affairs we are creating endless lessons that we are picking up from them and what we are reflecting. Be careful of talking to everyone about your problems, for you are triggering in them a moaning moment and so they go and tell all their friends and the knock on effect is massive. Yes we may need to release, but not attract those to re-enforce our conditioning. We could spend all day moaning for some of us, which makes us feel better, we think. Well it doesn't, because everyone you moan to also join in the moan thus creating more negativity to absorb and feel. It's like the opposite to joy but we don't feel at peace, we have given our energy for someone to feed back more negativity or show us a lesson that creates more worries. This is also great for the brain, it loves confusion and moaning, it can gain great insights from others to use to re-enforce the negativity that will create more for you to moan about. It then attracts people and actual problems to help you on slippery slope. But be warned for even the ardent moaners will suddenly find that their chain of people who want to listen will

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diminish and they become ill from too much negativity in the body or make themselves ill, which they will love to share with someone.

The world is mine

*"Illness is but a time to prepare us for the future"*

When we realise that if we are too ill in life, we are too ill to help or be a part of life. We then need to depend on others who have their own lives and can start to hate you for what you have created. If you can't get out of bed in the morning you can't help anyone and even yourself. Living in the joy of life, bring about sharing and a sense of purpose, you are doing your bit to help the world. Like an odd piece of jigsaw puzzle if missing, the true picture, wont emerge without your input. So really think about this the next time you order or put out a thought or want something from life.

Magic moments

*"Joy is all there is"*

All around us is a world we can access full of joy and happiness, we often lose sight of magic moment because we are too material, too intense in looking at things we haven't got. Creating a simple life means we create a life full of joy. Simple pleasure and life rich tapestry creates a world full of harmony. We are able to deal with anything when in the source, when fulfilling our life dreams and pleasures.

## Enjoy

“It is not till we have nothing, do we see that we really have something”

When we take away our constraints and fears, we suddenly see a new world open up to us. We are so focused on lack that we don't just order but we then only see lack. We put more pressure and so we miss opportunities and look for quick fixes that just won't work while we are ordering. When we see the worse scenario cannot affect us, we feel freedom from the situation. We suddenly feel alive and wonder why we created so much lack in the first place. When we surrender and trust and go with the flow, we see and order a different life, as challenges and opportunities present ourselves. We see the good in the lack and purpose for it. We see that enjoying is all their is, as we start to live once more. Each day I am going to balance my life with work, play and sharing. This gives me the joy to share and free flowing allowing abundance to come in. No more feeding the negativity or creating a lack but seeing a new world emerges. To become joy in what you do is to enjoy. This moment if your feeling joy in what you do, you are truly living. No-one need to be part of this moment and yet you still feel connected to one and all. It is not till we truly enjoy life, do we feel free and part of the source. Anything to create must have joy in it, or you're not doing what is your purpose. You are not enjoying life rich tapestry. Don't let the fears of what should be, what have been, to cloud your enjoyment. Your are then not in the source, you are not enjoying, you are stopping the flow. Put the past in the box, put the future in the box, just be what you want to be, by doing, by enjoying, by living and all will seem nothing but fun. Don't even look to what need to do to enjoy, what gives you enjoyment, just be joy, just enjoy and enjoyment will follow.

## Summary

What we focus on we see, what we choose to do we experience, what we are, we attract (so if we are love we attract love, if peace we attract peace). Anything negative we have attracted means we are out of the source. Just signs to a new you, new energy. Be careful what you order, you think and reflect to others. Protect from absorbing negativity, let people grow with their own energy and just be there to support on their magical journey. Get back to the source and see new amazing experiences that are all around us. Enjoy the journey and share the source with everyone. When you realise that the journey you taking is for a reason, you may not know why but only fear of the unknown stops us. When we trust and surrender, we don't create any obstacles, any lessons, we just see signs and simple messages that we can choose to do or not do. Forgive yourself for your choices; forgive those who choose to do what they do, so you can move on. We open up to the world full of opportunities and everlasting flow of energy we can use to become who we feel we should be. Only we are stopping our journeys of peace, only we are creating a life that isn't simple to live. We came into this world a perfect energy and so can become a perfect energy, if we see this moment as perfect and next moment as us being perfect. The past has made you into the amazing person you are and the future you are creating now. I hope you get the essence of what this book gave to me, a connection to the source, a means to find/be peace and a way to look outside of the box and my conditioning to seeing a new world full of magic and joy. Why not connect to source yourself and get profound information for your journey.

