

SAME SAME BUT DIFFERENT

A soul
approach
to mental
health

Marie
ANTINETTE
HELOU

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This book is not intended as a substitute for professional medical advice. The reader should use their own discretion when consulting a mental health specialist or alternative health practitioner in regard to symptoms or health issues that may require professional treatment.

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Busybird Publishing
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Testimonials

Working with Marie has changed me. It's changed my relationship with my family and friends, the world around me, but most of all, my relationship with myself. I've gained a deeper understanding of who I am, why I have experienced things in my life, how to learn from them and how to move forward to carry out my mission in this life.

Marie has a deep understanding of other worlds, inner worlds, outer worlds and other dimensions and how healing can come about working with all of these! She helped me understand boundaries within this physical world and the non-physical and how my lack of boundaries has led to a lot of suffering in the past. I finally feel I can have compassion, deep understanding and love for myself and my journey so far, and it feels very freeing.

Most of all, I'm very thankful because I'm not scared anymore. I don't let fear run my life, thanks to Marie. I highly recommend her to anyone looking for a non-judgmental, kind and empathetic mentor to help you to see the true power and potential within you.

Merryn Beckman

Marie helped my young granddaughter understand what was happening to her and gave her the insight to further her gift. I would recommend her to anyone that needs this help. She is very compassionate and an inspiration to all that need her help.

Sharon Starr

I've been working with Marie for just over a year. When I started I didn't know exactly what I was looking for. All I knew was that I needed change. I felt that there was more to my life and I couldn't quite understand the thoughts and feelings I was experiencing. Using a variety of therapeutic approaches, which included patience and humour, Marie has guided me to a place of excitement about the future, to presence in my life and to embrace my intuitive assets. I've experienced freedom from weights that held me back, freedom from fear and healing of my past and that of my

family. I have come to understand the feeling I lived with, which told me there was more to what I was doing. I know this as my soul mission.

Marie has guided me through the process of awakening to know my intuitive abilities and live in my soul purpose. Living this way, I feel excitement for what I have created and what I will achieve. Thank you, Marie.

Vanessa R.

I have had the pleasure of being in a creative circle with Marie and witnessing her natural healing abilities. After the first I had an overwhelming feeling like Marie had opened something inside me that was missing, and in another, it can only be described as an explosion that went right through my soul. I felt such emotions that had built up and finally released. I can't thank Marie enough for awakening my entire being and helping me understand the person I always knew I was deep inside. I now look forward to the journey and continued guidance from such a spiritual soul that is Marie.

Fiona Dean

Marie was such a wonder to work with; she created such a beautiful space which I felt totally safe in. Marie intuitively guided me through a starseed activation which was something out of this world, next-level stuff. I would recommend Marie to everyone who has that little voice in their head.

Rhys McKay

I came to work with Marie in one of her programs with unexplained nausea and body pains. I was depressed and anxious and was on medications for pain and anxiety. Through a series of healings that addressed and removed the causes, I slowly began to notice the pain and anxiety decreasing, which reduced my needs for medications which I was able to slowly cut down and eventually come off. I also began to have a better approach towards my own health and healing and my intuition increased. Deeply grateful for such a transformation.

Eboni Musgrove

I was extremely fortunate to meet Marie when I did. In many ways I was aware of what was happening for me at the time, but Marie pinpointed an issue that needed to be addressed and helped me understand why

particular events in my life had occurred and what I needed to do to move on from old negative experiences. I found that Marie was able to help me get in touch with the core essence of my being in a way that no other healing practitioner has before. I feel Marie would be a great asset to anyone looking to grow spiritually and get to the bottom of their major life issues.

Beaumont Miles

I reached out to Marie as I was concerned that my son had some form of entity attached to him that was stopping him from sleeping and eating – he was very distressed. He is on the autism spectrum and is extremely sensitive and psychic. During our session, Marie was amazing with both me and my son; she was kind, funny, relatable and very informative. Marie was also very accurate and the healing that we both received could be felt instantly. My son did indeed have an earthbound spirit attached to him and Marie was able to help this soul pass into the light and now my son is sleeping and eating beautifully! His anxiety has reduced; his thought patterns and ability to communicate have become more centred also. I would highly recommend working with Marie.

Linda Beattie

When I first found Marie's Intuition Ignition Program, my business was struggling and my access to intuitive guidance was very blocked, to say the least. I was very hesitant at first to try the Intuition Ignition Program but eventually decided to give it a go, and thank goodness I did. Marie helped me heal a limiting belief I was holding onto around money and time. She also helped me clear up beliefs around being worthy of receiving divine guidance and its possibilities for me. My business is now back on track and functioning very successfully again. And my access to intuitive guidance has opened up beautifully now and has become a very natural process in my life. I cannot be more thankful to Marie and her program.

Avin Prasad

From the first time I met Marie I knew she was gifted, but it wasn't until having a one-to-one session that I realised that there is a lot more to her. Healers I have been to in the past do the healing, but I had no idea what happened and why I was experiencing everything that I was and left with questions. What I love about Marie is she holds a safe space, takes time to

allow you to understand what you've been experiencing and explains the healing process. My heart is always full of gratitude after a session with her.

She is also a talented MC and comedian. After having Marie MC at my Embody Your Rawness event, I knew I would get her back as an MC and to speak at The Wild Ones Live, a two-day event. Marie can have the room laughing one moment and deep in thought the next. She has so much wisdom, an endless supply of jokes and walks the talk. You know you have nothing to worry about when she is around; she creates a unique and memorable experience for your guests. It's always a pleasure to have Marie.

Amanda J. McKay

To all of those who have ever felt different to everybody else, who have been labelled, suppressed, felt crazy, weird, isolated and alone, this is for you. Blessings to you; may you find solace, wisdom, relief, humour and inspiration within.

Sensitive Souls who Behave Differently (SSBD)

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Prologue

My first visit to a psychiatric ward was when I was about seven years old. My father had taken me there to visit my mother. The best way to describe my mother was that she was severely depressed. When she wasn't constantly wanting to sleep and die, she was staying awake and ranting non-stop in a way that made no sense. As we waited in the corridor for one of the nurses to go and fetch her from her room, I remember feeling anxious as I looked around and saw people in various states of consciousness. There was some yelling going on in the distance and it sounded like it was getting louder. The yelling was from a lady wheeling herself down the corridor in a wheelchair. She was shouting that she knew the truth and what the governments were really doing, that they were trying to kill us all. I remember her looking at me directly in the eye when she said, "They don't want us to live, they want us to die ... and because I know the truth they are going to come now and shut me up with their injections."

And sure enough, three men came running down the corridor, one injecting a needle into her arm while the others violently held her in place, even though she couldn't run. Her screaming rapidly declined as she slumped into her chair. I remember feeling upset, helpless and that I couldn't do anything to stop this. Deep down somewhere in that little body of mine, I felt that she was speaking the truth and I wanted to know more. Visits to the hospital were frequent in the following years to see my mother and later my brother. I was always fascinated by the other patients, their stories and their beliefs. I often felt a deep curiosity about how they reached such states, coupled with a growing resentment of what I saw as their 'treatment'. It felt like a prison where they doped people up to their eyeballs to manage them.

I became deeply passionate about how our world views mental health, with a strong suspicion that as a society, we somehow had it all wrong. Little did I know, even after I began formulating ideas for this book over ten years ago and established a career in mental health, that I too would be speaking the ‘truth’ and some men in white would be coming to not only inject me but throw me in a padded cell; that I would be told I was just like my mother and had inherited bipolar disorder through her genes. They were wrong and right. Same same but different. I did inherit something from her, yes, but it wasn’t bipolar disorder!

Years later, not long after my first psychiatric admission after ‘they’ told me I was disordered, and feeling traumatised by the idea that I just might be, I came home and heard a very loud and distinct voice. It was in Arabic and the words spoken were: “Do not be afraid”. It was my grandmother. She proceeded to tell me that I came from a long line of incredibly psychic women and that I also possessed these skills. She warned me that unless I learnt to understand and use these skills wisely, I would end up in the revolving door of the mental health system. She was right.



