

Profile

Unconditional Community Consciousness

1 June 2008



This week's articles:

Letter from Anna on Unconditional Love

Lee Teresa Lott writing on Finding the Courage to Love Unconditionally

Sharon Snir writing on When You Take Off the Mask, Who Will You Finally Be?

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Hello again, everyone!

I'm so glad that so many found our last Profile - on belief systems - to have been interesting and thought-provoking. Excellent situation! I thought in this Profile we could look together at **Unconditional Love**, since it is one of the most misunderstood - and forgotten - concepts of Life. It is both Life itself and the *basis* of Life, and a more-accurate understanding of what it really is might assist in creating more loving, full-fulling and joyful lives all round.

Definition of Unconditional Love

For me, Unconditional Love is exactly the same as Divine Love, because it is a state of Being with no requirement for anything having to be done about it. It just *is*. In simplest terms, Unconditional Love is Everything, just as God/dess is everything and we, as aspects of God/dess, created in His/Her own image, are everything too. As such It is the highest and most full form of energy in our Universe, with everything else (including ourselves) being a *part* - or an aspect - of it.

It is the only thing in our Universe that needs nothing in order to be truly expressed.

There is nothing that we can '*do*', to *be* Unconditional Love, because we already *are* Love. We just have to be our natural selves in order for the Love to flow. Most of the time when most of us are 'doing' love, we are of course doing no such thing! This is because very few of us remember who We Really Are, neither at personality nor at Soul level, and so,



FINDING THE COURAGE TO LOVE UNCONDITIONALLY

- By Lee Teresa Lott

"China beats with one heart," the newsreader announced as images of the relief efforts of the Chinese people, in response to the recent earthquake, were shown on my T.V screen. The resilience of the human spirit, the inherent goodness of mankind and the power of compassion were made manifest before my eyes.

How wonderful it would be if the world beat with one heart I thought. Is it possible? Of course it is, for the essence of our humanity is Unconditional Love. Few of us would deny that we have Love inside us, however having the willingness and courage to express it for ourselves, each other and this beautiful planet we live on is the challenge we face in these times of great change.

In contrast, the following news item was about Burma. It showed images of the American Fleet, waiting offshore, unable to unload relief supplies for victims of the cyclone because the Burmese authorities were refusing permission for them to land. Why did members of the Burmese leadership judge their fellow countrymen, women and children not worthy of their compassion? Once again, as happens so often in our world, fear was greater than integrity. It was only in reaction to great international, diplomatic pressure that the Burmese Government gave their reluctant consent for discharge. I wondered how many people died, endured, will endure, extra and unnecessary suffering because of such

very few people accept themselves. As well many of us are doing things according to what we 'should' be doing, usually as conditioned by someone else, some society or some-such in terms of belief systems, that takes us further away from Who We Really Are.

Most of the time when people share with me their concept of 'love', they are actually sharing concepts of conditional love, needy love, sexual love and ownership. These are not real states of being - they are all fear-based illusions created by minds made dysfunctional by erroneous beliefs, victim, martyr, lack, poverty or any other illusion of life. Like fear, these do not exist outside of the Mind, but we live what we think and therefore create and so we bring them into our lives as if they are real.

Expression of Love

Unconditional Love resides in our hearts, and to feel this within ourselves first of all we have to know - or re-member - ourselves, at many different levels. Only in knowing ourselves can we love ourselves - how can we not and why would we not? By Loving ourselves do we accept ourselves fully (why not?) and vice versa - it's a hologram like all of Life. Only then can we share this with everyone and everything in our lives in an accurate way.

The highest form of Love is expressed as a service to others, howsoever we might wish, with absolutely no strings attached, including need for thanks or recognition. Imagine a world where everyone lives their lives in *appropriate* service to others. We share, care and get on with our lives in the same ways as we just get on with everyone and everything else, giving freely and without need of anything from anyone, thing else. Why would we do this? Because we know that whilst we are all One, we are not all in the same emotional, mental nor spiritual place as each other and we both honour and

political heartlessness?

The apparent compassion and courage of "Grandfather Wen," President of China, who went to the earthquake area and dug in the rubble with his bare hands was reported internationally becoming a public relations triumph for the Chinese Government. Although cynics may say this was nothing more than a shrewd political manoeuvre on the part of the Chinese leadership in face of the imminent Olympics, it nevertheless worked as a powerful argument for demonstrating the Power of Unconditional Love expressed in its aspect of Compassion.

