

# Profile

Unconditional Community Consciousness

9 July 2007



CHOICE IS ABOUT CREATION  
- ALSO KNOWN AS  
"DIVINITY IN MOTION"

As we go about our daily lives, we don't often realise that Choice is all about Creation. And Creation is all about Choice.

You see, each choice we make, or even choose not to make, determines our lives. When we accept that we have Choice in our lives, truly, we accept our ability not just to respond, we accept our ability to create anything we choose in any moment.

This is known as Conscious Choice and is for me Divinity in Motion.

And, as we are each a single cell unit in the whole of Life, every single one of our choices has impact on the whole of our World.

This for me too is Divinity in Motion.

In fact, *everything* is Divinity in Motion when we take the time to stop and, errr, think about it. This is what makes all of Life, all together, so sacred. And so full.

Hello again everyone,

Well since a few weeks ago when I wrote about being in one of those splendid early-summer weeks here in Cyprus, we've had a massive heatwave. Here in Paphos the temperature went up to 42 degrees C (about 107F) which was about 10C more than usual for this time of year. One afternoon the car temperature gauge showed 48C (about 118.4F) which is a good lesson for me not to park in the sun, since I burned my hands on the steering wheel a couple of times.

I will have a talk with the other major tenant of our office building, a government department, to ask them to perhaps not park in the entrance to our covered car park, so that everyone can share its shade during our hotter months.

Our children are on holiday, all exams completed, to their immense relief, especially Gabriella because she has found a rhythm and method of study that suits her but is quite unconventional to how other children do it (just like how she does her homework). It seems to work for her, though, she receives help where and when she needs it and her marks are more than adequate.

One of the themes I've been looking at this past week is that of belief systems, specifically, out-moded and fear-based belief systems, and how we have been conditioned - or have challenged ourselves - to buy into these. The question with which I challenge myself - my clients and my children too - is whether a particular belief might be conditioning their choices in life. If so, why do they continue to give these any value? And, do they even know what these *are* in the first place?

When we did the first lesson in the Human Chakra System course in Nicosia a few months ago, we took a long look at the many belief systems inherent in mass consciousness today, and how they are constantly being perpetrated (by us). We looked indepth at a number of the more obvious ones, at some of the less obvious by equally insidious of them too, at their cultural interpretations and specifically at how they might be strangling us at individual, family and business level - in any country.

It was great fun because these all impact our lives everywhere we looked. Mostly this is because we are taught beliefs primarily through the energy of our mother from the time when we are in the womb. From then until the moment of birth, and until we teach ourselves to speak, this methodology

Life, as you may recall from past *Profiles* is a collective responsibility as well as an individual one. In its entirety it is determined first of all by Who We Are. You see, who we are - or who we *believe ourselves to be* - determines what we do, not the other way around.

When we realise what is mass consciousness, otherwise known as societal belief systems, determine which are 'right' for us, are able to unhook from the rest (the famous 'what we *should* and *should-not* do's) and we make real choices - for ourselves - we often find that our lives just *flow*.

They flow because we are expressing ourselves, truly. This means that we are in *our own truth*. When we are confident to do this enough, life becomes a real joy, and we are therefore able to enjoy our lives.

We can also *be* in Love, in Love with Life, because Life and Love are interchangeable. And then we can do everything in Love. We are both Life and Love anyway, at Soul level. I don't see us as being anything else.

All the rest of it - all the personality 'blah-blah-blah stuff' - comes from fear-based belief systems that we buy into. Once we unhook from these, there is nothing we cannot achieve for ourselves, truly.

It's not rocket science.

Our essence is about the light within us. Light, Love and Life are also one and the same, and so are interchangeable.

In fact, we *are* the Light.

This light - our Light - has as its own a specific vibration, an energetic frequency that draws to us people and therefore experiences of similar vibration. Where people and situations are seen to be negative this is about those parts of us that are out of harmony with the light vibration within us. Therefore these situations are created, by us, for us to see this disharmony, through others, and seek to harmonise it.

This is known as the Mirror Principle of Life.

Peace and harmony on the external planes come when there is a resonance of peace and harmony on the inner planes. Harmony on the inner planes comes when we are aligned with our inner vibration. This in itself is a sound, which is why I use the word 'harmony'. I call it 'The Song of the Soul'.

of teaching is particularly powerful because it is beyond words.