Meet the Co-authors

This book is only half written by me. But before I introduce you to the co-authors, I want to share with you the unfoldment of how I’ve come to this collaboration.

In 2009, I started writing to God. Inspired by Neale Donald Walsch, who wrote the series of books *Conversations with God*, I thought I would have my own conversations and, lo and behold, I began getting answers. It was clear that the responses were not from me, and I have to say they were quite comical; I found God to be quite the smart-arse! I really enjoyed retreating into this world, so kept up the writing until one day I got a response in plural form: “We would like you to know ...”

I was flabbergasted (love that word) and when I asked, I was given the initials M and G, with no other information. For months I would wonder, till one day I had a flashback to a time when I was extremely distressed and suicidal in my late twenties. I was contemplating leaving this world

when I began to have flashes of my life shown to me. Similar to *Footprints in the Sand*, they all seemed to be flashes of challenging times in my life; but in the memories there were two big-winged angelic figures next to me and they telepathed that they had been assigned to be with me, and would always be with me, never leaving my side. Then I remembered that several spiritual healers had told me they had felt archangels Michael and Gabriel around me and I was like, “Cool – that’s who those big bad-ass angels were!”

“Why the mystery?” I exclaimed to them in my next sitting, and they said they were here to empower me, not spoon-feed me, and it was important I find my own answers.

My writing continued, and again there was a change in tone. I was asking who it may be, but no spoon-fed answer came. One morning, I woke up with the word ‘Metatron’ in my head on repeat. I had no clue what this meant; maybe some European car ... I mean, I liked cars and was in the market for one, but no – I found out that Metatron was on the ascended master level of beings, so I didn’t get the new car but an upgrade into a higher realm instead!

Metatron and I struck up a great friendship and I learnt a lot until, less than a year later, the answers to questions began to say ‘we’ again. At first I thought the archangels were back, but I noticed I was getting much bigger-picture information about the world, and the tone changed to one that was comical and ironic. I showed a friend one day and she said my writings were remarkably similar to Barbara Marciniak’s work in which she channelled an advanced extra-terrestrial (ET) race called the Pleiadians.

I can’t really explain the full extent of how I felt when I read her channelled writings, because I instantly knew – the tone was the same, even some of the phrases, their straightforwardness and humour, there was no doubt about it – I had been in dialogue with the same crew. With the realisation that I had been upgraded yet again, I also had an unmistakable feeling as though I was finally coming home!



This book will take you through a journey of 12 keys, rather than chapters. Each key has a part written by someone or some group from my spiritual team. I have been told that these channelled messages are encoded with a frequency designed to awaken your spirit and liberate your soul just by reading them. I use the word ‘channelled’ for a sense of ease, but the process is more like mediumship, where I am just speaking on behalf of a group of elders on topics I know well in my soul memory.

My ‘team’ consists of enlightened beings and ascended masters including the Pleiadians. The Pleiadians are our distant cousins who have achieved not only personal ascension, but a planetary one. They hold a lot of advanced information on humanity. They as a collective have come to be like a group of mates who have always got my back and are ready to answer anything I ask. To give you a heads-up, the Pleiades is a seven-star cluster visible in our night skies, and its origins trace back to every ancient indigenous culture around the world, known as the tale of the seven sisters. In Australia, the stories associated with the stars and night skies carry deep meanings embedded in Aboriginal law, culture and social structures of the most ancient of human civilisation.

After I began my journey with the Pleiadians, they often accompanied me outside of writing and showed themselves to me in my mind’s eye several times, and I began to remember. As my soul memory awakened, it was shown to me that I had done most of my growing up as a soul in this star system. Now that explained why I felt like I was an alien all my life! They explained that they were my ancestors from the stars and that they were the ones who dropped the idea in my head that I would be writing a book. Three, in fact! They showed me what all the Mayan prophecies were about and said it was important to explain the ongoing ascension process, because the world would see many great changes happening and the ascension process could have lots of people thinking they were crazy.

You would think that the rest is history and that this is where I finally wrote the book you have in your hands. If you remember *The Karate Kid* or have seen *Peaceful Warrior*, you might recall the frustration that the characters went through. Nothing was explained and they had to learn via mysterious experiences with a lot of ‘what the fuck is this about’, and they came to a point where they had to defeat their own personal demons to overcome some adversity. Welcome to my world! As mentioned before, it turns out my experience required more ‘research’ of the firsthand kind. I

needed to experience my biggest fear imaginable: the men in white coats with syringes in hand.

So there I was, writing a book about mental health, and suddenly I found myself on the inside of the system, experiencing firsthand the degradation, humiliation, labelling and rejection from friends and family. It was a real eye-opener. Seeing the irony in my situation, I tried to tell the doctors that I was a psychotherapist myself and understood what had happened to me. To lighten things up, I cracked a joke and then mentioned that I was a comedian. I didn’t expect to be stared at like some freak and totally ignored. I later found out why when I obtained my file notes under the *Freedom of Information Act*. There, in black and white, it said:

Patient is suffering a delusion that she is a psychotherapist and a comedian.

But wait, there’s more. Another two hospital ‘stays’ followed over a difficult seven-year period, with my guides revealing to me after my third hospitalisation that my shamanic initiation was finally over and I was ready!

There’s a saying in comedy that “It’s all about the timing”, and my guides have the edge-of-your-seat kind of timing that’s left me saying, “Oh right, so that’s what that was about. Yeah okay, I see what you did there”.

So here she is, finally, the first book of three, a joint effort. And don’t worry – I do already see the complete irony in all of this; that this book is about mental health, half-written by a bunch of my invisible friends and a group of extra-terrestrials. ET phone home! Let’s go!

Hope you enjoy the ride!

Introduction

I am no stranger to depression, anxiety and suicidal thoughts, and I want you to know that I still experience these regularly to some degree. If I had told a doctor just last week the range of emotions I was wildly swinging between, I would have certainly been met with concern, a label and an offer to remedy the situation with a script for some kind of medication.

But I know doctors don't look after emotional health. It is purely physical. They are called 'general' practitioners after all, and most of the time they can only treat us 'generally speaking'. They are not mental health experts! The specialisation of mental health generally seems to lie in the hands of psychiatrists. However, psychiatrists are medically trained and 'indoctrinated' into using the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*, with an array of pharmaceutical drugs to treat these ailments. It's interesting to note that the word 'indoctrinate' is defined by the Google dictionary as to "teach a person or group to accept a set of beliefs uncritically".

Have you ever researched for yourself the history of psychiatry? It's wise to question what we put our faith in, and these days a lot of us do; but for those who haven't, I've taken the liberty of including a brief insight. The word psychiatry comes from the words *psyche*, a Greek word meaning soul, and *iatros*, meaning doctor. Johann Christian Reil was the pioneer who came up with this medical-sounding name in 1808. His theory was that the mind, or 'life energy', causes spiritual confusion or decay. His theory sounds spiritual, but patients were treated as animals, often whipped, tortured and shackled into submission of 'proper' behaviour. Wilhelm Griesinger was a German neurologist and psychiatrist and was

the first to claim that mental illnesses are brain diseases. His theory was that the soul is a function of the brain, but he himself admitted that this was just his theory, which he developed without any evidence.

The medical industry often doesn't look at causes, just treatment. And so, when I'm out of balance, I use what I know and what I teach others. I wanted to say in this introduction that I don't claim to be an expert in mental health, but that didn't sit right with me. I am an expert! I mean, who decides who is an expert? If you count the lived experience I have had, along with the study of human behaviour, spirit and soul and the years of research I have done, then yes, you could say I know my shit!

With my esoteric expertise, you could say I offer a multi-dimensional framework that I am applying to the subject of mental health. But this expertise came from an insane (pun intended) and relentless pursuit to understand myself. It has been and always will be that little voice within me that leads the way.

