

## Profile

### Unconditional Community Consciousness

24 May 2007



#### CONNECTING WITH OUR GUIDANCE

##### PART 1 - OUR INTUITION

Our Guidance comes from our intuition which, as I said before, comes from that part of us that is connected with the God-like part of ourselves. When we are so connected, there can be no question of who we are and therefore of what we can do. When we return to being spiritual beings having a human experience rather than the other way around we would recognise the spiritual *being-ness* of everything else and live in harmony as an individual and integrated part of a whole. Not just with each other, with the whole of Life.

Conflict comes from the larger part of humanity having forgotten this. Most people live their lives as if they are completely separate from the rest, not just from humanity - from the whole of Life too. In this way, we are destroying not only ourselves, we are also destroying our planet.

Being in such harmony with Life and ourselves would also mean that there would be no question of needing to defend ourselves at any level, since we know, without question, that we are all parts of the One, each reflecting a different part of the Whole.

The illusion of need to defend ourselves: our bodies, our families, communities, nations etc, is a direct result of our disconnection from our own Beings. Together with a typical unwillingness to take full response-ability for our actions (blaming everyone else), within

I'd like to start this Profile with a very big *thank you* to everyone who responded to last week's first one. Very encouraging. "It seemed to just speak to me personally," you said. Well, it's true, I do. Since I audited the mailing list last February, I know every single one of you who asked to come back on, and I often picture you individually as I write.

And also it's always especially *very wonderful* to catch up with you and your lives, in return. A lot of very uplifting stories shared with me about your own character-building exercises. Great fun (afterwards).

"Where's this new letter then," a friend called from Nicosia to ask. "Has it been stopped by my ISP as junk mail?" I realized that I had been stonewalling it - the first two articles had easily come through 10 days before but I'd left them sitting on my desk before bring through the third.

"What makes you think people are going to be interested in my life?" I challenged my Teachers later that day. "Or in my spiritual journey? What if they don't read it after a few times, worst still, find it boring? You know how private I am"

"Excellent situation," They replied. "Room for growth."

"It's not as though you are an American," a friend said to me (no offence meant to you out there). "If so, you'd be on all the talk shows baring your soul, no problem. We British can be very private." Yes and as well I was brought up pretty Chinese in this respect, which is even more private. 7 million people squashed into a small territory have to be pretty private; there wouldn't be much space otherwise.

I made a pact with myself for future Profiles. The words have to come easily and naturally, the articles would have to almost write themselves. I would not be pushing anything through or trying to *do* funny just to fill a quota. Stories have to be true, and client anonymity would be protected at all times, if I felt to share case histories. Or I would write composites. Getting my guides to write articles for me by channeling them through would be cheating. And I would have a series of internal of checks to ensure the difference between Spirit speaking through me and my ego needing validation.

Enjoy these, after all that! And lots of love and blessings too, always.

Anna

#### HEALERS ARE HUMAN TOO



In the last century (rather a long time ago) we were preparing for another regional tournament, this time in Hong Kong. Although we were host nation, our team

the human body this kind of habitual defensiveness can often cause changes at cellular level that, depending on where in the body this happens, multiplies to form the various diseases humanity is having to defend itself from today.

At family, community and national levels this illusionary need for self-defence is the cause of conflict of all kinds in our world today. We are not only at war at national level, we are waging war on our bodies and with each other - by how we treat each other.

As well, increasing numbers of people are becoming aware that their lives, until now lived totally on the external planes, just do not work on this superficial level any more. You have everything material you could wish for, yet there is something missing, many of you tell me. You have many questions about the deeper aspects of Life, and you have searched everywhere for answers that make sense to *you*, yet without success. And you are now very tired of the old ways of living and relating.

I've found most often that in these cases, you are looking for a deeper connection with Life. This is something that comes through the heart, as part of our connection with *Life* - or God (because God is Life, God is Love and Love and Life are also the same too, for me). And the access to this comes through our connection with our inner selves. It's most easily done through our intuition (denied these many thousands of years, in the name of 'progress'). It can also be called our 'inner tuition'.

Intuition isn't just about being able to 'tell the future', although this can be a part of it (later, when we are more practiced). It's about our in-born ability to sense answers to situations, in any moment. To just *know*. How do we *feel* about something? How we feel usually determines what we do. When we are able to disconnect from what is happening around us, people talking at us etc, and are able to ask ourselves immediately during any situation *how we are feeling about it all*, we are connected with our inner-tuition. Most of the time we don't do this, however. We discount our feelings in favour of taught logic, or social conditioning. And we are usually so engrossed in any external situation that we usually don't connect with however we might be feeling at that time. Or any time.