At this early stage of our human development, it is done through energetic imprint through the light coming out of each person that is read by our third, or inner, eye and translated from energetic grid to energetic grid. Energy system to energy system. Thus, this sort of information - that which is beyond words - is embedded deep within our cellular structure, into the tissue of our physical body. It *becomes* us. Which is fine. Until it starts to *strangle* us or is used to control us and we don't know about it.

It might be fun in a quiet moment to do a bit of thinking about which are those society belief systems that we allow to continually keep us their prisoner. Once we know what they are, we can decide what we want to do about them, whether we want to keep them in our lives, or not. I always tell myself not to have any hard and fast rules for myself - it's all about how I feel at any given moment that determines whether I am going to write my own rules, or not.

Writing our own rules - in societies that can only survive when everyone 'toes the line' - can of course be best fun, if a little stressful at times because of the quality (and quantity) of judgment this can elicit. If we are going to be doing this, I've found best practice is to stay completely respectful to all (so people don't feel they need to defend anything), put a lot of humour into our Lives, and learn not to take ourselves - nor Life - quite so seriously. In any case it's always best fun to laugh at ourselves more often. Humour can diffuse any situation.

So, to start with, perhaps consider asking yourself some questions. Like, what belief patternings are you living to keep in with society (or family) - because you think you *should*? Which are *'good'* ones that you'd like to pass onto future generations (and why), and which don't work for you? What about relationships? (Potentially explosive question here). Who are you still with because you think you *should* be? And why? And then - what superstitions do you have, how do they tie you up, why do you have them and, errrr, do you teach them to your children and/or try to impose them on other people? And why?

Have you ever compromised your sense of knowing for someone else's belief? How did it make you feel? And do you keep doing this again and again and again. What's wrong with writing your own rules? (No victim talk allowed here!)

It's of course a *huge* topic once we start thinking about it, and it's very very interesting - we've only just scratched a few particles of the surface here. Maybe I'll teach it in depth in the future. We'll see.

Our world, our universe - everything, including our physical bodies - is one great symphony of sound. It's true! It's really beautiful, when we remember how to tune in with our inner hearing. Everything, every single thing is a musical note.

When we are not in harmony with ourselves, nor our worlds, we are in dis-chord with ourselves. We are out of tune with the rest of Life, internally, in our essence. This in turn has caused all the dis-chord in our world today. Look at all the mess! We can all see it right under our noses! Can't get away from it at all (unless we choose not to see). Ehm!

Choice comes as an instantaneous decision of whether to harmonise that vibration, or not. If so, it's done and we move on and the situation does not recur. If not, they will occur, again and again, the same theme in different ways until we are able to harmonise it within ourselves, to come back to Divine Right Order.

We are much, much more than who society teaches us to see, or who we believe ourselves to be. Much, much more than what we are taught to 'see' with the naked eye. We are certainly much more than our human body and the material world.

It is Fear that limits us. More accurately, it is we who limit ourselves, through Fear. Children are born with little or no fear - they are imprinted with this by adults. This is the whole point of my sharing with my daughter in the article on the right.

Life is very simple really.

Life for me is not just about intellectual analysis. It is about living the moment, truly and from our hearts. Meaning that we are true to ourselves, that is, who we are, every single moment.

We know who we are, what we want and how to go about achieving this.

Intellectual analysis for me needs to happen in alignment with our inner truth and order. The mind, which creates the external reality, needs to know *why*, and so we must tell it 'why', through the Song of the Soul. Beautifully crafted, really. Yet, many of us feed our minds with toxic thoughts, created again by Fear.

As we are living in our world today, toxic thoughts - and emotions - have created toxic physical bodies, which are breeding grounds for dis-ease. Not only this, these toxic thoughts and emotions have poisoned our oceans (which in this 3rd Dimension contains the emotional body of all

I don't have the '*right*' answers to any of the above questions, I only have the answers that work for *me*. I know when I feel I need to compromise, and when I will not so that when I make a decision, I am at peace with it (and I don't fight with anyone about it). Generally when I discuss belief systems with clients and friends, and how to unhook from some of them, rule of thumb generally is for them to look within, and find their own truth based on how they *feel* about something.



Fundamentally, it's very simple. If you like it, live it. If not, change it. Or change your response to it. Enjoy the exploration, anyhow, it can be very exhilarating.

That's it, from me, for now. Enjoy Life this beautiful summer. With love, as always. Blessings too.

