



# *Master Your Own Destiny*

*YOUR JOURNEY OF PERSONAL TRANSFORMATION*

*& SPIRITUAL DISCOVERY*

*WITH SHEILA STEPTOE*

## MODULE ONE – YOUR AWAKENING

*Illustrations by Geoff Holdsworth*

*Lots of people pursue personal growth  
but when you combine it with spiritual growth  
you unleash your full potential.  
Suddenly, there are no limits any more. . .*

# ABOUT ME



**W**hen I was a child I saw my life as just plain fun. Nothing fazed me. Then I grew up and this big wide world came calling. Hmm... *life is not always such fun*, I soon realised! But, through the eyes of a child, you can do anything you want. The magic of life can be wondrous if you choose to open your eyes — or you can walk around in darkness.

Over time, many things happened in my life. However, the last fifteen years have been a real adventure. I have gone from being an ordinary housewife with a little part-time job to having a career which a few years ago I had never imagined. I have gone with my flow and I have had support from many unexpected sources!

A few years ago I wrote a book, *Before I Get Old And Wrinkly*, which you may have read. I had an urge to write another — but, like many people, procrastinated for some time until the urge became so strong I couldn't resist any longer. So many brilliant things had happened to me that I wanted to share them and give hope to other people. A few of these stories I have touched upon again in this course, because they are so profound. As you read on, you will see how these events have changed my life.

I want to give *you* a glimpse of what life could be like, if you suddenly decided to take a leap of faith and get more meaning into your life, and go for what you truly desire. We all have down times. Outside influences can have an enormous effect on us as human beings, especially in this world of economic, social and political troubles. However, we

need not feel it all has to be doom and gloom; life is meant to be fulfilling and wonderful. It can and should be.

Over the years, my fun journey has led me to do lots of things I probably shouldn't, such as indulge in red wine or something a little stronger to relax occasionally. But my biggest love is socialising! I love people; discussions till late at night, and trying to put the world to rights in a friend's house having dinner round the table.

I have become a daredevil too. I have gone deep-sea diving, ridden on horseback in the Australian outback, driven around a race track, tried paint-balling, go-karting and even White Water Rafting in Australia — which was the most hell-raising experience. And I am going to do something else too ... but you will have to stay with me to the end of the course to find out what that is.

Over the years I have trained as a Counsellor, Life Coach and studied Quantum Physics because it fascinates me. I have worked for some of the top-selling national newspapers as an advertising sales representative, a job I loved but which never fulfilled me.

Life moves on if you go with your flow, and I have now found a career which I adore; I can never see myself retiring. My mission is to travel the world and to be able to visit and see many different cultures and places. I might even spend three months in South America and volunteer to help in an orphanage and then travel ... although I need to get fit first!

I love my little cottage, my friends and family, reading and learning new things. But I also value peace and quiet by spending time on my own or walking in nature. Many people have helped me on my journey where we have laughed or cried together and I am eternally grateful to everyone. Thank you for being in my life.

With love, light, blessings and smiles,

*Sheila*

## WELCOME TO THE PROGRAMME .....

Something drew you to this programme. The reason why you enrolled may be connected with the reason why I created it.

Here's a simple exercise – simply circle YES or NO to these questions:

Are you aware that your life so far is only part of a bigger picture?.....YES ~ NO

Are you curious about where it will lead you next, and in the longer term?.....YES ~ NO

Do you wonder how much choice you have in the directions your life takes?.....YES ~ NO

Do you feel ready to come with me on a colourful, eventful journey?.....YES ~ NO

Are you ready to ignite something deep inside that you can't touch, smell or even taste?.....YES ~ NO

Do you want to grow into a person who is able to create more passion, giving your life more depth and meaning?.....YES ~ NO

Are you ready to open your heart to your life?.....YES ~ NO

If you answered YES to any of those questions (and I hope you answered YES to all of them!), then this course will be the start of an amazing journey.

You may be wondering why on earth you should start a course called *Master Your Own Destiny*. Don't worry, that just means you are normal! Let me explain...

### *WHO'S IN CONTROL?*

There are many who would suggest that believing in something incredible for your life is just a fantasy, a daydream, and that you should stick to reality. They would say that life is mostly chance, a combination of your upbringing and 'being in the right place at the right time.' Some people believe they have little or no control over their lives, and that we are all 'puppets' to the government, powerful businesses and the media. They are wrong. **The truth is that ONLY YOU are in control of your life – you make it happen!**

Equally, many people fool themselves into thinking that if they read an inspiring book or hear a motivational speaker; suddenly magical things are going to happen. Just like that. They believe that other people can change their destiny and give them health, wealthy and success. They are also disappointed when they find that nothing changes.

**Once again I say: ONLY YOU are in control of your life – you are the master of your own destiny.**

In this programme, I will show you how.

### *AT A CROSSROADS?*

Have you noticed we are in a time of great change? People are seeking out a deeper sense of connection, and acknowledging parts of themselves that they have repressed for years. Many people feel empty inside; they have reached a turning-point and wish to fill that void. Are you at that point?

You may have reached a crossroads in life, or begun to question new events that may have started to happen. Which direction should you take, when you have never really challenged yourself before, and just drifted through life as many people do? You may be scared and confused about what might happen if you fail. Fear, procrastination or self-doubt keep limiting your beliefs.

If you can relate to any of the above please be assured that, if you read on, you will find something different in these pages.

Like you, I have read many books, attended courses, listened to great speakers. Some of them have been marvellous, some mind-blowing and others a load of old waffle. Don't get me wrong: I have always come away with something I could act upon. But some don't get to the point quickly enough. Or they repeat things too often and use

superficial words. The hype can override the golden nuggets I want to discover, buried deep inside.

Some talk about what they think *you* should be doing, simply because that is what *they* are doing. But the real reason why most people fail to make changes in their lives is simple – they DON'T TAKE ACTION.

There are many reasons why you may not take action, even though the message inspires you:

- There is too much to think about. So many different ideas are thrown about: who is right and who is wrong?
- Your own life journey is individual and highly personal. So is your spiritual journey. It cannot be organized or regulated. It is untrue that everyone should follow one 'true' path. Listen to your *own* truth.
- You may not feel comfortable with what people are telling you, or fully understand what they truly mean.
- You may have reached a crossroads after something devastating happened. You want to emerge as a new confident person but are not sure how to do that.
- You have started on a spiritual journey and want to learn more, but at your own pace.
- You want your own *Aha!* moment to happen but it all doesn't make sense yet, so you are still searching.
- Your life may feel comfortable as it is, and you don't want to 'rock the boat'.
- You may not believe that something wonderful can happen to you. Other people are just *lucky*.

It isn't always easy to make changes in life but it can be done. Those experts are right in a way. It's just a matter of timing, being ready and finding what resonates with you.

People will *tell* you what you should or should not be doing, and that's all very well – but they aren't you. We are all different; what works for some doesn't work for all. No-one else can solve your problems, help you achieve what you want, or resolve your issues. But if you truly want to, *you* can work for *you*. You can create your own success, as I have done, in your own unique way.

My aim is to share my story with you as an example, combined with some of the knowledge and lessons I have learned. I have arrived at many crossroads in my life, as

you will see. I used to feel like a butterfly trapped in a cage, and then the door was opened. I want to open that door for you, so you feel truly alive. Remember those reasons or excuses why you keep putting things off? By the end of this programme I hope that some of those will disappear and the door of your cage will have flown wide open!



