

Heal Your Soul, Unlock Your Highest Potential,  
Thrive On-Purpose

# YOUR DESTINY SHIFT

The ultimate guide  
for anyone looking  
to realise their  
soul's blueprint.

and unlock the  
door to greater  
freedom, purpose  
and fulfilment.

LES PRICE

# YOUR DESTINY SHIFT

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# **YOUR DESTINY SHIFT**

*Awaken Your Soul's Destiny, Unlock Your Highest Potential,  
Thrive On-Purpose*

# **LES PRICE**

## **Praise for *Your Destiny Shift***

“This shining jewel of a book is the loving soul nudge you need to confidently awaken into your true divine nature, tenderly holding your hand as you walk through the clear and practical actions to powerfully create Your Destiny Shift.”

**ERANTHI BONNEY, CREATOR AND FOUNDER OF AIKA WELLNESS**

“*Your Destiny Shift* is a must-read for anyone who knows they have a bigger contribution and difference to make at this time. It will help you discover your soul’s path, awaken your destiny, and guide you to the true purpose you were born to live.”

**SHONA MCNEILL, LIFE COACH, COUNSELLOR AND AUTHOR  
POSITIVE CHAPTERS COACHING AND COUNSELLING**

“Wow! What an amazing, vital, timely piece of profound writing, so engaging, inspiring, elevating and important for this time.”

**TESS HOWELLS, PSYCHOLOGIST, WRITER AND TRAINING CONSULTANT  
AUTHOR OF CHANGE YOUR THINKING - CHANGE YOUR WORLD**

“Your Destiny shift provides heart-centred individuals with the resources, insights and wisdom to transform their lives from the inside-out. A beautiful balance of theory, stories, insight and practical steps. Just the book you need to get you creating your best life.”

**AILS A PAGE, FOUNDER AND DIRECTOR OF AILSA PAGE CONSULTING**

**AUTHOR OF THE YEAR I OWNED A WINESHOP AND  
THE SHOESTRING MARKETING KIT FOR SMALL BUSINESS**

“If you’re ready to awaken your potential and realise the life you were born to live, then Your Destiny Shift will be life changing.”

**SHARON CRAIG, CLINICAL PSYCHOLOGIST, LIFE COACH, FACILITATOR AND SPEAKER**

**INSPIRED POTENTIAL**



*This book is dedicated to my parents and grandparents, who through their love, compassion and wisdom discovered the path to following their own destiny and calling. Through your courage and resolve you helped to empower, impact and touch the lives of those around you. You will always be my heroes, and the source of my greatest admiration and inspiration.*

# CONTENTS

Introduction	1
♥ Part One Connection	13
Chapter 1	
Switching on a New Consciousness	15
Chapter 2	
Opening Your Higher Self Connection	33
Chapter 3	
Awakening Your Inspired Destiny & Calling	47
♥ Part Two Transformation	65
Chapter 4	
Rising Beyond Fear and Limitation	67
Chapter 5	
Embracing Radical Love & Self-Forgiveness	87
Chapter 6	
Activating Your Soul's Intuitive Intelligence	103
♥ Part Three Becoming	119
Chapter 7	
Becoming a Vibrational Match to Success	121
Chapter 8	
Stepping Fully into Your Purpose, Power and Authority	137
Chapter 9	
Becoming a Greater Channel for Grace	153

♥ <b>Part Four Soul-Realisation</b>	165
<b>Chapter 10</b>	
The Art of Human Flourishing	167
<b>Chapter 11</b>	
Living Fully On-Purpose	181
<b>Chapter 12</b>	
Leading in Your Light	195
Epilogue	
Following the Call of Your Soul	211
Acknowledgements	221
Contact Les Price	223
About the Author	227





# INTRODUCTION

DO YOU BELIEVE THAT you have a Destiny? Do you believe that there is a path for your soul that has been wanting to unfold in each moment? Or do you believe that your life is 'fated' and that all the events you have attracted and experienced have somehow been the result of a greater force outside your control?

I have always enjoyed reading stories and watching movies that have featured people who have experienced deep transformative change. There is something extremely captivating about these stories. They often demonstrate the human spirit's capacity to embrace significant soul-defining moments, and the protagonist finds the courage, strength, and insight to transform their lives, often in a powerful and miraculous way. American mythologist and sociologist Joseph Campbell referred to this path as the 'Hero's Journey', a place where the hero or heroine in all of us must listen to the 'calling within' and face the 'supreme ordeal' or 'dark night of the soul', before they 'return' with the elixir of life; the true pathway to greater purpose, power and presence.

