

# Profile

Unconditional Community Consciousness

April 2007



## MEDITATION

A couple of friends the other day asked me about meditation and told me just how difficult they felt it was for them to connect in this way. There are lots and lots of different ways to meditate, I said, each person is different with their own preferences, and so there are many different ways of meditation to suit everybody.

Each day we are different too so some days we might feel like we need something a little bit more structured and others we might feel like we just want to go in, close our eyes and draw in the shutters a little way.

The easiest form of meditation is to sit down and to focus on our breathing. We can either do this in a more structured way, counting the breath in and out, perhaps 4x4 - four in and four out, or 6x2, 6x2, six in and two out. Any number really, depending on how we are feeling. Or we might just sit down and listen to the breath as it comes through. We usually find after a few minutes that the breath slows down anyway.

Focusing and concentrating on our breathing in this way is one of the purest and simplest forms of meditation. Sometimes people like to visualise a candle or a flower, as well. It's very good for training the mind as most of us have minds that jump about

like fleas.

Another nice way of meditation that I quite often enjoy is a walking meditation where I connect with the breath, turn inward, and I walk. I don't particularly look about me as I am focused on the inner planes, but because we are multi-dimensional beings also (so we can multi-task), we are often able to enjoy the external scenery as well.

There are other forms of mediation where we can perhaps sit with our backs against a tree or a rock. We can actually have a conversation with them. I know it sounds crazy - but it works. Trees and flowers and grass, indeed, all of nature, and animals too, have lots to say to us. The only drawback is that we don't speak their language and they don't speak ours. But we all speak the language of energy - and Universal Love - and it's often great to sit down and close our eyes, visualise them and speak with them in this way. Some people call it telepathy, I prefer not to label this mode of communication.

For example, we can do this specifically with our family pets - to bring forth their likeness in our mind's eye and have a conversation with them. I did this with Gracie Poodle, our little dog. She's not really a poodle, but that's what we call her. She had a habit of weeing in our drawing room carpet, which has ruined it. No amount of sternness, threats nor bribery could make her change this behaviour. When I spoke with her via meditation, she told me that she's afraid of the dark. Well, in fact, she's afraid of most things (she's a bit of a scaredy-dog), and also that she didn't like being left alone to sleep downstairs when the family retired to bed. In any case, we know now and she does it much less if at all. But the carpet is still ruined.....

I meditate several times a day, sometimes to send Love around our planet in generally, sometimes to certain situations or people specifically. I send healing in this way too to my clients and family overseas, it's powerful and it works. Most of all it gets me centred, to determine and be ready to receive the coming day. Or to recentre if I've had what my Teachers call an "interesting situation", or "adventure".

Often, I suggest to friends and clients to centre themselves through meditation before going into difficult meetings or similar situations and to ask for a win-win situation. It worked again for a friend last week when she needed to meet with her boss in order to clear a difficult situation that had been current for some weeks. She did (finally), changed the energy between them on the inner planes, and voila! The next day she managed to meet with her boss, who had been avoiding her for quite a while. Excellent situation, as my Teachers would say!

When I teach, I usually finish with a guided

"Anna," my Guides said to me one evening as I was driving the 2.1/2 hour journey home to Peyia from the spiritual gathering we had arranged in Nicosia to mark Wesak. the Festival of Service. I'm driving more than 4,000 kilometres a month at the moment as I do my Work around the island, in my usual preferred Silence, so it's a good time for us to talk.

"We want you to start a weekly letter to those who are interested," They continued. "We want you to share more of the human side of your Self, for those who wish to learn more about themselves through your Being."

"Good idea," I replied, having learned over the years not to argue with them, "But my eyeballs are already falling out of my head, it's been so busy."

"Excellent situation," They said in Their unique tone and syntax. Which is why I'm up in the middle of the night writing this in longhand as my laptop is once again in service, having blown again as it did regularly until a friend told me how to protect my electronics from my energies, and my digital voice recorder left at the Centre, which seemed to me to be a good idea at the time.

Later that evening (much later) in bed, I heard and saw the words coming together in my head, together with a vision of the title ('Profile') and how this was intended to look (exactly the same as recent layouts). I either get up to scribe this now, I thought to myself or face a night of restlessness as the words continue loom large at the front of my consciousness, giving me a sore throat and neck-ache. "Don't wake me up," said my husband as I felt around for my specs.

"We want you to share what has been coming through these past weeks of extra-ordinarily potent energies," They said to me when I sat down at my desk in my study. "We want you to bring the messages of Love to those who are ready now to receive the Work, but who, because of time considerations, or because they are shy, are unable to attend the many gatherings we facilitate through you. We want you to reach more people."