I will introduce you to some new concepts that I have experienced over the course of my life. Combining spiritual growth with personal growth sets you free from limits. And a person free from limits can truly soar!

I use the butterfly as a symbol of awakening – it remains trapped in a cocoon for many weeks, but in fact is simply growing and being transformed. Finally, although with considerable effort, it breaks down the walls of its prison cell and breaks free – emerging as a beautiful creature, and free to fly off on its new journey.



## HOW DOES THIS JOURNEY BEGIN? .....

The first thing to discover is how to open your mind to your own inner power and to the universal energy surrounding you. Powerful sources of wisdom can kick-start changes which will give you amazing results, both personally and professionally — but only if you understand how to recognise and harness them.

Is there something out there, a force, a factor, a power infinitely more powerful than you can imagine? Well, yes, there is. This power is connected to your conscious and subconscious mind and to your soul — your *Higher Self*. You choose to be born for a reason; there is something you have to discover in this lifetime. Tapping into this power can help you awaken to the person you are so you can begin to feel more serene and complete.

Many people are talking about this power now, and I have experienced it in some remarkable ways which I want to share with you. This is what I call help from the Universe and our ‘unseen friends’.

I may nudge you outside your comfort zone occasionally — but when you have taken that leap of faith, you will feel amazing. You’ll be saying: *‘Done that — what’s next?’* instead of: *‘One day I’m going to...’* or: *‘If only...’*

Once you start it is very difficult to stop. So many new doors will open that you’ll be wondering why you left it so long to get started.

A whole new world is waiting for you; a world that is exciting, fun and will give your life more meaning and fulfilment. That is what your life should be about, and it’s what we all deserve but don’t always get. We are all unique with our own special gifts and talents — but you need to find the love and joy that resonates inside, to enable you to walk your own special path.

Have you ever asked yourself any of these questions?

- How can I gain greater meaning to my life?
- What is life all about? Is this all there is?



- Why am I here and what is my purpose?
- Who am I? (you know your name, but who is the person inside you?)
- What is missing?

As I tell you my own story you will see that everyone's life has a blueprint; something of which, until a few years ago, I was completely unaware. I just thought you got on with life and never questioned anything, and I think that is how most people live. I had no idea that certain things happened to me for a reason, both good and bad. At the time I didn't question why certain events had occurred. It's only on looking back that I have realised the reason behind each experience. Now, I learn from them and realise that some are my lessons I have come here to learn in this School of the Universe. Even if you remember reading about these experiences before....I have the benefit of greater hindsight now, and have taken far deeper meanings from them than I could at the time they were happening to me.

I hope by the end of this programme that you will begin to understand a bit more about how life and the Universe can work together.

Life is a journey to be enjoyed, not endured. I want you to discover your life's blueprint, and be happier and achieve your goals just as I have done. I want you to experience your own *Aha!* moment, which could be only a few pages away.

#### *WHY THIS PROGRAMME IS DIFFERENT?*

This programme comes straight to the point. It's easy to understand and there are many nuggets right there on the surface; you can just pick them up without having to dig. It also has many reference points, so you can take a particular subject of interest further if you want to. I want to whet your appetite for exploration.

This is your programme, and I want you to work at it at a pace that suits you. That may be gently and slowly, or you can take a huge leap of faith if you prefer; this is your valuable time, your opportunity and you will explore your own experiences, achievements and joy.

**Before we start, here are a few tips which should make this easier for you:**

Have you noticed that the title of this programme does not include the words ‘How to’? That’s because the ‘how to’ bit is up to you.

You may decide to read each session in one sitting. If you do, don’t be afraid to make pencil marks against those things that catch your attention and that you feel you need to work on. Make quick notes if you want to.

I suggest that it’s best to digest each section separately *before* you move on to the next section. Work through some of the ideas and issues which come up. Complete the exercises if you can. This might be over a couple of hours, a couple of days or even a couple of weeks if you wish.

You may have some wonderful *Aha!* moments and inspirations, which you will want or need to think about and write down. The *how, why, when*, etc will also come to you, and some of these cannot be rushed. Remember that there are *no right or wrong answers*, and that your thoughts will change, modify or expand as you read further on.

Occasionally you may find that a painful memory will emerge. The beautiful thing, about recognising this and releasing it, is that it creates the space for magical things to flow into your life that are more fully aligned with the person that you are becoming or want to be. Sometimes you need to go back to a core issue, because things can be buried deep in your subconscious minds for years — and often these are your fears and our stumbling blocks. Once they have been addressed, it lifts a huge weight off your shoulders.

I will show you different techniques and ideas, remind you of some simple things that you probably already know, and give you hints, tips and suggestions. However, nothing will change in your life, nothing will grow in your life ***unless you make it happen.***

You don’t need to understand this entire module (or indeed the whole course) the first time you read it. It is more important that you learn the *process*. As you read on, a shift will take place within you. Your inner light will shine through when you’re ready.

You may need to read some of the modules a couple of times to digest all the golden nuggets. You may take as long as you wish to work through each module, and you may repeat or return to each module as often as you wish. In fact, I heartily recommend it — it is surprising how much you will find that is new and inspiring the second time

around. Or the third time, or the fourth time!

*The choice is yours.* Your commitment to yourself is what produces results. It is about valuing every part of yourself. You can work through this course with imagination, purpose and a sense of fun and achieve what you want, or you can work through it in a half-hearted fashion. The results you get will reflect the effort you put in!

This course will take you on a journey from your childhood to where you are now so that you can *move on from the past, live in the now and look to the future.*

Among other things, you will...

- Learn to have unconditional acceptance of yourself — just as you are — and you will grow in confidence.
- Start to have a personal relationship with yourself, and to find your own happiness.
- Develop a sense of inner knowing and serenity.
- Acquire skills and knowledge that will last a lifetime.
- Have fabulous ideas, and find the inspiration to reach your goals, so that you can start changing your life straight away.
- Learn to use the universal energy surrounding you, helping you to understand how life works in a simple format. This may encourage you to look further into different areas which interest you.
- Learn that you are not alone and that you can have more fun, excitement and meaning in your life.
- Bring out the gifts you have, so that you can walk the true path of your calling in life.
- Consider throwing away your text books, stop being guided solely by your brain, and start living from the infinite wisdom of your heart.
- Reach the deep truth within you.

You may find it helpful to discuss some of the subjects in this programme with others. Talk to like-minded people, friends, family or professionals about the things you feel, the wonderful ideas you get, or issues which may come up or that you don't understand. This will help you to create the success you really deserve.

I hope this course will help you love yourself and your life so that you live in joy.

## USING THIS PROGRAMME – YOUR COMMITMENTS .....



Although this programme is based on my books, it's more than just a good read. It's designed to help you TAKE ACTION. Because if you take action you'll GET RESULTS. However, if you don't take action, you won't get results. Your life won't change and instead you will simply blame this course, blame me, or blame yourself.

Start taking action RIGHT NOW, by agreeing that you will follow this programme each week without fail. Make your commitment right here – the act of writing this down will help you strengthen your resolve to take action and change your life forever.

### *REGULAR STUDY*

There is mountains of educational research which shows that study, learning and personal development are best undertaken in SMALL, REGULAR doses. Like most medicines, one dose is never going to provide a cure – you need a daily, weekly or monthly dose over a long period. Similarly, taking the whole bottle at once is either ineffective, or possibly harmful to your body.