*" You have a choice, to focus on the 90% illusion or focus on 10% of*

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*magic / joy that creates a world of 100% peace".*

## Quotes

"If it don't bring peace, don't do it"

" what we bring into our focus we experience"

"For every thought, has an energy attached and so a lesson to learn".

"The choices we make, determines the life we lead".

"By surrendering, you accept the flow into your life"

"For what we do to others, we do that to ourselves".

"Messages are all around us"

"your only fighting yourself"

"Everyone around you is mirroring your needs"

"A problem is just a fear of the unknown"

"For every negative energy, that is put out there, there is one less person at peace in the world".

" To claim, blame, reflect or control is just the ego talking"

"The moment is all there is"

"we are pure spirits, enjoying the journey, collecting memories"

"break the chains, before they break you"

" Just stepping stones, to a new you"

"So by not forgiving, to move on, the only person you are hurting, is yourself"

"peace just is peace"

"Nature is so powerful; all in one cleansing that ignites the light within"

"one person can change the flow of the energy by what they put out"

"be love, attract love, be peace, attract peace, be spiritual, attract spiritual, be material attract material, what do you want to be today? ...as simple as that..."

"it is only when we become one with nature, do we start to live"

"Allow the body to heal itself"

"Sometimes we don't even know we are healing"

"we don't need or want love when in the source, we are love"

"A single thought can heal the world if believe it can"

"even spirit, need help"

"Trust in the universe / source or life force and we will never be alone"

"Learn to protect from what you give out"

"Your environment represents you, cluttered place, and cluttered mind"

"one energy, one love, one life, enjoy"

"we are only supposed to help someone so far"

"The journey is more important than the destination"

"simplicity is the key"

"What will be will be, find joy in your hearts and share".

"When we let the brain take over, we lose sight of the looking within".

"Freedom comes at a price"

"Life is only a perception not a reality"

"Intuition and gut feelings are from the source"

"lessons are just that, lessons"

"It is our first moment that can determine our day".

"Don't give your power away, it is who you are"

"We need to do something to achieve something".

"Dreams can come true".

"Be peace, live in peace"

"Trying too hard, stops the flow"

"For you are creating, the peace, in what you order".

"Taking leaps and bounds in ordering"

"So the journey is what needed to find what we are looking for".

"Nothing can't, be achieved"

"Take each day at a time"

"We see a new world when in the source"

"Our bodies are like rivers, free flowing"

"Love can be found all around us when we are love"

"Nature is fighting back"

"Illness is but a time to prepare us for the future"

"Joy is all there is"

"give, receive and share"

"Animals and children reflect lessons"

" You have a choice, to focus on the 90% illusion or focus on 10% of magic / joy that creates a world of 100% peace".

"Source / automatic writing is a moment of bliss"

" The future is but a thought away"

#### Extras

*"you will learn that life is but an illusion created by illusional people"*

*"Whether for 100 yards or a marathon just enjoy the journey"*

*"If you do not love your self, how can you let others love you".*

*Everyone we attract is a mirror of ourselves to learn from, what we don't like in others we don't like about ourselves becoming.*

*There is no good or bad situations but lessons to a new you.*

*If someone says something bad and you are hurt by it, you are holding onto problems/emotions attached to that word.*

*Tomorrow is a new day, for yesterday created a new you today.*

*Money is just energy and so to let flow you can then receive two fold.*

Why not download my 120 thoughts created ages ago from the source

Author

After another awakening my life changed, my focus , my health, wealth and me. For 40 years I had fought the world, myself and the source. I had created an illusional world with no love, full of pleasing, sabotaging and proving, with the odd moment of happiness. This kept me away from the source and the more I moaned / blamed everyone I got further I spiraled By not surrendering to my life plan, I had hit rock bottom and thought I deserved to be there and take abuse. I rather have that, than nothing at all. After so many experiences, disasters, I decided no more and went on a journey of self discovery. Balance kept coming up, be happy and focus only on positive was my remit but soon to find my undoing. Everyone kept telling me how easy, just read this book and do this but nothing worked or I was soon back into my old routine. It was like receiving a plaster for a broken leg, felt good but never got to the trigger or break in the bone. Never deep enough to fix and let heal. So if I couldn't help myself, I wouldn't be worthy to help others. May be then someone would help me, but soon to find that no-one did. The only person who could help me was me. So I decided to change my life, not let the death of my Nan who died in my arms, break down in marriage or my mate who blew his head off with a shotgun when suppose to sharing my 25th birthday, be my lasting memory. For these experiences and many more,

set me off on a road of spiritual growth and finding answers to the questions "Why me".