Everyone has a strong sense of intuition within them, I've experienced. I've lost count of the number of people who, when I've done a reading for them on some-such, would say to me, "But I *knew* that already!" If you knew that already, excellent situation! If you had *owned* your knowing and brought this ownership for us to work with together, we would have started our session further up the path, as it were.

It is very very easy to reconnect with our intuition, because it has never left us. We are all born with this gift, the only reason we don't use it is because we have been trained out of using it, usually by about the age of 4. This is when our parents *seriously needed* us to start integrating into society, in the fear that if we didn't, then society would cold-shoulder us. Then, they figured, what would happen to little *Timmy/Rosie/Barry/Larry/Freda*? It takes a lot of guts to live our own truth in society. Society usually doesn't like this as the thought of too many people doing their own thing

would go into tournament mode by staying the duration at a local hotel. The team manager and I were looking at room lists. "So-and-so says she doesn't want to room with you," our manager said. "That's fine," I replied. I had caught the player in question cheating during time trials, had become angry and had called it, loudly. One weak individual would cause weakness at team level - everything is inter-related and inter-linked. Like the human body, and Life in general, really.

Hong Kong's national hockey teams have always been totally amateur in status. Which meant that we had to fit in our training around often-demanding jobs and running households. This was different to other countries' national reps, who were often given jobs at government institutions so they could train eight hours every day and still retain their amateur status. I used to get up at 4:45 am to do my running in order to be home for breakfast at 7, and in the office just after 8. I did my weight training during my lunch-breaks, fitting around this my business lunches, and juggled my business travel as well. Training took up most evenings, and I usually ate dinner with the team. It was just how it was. Until I started my preparations to leave Hong Kong for Cyprus, I wouldn't have had it any other way.

"Well, you'd better go in with the physio," our manager said. "The other girls are all paired up." Which was what I preferred. Being in tournament was great fun, but it could also be a very pressured environment. I needed time on my own to mentally prepare, before joining the team for the pre-match briefings and warm-ups. Anyway, I liked our physio.

It turned out more than wonderful - in our free time together she shared with me a whole new world. She had been studying for some years with a spiritual teacher, a Maori woman at home in New Zealand with whom she continued her learning by telephone (very expensive then but you have to have priorities here). She was learning about universal wisdom, meditation, energies - lots and lots of things. She taught me the beginnings of how to meditate and to see energies more clearly. As I said last week, I already knew how to move the energetic underlay of the ground during matches, also that if I focused on someone they would turn around to me. Or if I sat and focused, intently, I would often know what was going to happen. Other little tricks too. She was really the beginning of it all, though, which brings to mind the old saying, "When the student is ready, the teacher will appear."

Around the same time I was introduced into a small group of women who explored these and similar mysteries together. I brought Philippa into the group but she didn't get on with one of the others. I remember one incident when she and I were attending a talk given by a visiting healer. In walked Cheryl, her nemesis. "Hello Philippa, how nice to see you," Cheryl lied. With my newly-honed sight, I watched fascinated as a group of arrows came out of her solar plexus and headed for Philippa's.

"Hi, Cheryl," Philippa lied back. "Great to see you too." As she spoke, her body went transparent and the arrows went straight through into the back of the seat. My eyeballs almost fell out of my head.

"Wow! How'd you do that?" I whispered.

"Easy. Like this," she said, doing it again. It was a decision, in the moment to shift some of our internal energies. We just have to be fully present, all the time, and our wisdom will tell us if anyone is sending us barbs like that. On an energetic level, these are real, and can and do harm even if they are in another dimension. I often remove them from the various body parts of my clients where they can lodge and fester *for years*, causing chronic pain in that area. It is so important to take responsibility *all the time* for either allowing them to go through us, or putting light - of whatever colour - around us to keep them out.

A few years ago I was studying with someone who was into phenomena. This is what magicians do, also heros and assassins in kung-fu movies. He would show off by sending energy out of the minor chakras in his

would, it believes, threaten its own survival. It will do anything, at any cost, to hammer this point home.

Children are usually very very intuitive - it hasn't been that long since they came from God, after all. The best way forward with our children is to encourage them to use it - all the times. The best questions to ask children are, "So how do/did you feel about *that?*" "What's your sensing on that?" I work a lot with children of all ages, and this is one of the first things that I do with them. They can be very erudite.

I also remind them of how to scan their siblings' or their parents' energy fields to determine who might be tired and might need something, so that rather than (inappropriately) demand attention, they may be of service in some way. Works very well with children labeled as disruptive - these are usually the very intelligent and spiritually-advanced ones that need direction in different ways than what society is currently willing to offer them, particularly educationally. Saves everyone a load of breath in the long run.

