



Master Your Own Destiny

YOUR JOURNEY OF PERSONAL TRANSFORMATION

& SPIRITUAL DISCOVERY

WITH SHEILA STEPTOE

MODULE NINE – YOU CAN DO THIS TOO!

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. . .*

I Made it Happen





A LIFE JOURNEY

I couldn't wait for success: so I went ahead without it.

— Jonathan Winters, American comedian and actor

Throughout this course I have described a few 'chapters' of my personal journey. I hope my story has given you hope and inspired you. Of course your journey will be different and it's important to remember that we are all unique, beautiful and capable of great things. In this module, we'll review what we've covered in previous modules and I'll ask you to create your own personal *Destiny Plan*. I'll also be sharing a few further ideas that will help you on your journey.

Part of my own destiny has not happened - yet! My distinguished grey-haired man has not yet entered my life. I always said he would be the finale to my book so that I could give hope to others but I still believe and will continue to believe that he will arrive soon.

I am sure it will be such a natural meeting and connection that it will immediately feel right. Right away, I will know he is special to me and worth waiting for. Since my divorce I have had a few deep connections; two of them have a special place in my heart, and have taught me many things. But this one will be different.

Of course, I will have to tell him about all of this gently. It could overwhelm him if I say that I have known about him for years! Can you imagine it? It is possible that we may even grow old disgracefully together, which should be fun. Who knows? I will be content to enjoy the moments day by day and see where this leads. It is exciting though.

He is only part of my destiny, as your destiny includes many aspects of your life. Love, work, relationships, the freedom just to be who you are and to be able to do the things you love in life, are all there. Your destiny will take many years to accomplish as you gradually work towards what you are meant to be doing in this life. Each stage, from your childhood to your senior years, are all gradually building towards a bigger picture, and each stage is where you should be at that moment. What is happening to you is often what is *meant* to be happening, so you need to learn to work through it with grace rather than with bitterness and hurt. Everything and everybody in your life teaches you something.

This programme is all about mastering your destiny – understanding your past, visualizing your future, setting goals and putting them into action. This may sound very formal and structured, but I have stressed along the way that becoming the master of your own destiny also means *going with the flow*. Knowing where you are going is a powerful outcome, but allowing life to guide you is likely to get you there with more joy and harmony. It is like a stream that runs down from the mountains to the ocean. Its destiny is always assured, but the path it takes will be guided by the hills and valleys – and the river always travels by the easiest and most natural route.

But we all have free will. Sometimes we go off-track – but when you go with your flow you will be gradually brought back to the right path as you stop struggling, take your ego out of the equation, and do the things that feel right for you.

Do you create your own life by manifesting what you want – or is it pre-planned, as I have discovered that so much of my own life has been? My belief is that you do pre-plan your life with your Masters and guides before you arrive here on Earth. When you think about what you want, your subconscious or Higher Self knows what it is that you need

to create. So, in a sense, you do both – manifesting what you want *because it is the right thing for your journey.*

You live out your life plan and create special events and things, because deep down you know that they are for your own good. And when you go with your flow, many things happen automatically, and often better than you could have created yourself.

It can be hard to keep your faith. Many times I have questioned things. Often things don't happen as you think they will; or things take much longer than you expected; the time has to be right.

Trusting the Universe and your spiritual helpers will play dividends in the course of your life. Of course you have to put some work in too, and there will always be ups and downs. Yet, difficulties can teach you more and often give you a strength you never knew you had. Learning from them is one of the keys to overcoming them (and avoiding them) in the future.

Life is actually quite simple – it is we who make it difficult!

PAST, PRESENT & FUTURE

In Module Two we looked at our **Core Conditioning** and, specifically, at how our behaviour patterns, attitudes and morals are shaped by:



Childhood and parental modeling

Educational imprinting

Social and cultural influence through peer pressure and relationships

Media – News, Radio, TV, Movies and other outside influences

Organised religion and faith groups

Our own doubts, fears and guilt along with those of our partner, family and friends

By reflecting on our past, we are better able to understand what makes us who we are and what drives us forward.

Describe below what you have learned from thinking about your past. Do you now feel comfortable with who you are, and understand some aspects of what has brought you to where you are today?

You may wish to go back a review Module Two and the notes you made in the course workbook or in your journal.