Members of the Burmese Government showed the world that their fear was greater than their love and for many years this was true for me also.

I was born to parents bearing the wounds of unresolved inter-generational pain. Their pain, also my teacher, manifested as the inability to love unconditionally. The absence of love from which they suffered expressed itself in a work addiction for my father, sadistic violence and sexual abuse towards my mother, sibling and me. I learned about fear, powerlessness and victimhood. I anaesthetised my wounds in addictions to prescription drugs, sex, work, alcohol, cigarettes and food. For decades, depressions and suicide attempts were my companions. Love, my natural state of Being, lay buried, cemented over with pain, self-doubt and low self worth. Feelings were forbidden territory. I was constantly but unconsciously fearful, self centred and selfish.

Aged twenty-one, I became a barrister, the adversarial and abusive nature of the legal system provided ample opportunities for me to sublimate unexpressed anger and feelings of powerlessness in aggressive legal exchanges with opponents and cross examinations on unsuspecting witnesses, victims of my unhealed wounds. Unable to empathise, I was blind to the fact that courtroom corridors are passages of pain for people disconnected from the spirit of Unconditional Love which exists within us all.

I was drawn to marry a man who mirrored my wounds. His mother had never wanted

respect this as part of a rich tapestry of Life. We see everything else as an illusion and as such not worthy of the energy of our attention.

A close description I can give of an expression of Unconditional Love is that which we all feel when looking at a newborn, particularly when we are one of the parents. Another is when we are with our pets, because animals are fantastic expressions of this way of Being. Unfortunately, in terms of our children, this often soon changes into conditional love, as we grow our children with a desire that they 'succeed' as dictated by society, or in the eyes of ourselves and our relatives and friends.

Any words we use to describe the state of being Love are wholly inadequate, though, because words are two-dimensional and for me limit any experience or expression of Who We Really Are. We have to *feel* it, and we can only do this when we are fully present within ourselves. To be fully present we need to be silent within, with little or not expectation of whatever, and just *be*.

Presence, God, Love and Life



Many people are not fully-

present, neither some of the time nor even at all, partly because many of us are afraid of inner silence and also of inner peace, despite our natural desire for it. We mistakenly believe, you see, that these might equate with boredom. Inner silence and inner peace are related with Joy, and with acceptance of these in us we can see far, wide and deep, inside and outside, with space to create whatever we wish in our lives; to experience, at Will, for ourselves, in Love and with Love. When each individual accepts our

him and had withheld her love. I became a battered wife as he beat me with the anger of his wounds. Hurt people, hurt people. Neither of us knew how to give and receive love, we had never been taught or shown how to express the Beauty we possessed inside.

I experienced a brief breakthrough on the night of 1st May 1984 at 00.59 hours. The reason I remember so precisely is because it is when I allowed Unconditional Love to overwhelm me. As I gazed down into the face of my newly born son, I knew God existed as I experience the Divine. My heart beat as One with the Universe. My ego dissolved in the Oneness and Beauty of Unconditional Love.

Our beautiful son was born in onto the battlefield of the unloved. We wounded him almost immediately. My Bliss was blasted away as my mother, husband and sister in laws competed for my son's love and affection. Embattled and unable to withstand their onslaught, I proved ineffective as a mother, unable to protect him from his father, maternal and paternal families. I descended deeper into depression alienating myself further from my child and the spirit within me.

After three fraught years the marriage ended. Harmonious arrangements for the care of our son proved impossible. Aged three he was abducted and never returned. All my attempts to be reunited with him were thwarted. I launched futile legal proceedings in England and abroad to recover custody. I only succeeded in enriching lawyers, impoverishing myself and further damaging my health. I succumbed to a nervous breakdown. It proved a breakthrough for the pain of living without Love had finally become intolerable.

The journey back to rediscovering my true nature took twenty years. Initially, I sought therapy but discovered that I could only heal as far as the belief systems and training of the therapists allowed. When I learned that the absence of love had damaged me and that I had passed those wounds onto my son, I vowed that the intergenerational "chain of pain" would stop with me. I resolved to find a way to transcend pain and live with joy. It would be the amends to my son for not

own inner peace and Love that we inherently are, then we will have the world peace that all of us say we long for. Whole communities, nations, living peacefully and lovingly, compassionately, together. Ahhh, how wonderful - and achievable too - if each were to pay attention to this simple concept for ourselves.