For grown-ups (or us pretend grown-ups - best fun!), a good way to re-access our intuition and therefore our guidance is through a guided meditation. I always do it figuratively, which means I guide someone to some sort of energetic imaging or sensing that they can then take forward themselves in practice.

People intuit in many different ways. Some people are clairvoyant, which means they are visual, some are clairaudient, which means they hear, on the inner planes, and many others feel things. Everyone is different and there is no one way, no *right* way. In fact, as a general rule of thumb, I always advise people to steer clear of anyone in this sort of work who claims that theirs is the only way (that is, through *them*, groan). There is no such thing.

It has to be a way that works for *you*.

I have the gift of all three, which doesn't make me more special to anyone else. It's just a matter of practice - and acceptance. The main thing we usually have to contend with (me too in the beginning) is confidence. Usually, we doubt our inner messages - what we are intuiting. This stems from doubting ourselves. Or, we might judge our way of sensing. Or think we need to do it someone else's way.

"It's so *unfair*," my friend Suzanne used to wail to me at the beginning of our spiritual practicing. "You guys all see everything in amazing Technicolor, whilst all I get are *feelings*." Oh well. I wonder if she ever got over her sense of victimhood?

it's all about practice, practice, practice. We just feel it and then we just do it. Just keep asking ourselves how we feel about this or that, when it's happening. That's all. I feel *this* or I feel *that* actually means I *sense* this or I *sense* that. Then, based on this feeling - or sensing - you ask yourself what you are going to do about it. Does this decision, based on this feeling, *feel* right? Or not? If not, why not? If you don't have a logical answer it doesn't matter. Plenty of people have done things on what they call 'gut feel' and not be bothered about why. I used to have a friend who

shoulders in the form of what looked like lightening. Then, he would make the top of his head burst out into energetic flames, put an energetic glove on one of his hands or change the shape/colour of his face. He'd then challenge me to guess what he was doing. After a while I couldn't be bothered with all of that, it got boring and anyway I always got it right. It wasn't really any big deal.

I find that people often pooh-pooh this work, because they can't acknowledge it with their external senses. What many don't realise is that we have to use our inner senses - not just our external, physical ones - to access the universes of the subtle realms. Our external senses see so *little*, for instance just a very small part of one of the spectrums of light is translated by the physical eye. When we know how to shift our focus (easily learned), internally we can see visions, colours, hear sounds and travel - many different things - that are beyond what we have been taught is possible here, in this realm. Accepting that we all have this sort of sight has hugely positive impact on every part of our lives, both work and personal - and those of our families.

The work that I do is a science too and is thousands of years old. It just doesn't fit into the logical, left brain way of thinking and living that we've all be conditioned to consider as 'normal' for the past two centuries. Most of the knowledge, wisdom I work with is easily accessed in other dimensions, through the intuitive process. We've allowed ourselves to be taught out of *that* as well and to pooh-pooh our own sensing. It has always been my preference to first intuit knowledge and then to have it confirmed by either my teachers, trusted colleagues or in published material, like books. It so, wonderful. If not, then I will have brought through something new. That's wonderful too.

Our intuition is that immensely important part of ourselves that is our direct connection with God, and that part of ourselves that is Divine. It's a big part of my Work here to bring people Home to themselves in this way. Being out of touch with our Selves and who we really are is one of the biggest causes - if not the *only* cause - of the chaos in our world, I feel. How can we have peaceful and harmonious societies relating well with each other, when we ourselves are intrinsically not in this way too? This has always been my question to myself and to my friends.

### Diary Note Reminder



This Saturday, 26 May - Talk at the Centre in Paphos on Healing our Humanity. This week: Anger. 4:00 pm - 5:30 pm. CYP 10 per person contribution to costs.

Next Friday, 1 June - Meditation to music from the Japanese Shakuhachi flute. Terrace open for those who prefer open air, otherwise indoors or in the Red Room. Contribution to running costs accepted. 5:00 - 7:00 pm.

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used to insist that I should know specifically where my knowing was coming from. I couldn't be bothered with all that. I know that I know, and that was enough for me.

It takes practice to gain the confidence to get to this place. It takes confidence in our own selves, specifically. I can give the exercises but you have to do the practice in order to become proficient. And then practice some more. And *then*, you will need a willingness to take response-ability for whatever it is that you've intuited, to take those decisions or courses of actions forward, whatever, however, owning that if you sensed this, then it is intended to be - for *you*. If you wish. And without fear.

Ah, how would life be for all of us, then?

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