Once you have described your answers, can you write down three important lessons from your past that you have learned which will help from this day forward?

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THREE LESSONS...

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PROGRAMMED FOR SUCCESS

Towards the end of Module Two we looked at our *fear of failure* and *fear of success*.

The modern world constantly bombards us with ideas about success, celebrating those who are ‘rich and famous’ and often measuring success in terms of ‘fame and fortune.’

But is this really a true understanding what success is? Everyone has a different notion as to what success means to them – but we often devote too much time and energy to working and worrying about being successful. Could it be security that we crave, because sometimes it is hard to know when we have arrived as we so often want more? Surely success is about an end to striving and feelings of peace within?

Your attitude is one of the most important aspects of a good life. If you expect life to be good then it will be. If you complain and never see anything good in others and the world around us, then that is what you receive. You get what you expect!

I hope that understanding more about how life works here on Earth will help you realise how much you can achieve. Can you look at life in a different way now, knowing you chose to come here and to work through some of the lessons which are all designed for your spiritual growth?

Describe in a few sentences what success means for you. Have you managed to remove any fears you have about becoming successful. Review the notes in Module Two if you need to.

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READY FOR CHANGE

In Module Four we examined our beliefs and attitudes. We explored ways in which we can learn to have absolute belief in ourselves, in our unique qualities and in the many achievements we have already attained in life. We also worked on exercises to help us forgive (both ourselves and others) and develop strong self-belief.

Looking back at the past few weeks and months, as you have worked through this programme, how do you now feel about your qualities, abilities and achievements? Do you feel more positive than when you started the course? How do you feel at the beginning and end of each day? Are you 'embracing changes' in ways that maybe you have never done before?

Review your notes from Module Four if you need to and describe your feelings below.

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APPRECIATING EVERYTHING

In Module Five we explored the beauty of the world and looked at issues surrounding how we think about our environment, society, culture, family and friends. We also explored our physical connections with the world and examined some of the signs our bodies give us.

Looking back at Module Five, how do you now feel about the world? Do you appreciate more? Do you accept the challenges that life offers and 'go with the flow'? And have your relationships with your partner, family and friends improved as a result?

Describe any experiences that you may have had as part of that learning process, and how you now feel.

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PASSION & PURPOSE

In Module Six we started to focus on the present, looking at our passions, life path and purpose. You began to truly crystalise your vision for your future using a Vision Board. Describe below, as best you can, your vision for your future, now that you have had some time to work on that process. How clear is your vision? How different is it from the ideas you had before you started the course?

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GOALS

In Module Seven you began setting goals in a formal structured way. As well as understanding a little more about Goals and Aspirations, you started writing down your goals. We then looked at techniques for achieving those goals, step-by-step, and managing time more effectively to give you the freedom to move forward.

You should already have goal worksheets from that module, and if you haven't recently looked at those, why not review them now.

You don't need to list your goals here again, but describe how you now feel about your goals for the future. Have you been able to write your goals down clearly? Have you managed to plan out some of the steps you'll need to take to achieve your goals? Do you feel confident about those steps and goals being achievable?

And finally in this section, list three important techniques that you are now using to manage your time and work steadily towards those goals.

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THREE IMPORTANT TECHNIQUES

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YOUR SPIRITUAL GROWTH

Module Eight was not so much a ‘learning’ module but an exploration of spiritual matters. We all have a spiritual impulse and express it in different ways. I hope you’ve taken time to explore and reflect upon your beliefs and how your spirituality shapes your life.

Have you learned more about spiritual matters? Are you more open to spiritual ideas and teaching? Do you feel comfortable with your beliefs? Describe your feelings.

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UNIVERSAL SPIRITUAL LAWS

There are many universal spiritual laws to live by. Reflect upon, or contemplate each of these 'laws'. You may want to take one each day or each time you sit down with this module. Consider the following:



How 'true' is this law, in your opinion?

How do you think this law applies to you?

Can you think of examples of where this law has proven itself in your life (or perhaps examples from other people you have known)?

What steps can you take to ensure that you make this law a positive influence in your life (for example, changing the way you think about things or the habits you have.)?

THE LAW OF MANIFESTATION

You become what you think about the most. So, as the old adage goes, *be careful what you wish for — you will probably get it.*

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THE LAW OF DUALITY

There is a flipside or opposite to everything. You can only know good if there is evil. Light can only exist with dark. To experience success you must know failure.