Deep down, I have never really accepted that a brain disease was to blame for all my emotional imbalances. Brain chemistry issues, for me, just didn't cut it. I'm glad it didn't. Turns out 'it' wasn't. With no evidence anywhere that mental illness is caused by a chemical imbalance, it's one of the biggest scams of the century! So rather than say I'm not an expert, I'd rather say I'm not perfect. It's easy to see the smiling image of me on this cover and say wow, she's happy, she's got it together. Looks can be deceiving. As I said, you should have seen me last week! My point is, I am not 'cured' of the myriad of mental health symptoms and I'm not 'happy' every day. I still have mood swings that would be concerning in the medical field. I could take a tablet to feel better. When you have a headache, you take a Panadol, right? See? Right there is our conditioning to believe that pain needs to be eradicated rather than examined. It appears we have become a quick-fix, pleasure-seeking society that avoids discomfort at all costs.

And this extends to anything in society. Anything that doesn't look right or sound right is frowned upon. Anything that is DIFFERENT to what is normal. Norm-all! What does that even mean, anyway? I'm not Norm, I'm Marie. Why do I have to be a Norm with all the other Norms? It's the acceptance of my extreme sensitivities to energies – me being Marie and not some dude called Norm – that produces that happy smiling face

you see on the front cover. A picture paints a thousand words, and that shining spirit that some of you may feel even through that picture is a result of me following my soul purpose!

Through my own self-development and spiritual journey, I discovered that as I healed within from my adverse childhood experiences, awakenings began to occur. Spontaneous esoteric experiences became frequent. I struggled to make sense of the synchronicities, psychic phenomena, dreams, visions and inner voices and callings, which were getting louder. The more I tried to silence them and just live a simple existence and try to fit in, the more depressed, anxious and ungrounded I became. I lost friends and felt the disapproval of family when I shared what I discovered, and most of the time I was treated with suspicion and fear. This made me retreat inwards for answers. The blessing in disguise was that I had no one to help or understand me except spirit itself, and so my relationship with the divine grew!

I discovered shamanism around this time and searched for a physical teacher to assist me, but once again I was led back to the voice within. That voice informed me that there were two types of initiation. One was by having a physical teacher, and the other was to be initiated by spirit, the latter being the harder path. Well, ain't that the truth! I came to understand that I could enter altered states of consciousness at will and that I was not psychotic or insane, just a soul traveller who had to learn how to travel those worlds. When I learnt to embrace all my extrasensory capabilities through both physical and non-physical worlds, without fear of judgement, the more I shone and the more I could help people using my access to these worlds.

Following my path and the teachings so graciously afforded to me is what keeps me on an even keel. If something is amiss within me, I investigate and do my own diagnostics check to see what's happening with my little machine. My first port of call is to always see where it is within me that I'm not following my truth. I've learnt that vibrational alignment is important. If I'm not being authentic with myself and living what society or other people want me to be, then I'm going to be misfiring and not running on all cylinders.

I check for energetic and etheric causes such as entity attachments, in case I've picked up a hitchhiker from the spirit world somewhere along the line. I check for psychic attack and emotional attachments. I check

to see if I am harbouring any unresolved anger or resentments or not allowing myself to feel sad over something that needs to be expressed. I know suppressed emotions are a killer (quite literally). I see where I can plan to sort things out with others. I choose these battles wisely. If I feel I may not be well received, I express these emotions through writing it out or through support from a friend.

I check to see if my physical needs are being met through physical exercise. Am I getting enough fresh air and time in nature, and am I challenging myself enough to receive a healthy amount of serotonin and endorphins? If I realise I'm not, I go and I go immediately. If I'm tired I drive to nature, but I go as if my life depends on it because often it does!

Am I getting enough nutrients in my system? If I eat shit, I feel shit. If I eat too much or not enough, I feel shit. I make adjustments, often cleaning out my body to give it a fresh start. When I have treated all these things and I'm *still* not right, I go and find Harry Potter. Kidding; I just ask my other imaginary friends!

My relentless searching, investigation and research have not only been fueled by the need to understand myself, my family and the world at large; they have also been driven by all that I have learnt about the nature of addiction. After facing my addiction issues by ceasing all use of drugs and alcohol, I realised I could never return to them. And whenever I did, albeit temporarily, I learnt I was more sensitive than ever. This led me to foster an attitude and practice of looking within for answers. It was a life and death issue and I was somewhat forced into looking at alternative solutions. A blessing in disguise.

I realised that seeking a drug or any other addictive practice (including gambling, sex, food, shopping, work, etc.) was really about a lost soul blindly and desperately looking for solutions in all the wrong places, and this blind seeking only led to more problems.

It has taken a lot of courage for me to complete this book and speak in a manner of truth that sits well with me, because what my heart and soul wants to shout from the rooftops goes against most people's mainstream beliefs. They say it takes balls to stand out. I actually hate that saying! It insinuates that courage is a masculine thing. When describing something courageous, I like to say it takes wings (and not the Red Bull kind!)

What I want to shout out is that perhaps we've all been wildly and desperately searching in all the wrong places for ways to feel better, only perpetuating the problem further. In our attempts to feel better and quickly eradicate pain, have we fallen victim to the biggest drug suppliers in the world – Big Pharma?

Have we subconsciously allowed the medical field to fool us into believing we are seriously ill and need their medicines to balance us out? Relational therapies still seem to take a back seat in treatment options, despite ever-growing evidence of the brain's plasticity. Neuroscience studies are revealing that new neural pathways can be formed from relational-based counselling in the same way that medications appear to affect brain activity.

When looking at the side effects of mental health medications, it starts to become very concerning. Are the risks worth it? Side effects include disruption and impairment of normal brain function, drug-induced chemical imbalance in the brain, dystonia, fatigue, twitching, sedation, memory loss, concentration difficulties, headaches and, the most ironic of all, suicidal thoughts and tendencies. There are obviously cases where pharmaceutical remedy is needed to bring a person back into this reality safely, or where a person is feeling unsafe and poses a risk to themselves or others, but often the real causes are overlooked and dependence is formed.

In my research over the years and for this book, I have found many other professionals who have questioned the status quo and, rather speak of their work here, I've included their books in my recommended reading list at the back. I have decided that you can do further reading of your own to better assist you if you feel inclined. A lot of authors in their introductions explain how to read their book. I don't care how you read this one, but I've tried to write it in a way that makes it hard to put down!

In this book, you will find information, tools and stories that shed light on other contributing factors of a spiritual and soul nature, which look like mental health symptoms on the surface but can be viewed as signs and signals of awakening, transformation and soul emergence. This book is dedicated to tools that can assist you on your journey from a soul perspective. You will find that there is some repetition in different ways throughout the keys. This has been deliberate and I was guided to leave

the repetition, as repetition is a basis for learning. Think of it like a multi-faceted diamond, if you will.

In addition, I have not attempted to cover every single diagnosis that appears in the DSM because this book would be too long. (A bit like the manual itself!) Instead, I have mentioned the main ones for which I can offer a soul approach.

I believe the ‘mentally ill’ or ‘mentally disordered’ people in our world are the most misunderstood beings on the planet. Our health system has been trying to treat a spiritual and soul issue with physical, biological remedy and, let’s face it, for a lot of people out there, it’s simply not working. These amazing, sensitive and often spiritually aware, psychic, advanced beings are being drugged, segregated, ostracised, and numbed down by a system that does not support holistic healing, understanding or full recovery.

It’s interesting to note that when you split the word diagnosis, you get diagnosis. *Gnosis* means ‘knowledge of spiritual mysteries’. It’s well known that the world’s major spiritual teachings and wisdom have been kept hidden in secret societies and are not well understood by the mainstream population. But times are changing! It is my hope that the contents of this book refresh your spirit and liberate your soul.