Take for example the life of British Navy man and ship master John Newton. In his early ranks of the British Navy, John served as a sailor on vessels transporting slaves from West Africa to the sugar plantations of Jamaica and the West Indies. Eventually captured in

Africa, he was sent to work in a prisoner camp, only to later find himself sequestered into the dark trade of slave transport. It was later in life that he began to have a sacred spiritual conversion. Confronted by the inner-demons and guilt for his role in the deaths and enslavement of others, Newton began to read the bible and eventually become an evangelical cleric in the Anglican church. In later years Newton's eyesight gradually started to deteriorate until he eventually lost all sight. However, even during this time he continued to write poetry and hymns and dedicated his life to the abolition of the slave trade in Britain. While many people may not know the name John Newton, they do know his most prominent hymn 'Amazing Grace', which continues to powerfully impact the consciousness, values, and essence of humanity to this day.

I believe that what Newton discovered so profoundly in his later years was the ability to rewrite the story of his life. While none of us can change our past—whether it was rooted in trauma, sadness, love, or fulfilment—what we can do is choose to gain new insight and understanding from our life experiences. By learning to make peace with and find freedom from the limiting emotions of our past, we open ourselves to write the next chapter of our magnificent soul-story. In doing so, we find the courage to step into our true creative power and find the strength to manifest the lives we were born to live.

## **EMBRACING YOUR DESTINY SHIFT**

Having spent the last 24 years working as a hypnotherapist, energy healer, soul coach and intuitive, I have had the privilege of working with thousands of people, helping them awaken and discover their unique soul purpose, life path and potential. What I have noticed through one-on-one consultations, group sessions and seminars is that each of us have access to an incredible inner-potential, consciousness and guidance system. It is one that when activated

can help us step fully into the higher purpose that our soul and spirit incarnated to live.

Each of us, in our nature as Divine spiritual beings, have access to this universal consciousness and intelligence, however many of us have never been taught how to access this deep insightful wisdom. But once we learn to harness this energy and awareness, we have the potential to open our spirit to a new and greater level of creativity, energy, grace, and flow. When we shift our inner consciousness, our external world also changes, and we then find ourselves becoming greater channels for spiritual and personal transformation that is often blessed with:

- Greater alignment with what we really want in our lives,
- Capacity to powerfully manifest our dreams and desires with ease,
- Wisdom to connect with the innate intelligence of our soul,
- Greater alignment to the Divine Plan of our lives,
- Increasing levels of flow, synchronicity, and good fortune,
- Deeper more meaningful presence and purpose in our lives,
- Desire to nourish and cultivate more fulfilling relationships in our lives,
- Growing sense of personal fulfilment, aliveness, and gratitude,
- Increasing levels of abundance, prosperity, and financial freedom, and
- A calling to share our voice and authentic gifts in a greater way.

That is why inside this book you will discover twelve profound inner-shifts that we are all being called to make to fully activate our highest personal and spiritual destiny.

## **WHY THIS? WHY NOW?**

We are currently living in a world of such unprecedented personal,

systemic, and transformational change—the likes of which we have never seen before. While the industrial age may have heralded the advent of factories, mass production and global manufacturing, the information age has brought us all closer together through networking, the Internet, and global communication systems.

However, in a world of such much possibility, opportunity, and potential, why is it that masses of people are choosing to leave their corporate jobs? Why are there rising levels of despondency, depression, and suicide across many countries? And why are so many people struggling to find true meaning and purpose in their lives?

The reality is we have entered the ‘Intuitive Age’. This is a time where the only way to find greater certainty, connection, meaning and purpose is to not seek for it outside of ourselves, but to look within by learning to reconnect with our very own heart, soul and spirit. We are literally being forced to re-evaluate the entire nature of our lives, which had previously been driven by the need for greater levels of success and material fulfilment at all costs, while disowning and abandoning our true calling for happiness, wellbeing, joy, health and fulfilment. In many ways, we are slowly being encouraged to reconnect with the wise intelligent consciousness which has always existed at the core of our own heart and soul. The true source of being that has always known the path forward to realising our greatest and most magnificent self.

At some level we are all being called to rise and experience the full extent of our soul’s potential for this lifetime. The more awareness we bring to healing the heaviness of our past and redefining the beliefs which have held us captive and bound, the more we will awaken the true source of power and potential that has always been within us. We are all being encouraged to step fully into our light while learning how to harness the energy that will help us manifest the real life we were born to live. This is why embracing *Your Destiny Shift* is so important in humanity’s unfolding.