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THE LAW OF CYCLES

Everything and all events occur in cycles. Things will be good for a while and then suddenly — boom! — everything crashes. You must make the most of the good times, keep your head above water in the bad times, and wait for the next reversal.

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THE LAW OF EVOLUTION

Everything evolves and changes. Nothing stands still forever so ensure you progress and move ahead.

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THE LAW OF CHOICES

You have control over the choices you make. You have the power to control your destiny and your possibilities are unlimited. Stop feeling trapped; stop being a victim of your circumstances.

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THE LAW OF RESPONSIBILITY

You must accept the outcome of the choices you make.

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THE LAW OF SYNCHRONICITY

We are each part of the Universe, not a separate entity. Your actions affect those around you and determine how your life is shaped. When you see the connection to the world around you, you understand the control you have over your destiny.

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THE LAW OF ATTRACTION

Energy attracts. You attract everything into your life, both positive and negative things, and events.

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THE LAW OF INTENTION

What you intend is powerful and will manifest itself.

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THE LAW OF CAUSE AND EFFECT

This is also known as *The Law of Karma*. It means that you get out of life what you put into it. *You reap what you sow.*

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THE LAW OF COMPASSION AND THE LAW OF CONSIDERATION

These are two separate laws which speak for themselves. *'Do unto others as you would have them do unto you.'*

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THE LAW OF FAITH

Believe in the fulfillment of your desires, and they will be fulfilled.

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THE LAW OF FORGIVENESS

Prophets and spiritual teachers throughout the ages have taught us that to forgive ourselves and our fellow man is one of the greatest gifts you can learn.

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THE LAW OF MENTAL IMAGING

One of the most exciting things you can master is visualisation. The mind has magical powers. It creates the pictures and plans which you turn into reality.

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THE LAW OF HEALING

Everyone has healing energy, an electromagnetic field that lies within and around the body. You can mentally send this healing to your own body and to others.

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THE LAW OF PRAISE

Praise the negative as well as the positive experiences and don't forget to say thank you when you receive them.

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LAW OF DETACHMENT

The wisdom of uncertainty leads to freedom.

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LAW OF GIVING AND RECEIVING

Give to others without resentment and learn to receive things without guilt.

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APPLYING THE UNIVERSAL SPIRITUAL LAWS

One of the most important things I have learned is that the physical world and the spiritual world are a world of our own self-evolution. You can work together so beautifully. Embracing your spiritual helpers adds an extra dimension, one where there are no limits.

You need to make the most of your life and enjoy all that you can. You have to understand that you are in control of your own life.

But ... and there is a big 'but' here ... nothing will change in your life unless you make it happen. Wanting and talking about it is a very different thing to actually achieving something. You need to know what you want, take action and put energy into it, to make it become reality!

There are four different energy bodies: physical, mental, emotional and spiritual. Raising the energy of one will have an effect on the others. When all four are in alignment, your energy will be very high and very powerful. You will be able to create whatever you want to in life.



MANY JOURNEYS

Each and every thought, reflection, meditation and exercise that you have completed as part of this course are part of your personal '*Destiny Plan*'. If you have followed each module then you have already made huge leaps forward in life. I hope that you feel much more in control of your life and clearer about your future. Whatever stage you have reached, remember this course doesn't really have an 'end-point'. Each module can (and should) be reviewed every now and then. Your thoughts and feelings will change over time.

Think of life as the A-Z of learning. You need to take baby steps as you go along the journey of life, eventually reaching a higher level. When you surrender to your flow, life becomes magical. The physical world and the spiritual world can work well together.

You have been here on planet Earth many times before. When you go home, you talk and connect with your soul family, your guides and Masters, about whether to come back again to learn more, or perhaps to stay there for a while. You do still learn in the higher realms but not at such a rapid rate. There are those who believe that you also have the choice to go elsewhere in the Universe to learn something different!

You have the power to choose, moment by moment, who and how you want to be in this world. There is more to life than just living. We are all here for a reason and we need to live and learn to our best ability. A feeling deep inside of who you are, as a person, can bring inner peace. Life is not always easy to understand because of some of the experiences that you may go through.