While there has been no shortage of alleged biochemical explanations for psychiatric conditions ... not one has been proven. Quite the contrary. In every instance where such an imbalance was thought to have been found, it was later proven false.

Dr Joseph Glenmullen, Harvard Medical School psychiatrist

The way things get into the DSM is not based on blood test or brain scan or physical findings. It’s based on descriptions of behaviour. And that’s what the whole psychiatry system is.

Dr Colin Ross, psychiatrist

Virtually anyone at any given time can meet the criteria for bipolar disorder or ADHD. Anyone. And the problem is everyone diagnosed with even one of these ‘illnesses’ triggers the pill dispenser.

Dr Stefan Kruszewski, psychiatrist

Despite more than two hundred years of intensive research, no commonly diagnosed psychiatric disorders have proven to be either genetic or biological in origin, including schizophrenia, major depression, manic-depressive disorder, the various anxiety disorders, and childhood disorders such as attention-deficit hyperactivity. At present there are no known biochemical imbalances in the brain of typical psychiatric patients – until they are given psychiatric drugs.

Peter Breggin, psychiatrist

No behaviour or misbehaviour is a disease or can be a disease. That’s not what diseases are. Diseases are malfunctions of the human body, of the heart, the liver, the kidney, the brain. Typhoid fever is a disease. Spring fever is not a disease; it is a figure of speech, a metaphoric disease. All mental diseases are metaphoric diseases, misrepresented as real diseases and mistaken for real diseases.

Thomas Szasz, Professor of Psychiatry

The 12 Keys





The Key of Acceptance

**If you begin to understand what you are without trying to change it,
then what you are undergoes a transformation.**

JIDDU KRISHNAMURTI

Many years ago I was sitting with a friend of mine at a cafe. As we began talking, I saw an expression of pain on his face, with his forehead all wrinkled up. When I asked him what was wrong, he told me that he had a migraine. In that moment, because I cared for my friend, I thought in my head, “I wish he didn’t have this migraine, what a poor thing”. And then suddenly I could feel my forehead crease up with my head starting to throb. I looked up at my friend half-smiling at me, saying “Give it back. It’s not yours to take”. I was fascinated that he was so calmly asking for it back and he had full awareness of what had just happened.

Confused, I said to him, “I’m not even sure how I’ve taken it; I don’t know how to give it back”. Smiling, he said, “Just send it back”, as if it were obvious. Not wanting my friend to be in pain, but knowing it wasn’t mine, I sent the headache back with my mental intention. I really didn’t think it was going to work, but I could see the moment it arrived back in his body by the strain that reappeared on his face. It was a valuable lesson for me about how easily we can unconsciously take on other people’s issues. Coincidentally it was also a bonus because with his headache back, he didn’t feel like eating his cake!

Super Sensitives

The mental health system seeks to conform all of us into one standard of being. The reality is that we all think differently and we also all *feel* differently. Some of us don't feel at all because we have become numb in some way, while some feel so deeply that it feels like their heart is literally shattering into a million pieces. If you fall into the deeper and more sensitive category, you're more likely to experience depression, anxiety and mood swings as you swing wildly from emotions that, most of the time, you don't understand. I totally relate; I'm a swinger too! It's important to understand that you may fall into a different category to most when it comes to handling emotions, which can better serve you to see that you are not disordered, just different.

Highly sensitive people, or super sensitives, are more sensitive than most to all energies. Because of this sensitivity and the fact that emotions are also energy, crowded places and toxic environments where there is a lot of anger and frustration easily overwhelm a sensitive. Dr Elaine Aron, the originator of the term 'highly sensitive person', defines it this way:

A Highly Sensitive Person (HSP) has a sensitive nervous system, is aware of subtleties in his/her surroundings, and is more easily overwhelmed when in a highly stimulating environment.

HSPs may also be sensitive to larger field energies. Then there are those that are extra-super sensitive, who feel the vibration and frequency and emotions of not only their local communities, but the world at large and even the earth system. I once worked with a client in my counselling practice who came to me because she was severely depressed. When we unpacked what her depression was about, it was her deep empathic nature contributing to her sensitivity to the world at large. She was sad because of the violence, she was sad because of the wars, she was sad because people didn't get along with one another and she was heavily impacted by these energies.

Super sensitives may also be sensitive to stimulants such as coffee, sugar and preservatives, which can cause things like hyperactivity and inability to concentrate, which bring in such labels as Attention Deficit Disorder

(ADD) and Attention Deficit Hyperactivity Disorder (ADHD). HSPs can also be empaths, but not all HSPs are empaths as well.

For the sensitive souls who unknowingly have access to the non-physical realms and dimensions, life is extremely hard. You don't seem to fit into the ordinary, but rather find yourself in the extraordinary realm. You may find yourself outcast, labelled with titles such as crazy, weird, nuts, bonkers, mad – the list goes on; you get the idea.

You feel inextricably different, yet you don't exactly know why. You feel things and have reactions that people don't understand. You may avoid people and things and then be over-the-top. You have thoughts, feelings and experiences that you keep to yourself because sharing them may confirm that you are indeed mad.

You see synchronicities all the time and somehow know that there is a grand design working in perfect harmony, yet you can't seem to find that harmony in yourself. You are deeply impacted by the violence perpetuated by humans against each other and towards animals and nature. You see other people's disdain towards you and sometimes wish you were different. You try to fit in, try to be normal, wondering what the hell it is that's wrong with you. Deep inside you may feel like you are harbouring a secret, but you don't even know what that secret is. You feel like an alien, sometimes to your own family. You don't know why you feel this way, but you feel it.

Empaths

Empaths literally feel everything. They have the ability to scan a room and feel the vibe emanating from everyone in it. They can always tell when something is wrong. They don't know how they know it, they just do. They pick up on the subtle emotions or energies. They are easily moved by art and equally horrified by acts of violence. Even though they can be social, they secretly prefer to do things solo. They have powerful imaginations and their intuition is high.

If you're an empath, loud and noisy places may irritate you. You feel other people's emotions as if they were your own and this is where you can get stuck in people-pleasing. You naturally have a difficulty with saying no. You feel things deeply and cry easily. You may be regarded as eccentric.

Empaths have a bullshit radar that's so finely tuned that lying to them is impossible and they can know what you're feeling, even if you don't! Empaths feel the emotion someone is trying to hide behind a fake smile. If you try and tell an empath that you're not angry when you are, they will react to the emotion and therefore be hurt by the lie. This is because they feel the unseen energy and know the agenda of someone who is trying to manipulate or fool them. Interpersonal relationships are extremely hard for sensitive types because they are often absorbing and reacting to the other person's emotions and feelings. This can be highly confusing. And because of the bullshit radar, empaths need people who aren't fake and have the kind of rigorous honesty usually found in someone with Asperger's! When empaths ask, 'Does my bum look big in this?' they need the 'Yes it does honey, the other outfit was more flattering on you' kind of honesty.

Because empaths naturally take on other people's emotions as their own, they often feel overwhelmed and can develop chronic lethargy along with depression and anxiety. Empaths are often labelled with bipolar disorder or even borderline personality disorder because of their erratic and swinging emotions, but it's usually caused by carrying other people's emotions around like heavy baggage. Learning healthy boundaries is key for empaths. You are only responsible for your own emotions, and being responsible for other people is actually hurting, not helping. Responsibility is the ability to respond, and if you are taking on other people's feelings, you are ripping them off, depriving them of being able to respond to their own issue. If you see it as disempowering and harmful, then you may be more inclined to let go of this behaviour.

This, of course, is difficult when dealing with people who behave as if they cannot respond and they are sinking in quicksand. They are stuck in victimhood, and I call them the quicksand people because no matter what solutions you offer, they seem to have an intense victim energy and be stuck in self-pity. You may find this very draining, as though the life force is being sucked out of you. It's regarded as 'learned helplessness', a theory developed by Martin Seligman. Learned helplessness often originates from a history of painful experiences where there was no escape, and is also often passed down from a helpless parent who won't ever take responsibility for how they feel.