*Your Destiny Shift* is your calling card, a wake-up call to switch on a new level of consciousness. One that will allow you to navigate these times of uncertainty, chaos, division and disruption with greater clarity and faith. It is a return home to the heart of your spirit where you will discover the inner resources, resilience and belief needed now to create a purpose-driven, soul-centred life where you can thrive on purpose.

## THE BULLY, THE GUIDE AND THE MESSENGER

A wise adage advises '*healer, heal thyself*'. The reason I know this journey well is because I, like most people, have also travelled a path of hardship, struggle, limiting self-belief, inadequacy, trauma, and lack of self-acceptance. As a young child, I was a new immigrant to Australia and having different colour skin to most of my peers, I struggled to fit in and feel accepted. In addition, I suffered from chronic asthma which often left me debilitated and missing days of school at a time. I was also a very shy and self-conscious child who found it challenging to find any form of self-confidence or self-esteem, which I truly craved.

To add to the mix, as I grew older, I also formed a belief that the only way to get people to like or accept me was to give more to them, which often led me to go out of my way to please others and do what they expected of me, rather than truly valuing and respecting myself. It was a pattern that would set me up for years of dysfunctional co-dependency. At the same time, I also attracted my own arch-nemesis, a boy called Ricky who was the cousin of one of the girls on my street. Ricky took an instant dislike of me resulting in several years of coercion and bullying. Thankfully, with the help of some great teachers I slowly learned to turn criticism and deprecating behaviour into an asset, using humour to disarm the bullies quietly and covertly, while building my own resilience, confidence and self-respect.

It was really not until my early twenties that I found the true self-realisation and understanding that I had been looking for, which came in the form of a transformational book on human consciousness. At the time I believed this book had come to me by chance, but many years later I came to understand that it had been serendipitously placed there by some greater force. It was this book that became my greatest guide, helping me transcend the valley of self-consciousness and inadequacy, while simultaneously helping rebuild my platform of self-love, acceptance, and self-value. It led me to understand that all the bullying, inadequacy and fear from the past was in fact my greatest teacher. It was a catalyst for helping me develop the resources, wisdom and insight required to help others grow, heal, liberate, and transform their highest potential.

Over the last 25 years I've now had the opportunity to speak with audiences internationally, to run my own personal, professional, and spiritual transformation business, work as a hypnotherapist, energy healer, intuitive, psychic medium, soul coach, and guide. At the heart of all this work, the courses I have run, groups I have facilitated and programs I have developed is a simple message: "You are a light for this world. And your light and calling are needed now more than ever on Earth. Do not settle for the ordinary life, but instead find what brings you fully alive, find what 'turns you on' completely and do that. Show to others that God's creative principle works within you, as you."

## **HOW THIS BOOK IS ORGANISED**

Inside this book you'll find a transformational twelve step pathway for helping you connect more deeply with your heart and soul to create the personal transformation you most need right now. This unique path and journey have evolved through both my own personal experience, and through the journey of working closely

with the many clients, businesses owners, practitioners, coaches and leaders who I have had the pleasure of working with over the last 25 years. As I have helped them discover and unfold their soul's purpose and pathway for this lifetime, I have also uncovered these twelve dynamic steps for greater soul-realisation, which are based on the following four parts:

### **Part 1: The Path of Connection**

In this section you will discover the path for connecting more fully with your higher self, the universal intelligence that flows through all life. You will begin to open your intuition and spirit to the higher guidance that is waiting to help lead your way.

It is often said 'that when the student is ready, the teacher will appear'. In this section you will learn how to build and accentuate your connection to the wise, empowering and infinite self that lives within all of us. By learning to access and harness this energy and wisdom you will find yourself opening more easily to receive inspired intuitive insights, synchronicity and opportunities which are more highly aligned to your soul's path. In doing so you will discover greater certainty in your inner guidance, while also developing the confidence to stand in your own power and listen to your soul in each moment.

### **Part 2: The Path of Transformation**

In this section we will begin to explore the path of transformation, a journey that demands that each of us expand fully to realise our greatest self. Embracing true transformation will call on you to find the courage to leave who you have been behind, so that you can discover all that you really are. In the same way that the bud eventually gives way to the flower, and the caterpillar must relinquish itself

to become the butterfly, all positive transformational change requires a surrender to the greater intelligence that exists within each of us.