It is the same with this programme. It has been designed in bite-size chunks that you can study within 30-60 minutes. Each section may also include an exercise, or a meditation, or a reflection. I would recommend working on the programme, in a quiet place where you won't be disturbed, once a week for no more than an hour. If your lifestyle means you need less time, that's fine providing you sit down regularly and keep going. If you can study a little longer or a little more often, that's fine too. But don't study the whole programme in one sitting – it will simply overload your brain and be ineffective.

**COMMITMENT 1: “I will study this programme on the follow days & times:”**

Insert the most appropriate day(s) and time(s) for you:

DAY OF WEEK

TIME OF DAY

.....	.....
.....	.....
.....	.....

***COMPLETE THE EXERCISES***

There are lots of practical exercises throughout this programme. They may require a little thought, and some writing, but they are not complicated or taxing. If you skip over these exercises you will miss 80% of the value of the programme. Yes, I said 80%! It’s great to read the theory with all the lovely stories and examples – but unless you apply this information to your own life, the study is almost worthless. And to do that you **MUST COMPLETE THE EXERCISES.**

**Commitment 2: “I will complete the exercises AS INSTRUCTED.”**

Just enter a great big YES right here! .....

***SPEND TIME REFLECTING***

Reflecting simply means sitting quietly and thinking about your life. I’d recommend spending five minutes for each reflection, but you are welcome to spend more.

**Commitment 3: “I will spend time REFLECTING on each section of the programme and think about how it applies to me in my life.”**

- I will spend time on this:
- EVERY DAY
  - EVERY OTHER DAY
  - ONCE A WEEK

### *KEEP A JOURNAL*

You will find many ideas within the pages of this course, but the biggest discoveries will be in your everyday life. I urge you to keep a journal or diary, if you do not already have one, and make a note of anything new or unusual each time it happens. Describe how you feel about life at the end of each day or week – problems you have faced, challenges you have overcome and triumphs you have made. Often, simply writing about your life will help to ease worries, solve problems and enlighten you.

**Commitment 4: “I will keep a JOURNAL or DIARY in which I will record my thoughts, feelings and ideas, along with any experiences I have during the week.”**

Just enter a great big YES right here! .....

### *KEEP IN TOUCH*

If you share your problems in life, then you will receive understanding and support. If you share your triumphs in life, you will receive praise and joyfulness. Don't hide away with this course – share it! You could work with a friend or partner – or discuss the ideas you discover with colleagues at work. But above all, I'd like you to share your experiences with ME.

Simply agree that from time to time you'll send me an email, or drop me a note to say how you are progressing (I would prefer this to phone calls which can be difficult to answer at times). I'll also be including occasional feedback exercises that you can complete and send to me.

I can't promise to respond immediately, or to every email I receive, but be assured that I'll be reading your correspondence and sharing your journey with you.

Don't worry if you get behind, or find that you have missed a few weeks and need to start afresh. I won't judge you, however you are progressing.

**Commitment 5: “I will contact Sheila from time to time and share my journey with her.”**

Just enter a great big YES right here! .....

These are your commitments to the programme and to yourself. Review these pages every few weeks to remind yourself of this moment.

You’ve already taken a huge leap because you’ve made a written decision to take positive action in your quest to master your own destiny. I applaud you!



## LIFE REVIEW

*Where are you now?*

The following exercise is called 'The Wheel of Life'.

Before you start – print or make a copy of pages 18 and 19 and mark them with today's date.

The exercise may look simple, but I would like you to take a little time to reflect on each of the questions before you answer. Think honestly and candidly about your life today and select a number from 1 to 10 to represent where you feel you are for each of the 'subjects' marked around the wheel.

There are no hard or fast rules about what '1' stands for, or '2' or '10' – you decide what measure you would like to place on these numbers. For example you may decide:

1 – represents 'I have not achieved this aim in any way'

5 – represents 'I am on my way to achieving this aim but I still have a long way to go'

10 – represents 'This statement is completely accurate for me in my life right at this moment'

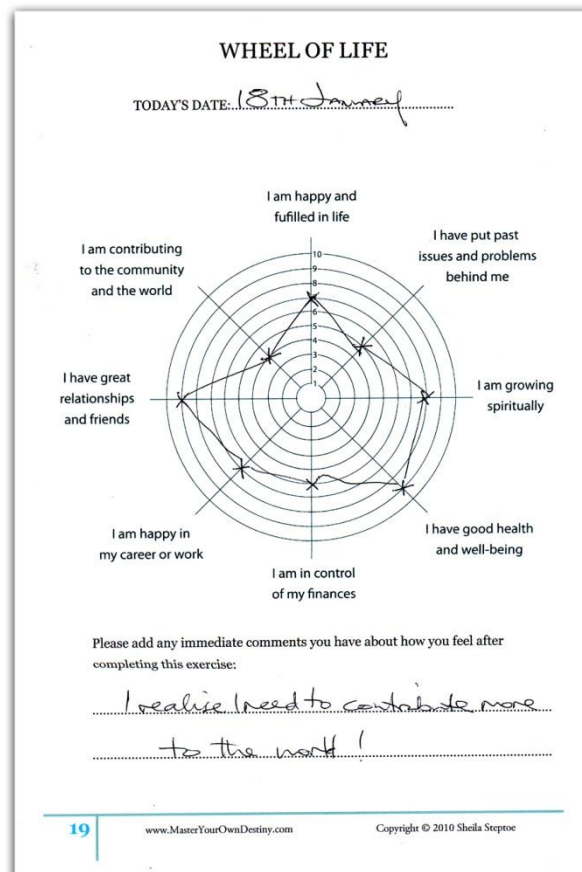


Or you may decide on:

- 1 – represents ‘I am 10% towards this goal’
- 5 – represents ‘I am 50% towards this goal’
- 10 – represents ‘I am 100% towards this goal’

Whatever measure you decide on, I would like you to select a ‘level’ that most closely represents how you feel *right now*. Don’t think about how things have been in the past, or how they may be in the future. Just think of today, this week or at most this month. Spend a few minutes quietly thinking about each question before you decide.