Anna xxx

## Healers Are Human Too

*Further on the subject of belief systems, I'll give you an example of something that doesn't work particularly well for me. Gabriella recently told me that last term one of her teachers insisted that she put away her *evil eye*. It was a gift from a friend from a visit to Cairo.*

The teacher told her that it symbolised the Evil Eye, etc, etc etc, and to put it away before she confiscated it.

*Evil eye?*

Huh?

*Evil eye?* What is this *evil eye* that is being taught to my daughter in her (fee-paying) school, I asked my husband. Any way you look upon it, superstition - and doctrine, dogma - kills the human spirit. At the very least, it suffocates it and I prefer not to engage in it at any level. On a personal level I couldn't care less about what day the 13th falls upon, what happens if we spill salt or break a mirror, what happens if I wash my hair on someone in the house's birthday (old Chinese superstition). And I expect my children to follow suit.

As well I live and teach the concept that whatever we put energy in, we will attract into our Lives. If we focus on the lower-resonance energies, such as hate, anger, judgment, fear, this is what we will experience in our lives, every single day. Many people do, whether actual or implied. If, however, we make a conscious choice to focus on the higher-resonance energies such as love, joy and harmony, again this is what we will experience in our daily lives. And as we reflect this, so will our societies.

living things on Earth, including humanity), and we have also used these to poison the very land upon which we live and depend upon for our very survival.

So much dis-chord, everywhere.

This is not a particularly great heritage for our children. When I speak of this my friends usually respond that they don't want it this way. But we are all culpable by too few of us being willing to stand up and say "no".

Too few of us are willing to stand up and stay "stoppit, we've had enough of all of this". Whatever *all of this* may be. We all know in our hearts, anyway. Just look around us.

Too many people say to me they are a bit afraid to be pubic about themselves and their true beliefs, or they don't know how to. That's okay. It's a choice and I respect this. But look at our world today, because of this collective choice.

As well, too many people say to me that it's all very well teaching what I do. We have to live it too, they say. That's a very accurate comment and I couldn't agree more! Excellent situation!

We can either choose to live our lives together within the harmony of higher spiritual values, beauty, dignity and grace. Or we don't, we can stay, errr, ummm, ahhhh, 'victims' of our various societies and give them power over our lives. Our world currently reflects our internal choices anyway.

Time is coming, though, when we will not have the *privilege* of these choices.

And what sort of heritage is *this* for our children? And theirs?

Of course we are all humans, being together. And the number of us who live lives of this sort of awareness is still relatively small. Like everyone else we are daily bombarded by media which themselves are instruments of propaganda, instilling fear and partisanship through its publications and broadcasts (next time perhaps consider reading and listening differently, between the lines). As well, on a personal level we are also bombarded by a great many people expounding on a great many subjects, all factually conflicting with each other, all wishing to be *right*, the *best* and/or the *'only'*.

So I've found what works for me best is a simple decision, moment-by-moment, of what and how I wish to be, and then let it be, response-ably and with great awareness. And I respect other people's choices too. If their words are not clear, their actions usually are.

Then, I am able to give myself a choice of how / might wish to be and what / might therefore wish to do about things (see the writing on the left about *Choice*). Cuts down the opportunity to moan and groan about life but, hey! it opens up our conversations to other, more, well, interesting topics.

For this teacher at Gabriella's school, whilst I respect her choice of belief in terms of the 'Evil Eye', I do not agree on its imposition upon my daughter. This is not an issue that I am willing to let rest, because of the impact and responsibility she has, not just on my daughter, on the dozens of children in her care every year. For me, my husband too, it is part of a dereliction of duty of care towards our future generation in terms of sharing superstition and other, perhaps less desirable, attitudes too. We are not just talking about the one thing here.

Our children are our future, and I will not have mine taught neither in fear nor about fear-based belief systems. We will accordingly be visiting the school in the new academic year to pay our respects to the Principal, and share our thoughts and feelings on the matter. At the same time we will state our preference on how we wish our daughter to be taught on this - and other, related - matters. And we will see where this takes us before deciding on next step. Whatever we decide, we will seek a solution for everyone that is win-win.

**"Hokori o motsu" is an ancient Japanese saying.**

It means "Hold onto your pride. Live with dignity, no matter what the circumstances."

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*You can usually go into the print menu, click on 'Properties' and then 'Layout', then select 'Landscape', to have this print in full.*

*Some printers don't allow this though, so fingers crossed that yours do!*