Despite what we say, however, the majority of people are often (usually) in Fearland, or Never Never Land, otherwise known as Daydreamland; I Wishland, If Only Land, or Poor Me-land, I Don't Deserveland, or the independent republic of I'm-Not-Worthyland. These are all illusions, of course. For some reason our minds are active in denying that which we already are, or already have, and then trying to figure out solutions to "be a better/happier/thinner/richer etc" person. Oh well.

We just *are*, in exactly the same way that Life just *is*. All of us, as in all of Life, are on exactly the same journey. This journey is that we are born, we grow, reaching for our full potential, to express our beauty in any way we wish, and then we die, to prepare for new life. This is the Cycle of Life that I teach, and to this there is no exception in any lifeform - dog, lion, flower, rock, planet etc. The difference is that we are all doing this in ways that naturally express *our own selves*. accurately.

Unconditional Love and Acceptance are Two Parts of a Whole

When we are fully *being* Unconditional Love, and in full acceptance of all of Life - we find ourselves in joyful and peaceful acceptance not only of ourselves, of that of everything and everyone in and around our lives and Life in general, without any need for them/it to be or do anything that does not come naturally to them.

being there for him. I did not know at the time that I was looking for something beyond medicine, treatment and counselling. Unknowingly, I had begun the sacred journey, from my head to my heart.

It is a journey taken alone, by people willing and / or curious to discover the truth of who they Be. My journey was a very long one because I resisted all the way, part of me knew it would be painful, another part of me knew I would not like what I would see. I also procrastinated, looking for answers in the external world, wanting a new pill or treatment to "fix" me, whereas the solution to my suffering waited in my internal world. I was to reclaim the treasure of my heart but first I needed to heal it. My heart was the last place I wanted to look. It was imprisoned in pain, my gaolers being illusion, judgment, fear, habit and belief. I did not realise I was terrified of Love, scared to claim my Joy in case it was wrested from me. The irony was that Unconditional Love for my son, accompanied, for a while, by massive guilt, propelled me to heal my heart so I could find the way to help him heal his.

The pain I experienced was proportionate to my growth. As I slowly ceased my addictions, the rage, pain and grief stored over the years, erupted but was finally released leaving me free to heal and slowly re-discover, reclaim and experience the Spirit of Unconditional Love within me. My life, health and well being transformed as I started to create the life and work I love.

For me, Unconditional Love is a state of Being which expresses itself in a myriad of ways, appreciation, gratitude, kindness, gentleness, compassion, courage, healing and so forth. After many years of self punishment I was finally able to forgive myself when I realised that there is nothing that Love cannot forgive for Unconditional Love is indeed greater than any misdeed, grievance or hurt that I had done or perceived had been "done to me."

I now stand in the truth of who I Be, uninfluenced by anyone or anything other than trusting the intuitive wisdom of my heart and love of Spirit

Love, like truth, is experienced. It cannot be bought, taught, awarded or won. I AM at

We are who we are and they be who they be. Together, we celebrate our lives.

Life just *is*, there is nothing really to do, unless it's something we feel moved to *do*, that is, when we deliberately decide to do something in order to either further express our Love, Joy, or Peace. You see, as Life is all interlinked, one leads into the other and back again, with no division. Just like Life itself.

Life then becomes very full, and filled in different ways to the chaos that many of us dislike so intensely. When we are in this place of full-fillment, it can be said that we are in "grace". Grace means that God/dess is present. Our Presence.

So simple really. It's so simple to achieve also, just by making a decision to do it. Anything else is part of an erroneous belief system that Life is intended to be hard or difficult or whatever. We just decide it, and it is so, because we are all aspects of God/dess, as such we already *are* Unconditional Love. Why? Thy Will be done.

That's all, All That Is.

This does not mean that life becomes less *busy*. But it is a busy-ness (or, business) that is focused, done with joy and Love in terms of the sharing, and this in itself is very full-filling too.

Ahh, what an excellent situation that would be for all of us!

peace now, safe and secure in myself, no longer separated from the spirit within me. The illusion of a separation from the Loving Spirit inside me had been the hole I had tried to fill with addictions, other people, marriage and a child. I had been at war with the world, no more. I have discovered a unique path to the heart and the amends to my son, should he ever choose to know me. It forms the basis for my work and is my joy to share. The gap between fear and integrity and the pain it causes is filled by having the courage to care which comes from the heart. It can transform our world.