The balance of self-care and letting go of others is a challenge for empaths. For an empath, a good question to ask regularly when you're

overwhelmed about an emotion is, "Is this mine or someone else's?" If it feels like someone else's, you can literally shake it off your body by mentally imagining it leaving you as you stroke it off your arms and torso with your hands. You can send it into Mother Earth or Father Sky or to the creator of all that is for transmutation.

Regular grounding exercises, keeping things simple, extra breaks and naps and honouring your own emotions will all help to bring you equilibrium. Sensitives and empaths who accept their sensitivity can lower the risk of mental health symptoms by avoiding caffeine and sugar, getting adequate sleep and spending more time in nature. A daily energy protection is highly recommended to assist you to stay within your own emotional vibration field. This is easier said than done for empaths, but practice makes perfect. Knowing full well that this is a very important thing to keep you at an even state is also going to help inspire you to keep up this way of living.

If you have identified that what you are carrying is actually yours, it's important to note that from a soul perspective, there are no good or bad feelings. The Zen ideology says, "It just is". There are many teachings by different authors from various cultures who have spoken about this. How often do you live it? We are led to believe that if we are not happy, something is wrong. If we're not happy, it makes other people uncomfortable. If we're not happy, people want to change it.

Healthy inquiry without judgement of your emotions will help you to uncover what your inner self needs. Your emotions can be used as your internal GPS to help you navigate your way through life. Because all feelings and emotions are energy in motion, they need to move and flow through the body. A lot of illness occurs because of stuck emotions.

Taking on Illness

Empaths are often past-life healers and shamans who know how to transmute illness by drawing the sickness into their own body and then releasing it to light. Often, they are the accidental heroes who are intuitively taking on other people's emotions and illnesses, forgetting the important part of clearing it from their own bodies.

These natural healers who are not aware of how energy works may find themselves suddenly sick. Left unchecked over time, they may also be

diagnosed with a mental illness based on these unexplainable symptoms which, in truth, don't even belong to them. When we look at things from a deeper level, we start to see the clarity of what may really be going on.

Think about the headache I took from my friend. Had he not been spiritually insightful enough to explain what had happened, I would have walked away from that lunch date with a migraine and no extra cake!

I will give you another example of the power of taking on another person's emotions. It's a true story about what happened with my mother when I was a wannabe healer over 15 years ago. I'd only done a very short energy healing course, more out of curiosity than anything. I was much younger and much more inexperienced. I had a strong longing to heal my mother, who was often pleading for help in her traumatic learned-helplessness state. I asked her if she would like me to do a healing, so I did.

I remember excitedly telling my brother over the phone what I was about to do. He warned me, saying, "You have to be careful with whatever you're pulling out of Mum and where that goes". With more than a hint of stubborn arrogance I told him I knew what I was doing. As I began to practice what I had learnt only the day before, I was both fascinated and surprised at what occurred next. Her body began to convulse and shake as she let out an array of noises and screams loud enough to make the neighbours think some hideous crime was unfolding. I wondered if we would end up with police knocking on the door, but I stayed calm as she continued to release things in a way that resembled an exorcism. Every chakra point I worked on seemed to hold great pain and energy blockages as I saw them being released. As I worked on her throat, for example, she would start to cough, and when I worked on her heart she would sob. It looked like it was going very well. When I finished, she appeared exhausted but calm, smiling at me and saying, "It's all gone, it's all gone, thank you".

But what happened to me after this healing was quite intense. For the next 12 months she reportedly had a marked change, but I experienced a very dark and deep depression. I began to have flashes of myself locked in some sort of dark room with no escape, with just a little window. I had no motivation for anything in my life. There were times that I couldn't go to college or attend my own therapy sessions.

On an intuitive level, I knew that what was happening to me wasn't mine. I somehow knew that the memory flashes were not my own. There were

times I nearly went on medication because I just didn't know what else to do. I was eventually able to recover when I saw a psychic for a tarot reading and she turned out to be a shamanic healer. The moment I walked in, she looked at me sternly and said, "You, my dear, must learn the lesson that you must heal yourself before you attempt to heal your mother". She helped to clear what I had taken on.

The question is there to be asked. With some people who are suffering major bouts of depression and anxiety, is it their emotions that they're carrying or somebody else's? Is it that they are depressed? Or are they just overwhelmed by everyone else's baggage? Are they bipolar or borderline or just the wounded healer masquerading as an empath? Same same but different.

The Clairs

I have described the four types of psychic ability so that you can understand them, so that if you experience them, you have a point of reference. I used to see many clients in my counselling practice that would describe these experiences as strange, who had become anxious and ungrounded. What they were experiencing was prefaced with, "This is going to sound crazy...", or "You're going to think I'm mad, but..."

As you move along your spiritual journey, more and more experiences tend to show up because as you awaken, so too do your extraordinary senses. You are not crazy, nor gifted; these abilities are your divine birthright.

Clairvoyance: This is the more widely known ability. This is a psychic 'seeing' ability where images, scenes or information are shown or seen with the third eye. These images or scenes can come through dreaming or meditative states or, if well developed, can come at any time in an awakened state through the mind. The images or scenes can be from the future, about a person, from a past life, etc. They may be confusing if they come randomly to someone but they all have meaning and relevance.

Clairaudience: This is a psychic 'hearing' ability. This is through an 'inner' hearing which is like receiving information telepathically. Telepathy is communication through the form of thought. Some people do not realise that they have this skill or ability because they do not differentiate their

own thought from a thought that may come in from another source. This is because they are expecting to hear an outer voice. Clairaudience can be developed by practising regular mindfulness through meditative practice and developing what is known as the ‘observer’ so that the inner hearing can be more recognised. Empaths sometimes have the ability to hear other people’s thoughts and can hear guidance through an audible outer voice.

Clairsentience: This is a psychic ‘feeling’ ability, often referred to as a ‘gut’ or intuitive feeling. A gut feeling is best described as having a good, bad or indifferent feeling towards something without any other information to provide evidence for that feeling. For example, you may feel extremely uncomfortable and frightened in a place and not know why, only to find out that a violent crime happened there. You may receive information through feelings or bodily sensations. A very common bodily sensation is hairs standing on end or goose bumps. Some people have related this to fear from conditioning through horror movies, but this sensation is a signal for truth.

Claircognizance: This refers to an inner knowing without any conceivable doubt that something is true. Claircognizance is an interesting ability to have and use, especially on its own without the other abilities, as it simply feels like the information gained has come out of nowhere at no time – it is just known! It is a skill based on ESP (extrasensory perception), also called the sixth sense, which includes reception of information not gained through the recognised physical senses but sensed with the mind. This is the hardest sense to develop and grow as it relies heavily on trust and faith and noting of experience to develop. It’s often confusing because thoughts, ideas and guidance just pop into your head and appear to download out of nowhere. It may be disconcerting to realise that you know things ahead of time or know about a particular place or subject without having researched it.

You may at times know how sensitive you are and wish it was not the case. Wishing yourself to be different and be like everyone else will not help you and is the difference between feeling like you are cursed or gifted. Mental and emotional equilibrium will only come when you embrace yourself as you. In all great teachings of loving yourself, this is the truth that will help liberate you. If you’re highly sensitive, an empath or finding yourself having some weird out-of-this-world experience, embrace it,

seek to understand it and it will no longer be something you wish you weren’t. Highly sensitive people, who honour their difference, learn healthy boundaries, and work on staying out of co-dependent behaviours can really thrive! When accepted, embraced and understood, HSPs and empaths actually have a great set of extraordinary skills that help them to excel as artists, writers, actors, healers and psychics. Although it’s a challenge to be sensitive in a harsh world, the set of character traits can be viewed as a hindrance or blessing. Same same but different.

Here are the Pleiadians on acceptance, offering their planetary view.