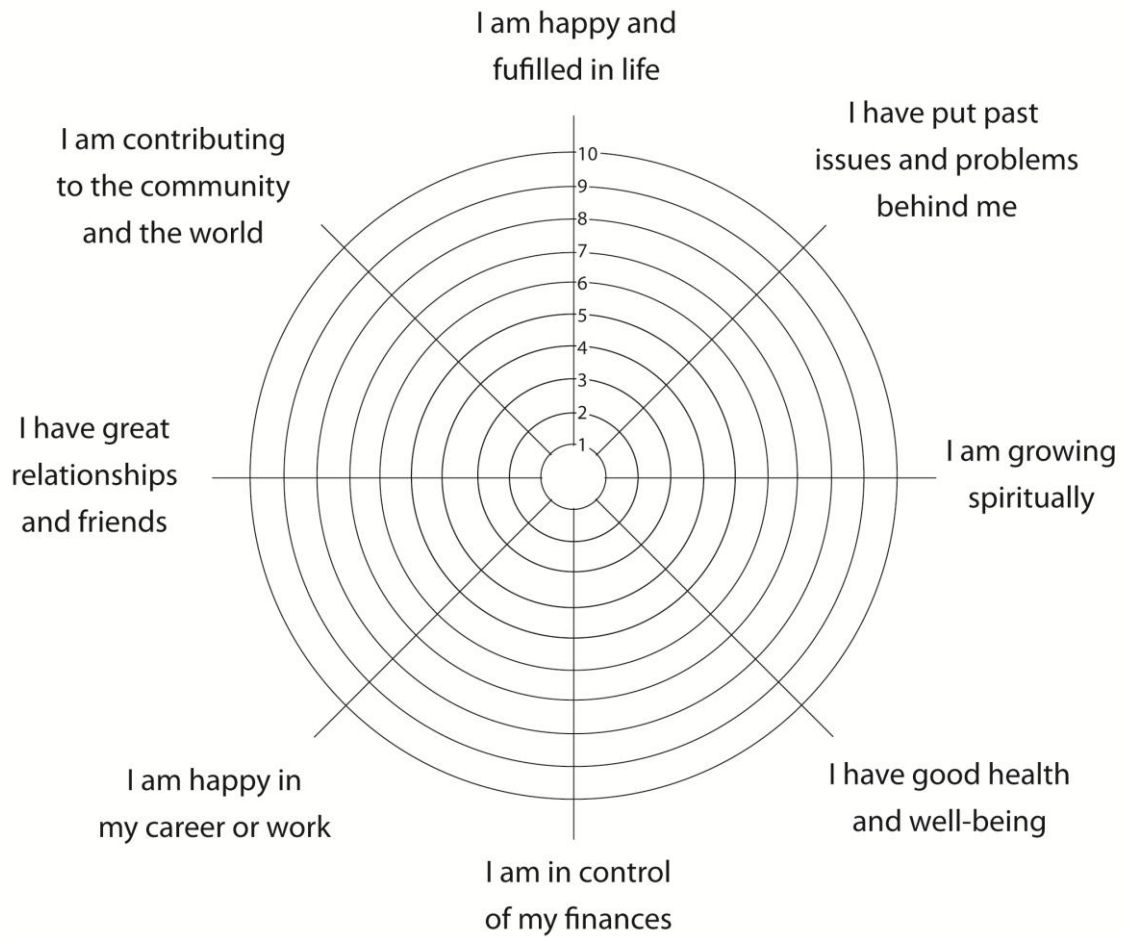
Mark an X on the Wheel for each question and then when you’ve finished, join them all together. Your Wheel of Life will look a little like this:



There is also some space to add any comments you wish once you have completed the wheel, and of course you can continue on the back, or in your journal.

# WHEEL OF LIFE

TODAY'S DATE:.....



Please add any immediate comments you have about how you feel after completing this exercise:

.....

.....

Lastly, go through each of the following questions:

If you have scored highly in any area, why do you think that is?

.....  
.....

Which areas are holding you back the most, or causing the most stress, and why?

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.....

Can you think of two **ACTIONS** you can take this week to help improve these areas of your life?

**1** .....

**2** .....

Who are the key people in your life at this moment, and what do they provide for you?

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.....

What else, if anything, do you feel is important to accomplish in order for your life to be fulfilled and complete?

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.....

The purpose of this exercise is not to give yourself a 'score'. It's not a measure of how 'successful' or 'unsuccessful' you are, so don't worry if some of your crosses are on lower numbers.

By completing the exercise, providing you have been honest with yourself, you have created a simple snapshot of **how you feel**. If you were to repeat this in a week, or tomorrow, or perhaps even in an hour's time, you may feel very different. That's because our emotions, feelings and beliefs are influenced by what is happening around us – by external influences such as family life, work pressures, unexpected events, things that people do or say to us each day and so on. Even simple things like the weather and how tired we are, can have a big impact on our feelings about how well life is going.

Over the coming weeks and months, we'll repeat this exercise. You can do it more often if you wish. Just make another copy of the page. But I'd like you to keep every copy of the wheel, either with these notes or in your journal.

Some of your crosses will go up and down frequently. You will find over time, however, that as you begin to master your beliefs, understand your life and connect with your spiritual core, that your 'scores' will improve, and they will become more and more consistent. This will become a simple, visual reminder of your journey as you master your own destiny.



## YOUR AWAKENING

Once upon a time, a little while ago, I discovered a truth so exquisitely beautiful that, when I connected to it, my life could never be the same again. I had found the infinite wisdom within my own heart and soul.

Before then I had been happily drifting along, accepting and doing the best I could as I had no idea what my understanding of the meaning of a more powerful existence might be like. I never questioned anything ... until one day I realised with a shock that I felt like a butterfly trapped in a cage.

To be able to fly freely and to follow my heart had always been my dream — but until recently I didn't know how. Then the door was opened, and now I feel as though I can achieve anything I want to.

In the few years since that happened, my life has soared beyond my wildest dreams, and is still doing so. I keep pinching myself, hardly able to believe how everything has changed and how much I am learning from this wonderful experience called Life.

I'd always thought that a rollercoaster was just a fairground ride. Suddenly I realised that my life, from birth until recently, had been spent as a passenger in one of those carriages! You might say that life sometimes has a funny sense of humour — and it's not always amusing! At other times the wonders of this world and the Universe continue to amaze me.

Many times in my life I have been at a crossroads, and often I could have gone under. However, I have always had a positive attitude and a strong belief in myself, so I haven't spent my life saying: *If only...*

I've had my share of life's challenges, including twice being expelled and a drop-out at school, surviving skin cancer for more than 23 years, experiencing the devastation when my husband suddenly walked out after 21 years of a very happy marriage, and being even more heartbroken when my own daughter stopped me from seeing my granddaughter for more than three years.

In addition I have been through bereavement and unemployment, and surprisingly I have found a strength deep inside which allowed me to grow through each experience. There is light at the end of the tunnel and I have now come to a stage where I feel truly alive to my own purpose and to really love being 'me'. I now have true freedom.

It's hard to describe how wonderful this feels. I want *you* to start experiencing this, and to have a 'knowing' deep inside that you too can reach serenity.

### *SERENITY*

Serenity is a place which allows you to believe in yourself and your life's purpose; the struggles of life gradually start drifting away. This has given me so much more than I ever realised I could have. I never thought a few years ago, at the tender age of 55, that I would write a book — let alone two! Nor that I would completely change my career, to something that has opened up a new world for me.

I loved my job as a Health Care Adviser with BUPA — but I have now chosen to walk a completely different path which certainly meant stepping outside my comfort zone. However it is more aligned with the authentic person I am becoming. Today, I give motivational and spiritual talks to large audiences and smaller groups of people, in the public sector as well as the business sector, and run my own workshops in addition to coaching private individuals.

This sensational journey has put me on primetime television and radio, led me into the Professional Speaking Association, given me the opportunity to write as a columnist for magazines, and more. This is not just theory, it's all come from things I have practised, experienced or used in my own life.

### *AN ORDINARY LIFE?*

I'm an ordinary person, just like you. I have done nothing that you could not do yourself. I haven't sailed around the world, run the London Marathon or climbed Mount Everest! The only way I may differ from you is that I have been lucky enough to have learned and understood how to embrace spirituality, which went on to teach me so much, and to have welcomed some new 'unseen friends' into my life.

No, I am *not* one of those wacky, new age revellers who believe they have to chant continuously on the top of a mountain or wear odd baggy clothes and no shoes. I am an ordinary fun-loving twenty-first century person just like you... but inside that person, I have learned to reach my true self and my inner soul.