We are living through times of transition. A radical shift in mass consciousness is required if humankind is to evolve beyond the suffering caused by separation. We can live in peace, joy and harmony. The key is to reclaim the Spirit of Unconditional Love within us. The first step is having the willingness to do so.

- Lee is the creator of a pioneering new programme "The 12 Steps of The Dance to Self Mastery." A unique, intuitively led process underpinned by six key principles which allows people to rediscover, reclaim and express the truth of who they BE, authentically empowered to joyfully create the life and work they love. Lee can be contacted at lee@leeteresalott.com.

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Practical Expression of Unconditional Love

Our challenge

in Life is to stay in our natural state of Unconditional Love irrespective of what is happening around us. To be in this way in often challenging situations, it is easier to be in acceptance of everything when we remember that everyone has a different perspective of any situation. We need to have appropriate boundaries too - to deliberately determine what it is, or not, we will allow into our lives as a joint experience. This is conscious creation, moment-by-moment and without fear of failure, because the latter does not exist.

Understanding of the above brings compassion into our lives - and then we do not dwell our lives as prisoners of other people's actions, as we do when we judge. We are then able to continue to be masters of our own destiny, most the time as opposed to some of the time.

This, then, might be considered to be a different understanding of the teaching 'turn the other cheek'.

Remember, it's not about *doing* - it's all about *Being*. Being ourselves, in every way, human and spirit. But first we have to know ourselves. We have to know who we are as humans - and Who We Really Are as spiritual beings, in human form. And when we are all being ourselves, together, in terms of our very personal Journey of the Soul, why would we bother about what other people are thinking or doing?



ONETOUCH WEBSITE NOW IN JAPANESE

[The OneTouch website](#) has been translated into Japanese. I'm particularly pleased with this because after speaking at length with many translation companies, I knew from experience that they would have just translated it word for word without taking into account the energy and the fact that it needed to be *sensitively rewritten*. I then had the brainwave to contact Ihoko Fukuda, an ex-school friend of mine from Hong Kong, who is Japanese. After some adventures in terms of finding her, we resumed contact - and she agreed to assist! This was wonderful because she did the most fantastic job, from her heart - because this is the kind of person she is!



Ihoko (left) is now known as Ihoko Miyakawa and is living in Tokyo with her husband and daughter. I was more thrilled than anything to have made contact with her again, and we've been catching up with each other's lives since we last saw each other at school at the age of, ehm, 17.

I'd like to thank you, Ihoko, from the bottom of my heart, and to send to you a lot of love too for all the care you took with this work. When I'm next in Tokyo, I'll be sure to look you up so that we can see each other again in person. Until then, I hope we will stay in regular touch via email.

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INSPIRATION

"Simplicity is the outward sign and symbol of depth of thought."

- Lin Yutang

Anna and the energies of OneTouch are about relating our spirituality to daily life - to heal, grow and more. Working with the energies of Unconditional Love known in this instance as OneTouch, Anna works powerfully and effectively by helping to shift and harmonize consciousness into understanding, acceptance and Love in families, businesses, sports teams and educational facilities such as schools and colleges - in effect, any instance where individuals or groups of individuals are being together. Her work is unscripted and totally

The fun challenge in all our lives is to express ourselves - our being, our creativity - and yet still stay respectful to society and its individuals who perhaps might not be in the same freedom of expression that we are. To be able to accept them anyway is also an expression of the Unconditional Love that we all inherently are.

I have found at human level that few people accept themselves and in fact look down upon themselves particularly when comparing themselves to others. Or they are afraid other people are looking down on them! So we have here a load of individuals who are all getting their knickers in a twist because they behave in certain ways in case others are looking down on them! So convoluted because everyone's thinking the same thing! Crazy!

Why do we care, anyway? This might be a good question to ask ourselves.

I see so many people with their energetic shields so in place in front of them that they are rigid. So their natural Love energies can't flow. Or they are offensive in their opinions of other people/experiences/everything you can think of. Or they attack, subliminally, in their conversations. Or judge or gossip. And then they get hurt about it when it comes back to them, as it must do because all energy must eventually return to source. These are all signs of people not accepting themselves, for whatever reasons and trying to project this onto others thinking that this will take the attention off them (forget about it, it doesn't).

Off-centre and dysfunctional people together create off-centre and dysfunctional communities, and/or nations. These attack others as a form of self-defence. Or control, which to me is the same thing. Remember here again that all attack is really a call for help.

spontaneous, which allows her to interact in-the-moment, to fully meet all needs, both expressed and unexpressed.