The Pleiadians on Acceptance

There are those of you who are different and have been pre-programmed by yourselves as souls to be different. You have chosen to enter this experience with specific energy centres already open. Namely, your crown chakras, to remind you of your existence before you came into form. You have also chosen to have your heart energy centres a little more open. This means you have allowed these centres to be open as you came into form rather than from just this lifetime. Therefore, it feels like you were born with your heart on your sleeve. This is why you are so sensitive to energies and especially those that oppose unconditional love. Any form of cruelty makes your insides shudder. Harsh words and sounds hurt your minds and hearts. You feel deeply and resonate with beauty. You want to love and help your fellow man. You seek peace and harmony. These all sound so gracious. But gracious they are not to a selfish, cold, unemotional world. You sensitives do not fit into harsh, noisy and brash environments and trying to will only cause distress.

You feel uncomfortable in social situations and some of you have learnt to mask this deep sensitivity well. Sensitivity is not welcome in most arenas. You are like a sponge for energy as your soul knows how to transmute such energies in a flash. You have had an experience at one time or other in another time and existence of being able to blast your way through denser energies, converting them to light as you go. You have chosen to anchor these energies into the earth grids, for a harsh world needs some alternate energy. Do you see? Do you see that just by being you, you are assisting to balance the energies here? These very words may help you remember. Remember the choice you made. This is why sometimes you have felt so alien to this existence. Different to your peers, to your families.

Rather than trying to suppress it or change it or wish it were different, embrace it, and accept it. See it as your asset, your ally. It serves those around you. It's what assists you to be creative, to see things in a different light, to be able to assist another through your very presence. Your empathy for others helps them feel not so alone. Your care and concern holds a great degree of unconditional love; however, you sensitives need a special kind of care. A special kind of lesson in this world. And that lesson is unconditional love for the self. To love yourselves no matter what. To balance the care and concern you feel for others and your environment with the care and concern for yourself. For you are your best asset in this world. Self-preservation is key if you are to be of assistance. It is imperative that you learn that putting yourself first is not selfish, but indeed the opposite. That you must treat yourself as an asset. That your big wide-open heart is an asset, not a curse, when used wisely. It is meant to be used as an energetic field and as an example, not to pull anyone else out of their own misery. Empathy states that we are in this together, not 'I'll feel this for you so that you don't have to'. You are all-powerful creators, and just because you emit rays of unconditional love does not mean that the next person cannot also do that. Each soul has its lesson.

Accept your ability to sense, know, feel and hear the non-physical. Use it to guide you. To show and light your way rather than be afraid by it, or rather the opposite, where you may be excited by it but miss the opportunity it presents to you. The opportunity of wise creation. For without the sensitives here on this planet, without the empaths, the earth herself has no empathic witness to see, feel and understand that she is being harmed and destroyed. Through the lens of your empathic souls, you return harmony to the whole. Allow yourself to feel, let it out, do not stifle it, soothe yourself as your expressions arise and accept the difference that you are making in this world by being you.



*Armed with the Key of Acceptance,
it's time to obtain the Key of Awareness.*



The Key of Awareness

Full awareness requires you to go beyond using not only two eyes, but three; there you will find a full reality of what there is to see.

Me

Non-physical Entities

Let me introduce you to a young 10-year-old called Paul, who is on the autism spectrum. His mother knew of my work and called, asking for a session. She told me that he had become very confused, not wanting to eat and not wanting to sleep. Paul had described to her that someone he called 'Bossy Worry' was giving him directions for what to do, and she had seen him whispering to someone as he tried to sleep.

Interestingly, the symptoms of not eating and sleeping are common to those who have bipolar disorder, and they are the warning signs of going into a manic and psychotic episode. His mother was open-minded enough to realise it could be an entity attachment.

So, I facilitated a session with her and chose to have Paul present so he too could be involved and learn from this experience. When I tuned into his energy I could see that Bossy Worry was another boy similar to his age who was a stuck spirit. He had died in a fire in the house that stood there before the current one was built. Not knowing he was dead, he was a wandering spirit who had attached to Paul because of his open energy fields. I could see that the boy didn't understand why he couldn't eat and

sleep like his newfound friend, who seemed to be able to sense him. He had been ‘worried and bossy’ by saying to Paul that if he couldn’t eat and sleep, neither should he!

I called in this lost boy’s guides and ancestors to cross him over. When he realised what was going on, he was very apologetic for being so bossy! He was grateful that he would be going home, saying he didn’t feel trapped anymore. He crossed the bridge of light and said there would be no more Bossy Worry around anymore for Paul, with a big smile on his face. Paul cheered in delight and said, happy and relieved, “Goodbye, Bossy Worry”, as I told him the boy was crossing the bridge into the light.

Interestingly, Paul’s grandfather on the father’s side was at the entry to the bridge of light wanting to get a message through to Paul. He instructed me not to edit the message in any way, perhaps sensing my inclination to believe that Paul may not understand. So I told Paul everything. His grandfather wanted him to know that Paul was a light worker, one of many, and that when he was an adult he would be helping many people just like him. He wanted him to know that how he was should be seen as a blessing and not a burden. He said that Paul had chosen to have this condition so that he could help others when he was older with the same condition. He said that he was going to help many boys and men like him.

Grandfather also had a message for his mother and father, and said it would be best that they stopped viewing their son as someone with a condition or limitation and that their energy of limitation towards him could affect him. He wanted to remind them that it was Paul’s choice as a soul to have this experience. He went on to say that they needed to stop trying to make him conform to society’s expectations; that his rawness and direct honesty was a gift in this world and opposite of the normalcy in society to lie, be polite and nice to appease others. He completed his message by saying that Paul, through his experience, would be paving a new way forward in the world of living in truth and integrity, being a way-shower to others in the world.

The Other Side of the Veil

Ghosts and demons are the most common things people have been conditioned to understand about the afterlife from movies and TV shows. As a society, we have been subliminally brainwashed to live in fear

when it comes to death. There are some cultures that celebrate death and contain advanced knowledge about the afterlife, such as indigenous cultures and the ancient Egyptians. Have you ever noticed there aren’t as many shows about angels, ascended masters or good galactic dudes out there? No wonder so many people fear investigating the paranormal or the unknown of what’s on the other side.

What isn’t widely known, or is grossly misunderstood, is the ability for those who are ‘dead’ to affect the living. I use inverted commas here because they are not really dead, just in another form. They have the ability to affect us energetically, both constructively and destructively. How they will affect us depends on exactly ‘where’ they are – whether they are in the light, meaning ascended into the heavenly state (state meaning a state of consciousness and not a place), or stuck to the earth’s field of consciousness.

With all the conditioning, it’s easy to get all “Oh shit, we need an exorcism now, and we’d better crack out the garlic or salt”. There might be religious beliefs that involve the devil, but in the hundreds of cases I’ve come across with denser energies who have no intention of crossing over to the light, I have learnt that there really is nothing to fear. Everything comes from source and will return to the light eventually.

I’ve often felt like a sister out of the TV series *Charmed* because of some of the things I’ve seen. There is all manner of beings including dark lords and demons that make *Star Wars* and *Men in Black* feel very real! You could say that the good/bad, light/dark armies extend out across all the soul planes inter-dimensionally and intra-dimensionally, and many also have a job to do regarding fear. They are often mirroring back our own negative beliefs on this level. From a soul perspective, how can you learn to overcome fear when fear isn’t present?

Compassion is warranted as these beings are suffering soul amnesia like the rest of us, and those in the dark really believe they are working for humanity’s good, just from a very warped perspective. I teach a lot about the ‘dark side of the light’ through my workshops because it is misunderstood, even by those working as psychics and healers in the spiritual arenas. The most important thing to know is that they feed off fear, so staying out of the vibration of fear and in an energy of love is your best protection. Think of the lower vibrational energies being on one

radio station frequency and higher vibes such as love and forgiveness on another. These entities cannot tune into your radio station if you are in love. It's a different frequency and they can't even connect to you because you're on a different wavelength!