I know that I have been guided by some force bigger and higher than myself. It has helped me to believe in myself and, without doubt, this has given me the confidence and support to take chances and step far outside my comfort zone. I have experienced that 'wow' factor so many times that I know I am following my life's blueprint, which the Universe had planned for me in the very beginning. I now have a life and a business which fills me with pride, passion, purpose and fun.

It is one thing to connect with the path of true calling — and another thing entirely to have the courage to walk that path.

### SOMETHING TO THINK ABOUT

Ask yourself whether you have ever had a powerful 'inner knowing' about any of these sensations:



You knew you were going in the right direction, or the wrong direction. *How did that feel?*

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You felt as if you were swimming against the tide of your life. *How do you think you would feel if life were effortless rather than a struggle?*

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You were confident that you had achieved as much as you could reasonably expect to, at that stage in your life, but were frustrated by how little you had to show for your life so far. *What would it be like if you were always content that you had achieved enough?*

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You experienced an emotional pain such as the loss of a loved one, breakup of a relationship or failure to achieve a goal, but tried keep your faith and learn from it. *Could you imagine facing challenges like this by seeing them as 'gifts' that life has brought you? Would that comfort you and help you move forward?*

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You experienced joy through something you won or gained, but didn't enjoy the process. *How would you feel if achievements were measured only by the inner joy you get from taking part.*

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Do you think that it is better to enjoy the process, regardless of whether you achieve your goals?

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You realised for a moment that who you are is just fine — you just need to learn how to shine. *Are you comfortable in your own skin and spirit?*

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You understood that everybody is unique and gifted, with something important to offer the world or to others. *Do you look for what is special, even about people who may seem challenging or difficult? Can you imagine seeing everyone that way?*

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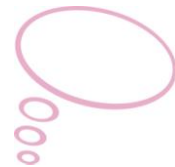
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Visualise the person that has experienced all these things. Imagine and feel how you would feel, being that person, and bring the emotion of that feeling to the surface.

Until now you may have only dreamt of a life beyond the constrictions placed upon you by outside influences — but you can be the authentic person you were meant to be.

**REFLECTION:**

Reflect on those questions for a while. Be mindful of them and note if any of them come to mind over the next few days.





## A SPIRITUAL AWAKENING

*Humans say: 'I will believe it when I see it.'*

*Angels say: 'You will see it when you believe it.'*

— *Anonymous*

**F**ifteen years ago, the Universe threw something at me that I wasn't expecting. Abruptly, my life crashed.

I was living a 'normal' life. I was happy, married with two wonderful children, and working part-time as a sales rep on my local newspaper. I had no inkling that my life was about to change in some of the most devastating ways possible — but also in the most beautiful of ways too. I was plunged into a deep dark hole but eventually I came out again with a shining light.

One summer evening, my husband suddenly walked out of what we had both thought was a very happy marriage of 21 years. He was having a mid-life crisis and had found someone else. Our children and I were instantly overwhelmed with shock.

A few months prior to this devastation, both my Father and Mother-in-law had died, and my Mum was to die only a year later. My Father-in-law also suffered a stroke. Clearly, it was not the best time in my life. Having said that, because I was at such a low point, my whole life was about to open up and evolve into something I never imagined possible; it was the start of an amazing spiritual journey.

I had never thought about anything *spiritual* before; I didn't need to. I had no real religion or other belief system, or even any views on the subject. It was of no particular interest to me or to my friends. You may have heard of people who have discovered religion in the middle of a crisis and that it can be a turning point. Some will say that it is something to cling to — and I agree that maybe it is.

But this experience, to me, had nothing to do with religion. This was different: it was a gentle awakening to something extremely powerful for which as yet I had no name.

Whatever belief system you have right now — whether you believe in God/Mohammad/Buddha/Source — it makes no difference to what I am talking about. *Religion* has nothing to do with being *spiritual*; we are all *one*. Old 'spirituality' is religion; the new spirituality means recognising the feeling of being alive, with a shift in consciousness to awaken yourself. The new spirituality gives you a freedom beyond measure.

There is a lovely saying from the book *Conversations with God* written by Neale Donald Walsch:

*'Ours is not a better way. Ours is merely another way. Who is to say whose way is right or wrong?'*

This can be said for all religions. Spirituality is about believing in yourself and getting the most from life. It's about being grounded as the authentic you, and being able to live your life's purpose with comfort and ease.

*YOUR THOUGHTS ON RELIGION & SPIRITUALITY*

What is your current view on religion? Tick the boxes you think apply or add your own thoughts.

- Old fashioned / Out of date
- A wonderful community
- The only way to discover the truth about life
- Creates conflicts and problems
- Only for fanatics
- Difficult to understand
- Necessary to ensure that we can gain forgiveness and salvation

Add your thoughts here:

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Do you believe that religion and spirituality are the same thing?

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Do you think that you can be 'spiritual' without being 'religious'?

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What have you done at times of great trouble, anguish, grief or stress? Have you ever found yourself unexpectedly praying or calling on God or Angels for help and comfort?

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If you have, did it help?

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The beginning of my awakening



Sheila Steptoe



## DISCOVERING SPIRIT

**T**o find myself all of a sudden sinking into a deep dark hole was awful. That was such a lonely place. It was all such a shock that I wasn't able to function as I'd used to, because I was becoming emotionally drained. Emotional stress can be far harder to deal with than physical pain.

My way of coping was talking to friends and I am so thankful to all of them and my children for helping me get through. But they couldn't feel or take away my pain or the loss I felt. When you lose a parent, you need time to grieve ... and then suddenly my husband leaving was even worse, far more painful. I so desperately wanted a cuddle and a closeness which you can only feel with a partner — and that is exactly what was missing.

Over time, the days gradually became easier to fill than the night times or weekends, which tend to be family times. I felt empty. The worst time was when my husband was starting to take his new lover out to social functions. Somehow this made it become *real*. I couldn't hide from it any more.

Then one dark cold miserable evening, when he and his new partner were going to a special function where it should have been me on his arm, I became hysterical as the loneliness really hit me. A friend, Lesley Elliott, came over to sit with me. We had been chatting for about an hour when suddenly, out of nowhere, I had a most beautiful sensation which I could not explain: I went all shivery, with a delicious tingle that gently passed over my entire body. I hadn't created this, so how could I feel it?



Lesley casually remarked: *'Your guides and Angels are in the room. They've come to reassure you that you're not alone. You are feeling them touching you. They're just here to keep you company. Don't worry, everything will be fine.'*

What was she talking about? I had no idea.

I became intrigued with the idea of the spiritual world, and visited a few clairvoyants. I had no idea how these people worked or where they got their information — and it didn't seem to matter because at the time it was very comforting. Of course, they couldn't give me *answers* because these have to come from within. However, they did help me realise that there might be a spiritual dimension to finding answers I was looking for.

Just a few months later, my Mum died and I went to pieces. Three losses in less than three years were too much. Had my husband still been around, I might have coped better with the loss of my parents, but instead I felt very alone.

What I did not appreciate was that this was the start of my beautiful journey, a journey which has transformed my life.

### *EXPLORING MEDITATION*

Without realising it, I was teaching myself meditation. I had learned how to do it years before in Yoga classes but hadn't practised. It was mostly when I was upset and crying and really needed to chill out that I started to shut out my thoughts. I was still experiencing the beautiful tingling, which was getting much stronger, and now I suddenly started seeing beautiful colours before my eyes when I closed them. The colours just swirled around and around in front of me, gorgeous to watch. When you shut your eyes you normally just see black, yet I was seeing various shades of the colour blue, several pinks and a vivid indigo. At other times I would see greens, reds or yellows, always combined with white.

