

Profile

Unconditional Community Consciousness

3 June 2007



CONNECTING WITH OUR GUIDANCE PART TWO

As I said last week, our Guidance comes from our intuition which, as you now know, comes from that part of us that is connected with the God-like part of ourselves. Our inner intuition, if you like. 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 will 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.

We will realise that in Life we have many choices, and will be more than willing to undertake full response-ability to full-fill these. When we are able to do this, Life flows *through* us, it doesn't just happen *to* us, and we are therefore able to stop being its victim. We will use our choices to deliberately create,

Hello hello from me again everyone,

A very big thank you again to everyone who responded saying how timely for you was the message about intuition. Many have also shared that you find the left-hand side article to be useful as a 'how-to' guide.

Actually, *all* the articles are about how-to, if you wish to read between the lines. Part of the intent, in addition to the sharing of the humanity that Spirit is speaking through, is to humbly give a context for your further understanding of yourselves (through me and my adventures). Perhaps also a manual for living, for you to see how you might be able to simplify your lives into ones of Truth and Order. And to remind you that you are not alone in this journey.

If not, then perhaps to just enjoy our moments together of the sharing, sent to you with much affection and greatest love from this healer, this human and this friend who gets her "A-ah!" moments in the same way that she gets her "Huh?" and "D'Uh!" moments.

I'd like to share here a response I sent to a friend after the last Profile regarding the importance of our intuition. It is key to unlocking the mysteries of our Selves.

"Do not doubt your knowing. Doubting our knowing and doubting ourselves are one and the same thing. When we are able to honour ourselves, we can honour our knowing - it's a hologram - and when we can honour our knowing, we can honour ourselves. Maybe take your seeing from this perspective, too."

It's all about inter-dependence of Life.

Life is all about inter-dependence of Life.

You might perhaps wish to have a ponder about *inter-dependence*, *independence*, and

and re-create, Life, our lives.

For me, choice, like Life, is very simple. It either *is*, or it *isn't*. And, based on this, we either *do*, or we *don't*. If we do, then from that new position of whether it is, or it isn't, we have two more choices - we either do, or we don't. And so on.

It's not exactly rocket science, as I say to my students.

A good way to access our choices is to be in moment-by-moment connection with our Guidance.

To do this we will have to leave the limitations of three-dimensional thinking, we will know that all wisdom is inside of us anyway and take courage in finding our own answers, within. When we remember how to reconnect with our Guidance, we will become fully capable in our ability to respond, in any moment, to Life itself.

When we are at one with this ability, this in turn leads to a Life of harmony, because there is nothing at all to defend. With harmony within comes great peace and its companion, joy. When we are able to create for ourselves lives of great peace and joy, what would we not create for our world? And why would we not recreate this, time and again?

But what if we become bored with this, errr, inner peace, or serenity, some have asked me. There will be little or even no drama that is caused by fear.

Well, to be honest, I personally don't actually find being in a state of almost perpetual fear to be much fun, I prefer far more the freedom of peace that comes with making and living very conscious choices for myself. I say this, of course, as someone who has tried both approaches to live and now prefers the latter as being less stressful.

I've already shared a good way to connect with our intuition - that language of our Hearts - through our feelings and our sensing. Many people find it useful to take this a step further and call on their inner Guides - our own higher wisdom - in the form of a personality, with whom they can dialogue either in meditation or via a deliberate, focused thought process.

Our Guides, or our Guidance, are a part of us, they are/it is an aspect of our higher selves. You see, we are all much, much greater beings than we remember ourselves to be. We are all much greater than our physical bodies and we can all perform miracles, every single moment of every single day.

In fact, our whole body is a miracle - the whole of Life is a

dependence based on my sharings about God, Life, Love - interlinked. A lot of food for thought here.

As I replied to my friend in that original emailed questions about intuition, that I repeated to you others in subsequent correspondence - I *see* you.

I *see* you.

Do you see yourselves, too? If so, *how* do you see yourselves? These are the questions to perhaps ponder, this week, if you wish.

With love, always. Blessings too.

Anna

HEALERS ARE HUMAN TOO



Before we left Hong Kong, I worked in investment banking but had always wanted to heal. One day I will do this all the time, I thought to myself. I had a very challenging job there, working as regional head of the communication function of a leading European bank. For a few years the bank had been on a spending spree, buying large and successful businesses in a bid to strengthen its global positioning, which meant two major rebranding exercises in my eight-year tenure and a series of change management projects to integrate new teams into our corporate culture on top of our usual activities. Hugely exciting stuff.

As well, we had foreseen the Asian financial crisis about 18 months before it started, which meant crisis management plans to be put into place, to later implement. I had 22 countries in my remit, across most of Asia, including Japan and Australia. I was later also given responsibility for the communication function of the bank's commercial banking business, across all of the same countries.

I used to think to myself. "When I work with more spiritually-aware people, it will be much better." The investment banking industry is well known for being an extremely high-pressure working environment.