Together in this section we will take the path to rising beyond fear and limitation, to fully owning your vulnerability and to creating a path for your highest gifts and inner wisdom to unfold. Embracing transformation will encourage you to make a shift in consciousness that will help you open to the vast possibilities, wisdom and intelligence within, while also helping awaken greater levels of your potential in each moment.

### **Part 3: The Path of Becoming**

All human transformation is accompanied by a change in identity, a fundamental shift in the way we choose to see and perceive ourselves. Often our identity is so ingrained in our mindset and way of being that it can be hard to let go of 'who we have been' to fully allow the 'new self' to emerge. Whether you endeavour to change a habit such as smoking or simply have a desire to visit the gym and improve your overall health, a shift in identity will be required as you learn to become more of who you are being called to be.

On the 'Path of Becoming' you will discover what it means to become a vibrational match to the person you desire to be. Together, we will begin to lay down the framework for navigating the journey from who you are now, to who you would love to be. Embracing a new decision will become the cornerstone upon which your future destiny is shaped, and as your identity and role expands, you will open to be a greater channel and agent for change.

### **Part 4: The Path of Soul-Realisation**

Abraham Maslow, the great American psychologist who first defined the theory of psychological and physical well-being based on his

Hierarchy of Needs referred to the highest level of personal attainment in our lives as self-actualisation, an innate desire to manifest and actualise our highest most ideal life. While this inner desire for psychological realisation is evident in the lives of many people, at the soul level there is a greater program at play that encompasses three elements: 1) the Divine plan, 2) personal free will, and 3) the soul's desire for expansion and growth.

In this section you will learn how true soul-realisation is achieved the moment we start listening to the inner voice from our heart, soul and spirit that wants to serve and contribute in a greater way in this world. This voice is different from the ego which often seeks to accumulate material possessions, status and wealth. Instead, it is grounded in the heart which understands that the real purpose of our lives is to honour our gifts, to serve in a greater way, to find greater purpose and meaning, and to stand more fully in our light.

## **MAKING THE BEST USE OF THIS BOOK**

At the heart of this book, you will find 12 soul-inspired steps for awakening greater levels of purposefulness and presence in your life. Depending where you are on your soul journey you may want to pick a chapter that resonates for you and jump straight into it, or alternatively you may want to start at chapter one and work your way sequentially.

Regardless of how you choose to approach this work the key is to always trust and honour the calling and guidance of your own soul. Ultimately, all pathways will lead to inner and outer transformation, an epiphany that will be your own experience of true 'soul-realisation', and the more you learn to trust and listen to your soul and spirit, the more you will receive from this book.

It's my firm belief that a part of your own soul has brought you to this place and that there is absolutely no coincidence you have this

book in your hands. There is a wise and discerning aspect of your soul that already knows exactly what you need, which is why I want to encourage you to learn to trust in its inner guidance for you.

Finally, this book is a wonderful co-creation between my own personal experience, higher-wisdom, and the encouragement, affirmation and insight of my own master teachers, guides and spirit team. Therefore, throughout this book you will often find me referring to God, the God force, Source, Spirit, Great Spirit or the Universe, which I use interchangeably to describe the great intelligent and unconditionally loving consciousness that we are all connected too and a part of.

Therefore, it does not matter what your religion, spiritual foundation or background is. By simply opening your heart to hear and receive the inner-wisdom and insight from this book, you will allow the words to speak to you at the soul level beginning the journey to a greater expanded consciousness that is most needed at this time.

## **ACCESS THE DESTINY SHIFT QUIZ AND BONUSES**

Below you will find access to the Destiny Shift Quiz, a small self-assessment tool to help you identify where you are on the path to your greatest flow. Completing this self-assessment will help you understand where you are now and which of the principles in this book are most relevant to you. It's a valuable resource that you can return to over again to check your personal progress over the coming months:



[www.lesprice.com/destiny-shift-book-bonuses](http://www.lesprice.com/destiny-shift-book-bonuses)

## MY WISH FOR YOU ON THIS JOURNEY

As we begin this journey together my wish for you is simple, that through these words you will find the inspiration, wisdom, insight and practices to fully understand and appreciate the magnificent being that you are. My hope is that you will find your way home and return to the source of great purpose, potential and destiny that has always lived within you, and most of all that *Your Destiny Shift* will become a powerful vehicle for helping you make the inner-shifts in consciousness that will equip you with the resources to awaken the great universal spirit and force within you.