Through helping others, I gained great insights and eventually answers came to change my life. All the jigsaw pieces was coming together and peace was starting to prevail after losing emotional turmoil that clouded my focus.

Through helping others, I gained great insights and eventually answers came to change my life. All the jigsaw pieces was coming together and peace was starting to prevail after losing emotional turmoil that clouded my focus. Once got into the source I found a world of simple messages and guidance in creating peace. The realisation that my journey to the source had given me the tools to access and now I write the messages that came from the source. I will also create a book highlight the journey to the source but this message needed to put out for all to share. I wanted to keep this information more about the source and will be following up with my life stories with " The journey to the source".

Will also be creating a second book called " Source Writing" a follow on from ignite the light within, where I will just flow with anything that comes through like in most of this book.

How to use the book:

Get into the source by doing the cleansing shown below. Then look at the quotes to ignite ideas and thoughts from the source. Go to the contents page to which, I have put all the topics on one page in [content list](#), so that you can go with the subject that you feel drawn to. Click on any word and be transported to that page. Just this alone will highlight cleansing needed, so forgive, feel and let go of emotion attached to the word drawn to. This will open to ignite the light within and just by going with the flow of the word, will open up simple messages. For more cleansing including lessons, you have brought into this life, some say from past life and present life from childhood, why not book in for mind, body & spirit cleansing to get you re-connected to the life force and source. See information below.

Cleansing techniques

Why not cleanse yourself from any emotions you have absorbed on your travels, try this;

Just breathe in and out and imagine or just knowing your letting go of all your emotions, fears and problems in a box at the side.

Just breathe in and out.

Just breathe in and out, as you get lighter and lighter, just go with the flow and let go of emotions.

Last one Just breathe in and out.

You should be feeling calmer at relaxed.

This simple method is excellent for releasing the day's emotions we have held onto or absorbed from people.

## Ignite the light within - simple messages from the source

Why not bring nature into your home, your environment and cleanse yourself by trying this simple technique:

Imagine a transparent box, just a knowing is enough.

This box reaches the ceiling.

Imagine you're at a waterfall, use your 5 senses, just a knowing is enough:

Hear the birds: Feel the green grass: See the splashes of the waterfall: Don't need to taste the waterfall: Smell the flowers by the waterfall

Just a knowing is enough.

Open your hands and feel the waterfall energy growing, getting bigger and bigger in your hands.

Pour the waterfall energy into the transparent box. You may feel tingles, warmth, wind or energy getting heavier as your senses heighten.

Open your hands and feel the sun energy growing, getting bigger and bigger in your hands.

Pour the sun energy into the box

Open your hands and feel the moon energy growing, getting bigger and bigger in your hands.

Pour the moon energy into the box

Open your hands and feel the wind energy growing, getting bigger and bigger in your hands.

Pour the wind energy into the box

## Ignite the light within - simple messages from the source

Open your hands and feel the raging fire energy growing, getting bigger and bigger in your hands.

Pour the raging fire energy into the box

Open your hands and feel the Ice energy growing, getting bigger and bigger in your hands.

Pour the Ice energy into the box

Open your hands and feel the Tree energy growing, getting bigger and bigger in your hands.

Pour the Tree energy into the box to ground the energy.

Now imagine stepping into the box and releasing last emotions your holding onto out of the box into the emotional tin at the side.

By saying a few words you attract peace into your life and problems to be solved. Here are a few words I put in and why not add your own that comes to you

Abundance

Peace

Unconditional Love

Harmony

Then add those that feel problems need sorting:

Family

Friends

Money

Relationship

Work

Often we start to meet those who we have emotional ties to for everyone we meet we attach an energy line, watch how problems arise,

Ignite the light within - simple messages from the source

just forgive, feel and let go, see them as the body releasing. When we then say " I love myself and I am peace" so many times, I normally do ten, we then become love and peace and so attract.

"be love, attract love, be peace, attract peace, be spiritual, attract spiritual, be material attract material, what do you want to be today? ...as simple as that..."

Love, light & peace

steve



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*Why not join us at one of our workshops to teach others and learn this amazing technique.; to use for yourself.*

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