So here are excerpts of some of what has been coming through - there is a wealth of material, a lot of which has hither-to-fore not been published. I hope it will help you answer a lot of your questions in your own search to return Home - to your Selves - or at the very least to perhaps enable you to ask more questions of yourselves. Or of me, I am always here to help.

meditation, or we devote times at the Centre to this, either guided or just being quiet, silent, with ourselves. We have a full moon meditation coming up at the beginning of June (details on the website [please click here for details](#)), which is dedicated to Silence through the music of the shakuhachi flute (one of my favourites).

As well, I made a meditation CD which I quite happily share out for people to practice with, it's not one of your super-duper ones done in sound studio, but it works. If you'd like this, let me know and I'll make a copy for you, please just whatever contribution you wish towards the Centre's running costs.

### Our Website.....



..... is now available in Greek.  
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This letter comes to you from me totally unedited - I've found it to be a waste of energy trying to edit Spirit into 'correct' English, as I find after effort at what seems to be a jigsaw puzzle, Their English that was given was after all perfect in terms of rhythm.

I don't promise this will be weekly, as they request. I do promise, though, at whatever time of day or month, that when the words start forming in my head, that will be the sign from Them to me to you, to start scribing.

With Love,

Anna



## HEALERS ARE HUMAN TOO

I am always very aware of the balance between my Work, and the rest of my Life. My work *is* my Life, it is my passion and if I wasn't careful, I'd be in it 24 hours a day, 7 days a week so I have to be careful to have boundaries for myself and quality time off. As a child I was already very sensitive to my gifts, I always felt different (well, lots of people feel this way too) and didn't mix easily. I still don't do small talk particularly. But, growing up, I learned to close down my gifts, mostly so I could easier be a part of society (actually, lots of lother people have told me they did the same thing. Aren't we all funny!). I did call upon them from time to time though, albeit surreptiously. I remember a few times on the hockey pitch moving the energetic grids from under the feet of an opposing player so she'd lose her balance and the ball would come to me. But I soon stopped that when the same thing happened to me - 'co-incidentally'. It was my own energy, you see, returning to me.

This reminds me of the time Hong Kong were playing India at a women's hockey regional tournament in Singapore. By then I was playing centre back, and really enjoying it. Watching the Indian right wing break and run towards me with the ball, I made a decision that if I couldn't hook it off her, I would bodycheck her to give our defence some time to regroup. Just at that moment I felt a shift of consciousness and in my inner eye, I looked up at the sky and saw the presence of the Hindu god Vishnu. Uh-oh, I said to myself, their coach and manager has probably invoked him to protect the team and likely also to help them win. I decided to body check her anyway, considering it a part of my responsibility to my team.

Five minutes later I was once again in the middle of another fracas in our half when I was hit badly in the mouth by a stick, splitting my upper lip and loosening one of my front teeth. The thing was, I later realised, that I was too close to the other players for a stick to have hit me at any angle. It was my first and only injury in 23 years in the international sports arena that was not self-inflicted. Well, I suppose it was self-inflicted really. It was a return of the energy, magnified. In later years, watching the New Zealand men's and other Pacific Island teams do the *haka* before their games at the various Hong Kong Rugby Sevens Tournaments, I never again regarded this as the crowd did, as mere entertainment. I knew this stuff really really worked, and was full of respect for it.

I am a healer and yet like everyone else I have a family to

grow and a home full of animals and other things to manage. When I left the corporate world I gave away all my name-brand suits (much to my now-eternal regret), to experience a different way of dressing. "Mummy," my children would ask anxiously when some school function came up. "Do you think you could come to school not wearing a caftan?" I'd often wear Chinese dress too, but I suppose caftans were a bit out of their comfort zone.

"Okay," I would agree, knowing that even though what people think did not worry me much any more, it still bothered my children. My daughter still sometimes gets teased at school for the work I do, as you might have guessed, by those who don't understand it.

I recently started to return to wearing western dress more regularly (to everyone's relief). The first time I arrived at the Centre in jeans, and unpacked my car, I noticed the therapists from the salon across the road all lined up at their window.

"Good morning Anna," one trilled. "We see you have legs."

"Oh yes!" chirped another. "And you're *tiny!* We always thought you were really fat under that caftan." Well, I'm not exactly tiny, but I thank her for that.

And, during one recent cold snap, an acquaintance at my daughter's school remarked, surprised, "My goodness, you're wearing a sweater. You must feel the cold too!"

Errrr, hello?

There've been many other belief systems about healers too, many that have been great fun, others that my teachers have put down to character building exercises. "Anna," They remarked when I was again jumping up and down at something or another, "A healer is who you *be*, not what you *do*. You don't have to *do* anything to prove your *being*. Let those that will, be who they be too. And allow the others to walk their own journey. Excellent situation."

*Next issue we'll look at our own inherent Guidance and wisdom and I'll talk a little bit about my Guides too.*

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