Positive Effects

If you knew who walked beside you at all times, on the path that you have chosen, you could never experience fear or doubt again.

Wayne W. Dyer

Beings who have passed on in their journey and reached the light understand the truth of our reality on this earth. They have complete understanding of their soul's journey and why they had their existence on this plane. To top it off, they can see everything that is going on and provide assistance to the living. In my practice I have found that, usually, grandmothers or grandfathers are assigned as guardians to their granddaughters and grandsons. They are able to give valuable insight into the person's life and guide them on their path here. How I ascertain whether a spirit is in the light or not is usually by the way they look and how I feel. Because everything is made up of energy and the spirit beings are vibrating at an energetic level, I understand that if I feel fear or apprehension, then they are certainly not in the light. Those who have already crossed over into the light emanate an unbelievable sense of joy, love, freedom and wisdom as I communicate with them. I'm able to feel every part of their being and every part of the way they wish to communicate. It is an amazing experience and I feel very blessed to be able to do this work. It has brought so much joy and peace to the people that I offer messages to.

Interaction with the other side, with spirits who are in the heavenly state and not what we call earthbound, can help to improve our emotional and mental state in ways beyond what any medication or therapy can do. It's one of the reasons I work predominately from a healing framework now, although I have been trained in psychotherapy. It can take months in therapy to heal what can be healed on the inner planes in one session. Contact with loved ones who have passed over can bring great love, insight and healing.

The Sceptic

I once had a big Maori man come and see me when I was working as a psychic reader in a store. I don't actually remember his name, so let's just call him 'the sceptic'. He walked in and told me straight off the bat that he didn't really want a reading, but his friend was having one next door. He said he didn't believe in all this mumbo-jumbo but his friend had paid for it and insisted he have one too. He assured me it was okay if we just sat and chatted for the half hour. I was fine with that until I felt his father's presence in the room, who informed me with great urgency that he had something to say to his son!

I told him I didn't mind what he believed, but that his father was standing beside me and wanted to speak to him. "Are you open to hearing what he has to say?" I asked. The man was instantly shocked and took a moment before agreeing to listen. I passed on that his father was distressed that he was following in the same footsteps as him. He apologised for not being a good father to him while he was alive, describing himself as a violent alcoholic. He said he had abandoned him and his brother when his relationship with their mother failed. He spoke about the man's recent separation from his partner and the fact that he had not seen his own two boys and urged him not to abandon them as he had done with him.

The man was in shock, with tears rolling down his face as I told him all of this. He began to sob deeply. He confessed that he had not cried in 10 years. I passed on that his father was deeply, deeply sorry for not being the father that he could have been to him and was now trying to make amends to him from the other side. He asked his son to forgive him and through his tears, the man accepted, saying thank you to his father and to me.

I mentioned earlier the size and nationality of this man, because in our society it's often not acceptable for a man to cry and show his emotions. This particular reading for this gentleman was incredibly healing, and he walked out not only a believer but told me he was determined not to repeat the generational pattern of abandonment. He then bowled his mate over with a big hug, thanking him for shouting him a reading. I believe it is everyone's divine right to have access to and knowledge of the non-physical realms so that they can use the all-loving, all-encompassing light, truth and knowledge that can assist us in our everyday lives to create a life beyond our wildest dreams!

Negative Effects

Earthbound spirits, often referred to as ghosts, can affect a person's mental health without the conscious awareness of the person. When a person dies, the only thing that really changes is that their body ceases to exist. The person's consciousness remains, so their spirit then leaves the body and is free to travel back home to 'light' or 'heaven' or 'source'. If the person has died, suddenly or tragically, their consciousness remains in shock, and just as they were 'in body', they may go into shock caused by the trauma, and not actually witness their own death due to a block in memory or denial.

This shock prevents them from knowing that they have died and they will still see, hear and sense the world as they knew it. The best way to understand these phenomena is via the portrayal of an earthbound spirit in the movie *The Sixth Sense*, starring Bruce Willis. This movie is the best portrayal of an earthbound spirit that I have ever seen. Other people, after their bodies cease to exist, may become aware of the light or be drawn to it, but stay to try and complete 'unfinished business', while others do not see or get drawn to the light because their vibration or frequency is not attuned to the light. Religious views may have people believing that they must earn their space in heaven with a certain number of good deeds in their life, but reaching the light is actually quite scientific. Light is as much a density as it is a frequency.

In the ancient Egyptian book of the dead, there is a description of the Goddess called Maat (whom I know well, as you will discover later on in the book) who was said to be the judge of such vibration. It was said that she would weigh one's heart (conscience) against the feather of truth and justice (known as the feather of Maat). If the heart was as light as a feather and nearly weightless, this indicated that the deceased soul was not burdened with sin and evil (really just words for density) and could pass to the heavenly realms.

When something is light, it weighs less. The opposite of light is heavy. Emotions such as hate, greed, envy, jealousy and resentment are heavy in density. If a person has a lot of these thoughts, emotions or unfinished business in their consciousness, they cannot rise to the light. They can have these feelings transformed by an experience that can lift these, either by spirit beings, who can be passed-over ancestors who come and make themselves known to the spirit to try and guide them to the

light, or by a psychic medium in the 3D world they just left who can see, hear, and feel them and guide them to the light. This is known as crossing a spirit over into the light. The TV show *The Ghost Whisperer* depicts this well in its many episodes of 'stuck' spirits. Those with unfinished business or confused spirits are known as ghosts, who cause hauntings and possessions and can interfere on the earthly realms although they are not in body.

I have seen this play out many times when I have assisted spirits to cross over, often having to counsel them to help them release fear and resentment. I once moved on a spirit who had killed himself in the family home. After ten years, he believed he was still 'living' in the house, full of anger and rage and very pissed off that his brother had taken over his room! It took me a few hours where I facilitated a dialogue between the physical and non-physical brother so he could come to a place of peace. When he finally did, it was beautiful. A big amazing white sparkling light filled a corner of the room along with some of his spiritual guides who were there to help him transition, and into the light he stepped and disappeared.

Other ways in which an earthbound entity can affect someone can be:

- ◇ Feeling like energy is constantly drained (life force energy)
- ◇ Undeniable and unexplainable feelings of anger or despair
- ◇ Not feeling like you are you, but you can't explain why
- ◇ Engaging in reckless and unusual non-typical behaviour
- ◇ Feeling irritable and somewhat aggressive with no apparent cause
- ◇ Having difficulty with friends and family with sudden disturbances in the relationship, without knowing why
- ◇ Hearing or sensing destructive ideas to harm self or others.

The list above is not an exhaustive one and, as you can see, it already looks like the symptoms of someone experiencing depression or another mental illness. Same same but different. There are also different types of unseen energies and ways in which they can affect you.

Attachment – Think of a parasite that attaches itself to a host who is unaware of it being there, and this will give you some idea. This is where an earthbound spirit attaches and feeds off energy over a period of time. Most of these that I have come across are simply lost spirits who don't know where else to go, who are often trying to be helpful to the living. There are earthbound spirits who are often roaming around, unaware they are actually dead, so when someone pleads for help to 'anyone', these spirits can come to this open invitation and become attached. For those of you wondering, I'll cover the other ways in which attachment happens in the Key of Vibration.

Tricksters – There are some spirits who know of the light and do not wish to cross over. They seem to *play* on the other side of the veil to wreak havoc. They have the ability to communicate both audibly and through mental telepathy. They often pose as ascended masters or other beings and can sometimes be referred to as false light beings. When working with any being that is communicating with you, it is always important to check whether they have your best interests at heart by asking them. There are also accidental tricksters, where a person may die with a lot of ego and has been a light worker in this life, but for some reason does not know that they have died. In their sense of importance, they believe they are helping people when they haven't even made their way to the light. They can also appear as the messiah, or an ascended master appearing to help you, but with ulterior motives.