Private sessions in Cyprus: *At the Centre in Paphos Tuesday through Saturday, by appointment. In Nicosia every Monday, at Emilie's Place.*

Calling in from overseas: *Through webcam or telephone for distance healings or readings, Guidance or counselling. Appointments available through the office as usual.*

Outside of Cyprus *Either click on the OneTouch Centre website for details of Anna's overseas engagements or call the office.*

Group and Corporate Work: *Through prior consultation to create highly-focused, creative and responsive teams in terms of strategic vision, goals and objectives.*

Every Monday evening 7:30-8:30 pm is meditation practice at Emilie's Place. Why not join us to experience the energies of Unconditional Love for yourselves?!

To find out how what you can do for yourselves and your families, friends and colleagues, call the office in Paphos on +357 693 388 or email info@onetouch-centre.com.

Perfection is also a Natural State

I believe that we are all perfect, just the way we are. We all make our choices based on what we have learned, how we interpret these, how/what we feel about ourselves and what would be our desired outcome. That's just fine too.

How would our lives be - our world be - if we were all to trust that everything is exactly the way it is intended to be, our human experience fundamentally being a part of our spiritual growth and a practice for conscious choice and self-determination? We can only grow by applying our knowledge and experience to the sum total of our lives. These choices represent a part of our creativity - what do we accept in our lives, and what do we not? And if not, what are we going to do about them? How do these choices impact our lives in terms of self-expression? And so on.

Sometimes we have the courage to make different choices for ourselves, and move on, sometimes we don't. Exactly the same goes for other people too.

This fundamentally is the Journey of the Soul, an individual journey for everyone and everything, not just for a select few. The Soul can only grow - on its everlasting journey home to God/dess - through expressions of Godself, and this can only happen through experiences, in community of Spirit.

Think about it. It's all just fine, whatever 'it' might be. Wonderful if 'it' is, and wonderful if 'it' isn't, too. When we are able to see this, accept this and moreover, totally love and support each other as we go about our Journey to achieve 'this' within our daily lives, how would our Lives be in terms of being and living in Unconditional Love?

Life is Forever Sacred



**WHEN YOU
FINALLY
TAKE OFF
YOUR MASK
WHO WILL
YOU BE?**

-
- *by Sharon Snir*

What mask you ask? How do you even know I am wearing a mask?

Just pretend, for a minute.

Pretend you are wearing a mask. Close your eyes and take three breaths that connect you to your, Soul, Spirit or Higher Self. Your highest wisdom.

Ask yourself, what physical form does my Spirit want me to take?

Yesterday I heard a program on the radio which deeply disturbed me. There is a steep rise in the number of children presenting with serious eating disorders in Australian hospitals. That is not new. What is new is that the average age is now 10 year old.

Some of the reasons given is the constant exposure children have of 'thin' models as role models, as well as the increased sexualisation of children through many forms of the media. I believe it goes much deeper than that.

When a child is born the child is vulnerable. There is no fear in that child. The child is born vulnerable. The fact that a baby is born small and weak is its greatest protection. Indeed its greatest strength. The soul knows this. We all come into this world as defenceless babies in order to adjust to circumstances and conditions that help us learn or accept whatever is needed in preparation to become an adult. So a child naturally explores from the moment it is born.

doing - in the Love that we be, our spirits expand. Our passion comes through our work, because we *are* - we *be* - our work. It then has a capital W - Work - as you've all so often see me spell my own Work. Why? Because then it becomes sacred because as our spirits grow, God/dess grows, through experience of Self. Onwards and forever.

I'd like to take this opportunity here to introduce and thank my spiritual sister Lee Teresa Lott for sharing her thoughts, feelings and experiences of Unconditional Love in our feature article to the left. And to introduce again another of my spiritual sisters - Sharon Snir - who graciously agreed to my including here her article

(below) from her own newsletter that arrived just as I was scribing this. Both are great inspirations to me in my life, and my Work too, and I am devoted



to them as I am to you all as a part of my Circle. Lee, who lives in the UK and practises internationally, will be in Cyprus later this year to work with me, and I'm hoping at some stage Sharon, who lives in Australia, will come too. I'm looking forward to both excellent situations very much.

Until next time, lots and lots of love from me to you for now. Blessings too.