Therefore, my role as your guide is simply to help you find your way back to the sacredness of your own heart, the source of the great creative and empowered being that you already are. Because it is here you will also find the doorway to the inner utopia your soul has longed for.





Part One  
**CONNECTION**





## Chapter 1

# SWITCHING ON A NEW CONSCIOUSNESS

IN 2008, DR RAJIV PARTI, Chief Anaesthesiologist at Bakersfield Heart Hospital, California, attended a routine health check only to find out that signs of increasing PSA levels in his body would ultimately lead to a very real prognosis of prostate cancer.

For many years, Rajiv attended hospitals in his role as an anaesthesiologist helping ‘put people to sleep’ in readiness for their surgery, only to find that many of them would later waken to recall vivid memories of their surgery, with some even sharing stories of having left their bodies or being visited by loved ones who had passed away. Rajiv, a non-believer in the ‘afterlife’ would often dismiss these stories as just fanciful imagination with no real substance.

After more than two years of constant sickness, cancer treatments and following seven surgeries on his prostate, Rajiv was eventually admitted to the emergency department at UCLA with severe signs of septic shock. It was a condition normally associated with a death rate of more than 60 percent. However, in the medical team’s ardent attempts to stem the rising risk of sepsis and infection, during the operation his body eventually gave way leading to a Near Death Experience (NDE), that would forever change his life.

During this NDE, something quite remarkable happened to Rajiv, as he experienced a part of his soul depart the body, his higher consciousness was able to witness and view the medical staff in the room frantically going about their work to try and save him. In many ways he became a casual observer to his own death, able to recall, watch and listen to everyone in the room and all the conversations as if he was there, but separate from the body the surgical team were desperately trying to resuscitate.

Little did Rajiv know that this was only the beginning of an even more mystical experience. Just as he was coming to terms with the disassociation from his body his spirit was taken through the astral realm to New Delhi, India, where he was able to see his mother and family going about their daily business. Later he would be taken into the afterlife where he had the opportunity to meet and speak with his father who had previously passed away, followed by an audience with two archangels where he was shown several of his past-lives in extensive detail, where patterns of drug addiction and an ambivalence to his family were identified as areas that he needed to heal and restore. Finally, Rajiv was given news by the angels that this was not his time to go, and that if he was to return to Earth, he would need to make some significant changes in life.

After surviving his NDE, Rajiv returned to his body and awoke a new man. He gave away his mansion, quit the medical career that he had lost interest in, opened a wellness clinic and completely changed the course of his life forever. Today, he travels the world sharing his remarkable story and inspiring people through his awareness of this 'great expanded consciousness' we are all connected too and that is present within our hearts. Rather than 'put people to sleep', he now 'wakes them up' consciously.

## IGNITING A NEW LEVEL OF CONSCIOUSNESS



*Don't ask what the world needs. Ask what makes  
you come alive and go do it. Because what the world  
needs is more people who have come alive.*

**HOWARD THURMAN**



While I'm not quite sure what brought you to this book on awakening human consciousness and potential, I do know that at the heart of every human being is a deeper more profound calling for a life of greater self-expression, meaning and fulfilment, which the ancient Greeks fondly referred to as 'eudaimonia', a feeling of being in 'good spirits'.

The good news is that unlike Dr Rajiv Parti, you don't have to wait until you have a Near Death Experience to change your life or gain the insight, guidance and wisdom of your heart, soul and Spirit. Right now, there are some very practical shifts you can begin to make to grow closer to the source of universal wisdom and intelligence that we are all connected to.

As human beings our soul longs for greater levels of freedom, purpose, creativity and fulfilment. I firmly believe that each of us have incredible gifts within that when awakened with purpose and intention have the capacity to create lasting, transformational change in our lives, world and communities, illuminating us on all levels.

It's been estimated we have around a trillion cells in our body, each capable of holding up to 1.17 volts of energy. That's an incredible amount of power, purpose and presence you have access to at any one moment. It's also the reason I am so passionate about reminding audiences of the incredible human potential that we have access to when we choose to do what inspires us and 'turns us on' fully in each

moment. Now, I am not sure if you're feeling 'turned on' right now, but when we connect with the true essence of our soul and ignite a deeper more purposeful vision for our lives, our entire body and soul literally come alive.