You can create a life which inspires you, and learn to live your true life's path and truths. This might be no more than living a simple life, or you may want to follow a dream. Life is not meant to be a struggle.

All of us are given messages at some time or another. Often you don't listen to them or even realise that they are not just your own thoughts. Do you ever suddenly have inspiration or a sudden flash of vision? I'm talking about those sudden thoughts that make something click.

The two most important times when this happens to me are when I am driving and just at the very moment my head is about to hit the pillow! I used to have a pencil and pad by my bed but of course I had to turn the light on to find them, so it is usually easier to get up. I bought myself a Dictaphone which I take with me everywhere. If I don't write down or record my thoughts when I have them, I forget. I often ask my helpers to remind me later but unfortunately it doesn't always happen like that.

LIFE REVIEW

Looking all the way back to Module One, we began this course with a simple exercise called The Wheel of Life. You may have repeated the exercise since then, but whether you have or not, why not go back and repeat it now. See if things have changed since the last time.

THE NEXT STAGE OF MY JOURNEY

For myself I don't know where the next stage of my journey is going to take me? The ideas keep popping into my head and I have learned to follow them. If I hadn't done that before now, I wouldn't be doing any of this — which has been a huge and magical part of my life.

I have suddenly met so many new people who are opening doors for me to expand my business. Some brilliant new contracts are coming my way. This is exciting. I can't see me ever retiring because I passionately love what I do. It is an honour to have experienced so much wonderful spiritual guidance and I love sharing this with others. That is why it happened to me!

Do you follow those hunches and ideas you suddenly have, or do you dismiss them as silly? They are all helpful messages which can show you the right or even the wrong way to proceed. Yet we are all so often worried about the future that we forget to live in the now.

You want to control everything and life gets in the way. You make it so. You're so busy running around all the time, trying to do everything and keeping up with the rat-race, that you forget to concentrate on yourself. You are important — everyone is — but if you can learn to live in a much simpler way (and I don't mean to be financially poor or suffering) then you can journey down the river of life, swimming with the tide. The struggles which so often take you over will gradually subside.

Magical things become a magnet as you begin to draw them into your life, when you learn to let go.

STEPS TO SUCCESS

I've listed important steps at the end of every module of this course, but I would like to re-cap on the most important and essential steps that you must make part of your daily ritual.

STEP 1 – Meditate every day and keep a diary. Fifteen minutes a day is the best 'me- time' you can give yourself because you reap so much benefit. As you progress, you can build up to longer.

STEP 2 – Let go of fears, core conditioning and resistance. Follow your feelings, emotions and gut instincts – they tell you so much.

STEP 3 – Practise visualisation and follow your instincts, hunches and sudden ideas. What you visualise you materialise. Imagination is everything.

STEP 4 – Believe in yourself. Use affirmations - these are powerful words will work magic. I have listed many excellent examples of affirmations you can use throughout the course, but you'll find many more in spiritual books and websites. Remember that your thoughts create your reality. You can't afford to send mixed messages to the Universe!

STEP 5 – Rise to a challenge. Overcome obstacles and have some fun. Ask for guidance from your Higher Self, spiritual guides and Angels. They are waiting but you have to ask.

STEP 6 – Your life has a blueprint so let your life unfold as it should be. You mustn't get cross if 'life' gets in the way sometimes. If you keep trying you will succeed. Listen to the voices and whispers in your head – your messages are planted here!

STEP 7 – Set your own goals and don't be frightened to step outside your comfort zone. You need to be clear and precise but realistic, focused on the end result. Small steps are believable and therefore achievable. They lead to the top of the ladder.

STEP 8 – You need not fear dying because we are all eternal. Your spiritual path is personal and unique to yourself: You can learn from others but you must walk your own truth.

The most important thing to remember is: You are perfect just as you are right now. You are exactly where you are meant to be in this journey of life.

Let go of the past and live in the now. You shouldn't worry about the future — just know that with your positive attitude it will be wonderful.

Relax. Life doesn't have to be stressful — follow your heart — so go with your flow — and master your own destiny.

A PERSONAL MESSAGE FROM ME



I have loved creating this course. I hope it has helped you understand a little more about how the universal energy and you can work together to make your life as magical as it can be. Remember, you are never alone; all you need to do is ask for extra guidance and support. They are waiting!