Anna. Of
Cyprus

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[More on Anna click here](#)

[More on the OneTouch Centre in English and Greek click here](#)

[OneTouch website](#) now available in
Japanese, see article below left

If the child sees a stray dog, he does not think I had better not touch it because it might bite me. No, he wants to go up close. He thinks, I wonder what that is. If a child plays with sand and wonders what it taste like it will not think I better not put it in my mouth because it will make me feel sick. He will bring his hand up to his mouth and eat it. If a child sees a rock and wants to climb it, he does not think I better not I may fall. He will start climbing.

Many parents tell the child NO. No it will bite. No it will make you sick. No you will fall.

Do not eat that.
Do not touch that.
Do not wear that.
Do not breathe that.

Soon the child learns to put on masks and builds barriers around himself because she is being told her choices are wrong. You are unacceptable as you are.

We need to be telling our children, when they about to do something, "You are beautiful AND just one moment".

If you decide touch that dog, it may bite you.
Do you want to do it?

If you choose to eat the sand it may taste bad.
Do you want to do it?

If you choose to climb that rock you may fall.
Do you want to do it?

This teaches the child that he/she has Choice.

How many of us say these words:
There is not choice. I have no choice. There was no choice.

Actually, all we have is Choice. In every moment we are making Choices. Some of them conscious. Most of them, because we have been taught as children that that we have no choice, are unconscious. We have been misled.

Our circumstances may not always be in our

Please note the following regarding our summer programme in Cyprus

- *Know Yourself Series at ARTos in Nicosia - third and final lesson will be held on Thursday 12 June, 7-10 pm. Please note date change. Each lesson is stand-alone as well as a part of the series. All welcome. €80 per person.*
- *Monday meditation group in Nicosia continues, 7:30-8:30 pm. Free. Please call beforehand to make sure that we are meeting - these are so powerful that from time to time we break to allow the energies to settle.*
- *Summer Solstice Egypt trip is fully subscribed, thank you.*
- *There will be new dates for our get-together - movie night, hands-on practice and just being together. Originally scheduled in Paphos for 8 & 9 June, now deferred.*

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control but how we choose to BE in any situation is always our Choice.

Question:

What would you do or say if your child tells you she is ugly?

If she tells you that her friend told her so.

As a parent, one thing I know is that you never tell a child her friend is wrong! You tell her that this is what her friend is choosing to believe at this moment. You ask whether they had a disagreement. You explore whether there something about you that her friend wishes she had or he had so if you are ugly, her friend is not going to feel so bad. You ask her, do you truly believe you are ugly. Let's look. What is ugly about you?

This validates the child and allows her to feel strong through being vulnerable. What a gift that is.

Of course children need boundaries. He needs to know that if he stands too close to the cliff you are there to take hold if he should stumble. The child does not want his parents to stand between him and the cliff. They must stand behind or beside according to which will be the most effective.

We need to be teaching our children to see and to accept themselves for who they are and NOT for who everyone expects them to be. The moment a child is taught who he or she ought to be they enter the world of illusion. Because they are never going to be what someone else wants them to be. They can only ever be themselves. And trying to be something else creates depression. It creates rage, distrust, low self esteem. Everything that they were born without.

The only way this can happen is when we take off our own masks. The mask we use that makes us look young, brunette, slim, clever, courageous, happy. These masks may convince other people but they leave us feeling that we are failing in one way or another.

When the child becomes a teenager and has been lovingly supported to make her own informed choices she gradually learns she does not need to make adjustments or changes at all. The moment we all step into teaching our children in this way the first

thing that will disappear is obesity, and voluntary starvation, because both have a direct connection with self acceptance.

When I ask myself the question, what form does my Higher Self want me to take, the answer is the form of who I AM.

My spirit uses my physical form to demonstrate how much more it is than its appearance.

In our world at the moment, spirit is often absent because there is so much focus on ensuring our appearance is wonderful. So often there is no time or energy for the spirit behind the appearance. Most of the time we put such enormous energy and effort into how we look because the spirit feels vulnerable. So if we tuck our Spirit away behind a magic screen we think it will be safe. We will not. We just feel more and more vulnerable. And we learn to step more into aspects of being that are focussed on what we are on the surface.

As we stand in full and loving acceptance of our physical self we realise that true beauty is within and the external is, As It Is, a part of that process.

Trained as an Early Childhood Educator and a Gestalt psychotherapist, Sharon enriches her work with Individuals, Children, Couples and Families with energetic healing, past life regression, Sound, Art and Meditation. She has created a Spiritual Model called The 12 Levels of Being and teaches this work with Passion and Joy. For more information please go to <http://www.sharonsnir.com>