Sometimes awakening to this energy and consciousness can be subtle, while other times it may manifest itself in more profound and impacting ways. It's not surprising that many of our younger generations are struggling with significant emotional, mental health and wellbeing issues as their bodies learn to adapt to these new levels of energy and consciousness. Many have found themselves beginning to open to their spiritual and personal power in greater ways that profoundly impact on their energy body, while lacking the resources to manage it. Increasing levels of ADHD, anxiety, substance abuse, addictions and uncertainty are all contributing indicators of an inner need for greater self-awareness, self-love, self-control and self-worth.

## **YOUR SOUL'S PATHWAY TO GROWTH**

We are constantly co-creating the world around us through our thoughts, habits, beliefs, actions and inaction. It is through our conscious ability to direct our focus with intention, attention, and no tension, that we develop our capacity to create intentionally in our lives, by becoming greater channels for amplifying and directing our creative power to manifest what is really needed in our lives.

However, as a spiritual being living in a physical body, your soul already knows what it feels like to be attuned to its highest good, aligned to its Divine blueprint, and empowered to fulfil its sacred purpose and mission on Earth. The prime directive of every soul is to grow, learn, expand and evolve in accordance with its Divine Plan, the complete and highest self-expression for this lifetime. From the soul's perspective there is no failure or success, no right or wrong experience, no good choice or bad choice, but simply

many opportunities to learn, grow and discover more about the self. Therefore, the moment we choose to let go of these limiting paradigms of judgement and instead give ourselves permission to simply be and do the very best we can in each moment, from a state of loving compassion and kindness to self, is the moment we discover the pathway to liberating our authentic spirit.

Fundamental to this growth in consciousness is how we choose to witness and see the experiences of our lives. The path of Zen Buddhism highlights two pathways for how our soul may choose to experience growth in each moment. The first is *Kensho* which defines an initial insight or awakening that arises from experiencing challenges, setbacks and issues in our lives, a path that may push us outside of our comfort zones where we are forced to grow, expand and evolve for our soul's greater good.

An experience of *Kensho* unfolded in my own life in 2006 when a coaching business I was working on for several years with a partner suddenly ended abruptly. At the time we were actively promoting a high-profile motivational speaker from Queensland, when after months of effort and thousands of dollars invested, we were simply unable to attract the level of engagement from participants to make it financially viable. What followed was months of being in survival mode as we hustled to pay creditors while desperately trying to appease several debt collectors. Eventually my business partner and I decided to part ways, a decision that was not easy given the years, money and emotional energy we had both invested into the enterprise.

To this day I still remember how filled with dread and disappointment I was when it came time to hand back the keys to our office, as part of me was unconsciously holding on to any small glimmer of hope that might lead to a different circumstance. I had literally been brought to the edge of reality, the end of a chapter in my life, and here I was now having to surrender all that I had created and held close to my heart and instead take a leap into the unknown.

In this moment something miraculous happened, that was a true sign of *Kensho*. When I finally found the courage to hand over the keys and surrender to the next chapter of my life, within just a few minutes I received a phone call offering me new work, a stepping-stone to help me move from beyond the pit of despair that I had been desperately holding onto. It was an offer that would enable me to rebuild, regrow and nourish my own spirit, and build a new platform of hope.

The second form of transformation in Zen Buddhism is what Japanese refer to as *Satori* or instant comprehensive understanding. This is when we have a significant soul-defining shift in consciousness or awareness that leads us to higher states of being or awakening. Contrary to common understanding, moments of *Satori* are not just reserved for gurus, monks, spiritual teachers and enlightened ones. They are a part of our everyday life, where if we open ourselves with awareness we can begin to allow and experience these often tiny but powerful miracles unfolding. Whether that be when a person who is addicted to substances suddenly decides to quit, a husband who has been spending copious hours at work realises his family is more important, or when a mother who has given her entire life to her children decides it is time to follow a new career or creative path.

## CREATING YOUR WORLD FROM THE INSIDE-OUT



*Your beliefs become your thoughts. Your thoughts  
become your words. Your words become your actions.  
Your actions become your habits. Your habits become  
your values. Your values become your destiny.*

**MAHATMA GANDHI**



The field of quantum physics has had an incredible impact on helping us understand how human awareness and consciousness directly impacts and changes the world around us. Through this expanded understanding we now have a greater appreciation for how our choices, decisions, thoughts and behaviours actively shape and co-create the world around us in each moment. It has shown us that thoughts are energy and by consciously directing our intention and attention towards what we really want, we can begin to make a positive and transformational difference to our actions, habits, behaviours and ultimately our own destiny.