When I moved to Cyprus, although I had technically resigned my position, the bank asked me to take over management of its UK communication division, based in

miracle, really - we've just forgotten how to see it so. We are usually so stuck on the pettiness of our daily living that we forget about the greatness of our Lives, of Life itself. There is not a single one amongst us who cannot perform miracles, but we are all so separated from the God within us all that we do not, will not, remember this. The difference for these ones is between making a living and making a Life.

To be totally honest, and only half tongue-in-cheek, it is also a bit of a miracle that some of us are still alive, given the abuse we heap upon ourselves and our bodies, but this is the topic (of great fun!) for another *Profile*.

Our Soul is vast, endless and beyond the comprehension of our minds. Certainly it is beyond the description of words and can more easily be intuited. And for me, access to our soul is not the exclusive territory of any one organised religion (or person). We call upon our inner Guides to come to us in many different forms and in ways that fully match where we are spiritually as well as culturally. Their Being is always light, their intention is pure and their essence is that of the purity of Unconditional Love. How do we know? Because we *feel* this, in our hearts. We intuit it.

That's why it's so important to be in our *hearts* in the first place, and to be able to feel. To be in our own *knowing*.

In the beginning, when we are less experienced in deliberately calling upon them, it is easiest to speak with our Guides in meditation. For the first few times, a guided meditation works best, until you have both focus and confidence to proceed on your own. Later, when we are more practiced, we will communicate with them all the time. Or they with us, when they have something to say to us. However the connection, it's always wonderful.

They can take many forms. Many people have Guides who are of the native peoples of the Americas, north or south. This is because these people come from a very high spiritual base to start with. Other higher beings who come to guide us on our journey include Archangels and angels, beings from other planetary systems, Chinese scholars, or relatives who have passed over - anyone, really. One of my clients had as her guides people from the fairy kingdom, it was really beautiful. They are very connected with nature, and so was she, and it was all so perfect.

Some people see their guide as one of the Christed Beings, and feel over-awed. But why should they not be blessed in this way? By denying their seeing, by denying their Guide, they are in effect denying their own inherent wisdom and

London, until a new person could be headhunted and trained. Once that was completed, I worked as regional director for a PR agency, again with over 20 countries in my portfolio, ranging from Eastern Europe to Middle East and Northern Africa. It was an interesting job although I eventually decided that agency work was not really for me.

The sense to heal had become very strong, anyway, so I decided that the time had come to start my healing ministry. Shortly after I signed the lease on my first office in Paphos, the bank rang again. There was a job going in Paris, would I like it, it asked. It was a global post so I could work between Paris and Cyprus, running the division long distance. Although it had always been my dream to work in Paris, I turned down this offer - I was going to do what I had always wanted to do. At last, I thought to myself happily, I was going to Follow My Heart.

The whispering started almost immediately.

"She can't be a real healer," said '*they*' to each other. "She drives a yellow sports car."

"And she eats meat," another nodded. There was also comment that I had been seen drinking red wine. "Better not tell them about your history of drinking a vat of the stuff at a time when you lot would win the women's hockey league," a friend suggested helpfully.

"She's also saying she has a direct line to God," said '*they*', later. It was true, I had. Because I honestly believe that we all do. To me, God is not a separate identity to be prayed to and to make bargains with. God is inside all of us, all the time. God is Life, Love. We are all a part of God, just like everything else in this world. Not only do I suggest this, I own it and I live it. Most of us don't realise it, though. This separation is the cause of a lot of the burdens in our world, I feel.

Quite early on there was also some fuss at a local church where my family and I had been attending. I don't remember how it started, it was so long ago and I don't want to go into much detail - it's all water under the bridge now for me and most of those involved still live in this town (including moi). Apparently there had been some issue that I was both a healer and attending the congregation, even though that church itself had a hands-on healing ministry.

There had also been fuss from I suppose the same group about me taking Holy Communion at that particular church even though I had by then been baptised, into the Greek Orthodox Church. I had done this partly as a mark of respect towards the people of this island, mostly because it brought me into the embrace, firmly and

therefore their own self.

Our Guides themselves change as we ourselves change, as we raise our vibrations to embrace the higher ones of peace, joy, laughter by releasing the lower vibrations of fear, anger, blame, resentment and all the rest of them, we are able to call upon higher and higher Guides to walk with us along the next stages of our Life journey.

This might be a good place to say that no-one's guides are better than anyone else's guides, wisdom is wisdom is wisdom. You'll probably not be surprised to hear that some people can and do wheel out their Guides in order to be *right* (sigh, here we go again). Anyway, the most perfect wisdom is that which is perfect for *you*. Needing to be *right* is a particular affliction of our society. What is *right*, anyway? Everyone is right, according to perspective. Maybe if we all got *that* right (heh heh), there might be less conflict on this planet.

The main thing with all our Guides is their desire to help us to understand our Life's journey as well as to move beyond our perceived limitations. They always seem to put everything into perfect context, simply.