The guidance you will receive, the sensations you will feel and the inner serenity you suddenly experience are better than winning a million on the Lottery. It is a divine love which is surrounding you all right now, all over the world, and I wish that I could rub a lamp and produce a genie for you to feel this, and for you to know that it is there just waiting to come into your life right now. Unfortunately I can't rub or perform that sort of magic for you — but you can.

Please be patient: it doesn't always happen in an instant. It is often a gradual process but one worth striving for. Sometimes you need to take small steps at first rather than trying to climb to the top in one. There is no rush.... but to feel the peace and serenity inside will be worth everything.

So. What are you going to do with your life now? The latest item on my agenda was learning to fly an aeroplane on my sixtieth birthday, not too long ago! The sky's the limit and I fully intended to be up there — literally.

Do you fancy flying in the sky too? I would love to meet as many of you as I can during my presentation talks. Or, if you would like to attend one of my workshops, then it would be my pleasure to take you on to the next stage of your journey.

To put in a nutshell how I feel now, and how I hope you can feel too, here is a quote from a channelled book by a Master of light called Orin, a spiritual guide and teacher from the higher realms, called *Spiritual Growth – Being your Higher Self*, by Sanaya Roman:

‘Spiritual growth is similar to personal growth, with one big difference: when you grow spiritually you are connecting with a higher power and using that connection to empower your growth. This higher power – your Higher Self and God/All-That-Is – works with your personality self, assisting it to develop self-confidence, self-love, clarity, and other important qualities. When you work on your personal growth and add to that your connection to a higher power, your journey is even more joyful, rapid, and transformative.’

Enjoy the rest of your journey!

Sheila

FEEDBACK.....

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

sheila@sheilasteptoe.com

Ideas for Further Reading & Learning

Acupuncture — Ancient Chinese medicine technique of inserting and manipulating fine fuliform needles into specific meridian parts of the body to heal and restore natural balance

Alexander Technique — body re-education and coordination which is accomplished through physical and psychological principles

Aloha or Huna — Hawaiian spiritual teachings

Aloe Vera — natural products for health taken from the sap of the plant. Used for anti-inflammatory, anti-bacterial, anti-viral and energy tonic purposes

Angels — a spiritual supernatural being found in many religions, and known as Messengers from God

Aromatherapy — the use of essential oils

Astrology Reading — birth chart analysis to know 'self' depending on where the planets here are the time, date and place of your birth

Aura — the electromagnetic energy field surrounding your body, varying in colours depending on the state of your health

Aura Photography — special Kirlian photography to capture your aura on a photograph

Chakras — seven energy centres aligned down your body

Chiropractor — a professional therapist who performs alignment of spine and surrounding muscles

Counselling — normally a one-to-one session with a trained counsellor, although group sessions are also common where you share the counsellor with other clients in a session

Cranio-Sacral Therapy — hands-on non-invasive healing to help the body self-repair. Suitable for all ages including babies as it is so gentle

Crop Circles — man made or are they from outer space? The debate is ongoing!

Crystal Balls — crystal or glass ball believed to aid clairvoyants to predict the future

Crystals — a mineral formed in nature whose energy can be used for healing

Dowsing — divination using an object to search for something else. It is also possible to dowsing using a crystal over an object

Emotional Freedom Technique (EFT) — tapping certain meridian points in the body to release negative energy

Feng Shui — ancient Chinese tradition for balancing your environment

Flower Remedies — variety of natural remedies for healing

Healing and Healers — people who perform complementary and alternative ways of healing using the hands

Herbal medicine — a traditional and folk medicine practice using plant and plant extracts

Homeopathic medicine — popular alternative medicine treating the whole person using safe natural remedies

Hopi Ear — candle treatment inserted in ears for clearing the sinuses

Hypnosis/Hypnotherapy — accessing the subconscious mind and thoughts, to manage emotional problems and addictions, by a fully trained therapist

Indian Head Massage — scalp, neck and face massage to clear and open your energy channels

Iridology — diagnostic tool which looks into your eyes to can tell the state of your body health

Kinesiology — body-balancing by applying the sciences of biomechanics, anatomy, physiology and motor learning

Life Coaching — motivational support and guidance with a trained coach, normally to ease a personal or career transition

Magnetic Therapy — application to the magnetic field, of electromagnetic devices or permanent static magnets, to the body for health benefits. Often bracelets or jewellery are worn