This is important because it affirms that our thoughts have the capacity to both create and destroy, and gives us agency to understand that we no longer need to feel that we are at the mercy or ‘effect’ of events in our lives, but rather that we can choose to create a new reality for ourselves simply by expanding our awareness, making different choices, and being willing to explore and see the bigger picture in each moment. It has provided us with a new paradigm that demonstrates how the creative power of the universe not only works around us, but also through us to manifest and co-create our desires, goals and intentions from the ‘inside-out’.

## **Creating the World You Really Want**

**This small exercise will help you envision the life and consciousness that you really want to create over the next 12 months.**

1. Find a quiet space where you will not be disturbed. With a journal and pen, take a moment to close your eyes and go within.
2. Breathe deeply into your heart and spirit and know that you are beginning a new journey – a journey into your most expansive potential, purpose and presence.
3. Imagine yourself being given the gift of creative universal power, the inner magic that can help you powerfully manifest and create the life you REALLY want. There is no need for a genie, or to call upon some deity or higher authority, because this power, purpose and presence already exist within you, as you.
4. From this place of pure potentiality, you breathe in the creative presence of the universe, and on the out breath you notice how this energy, this creative force wants to express itself in your world. You are both the master and creator of your own life, and today the creative power of the universe flows through you, and from you.
5. As you continue to connect with this energy, feel its creative presence growing within you. Feel yourself filled with the creative light of the universe that is omnipresent and omnipotent in this moment.
6. Now, imagine this energy going out into the world. See it unfolding perfectly into the ideal people, places, experiences and situations that would help bring you more peace, happiness, purpose and fulfilment.
7. When you are ready, open your eyes and write down your responses to the following questions:

- Complete the following sentence 'When I am living my ideal life I am ...'
- Who are you being called to become?
- How can you begin to be a greater steward and channel for this energy now?



## SWITCHING ON A NEW CONSCIOUSNESS

So, how can we begin to switch on a 'new consciousness' that enables us to thrive, rather than survive?

There are 10 soul-inspired mandates for shifting and awakening new levels of consciousness in your own life. At the heart of every shift, you will find a choice that we are all being encouraged to make at this time to activate greater levels of personal and spiritual potential. The more conscious you become of making these choices in your own life, the more you will find yourself opening the 'potentiality gap', the energetic space that exists between the unknown and the known, the unrealised and the realised, the finite and infinite. It is at this junction that pure potentiality, miracles and opportunity exist. It is here that you will find yourself opening to expanded levels of *Satori* and where life begins to take on a whole new meaning.

### 1. Choose to Hold Space for Something Greater

The moment we set a heart-felt intention for something greater in our lives we also begin to switch on a new consciousness. As human beings we are all born with an innate ability to 'desire'. Every desire sown from the heart carries the potential for transformation, an opportunity for something new to enter our lives.

By setting heart-felt intentions we both consciously and unconsciously create a potentiality gap, a void in our energy system that beckons the universe to fill it. Therefore, our job as conscious co-creators is to simply learn to create and 'hold the space' for what we truly desire to manifest and be realised.

## **2. Choose the Path of Creator Consciousness**

In every moment of our lives, we can choose to either give our energy to fear or to love. Many who are called to follow a conscious path of awakening at this time, are also deeply empathetic, and while this can be a great gift for creating heart-felt change, it also means we are more susceptible to the opinions, judgements and indignation of others.

Our greatest quest as heart-centred change makers is to learn to release and surrender the patterns of blame and victimisation that we have chosen to hold in our lives. By releasing the victim consciousness in our lives and reclaiming our creative consciousness we discover the true path to freedom and soul liberation. American author and speaker Paul Selig often says in his *Freedom from Fear* courses, "You cannot be a victim and a master at the same time". We are now encouraged to restore the master creator consciousness in our lives, by finding courage to heal our inner victim, which simultaneously liberates the victor within.

## **3. Choose to Direct Your Thoughts Towards What You Really Want**

Our words and thoughts have tremendous power to create and destroy in our world. It often takes only one harsh word uttered in anger or resentment towards another person to destroy and release any foundation of trust and respect. In the same way, every thought, word or action that is infused with love,

gratitude, happiness or service, that originates from a heart filled with unconditional love and self-value, amplifies our essential nature and becomes an energetic bridge that can help us rise to a new level of vibration and purposefulness.