Possession – This is when a spirit can enter inside and take control of the mind and decisions of a person, altering their personality completely. These spirits are either misguided or have a darker agenda and may know they are dead with no intention of wanting to go to the light. In religious texts, exorcisms are reported to solve these cases, but in my experience they rarely do, because the process of an exorcism is to send these entities back to hell. But that's not where they came from. They are beings of light who have forgotten who they are and are not essentially evil, just confused. Everything originates from source light. Sometimes earthbounds may do this out of desperation. I've had the Whoopi Goldberg experience from the movie *Ghost*, where a pushy spirit had jumped into my body to feel and see their loved one through me. I had to tell them to mind their manners and ask permission first.

Hauntings – This occurs when earthbound spirits attach themselves to a house, believing that it is still theirs and that the new occupants need to

be moved on. In one of my house clearing cases I saw a vision of the lady who owned the house being kicked by a spirit, falling over and hurting her ankle. When I asked about this, she said she had indeed sprained her ankle in that place and felt like someone had pushed her, but thought she might have been mad to even think such a thing. When I connected with the spirit, it was a woman who believed that it was *her* house and was upset that this stranger was invading *her* space! The homeowner also reported noises, cigar smoke and perfume wafting from the lounge room at night. I told her not to worry as we would clear everything out. She seemed relieved and mentioned that one night when she couldn't sleep, she had sarcastically yelled out of frustration, "I'm not scared of you. If you want to party in my lounge room, well then you're welcome". As I entered her lounge area, I saw several spirits hanging out, drinking and smoking as if it were a bar! I had to explain to her that her invitation had been heard and there was indeed a party happening in her lounge room!

Psychic attack/curses – This is where people send ill intention, known as the evil eye in many European cultures. The intent of wishing someone harm can be unconscious or conscious and can be sent to a person, their life, or their family. Harm can affect the emotional, physical, spiritual, or mental state of a person. Those negative energies are typically projected in the form of thought, based on jealousy, envy, anger, or rage. A conscious attack can be compared to black magic and is often perpetuated from jealousy – for example, the victim's life is progressing forward while the attacker's is stagnant, and the attacker is often desperate and trying to get even and living in fear. It is important to note that when negative energy is consciously sent to someone with the intention of inflicting harm, what is sent is exactly what will be attracted upon the sender in their own life. The universal law of karma states that for every action there is a reaction.

Some of the symptoms of a psychic attack are: nightmares, fatigue, feeling aches and pains often in the same place, weakness, nausea, severe headaches accompanied by vomiting or dizziness, feeling paranoid like someone is out to get you, and feeling anxious and jumpy for no reason. Severe psychic attacks can render a person extremely mentally unstable and mimic mental health symptoms. I have experienced and seen these symptoms in some of my clients. It's more common than most people realise. Because I am able to see energy, I have literally been able to trace it back to the source of the person sending the intention. Sometimes it's a surprise to the person, but more often than not, the victim is aware of

how the other person may feel. I have always taught that forgiveness is the key, never sending anything back but allowing it to be transmuted by unconditional love and light protection. Their own karma is really enough and, more than anything, these people need light and love in their lives.

It is important to note that sending love and light to someone is not really constructive; the highest blessing you can give someone is grace. When you send love and light, you could be harming them because their understanding of love may subconsciously equal pain, and there are many false *light* beings. It's important to send only unconditional love and *unconditional* light, and in this way you are actually affording the receiver grace.

The Pleadians on Awareness

What is awareness, really? The full gamut of awareness is only a portion of what humanity currently holds in its hand. But times are changing and the scales, yes, they are tipping. They are tipping to more truth, to more light and to more awareness. There is much talk about protection in the spiritual arenas. It has been spoken of in many ancient cultures as the 'evil eye'. Protection has also been used to help with the invisible ones, the ones that normally go undetected. Now, if these worlds are real, these invisible realms where all this paranormal activity is going on, then why is their knowledge hidden, the knowledge used to create fear and 'horror' movies when in reality it is just the truth of a soul's journey?

Is there power in these fields that could be harnessed to work against humanity? Could these lower vibrational beings be tricked themselves into working for some false evil god to wreak havoc for the living from the other side? Perhaps there is an army of dark beings that the physical world is unaware of. We don't speak of this to create fear. Fear is the tool of those who wish to keep you unaware. To assist you, we shall speak about the law of the trinity. This law is the governing force behind the law of free will. You see, there are many laws that rule not only your universe but the cosmos. The law of attraction has come into your awareness and is known by many, but it is time for all laws to fully emerge and be understood so that everyone can have equal footing in the game of existence and the laws that govern creation can become equal once and for all.

Death is an illusion and this itself creates the real delusion. You are eternal beings who are travelling. Your ancients know that you are merely visitors to this place and they also know of the keys we speak of. For it is within their hearts that these keys reside. You are all ancients who hold these keys. You may know the saying, 'To lock someone up and throw away the key'? Well, we tell you this; some of you have been so fractured by the repetitive cycles of forgetfulness that you are unaware that you are even imprisoned, let alone that there is a key! But the keys are returning with the keepers. For there are seekers and there are keepers. The seekers are unaware; blindly seeking something that they feel deep inside is missing. They seek desperately to find themselves, find information and knowledge to give themselves some kind of clue, some kind of direction, and some kind of purpose. Then there are the keepers. The keepers KNOW something is missing, they know that there has been enslavement; they know that this world isn't quite what it seems. They know that what they are meant to be finding is not anywhere outside of them.

*They appear to be seeking, but they are the ones who hold keys of knowledge within them. The more they try to seek it outside of themselves, the more they falter. Their souls are screaming to rise up, to wake up, to unleash the knowledge they contain within. The key to finding their own keys within them is **remembering**. And these very words are designed to assist them. For the keepers are the souls who have not been ensnared in the karmic cycles. They are souls who have completed their personal ascensions during their earthly incarnations and who have returned to assist the planetary ascension wave.*

They have the knowledge within them of worlds within worlds, and deep within them they understand the illusion of death. They understand that they are not here to consume as much as they can without passion and purpose. The mediocre life that they see in others around them almost infuriates them. They are programmed with meaning and purpose and they feel that they are to bring something to this world. They have a notion that they are destined for big things, what your mental health field describes as grandiosity. For those of you recognising what we speak of, hear this and hear it clearly. You ARE here for big things. The flames that fan your grand ideas of change must be kept alight. Not only for your own survival, but for those around you who are your brothers and sisters. You understand this in the core of your being. The laws of the cosmos reside within you.

The law of three, the trinity, states that for anything to migrate from spirit to matter, i.e. to come into form, must be stated three times. The law of divine free will states that all beings residing in the third dimensional plane have free choice and power to choose their own direction. Anyone or anything that comes to present itself to you, physical or non-physical, must be challenged three times to reveal its truth.

The real protection you will ever need is to understand this in its entirety. If truth is what you are seeking and you want to know if what you are receiving is of unconditional light and unconditional love, then challenge it on the level of the trinity by asking three times if the entity or information is in your highest and best interest. This, dear ones, is the real meaning of you saying, 'Everything happens in threes'.

And for those seekers looking for something more tangible, here's something we prepared a little earlier ...

Protection Affirmation

I am of unconditional light and unconditional love. Across all dimensions, time and space and all directions, I am protected. I stand in my truth without fear. I stand in my being without interference, for when I stand in truth, light and love, fear cannot be. I trust completely that I am looked after, provided for and always in the right place at the right time for my highest being.

Notice that we don't say highest 'good'. Nothing is good or bad; drop the judgement, for when you judge you are limiting the experience you need for your development. Develop-meant ... you are meant to develop yourself through experience. Think of adversity as your university of learning. True learning will not come from some academy or institution. Let life be your teacher and your higher self be your guide.



*Armed with the Key of Awareness,
it's time to obtain the Key of Awakening.*

