



THE POWER OF YOUR SPIRIT

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INTRODUCTION

All people have inherent inner senses or intuitive abilities that for the most part, are not recognised and developed. Relying mostly on the mind and emotions to rule in our lives, we try to live the spiritual virtues. It is impossible to live the spiritual life in this way. Spirituality is your inner world. It has nothing to do with religion. Living the spiritual life means allow the spiritual power within to do so.

The children's story, *The Wizard of Oz* depicts this life. It is only after much trying, that we can come to understand the journey is not about trying to make ourselves good enough, but discovering the wholeness within. The things seemingly impossible to us are possible by the power of the spirit within.

We are a triune being—spirit, soul and body. Our spirit has three faculties— intuition, conscience and communion. Our soul has the three faculties—will, reason and emotions. Our body houses the physical senses. Each part of our three-fold nature affects and is dependent on each other part. When the soul heeds the spirit, the Divine does that which would be impossible by the soul alone.

The catalyst that began my journey to become a shamanic naturopath was in 1961 when I was 10 years old. Anxious about being late home, I stepped out of a bus and ran across the road. A car turned quickly from in front of the bus and hit me, flinging my body onto the footpath where I was left lying unconscious. From the spiritual realm, I saw my body lying on the footpath. Another part of me continued running, still with the intention of getting home quickly. A large bright being met me and said I needed to go back to my body. I didn't want to go back. The being told me that it was important for me to go back as I needed to do work in healing. I was picked up and carried back to my body. As I entered my body, I became conscious.

Then in 1975, two days after turning 24, I sensed the Divine calling me to a commitment to follow a spiritual path and to study naturopathy.



THE POWER OF YOUR SPIRIT

Many of my insights from the Divine have occurred through my Christian experience. The Divine speaks to us in many and varied ways. People lived the spiritual life before Christianity came into existence. People live the spiritual life without any adherence to Christianity. It's important to remember that spirituality is experienced through allowing the Divine within to live this Life. To live this life is not by following religious laws and rules. Religion comes from the word *religare* meaning to “bind fast”; “place an obligation on”. It doesn't bring life. It is a heavy load to carry. Spirituality lifts your burdens by transforming them into power.

I do not fit the typical Christian model. When I studied naturopathy and received my diploma, I was not accepted by the majority of church-goers.

I “saw” and spoke to those who had passed over. Many years later, it dawned on me that what I was doing in talking to the *dead*—according to dogma—I “wasn't supposed to do.” The Bible speaks of Jesus talking to the *dead*, namely Moses and Elijah. The spirit never dies.

Seeing and speaking to those who passed over seemed to occur naturally. An example of this was after a dear family friend, Angela, was killed. Some people told me that Angela would go to hell. While expressing my grief to the Divine, I “saw” Angela with my inner eyes. Some might call it a vision. She was wearing a white gown and walking serenely in a green meadow. It was comforting to know Angela was not in hell. Some passed-over people do not move as easily to the “Light.” They need assistance by those still living in this earthly realm.

I commenced art training in 1984 at the age of 33. My artwork was very detailed (photographic style, precise, picture realist). In 2003, my intuitive or creative art opened to a different path. I sensed that healing energy could be embedded into the artwork of symbolic shapes to transform lives. I created a set of 30 transformational healing cards (*Heart Healing Symbol Cards*). They act as keys for people to use to harmonise the vibrations and stimulate the natural self-healing to transform and create fulfilling lives.

Towards the end of 2007, thoughts began drifting in about writing this book and with transformational energy embedded into it so that whatever surfaces for you, the reader, can be transformed at the level you are ready for.

Energy or power is transferrable. This is what makes distant healing and the power of prayer possible. Whatever is offered in this book and then received by you must always



resonate from within you. You first need to hear from your Divine Self then secondly become actively involved.

Examples from my clinical practice are given to describe the aspects of our being and how seemingly unrelated areas are affected when one part suffers.

Names have been changed to maintain client privacy and confidentiality. Only where specific acknowledgement or credit has been given, has the person's real and often the full name has been used.