Meditation — quieting of the mind into a deeper state of relaxation

Medicine or Animal Cards — based on ancient Native American wisdom, through healing with the power of certain animals

Mediums — individuals who channel communication with spirits

Metaphysics — investigates principles of reality transcending science, including cosmology and ontology, to try to explain the world

Mind Mapping — a useful planning tool, which is a diagram used to represent words, ideas, tasks and other items linked to a project or problem

Native American ‘Indians’ — indigenous people of the Americas, far back in history

Neuro-Linguistic Programming (NLP) — a method applied to interpersonal communicating and psychotherapy

Numerology — what your name and birth date reveal about your life path, destiny

Ouija Board — a flat board with letters and numbers used to communicate with Spirit

Osteopath — a trained person who uses manipulation of your bones or muscles to ease discomfort or pain, usually after an injury

Paganism — an ancient pre-Christ religion still practised today

Palmistry — reading of your hands and fingers, which has been an interest for humans since the Stone Age

Past Life Regression — a technique that uses hypnosis to recall past lives

Pilates — subtle exercise focusing on the core postural muscles to keep the body balanced

Psychology — an academic and applied science involving the study of mental functions and behaviour

Psychic surgery — the use of paranormal means to conduct an alleged invasive medical procedure using the practitioner’s bare hands

Psychometry — the ability to relate details about the past or future condition of an object, person or location. Often a psychic reading can be demonstrated through holding one of a person’s possessions

Quantum Physics — a branch of physics dealing with the behaviour of matter and energy on the minute scale of atoms and subatomic particles. The Quantum arena is fundamental to our understanding of all of the forces of nature except gravity

Reflexology — gentle manipulation of various part of the body such as feet, hands and ears, which correspond with organs in the zones of the body, for general good health

Reiki — holistic healing, seeking to bring people to a state of wholeness in body, mind and spirit

Remote Viewing — the attempt to gather information about a distant or unseen target using paranormal means or extra-sensory perception

Rune Stones — typically a stone with a raised runic coloured inscription; many can be traced back to the later Viking age. Nowadays, rune stones are used for divination

Séance — an attempt to communicate with Spirit, often using a Ouija Board (see above)

Shamanism — an ancient spiritual practice concerned with communicating with the spirit and animal world, and still practised today throughout the world

Shiatsu — Japanese massage using the body's energy system

Tai Chi — a gentle Chinese martial art, often practised for health and longevity reasons

Tarot Cards — 78 cards, often used in fortune telling

Telepathy — sensing the thoughts of others

Trance Channelling — allowing Spirit to speak through you

Visualisation — creating mental imagery

Witches and Witchcraft — the use of certain kinds of supernatural or magical powers; an ancient tradition still practised in many countries. There are black and white witches, usually engaging in the casting of spells

Yoga — a combination of breathing exercises, physical posture and meditation which has been practised for more than 5,000 years. There are over 100 different variations

Zoroastrianism —very old eastern religion/faith

Places to Visit Or Read About

Ancient monuments, sacred places, and spiritual sites worldwide.

To discover these, I recommend the following websites: www.sacred-destinations.com and www.sacredsites.com

Websites exist covering every subject listed above, and more. For more advanced information I suggest a visit to www.crystalinks.com and www.crystallotus.com

Libraries and the Mind Body Spirit section of your local bookshop are a good source of information.

Angel Forums — It can be fun to write to your Angels and guides to let them know what you truly want. Of course you can speak to them in your mind, as we have discussed, but sometimes writing it down seals the beliefs.

On a piece of paper I draw one big circle in the middle, with lots of bubbles or clouds scattered about in each corner, and in each section I write a request. I try to group relationships, work, or problem areas together so that clusters form on the single page. I also write which Angels I would like to draw closer to me for the next six months — because different Angels can help with special areas. This is sometimes called an Angel Conference.

Messengers of Light by Terry Lynn Taylor is a book explaining about the different Angels and what they mean. There are many variations that I have not mentioned including Cheerleaders, Muses, Copilots and Fairies, and you can draw them into your life for different reasons. For example, call in the Mirth Makers when you are having a party, the Prosperity Brokers for wealth and of course Cupid for love.

I then fold this piece of paper and put it somewhere special; or sometimes I burn it and release my wishes to the Universe.