As well, when we are connected with them, we have access to universal wisdom, which is beyond what we might have been taught. Many times I've been given information by my Guides about things that I've had absolutely no knowledge about, and yet when I've followed them up in reference material, it's all been there. They then come through to detail for me on how to go about utilising the information, and why.

They are always loving, kind, humourous and comforting in times of fatigue and sorrow. They help and encourage us to re-member, all the time. Most of all they help us to re-member ourselves. Everyone is equal, in their care, because of course, on the inner planes no-one, and no-thing, is better than anything else. All are equal in Life's eyes. How wonderful it would be, when we are all able to remember that we are different aspects of a loving God, to be able to live this wisdom in our external worlds!

When we follow our hearts, we are in effect following our Guidance, or our own inner wisdom. Remember, the journey is just that - the journey. It's not about the goal. Once we are able to enjoy our Life's journey, we have reached the goal of our lives anyway.

Years ago in Hong Kong, towards the end of the 1980's I

forever, of my Cypriot family here. "Never mind," I said cheerfully to the chaplain, "I'll just come up for the blessing. I don't mind at all."

But I was completely stressed by it all. Most of all I was very confused. I couldn't understand why all this was going on around me, particularly in a 'spiritual' community - church or not - where universal brotherhood was preached and we were all encouraged to share the peace. I had been brought up in a multi-cultural, multi-lingual and multi-religious society, God for us was fluid and religion had no boundary. We had been taught that *who people are* was more important than anything else, and as children we had no problem going to the various places of worship with our friends, irrespective of religion, and hanging outside waiting until they could come out to play. Or, more important, for lunch.

As an adult I became used to cracking nuts in a ball-breaking investment banking environment, particularly as I was a part of the corporate team making huge change at many different levels. I had taken all situations in my stride, they had never particularly bothered me. But these felt personal. I was so stressed I was almost sick. I had never before in my life experienced any sort of prejudice - in general Hong Kong is a very inclusive society and people usually mind their own business. Here, however, I suppose it is a much smaller society and rules are obviously very different.

I always ask within, though, why these situations come up as it is my philosophy that any such always reflects a part of our inner selves that is not at peace nor in harmony with the Whole. After much pondering, with only victim-like responses to myself, I took the question to my Teachers.

"How can you expect to heal to any depth when you cannot resonate with the pain of your people?" They asked me in response. "Including judgment? And rejection? Domination and discrimination for no other reason than that which you are seen to be different? This happens every day, in your world. You know that everything you teach and share is something that you personally own from the heart. And you also know very well that you cannot give away anything that is not yours to give. On the contrary, you may now practise true compassion, starting with yourself, and extend this to those who you feel whisper against you. It is *they* who are in pain, to be so, thus. Excellent situation."

To be totally honest, it took me a long time to come to terms with all of the above. Perhaps this had added to the stress of moving country, home, job, culture and leaving behind old friends and family ties, all at the same time. Even though I was doing exactly what I wanted to do, which was to live and heal in Cyprus, I spent a long time asking a lot of questions of a lot of people about all of this before I could finally put it to rest. My trust had been a bit stretched. Well, maybe more than a bit.

think, one of the local stockbrokers was told by her Guidance to sell every single stock in her client portfolio. She did - and the market crashed the next day. She became a huge celebrity (well, maybe not amongst fellow stockbrokers) and I think is now teaching people how to tune in in this way.

When we ourselves are so tuned in, we can have no question on how to proceed with Life. We will know our Life's purposes and how to go about living them. We can have no question on what our needs might be or how to do things, or their outcomes, in any moment, and we will move to take care of all our own questions. We don't need to hook other people into our own games with ourselves. Of course we will still do this a bit from time to time, as we are all human, but generally we will be aware of this and therefore have the choice to choose differently, if we so wish, in any moment. Or not. But it will be conscious, everything done in great awareness, and lessons remembered, straight afterwards, with no victim mentality.

This is the Journey of the Soul, for me.

And *then*, in this state of awareness, this state of personal independence, we can choose how we might wish to be *inter-dependent*, with others.

How would our lives be when we do everything in joy, for pleasure and with love?

Ahhhh, how would such a journey be, for you too, in this way?

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I feel lucky that I have been taught to just get on with it, that time heals, and that wisdom applies a different perspective on all experience. As I have been taught, so I have experienced. This in turn leads to the ability to see other perspectives, and to be in acceptance of this as a part of Divine Right Order. It has been, as my Teachers continue to tell me, an excellent situation.

Diary Note Reminder



This Saturday, 9 June - Talk at the Centre in Paphos on Healing our Humanity. This week: Judgment. 4:00 pm - 5:30 pm. CYP 10 per person contribution to costs.

Thursday, 21 June 4 to 7 pm - Marking the Summer Solstice at Sounion, Greece. See separate note.

[Further details on all our activities click here.....](#)

Many thanks to you all who joined us during Friday's meditation here at the Centre. And to you, too, who called afterwards from around our island to share. It seems that many had some powerful spiritual experiences during this time. As my Teachers would say, "Excellent situation."