Then I started to hear, very gently, classical music in my right ear — never my left. How could this be? If you hear music from the radio you hear it in both ears, yet this was definitely only in only one. I never questioned it, being so peaceful, even though I don't particularly enjoy classical music.

All this was beginning to intrigue me. The music, the colours, the tingles — where were they coming from? I couldn't talk in depth to anyone. Some of my friends felt that I had lost the plot (some still do). So, I took myself to a bookshop, where ***Opening to***

**Channel: How to Connect with your Guide**, by Sanaya Roman and Duane Packer, jumped out at me. Once I started reading, I couldn't put it down.

Slowly but surely, I began to accept that there must be someone or something out there. There was no way *I* could have created all those tingles, the wave of colours and the beautiful music. So, who was my guide and where was he or she?



In the book, it suggests that you take things slowly, and think seriously about opening up to 'channel', because amazing things will begin to happen.

## HOW CAN YOU CREATE MAGICAL THINGS IN YOUR LIFE?

First, I suggest learning to *meditate* as the key to opening up your life. When you have a quiet time to yourself it is beneficial because you are recharging your energy. A deep meditation stimulates the creation of new communication pathways between the logical right brain and the creative left brain. This then balances your brain and gives you a whole-being experience.

So many people think that they haven't got time in their busy lives, that they must do this and that before they could even contemplate spending a bit of quality time on themselves. Taking time out will help you to improve your memory, intuition, creativity and give you much more clarity of thought. It also helps to reduce your stress levels so you come away feeling refreshed, invigorated and more relaxed, allowing you to achieve more. Brilliant ideas will pop into your head, and sometimes the answer to what you have been struggling with or looking for will suddenly come to you.

Meditation doesn't have to last for hours on end — ten to fifteen minutes a day might be all you need. Standing in the shower, sitting in the car when you are early for an appointment, or over a cup of coffee or tea during the day can be just as beneficial. The secret is to let your mind go blank during these times.

There are many different ways to meditate, and various techniques you can learn which are too numerous to mention here — so I will describe a very common and easy to use technique. To learn more about meditation, there are many books and guided meditation CDs available which you could source at your leisure.

## MEDITATION EXERCISE

If you are new to meditation, start with the introductory meditations that come with this module. Here's an expanded version of what's included on those tracks:

### *SETTING THE SCENE*

To create the right atmosphere you may wish to light some candles, put on some relaxing music and switch the phone to answering machine. If you have family at home, it might be useful to put a note on your door saying: *DO NOT DISTURB*.

Find a comfortable position, either lying down or sitting upright on the floor or a chair. Some people like to sit in the lotus position, but for beginners that might be uncomfortable — and comfort is the key.

### *LEARN TO RELAX*

Gently begin to relax your body, from your toes to your shoulders. Take each area of the body separately and be aware of how it feels. Relax your shoulders, then your back — perhaps by sitting further back into your chair. Then notice your stomach, hips, the tops of your legs, your calves, your ankles and then your feet and toes. You may find that your body begins to shift slightly and that you become more stretched.

### *FOCUS ON YOUR BREATHING*

Begin to concentrate on your breathing. Take a deep breath in ... and then gently breathe out. As you breathe out, send all the negative thoughts out into the Universe at the same time. Keep taking deep breaths for a few minutes, and notice what your chest is doing. It will be expanding and contracting, which is good. Gradually slow your breathing down to a gentle rhythm, still concentrating on the expansion of your chest. Then play around with your breathing. Make it go faster, then slower, then faster again, and slower again, until you get to a stage when you can hardly feel yourself breathe.

What this is doing is taking your mind off the thoughts that will occur to you. When you first start meditating, you may find it impossible to stop things popping into your head; just acknowledge them, and then let them go. You may like to imagine a bubble or balloon wrapped around those thoughts, which you can allow to drift up to the

Universe. Perhaps at the very beginning you may like to write your thoughts down, so you stop worrying that you will forget them, and then go straight back to concentrating on your chest and your breathing. By focusing on your breathing, it will help you stop falling asleep — as some people do!

The more you practise this, the easier it will become. The idea is to focus on something other than your thoughts — so, if you find concentrating on your breathing difficult, try focusing on the colour behind your eyelids when they are closed. This may seem odd, because you will be seeing only the colour black; after a time, however, you may find little specks of white popping in, and then gradually little bits of blue or green. Focus on the colours by waiting for the next one to appear, and you may be amazed to find out how long you've been sitting in your chair.

But I would also like to say: *Don't try too hard*. For some people, meditation is difficult and they get cross that they can't do it. When you relax, which is not easy for everyone at first, it will happen much more naturally and you will begin to see the benefits.

### *ALLOW THOUGHTS TO COME*

As you learn to clear your mind, start talking to yourself in your mind. This is different to the thoughts that will pop in at the start of your meditation. Ask questions in your mind and you may start to have sudden thoughts, hear single words or even see a symbol or vision. Don't worry too much about them, as other words or thoughts may flow in as well. Feel these thoughts, listen to what you feel, sense or even hear in your mind. Your guides and Angels are sending you a message; who knows where this wonderful experience will lead you to?

After you have gently brought yourself back into your space, when your mediation has come to an end, write down everything you felt, what your thoughts were and anything significant that appeared. Keep a diary of your meditations.

### *GO ON A JOURNEY*

You may like to do a meditation where you imagine yourself on a journey walking through some woods or down to the beach. Imagine yourself in a very special place, and then slowly walking along a path; see where it leads you. Let your imagination run away with you and smell the trees and flowers as you walk. Feel the sun on your back. You may even imagine holding a partner's hand while you are doing this. See where it takes you. If you like this idea, there are many guided meditations which may also appeal to you and I will be sending you guided meditations you can try with future modules.

Another aspect of meditation occurs when you find yourself having concentrated so hard on something, that the time has just slipped by. Have you ever found yourself lost 'in space' when you are gardening, driving or watching television, when you haven't actually seen anything? This is another form of meditation, as it quietens your mind. It can be beneficial but in a different way.

#### *UNDERSTANDING SYMBOLS AND 'GIFTS'*

Some of the symbols you may see can represent interpretations which you may also find come up in dreams. For example, a baby signifies a new beginning; a butterfly or The Statue of Liberty represents freedom; a bird is a messenger; a boat is travel. There are many dreams and symbols books where you can look up the meaning to something you have been shown. But you will also discover interpretations of your own as you learn and develop. Don't take these symbols separately but piece together the whole story of the meaning by connecting them together.



## SYNCHRONICITY

**W**hen I began exploring my spirituality, and practiced meditation, I suddenly experienced and started noticing events which were difficult to explain. I wasn't looking for romance but I met Graham when our eyes met across a crowded room and we became friends. I kept bumping into him in the most extraordinary places. His car would pull up next to mine in a traffic queue on the motorway ... when I hadn't seen him for weeks. Then in another traffic jam on a smaller road he would be going one way while I was going the other and our cars ended up side by side!

The first time it happened I nearly crashed my car, so surprised to see him driving along the same road, miles from home. Over the course of the next two years, something like this would happen more than 40 times. I lost count in the end.

They say there is no such thing as a coincidence. Later, I learned that I was putting my thoughts about seeing him out into the Universe, and 'they' had arranged for me to see him. Nearly every incident prompted him to call, and he would come back into my life for a while, or we would just chat side by side in the car. It became a beautiful relationship.