I know you will be inspired to open more fully to the power of the Divine within you. The things impossible in your humanness are possible with the Divine.

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TRIUNE BEING



You are a triune being consisting of spirit, soul and body. While the terms “soul” and “spirit” are often used interchangeably, they will be delineated here.

The study of psychiatry and psychology originates from the Greek word, ψυχή, *psyche*, which is a soul that is credited with the faculties of thought, action, and emotion.

Pneuma (πνευμα) is Greek for spirit and also breath or wind. The Latin has as its primary meaning “breath”.

According to Watchman Nee, an author of Christian books, when the spirit enters the foetus (the body that you reside in) the soul is produced. The spirit and body are merged in this soul.

Your soul represents you, the “I” or the ego and expresses your individuality and personality giving you self-consciousness.

Divinity, God, I AM, Universe, Source dwells in the spirit giving you divine consciousness. Please use the word that you are more comfortable with. Words are containers and how can they ever adequately describe the beauty of the multiple facets of the Creator? I will use the word Divine throughout the book.

The senses (touch, hearing, sight, taste, smell) are housed in your body giving you earthly or physical consciousness. Each sense is related to an organ. Nourishing the physical foundations through hydration, eating, breathing, resting and exercise cares for the senses.

The soul, positioned between and merging with the two worlds of spirit and the body, enables your spirit and body to communicate. The soul is linked or attached to the spiritual world through the spirit and with the material world through the body. Since the soul possesses the power of free will the spirit cannot act directly upon the body. It needs the medium of the soul to connect the spirit with the body.

- **SOURCE** dwells in the **spirit** giving Divine-consciousness
- **SELF** dwells in the **soul** revealing the personality and giving self-consciousness.
- The **SENSES** dwell in the **body** enabling it to come in contact with the material world giving world-consciousness



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Your **SPIRIT** is made of three aspects:

- **intuition:** The Webster's Unabridged Dictionary sums up intuition as "the immediate knowing or learning of something without the conscious use of reasoning." Simply put: in-tuition is being *taught from within*
- **conscience:** your internal monitor for spontaneously distinguishing between right and wrong
- **communion:** intimate partnership or rapport within your Divine centre; a being joined together; connection

Your **SOUL** is made up of three parts:

- **will** for making decisions
- **mind** for reasoning
- **emotions** for feeling

Your **BODY** is inhabited by the five senses

- **touch**
- **hearing**
- **sight**
- **taste**
- **smell**

So, to summarise:

- Your spirit communicates with the spiritual world.
- Your body communicates with the physical world. Your soul, located between spirit and body, has free will to decide whether the spirit, or soul (will, mind and emotions), or the body will be in control as the part ruling.
- Your soul, located between spirit and body, has free will to decide whether the spirit, or soul (will, mind and emotions), or the body will be in control as the part ruling.



The spirit needs the outlet of the soul. To understand the language of your spirit, you need the working of the intuition and the mind working together as a unit. Left-brain (logic) and right-brain (intuition) working together as a team is whole-brain functioning. The left-brain on its own can receive one bit of information. The right-brain on its own can receive another bit of information. Yet together, they are able to gather multiple bits of information in a given moment.

Your soul's two languages are *thinking* and *feeling*. The awareness of these two enables you to link into the spirit or to integrate the messages of the spirit into your being.

Your body is the physical manifestation of the acquired attitudes and habits of the soul. Health can be altered by the soul being in or out of alignment with spirit. All experiences are not only communicated throughout the body but also become part of your consciousness. Your experiences are imprinted or recorded in all your fields—physical, soul and spiritual.

Information comes to you energetically through your spirit (consciousness), to the soul (thoughts, emotions, will) and is communicated to your physical body. The physical body relays information to the soul and from here it is carried to the spirit realm. Across all levels of existence including the fields, body parts and energy particles—the soul and the spirit—constantly communicate. When one part of your being is out of harmony, all parts are affected simultaneously.