This sort of event is called *Synchronicity*. Psychologist Carl Jung theorised that synchronicities occur when universal forces are aligned with the experiences of an individual, leading to coincidences that appear to be more than just chance. These incidents happen because everything in the Universe is innately connected.

Jung believed that such events can be called forth by an individual's unconscious needs. Nothing occurs randomly. Rather, we draw certain people, situations, and blessings to

ourselves and that synchronicity is the phenomenon of meaningful coincidence. It is a resemblance, correspondence, or connection between something going on outside us and something happening inside us. Synchronicity is the surprise that something suddenly fits!

These events are connections that guide us, warn us, or confirm us on our path to our destiny. It can appear as one striking event that sets off a chain reaction. It is always unexpected and somehow uncanny in its accuracy of connection or revelation. This is what makes it impossible to dismiss synchronicity as mere coincidence. It is a word made from two Greek terms meaning 'joined with' and 'time'.

You can read more about this in David Richo's fabulous book ***Unexpected Miracles: The Gift of Synchronicity and How to Open It***. I also read somewhere else that synchronicity is when God winks at you ... what a lovely thought!

#### **SOMETHING TO THINK ABOUT:**

At some time in our lives each of us has experienced synchronicity. Yet, how many times have you missed the opportunities it presents? Or were you so grateful that you burst out laughing at the beauty of it? These events are more than just the little coincidences of life.

Think back to when something very unexpected happened. What were you looking for just then? Did it bring an unexpected pleasure or the answer you were seeking?

You will probably find that it has happened on more than one occasion. Remember the other times, too.

Did you suddenly find yourself in the right place at the right time? Did you bump into someone you had been thinking about? Were you suddenly introduced to a person who could help you in some way, perhaps in business?

Was it just when you thought you were on the brink of something, perhaps devastating, that your saviour suddenly appeared?

Note your thoughts here:

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*IT GETS EVEN BETTER*

I began to see pictures when my eyes were closed, and also when they were open. It was like having my own cinema screen right in front of me, as some of them were like mini films. I still remember vividly the very first picture I saw, like a coloured postage stamp, which was of a lady in the Moll Flanders era wearing a white frilly bonnet, looking down at me. It was as clear as clear could be. I have no idea who this lady was — but the experience and the picture were so beautiful that I never questioned it.

Then I started seeing moving pictures on the wooden beams in my cottage. How these pictures were ‘beamed’ down to me at the time I had no idea. I saw many of them in all sorts of places and it fascinated me.



It also came as a huge surprise to learn that at night I wasn't always completely alone in my bedroom! I would be fast asleep and then suddenly at about four in the morning I'd hear a man's voice gently speaking to me, again only in my right ear. Many times I would wake up thinking someone was in my room — only to find myself alone.

Often he would gently say my name, at other times he would give me a message. Always, he spoke in a lovely gentle tone. I began to call him *Bluey* — because I didn't know his name but he always appeared when I was seeing the colour blue.

Something wonderful was happening to me and I wanted to learn more. I was also beginning to see that the Universe works in mysterious ways, and that the bigger picture of our lives is never revealed as we think. It's only when you look back that you can see why some things happen. It is called destiny or fate.

Dreadful things happen and beautiful things happen, too. But I was beginning to learn that if you are open and relaxed about our life, it can be a wonderful journey.

## DRAWING YOUR OWN LIFE

You might like to try this exercise. Simply sit quietly, or meditate for a while, and then allow the pictures to come into your mind and sketch them on a large piece of paper (or in your journal).

This can reveal many things and you may find a pattern running through your life.

- Put an emotion next to something that has happened.
- Include people who may have had a big influence in your life.
- Colour it if you want to, or cut out pictures from a magazine if you would prefer.
- Look at some of the lessons you have learned — what have they taught you?
- Put your big achievements in there, too.
- Be proud — and be ready for some powerful emotional responses.

I became across this technique when I was at college doing a Counselling degree. In one of my tutorials, I had been asked to 'draw my life'. Being no artist, I wondered why on earth I should — and what it might reveal.

I found myself drawing a river. On the banks of the river were the big events in my life. Each time something major had happened I had clung to the side ... and then I was gently brought back to the river and where I was meant to be. I could see the beginning of the ocean and I was nearly there. You will have heard of the expression 'going with the flow' — and that is exactly what I was doing.

This exercise should help you focus on the patterns in your life: positive and negative relationships, good experiences and the bad ones. It should help you to see how you would like to move forward.

When you have finished, question yourself. How do you feel? Is there a pattern or is each experience different? What has life taught you? How can you change it, if it needs changing? Are you going with your flow and being the authentic you?

It uplifted me to realise that in some ways my life had been mapped out for me, that everything would be all right, but that we all have 'free will' and can still make choices. Sometimes you make choices that are good for your growth, and at other times you may

take a wrong turning. However, I believe that you are always brought back to where you are meant to be.

You can struggle against it. Your ego can tell you that it knows best, and you can be stubborn, yet you have a reason to be here on this Earth. Sometimes you have lessons to learn that may not be to your liking — but you can move on to better things.

*Going with the flow* doesn't mean giving up control of your sense of direction; nothing could be further from the truth. *Going with the flow* means feeling that everything in your life is going in the right direction, you are happy, and everything becomes effortless. This happens when you begin to trust yourself and doors begin to open that you never imagined were possible.

You become a magnet, and events like synchronicity begin to happen more often.



## THOUGHTS ARE LIKE RADIO SIGNALS

I have learned that we are constantly manifesting things in our lives, whether or not we are conscious of it. This includes negative things as well as positive. Once I understood that every thought I have is like a radio signal going out to the Universe, where someone is listening and then my wishes are granted, I began to realise some powerful things.

For example: if my thoughts are all negative, I will create more negative experiences. When I was sending out negative radio signals, they attracted negative events and things to me. When I sent out positive radio signals attached to positive feelings and emotions, I started to create positive things in my life.

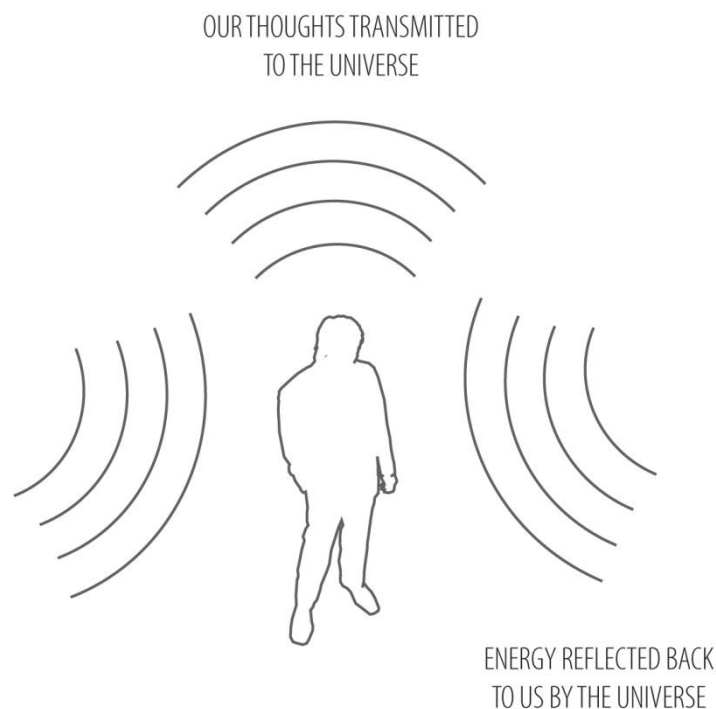
So, I started to play around with this idea — and it transformed my life.

I played with manifesting car spaces, with romantic relationships, and with creating more and bigger sales at work. It worked. I created one of the biggest sales I've ever had, bringing me a lot of money and prestige within the company. There is a 'but' coming — you have to be careful what you wish for!

It became clear that, if I didn't attach a *feeling* to my thought, I created nothing and it didn't work. Some people have achieved amazing things through their desires and determination. Because they become passionate about it, they have automatically attached their emotions. It consumes them. For most of us in our everyday lives, if we are realistic in what we want we will achieve it — but you must not forget to feel the emotion that is attached to it. Try asking in advance for something special, and don't forget to say 'thank you' when you get it after you've finished laughing because it works!

Once I became aware that we create our own lives by what we think about ... the reality of that was enormous. Everything is energy! As quantum physics now proves, ***our physical world is comprised of wavelengths of energy that respond directly to our thoughts.*** When you learn to understand this, and direct this energy, there are no limits to what you can create.

When you switch on a radio to listen to the music, you never question how it works. When you do stop to think about it, you know that there are masts up and down the country and all over the world picking up signals. It is the same with electricity, telephones and televisions: they pick up information that is transmitted in one way or another. You never question this yet it all still works — so, once you learn to accept that there is unlimited potential in your thoughts, you can create whatever you want.



We'll explore this further in Module Three ('The Power of Your Mind') and you will see more examples throughout this course, as this is such a huge revelation. Some of my thoughts have created wonderful experiences, which I'd like to share with you.

James Arthur Ray, a philosopher, explained this: *'We live in a vibrational universe — everything is vibration from thought to thing. Science and spirituality both agree that what appears to be empty space is actually a field of unlimited consciousness and potential.'*

Science and spiritual people agreeing — what an amazing step forward! I could never explain to friends some of the things that have happened to me, because they used to say: ‘*Prove it,*’ and I couldn’t. However, I would ask them to prove that it *didn’t* happen and *they* couldn’t!

There is a film called *What the Bleep Do We Know?* where top scientists explain the quantum physics theory. This is worth watching if you want to learn more about the science aspect at a later stage.

Many people are now realising the truth of the concept that you can ‘think for’ what you want. The film ***The Secret*** has created tremendous interest. Not everyone has achieved the success they thought it would bring. ***The Secret***, through the book, film and DVD, has reached out to many people who would not normally think like this — but the golden nuggets of this film and book seem to be hidden. Some people feel it concentrates more on financial gain than on spiritual freedom. To be rich and powerful would not be possible for the entire world. Many people still don’t see how it can work, nor understand how to apply the concepts to themselves; they dismiss it as the latest fad.

There are now quite a few films on this subject, including one called *The Opus* which is a follow-on from *The Secret* and provides the missing link. (Oh yes, there *was* a missing link, which I hope to explain in more detail throughout this course!)

You may also have heard about *cosmic ordering*. Noel Edmonds changed his whole life and career by manifesting what he wanted. In fact, cosmic ordering is an ancient practice. For thousands of years, our ancestors have used abundance creation through ceremony, dance or prayer to create rain, fertile crops, healing and good fortune — so this isn’t new. It is just that, over time, enlightened people and new-age thinkers have realised that you can manifest the situations, experiences and materials that you want.

The philosophy behind both of these ideas is a good way to describe what was happening to me: it is all to do with energy (and more) ... but I do get cross when ‘experts’ say that we can manifest anything and all the wonderful things we want in just a few days or months! It doesn’t work like that.

I was about to find out that there was more to it than simply sending out a request to the Universe, especially where my love life was concerned. It can take weeks, months or even years — but the principles behind these thoughts are correct. They will manifest

when the time is right and if the request is right for you. Don't forget also that you can request things which are wrong ... your thoughts are far more powerful than you realise.

Of course it is hard to understand how the Universe works, and I am not sure that we ever will understand it fully. However, once you understand the principles the concept makes sense. There is far more to life than merely creating wealth and having brilliant or negative experiences — because there is a reason why you are here. For example, it is unrealistic to think that cosmic ordering alone will make you a millionaire or can find your soul mate. If your life here on Earth is meant to teach you something else, these things will never happen. We'll look at manifesting in much more detail in Module Three.

## LET'S RECAP...

**STEP 1** – Review your commitments – this is YOUR programme. Only YOU can master your own destiny, but you must be committed to taking action.

**STEP 2** – Remember ‘Serenity’? It is a place which allows you to believe in yourself and your life’s purpose and where the struggles of life gradually start drifting away. This programme will be a journey and an awakening – keep an open mind.

**STEP 3** – Learn to meditate. Practice the meditation supplied with this programme or find suitable guided meditations and music to use on your own. Try to meditate for about 15 minutes – every day if you can – and use meditation as a way to relax, reflect and think about the ideas we’ve covered in this module.

**STEP 4** – Find out about synchronicity and read about how your life has opened up to something which is beginning to be amazing. Hopefully you may have begun to realise that there is far more to life than you thought. By embracing some of this information it will lead you to explore more. I hope so, because this can be a wonderful journey.

**STEP 5** – Take time every day to *stop*. It can be just for a few minutes, if that is all the time you can spare, but use the time to think about how powerful your life is. You may begin to feel the energy that surrounds you, and to know that you are beautiful.



## *Final Thoughts*

It is often said that we all come into this world for a reason and a purpose. Some people come to learn lessons, some to teach, and some to fulfil a particular task, but we are each born with the skills we will need for our individual life's purpose.

Wherever you are in life right now, just know that *this is where you are meant to be*. If you believe that you have to change and improve yourself to make yourself successful and happy, don't be surprised to find, as you learn and grow, that this is not so. You already have everything you need inside yourself – it just needs to be unlocked.

### WHAT'S NEXT? .....

In the next Module we will begin to explore and understand our 'Core Conditioning' – our past and upbringing and how it affects us. And we will also look at the blocks, fears and barriers that hold us back from taking control of our destiny.

### FEEDBACK.....

Don't forget to keep in touch. Send me your stories and experiences by email:

[sheila@sheilasteptoe.com](mailto:sheila@sheilasteptoe.com)

## *Recommended Reading & Further Information*

### *Conversations with God*

by Neale Donald Walsch

Hampton Roads Publishing Company ISBN 978-1571740564

### *Opening to Channel*

by Duane Parker and Sanaya Roman

H J Kramer ISBN 978-0915811052

James Arthur Ray (quotation) [www.harmonicwealth.com](http://www.harmonicwealth.com)

### *Unexpected Miracles: The Gift of Synchronicity and How to Open It*

by David Richo, PhD

Crossroads Publishing Co ISBN 978-0824517298

### *The Secret*

by Rhonda Byrne

Atria Books/Beyond Words ISBN 978-1582701707

— film at [www.theseecret.tv](http://www.theseecret.tv)

### *What The Bleep Do We Know*

— film at [www.whatthebleepdoweknow.com](http://www.whatthebleepdoweknow.com)

### *The Opus*

— film at [www.theopus.net](http://www.theopus.net)

Mindlab™ USA

— light and sound machine. There are various places to purchase it on the Internet including [www.mindmodulations.com/products.html](http://www.mindmodulations.com/products.html)