We must also be mindful that the energy of our words, thoughts and actions also become 'embodied' in our cells, organs and energy system. Therefore, if you wish to expand your consciousness, look to embrace only those words and emotions which have the capacity to amplify and elevate your true being. As Gandhi said in the opening quote to this section, we need to become aware of our thoughts and beliefs, because they will ultimately shape our character and our destiny. While many people can tell you what they don't want in their life, few can fully express what they 'really want'. The clearer we become about what will bring us joy and fulfilment, the more likely we are to attract and manifest it into our lives.

#### 4. Choose to Respond vs. React

Have you ever experienced a heated argument or disagreement with someone that later led to you reacting in a way that was not in alignment with your true nature? In every moment of our lives there is a subtle but important 'gap' between our thoughts and actions. Many wise teachers, masters, monks and mystics have spent countless hours training themselves to be fully present to the power of this 'gap': the space that separates action from reaction, fear from trust, doubt from courage. In learning how to breathe into the gap they were able to find their own capacity to choose to *respond* rather than *react* to the events and circumstances of their lives.

The next time you find that someone has pushed your buttons or rubbed you the wrong way, simply take a moment to breathe in and out. Find your capacity to go within and

surrender to the great wisdom of your higher-self, your infinite-self that knows you can never fully be threatened or attacked without first having given permission for that consciousness to enter your field of awareness. Then, in the same way as the Zen master, use your power of choice to *respond* from your place of truth, strength and integrity.

#### **5. Choose to Set a Better Sail**

The late Hindu monk, teacher and author, Swami Vivekananda, renowned for taking Indian philosophy and mysticism to the west, once said “The wind of Divine grace is always blowing. You just need to spread your sail.” In all our waking moments the winds of change will continue to blow. Sometimes we will be forced out of a job we do not like, sometimes we will be called to leave a relationship, or to pursue a new field of study.

While those trapped in victim consciousness will often blame the economy, government, their employer or family for the conditions of their lives, the wise ones that learned to transcend the pettiness of the ego, knew that they had the capacity and free will to choose to ‘set a better sail’. The lesson within this deep wisdom is that no matter what is unfolding in our lives, we have the power of choice to change our destiny by learning how to adjust our inner world, our mindset and soul-set. By adjusting our own personal sails, we become a better more active vehicle for harnessing the power of Divine grace that is always present.

#### **6. Choose to Move from Ordinary to Extraordinary**

So many people choose to receive far less than they are worth, often settling for the status quo rather than consciously following the calling of their heart towards a life of greatness.

When psychologist, author and teacher Gay Hendricks returned to his university for a college reunion he was surprised to see that many of the associates he had graduated with in psychology had chosen to settle for lives of quiet mediocrity. Only a small percentage had taken concrete steps to craft extraordinary lives of self-fulfilment, contribution and purposefulness.

What was the difference between those who had created extraordinary lives, versus those that didn't? A powerful decision and leap in consciousness based on adopting a new belief system which affirmed:

- *It's OK for me to shine brightly in my world.*
- *It's safe for me to follow the path of my own soul.*
- *I am more than enough, and I have what it takes to succeed.*
- *I can expand into my highest potential, and I have what it takes to handle it.*

## **7. Choose to Serve a Higher Purpose**

We can either choose to settle for mediocrity or a life of greatness, but we can't do both. While it's safe staying within the comfort zone and settling for a comfortable life, the reality is that as human beings we were not designed to remain inert. In the same way, it's often said that "A boat may be safe in a harbour, but that's not what boats were created for."

Right now, you have been placed on this Earth and been given breath in your lungs for a reason and purpose. You have within you an amazing intelligence system that is anchored in the heart, a powerful GPS for helping you discern and realise your soul's destiny, purpose and meaning in each moment. When we consciously choose goals and intentions with a sincere desire to serve in a greater way, those intentions become amplified. By choosing to serve from a place of

‘higher purpose’ which benefits humanity, we tap into the transformative power of our transpersonal goals and discover a higher more profound level of inspiration and motivation. So, what great cause fuels your aspirations? How are you being called to serve in a higher way? And who are you now being called to become?

### **8. Choose to Accept the Infinite Power of Your Soul**

What does it mean to accept the infinite nature of your soul and spirit? It means accepting that who you are at your core is much more than your physical body and mind. It means knowing there is a greater potential and energy you are divinely connected with which has the capacity to influence, impact and transform the world around you, and as an energetic being you are always connected to this vast, infinite, creative intelligence.

Ultimately, this implies that everything you desire to manifest is already connected to you and can be attained by learning how to direct this infinite consciousness towards the realisation of your inner-most dreams. Learning to accept and realise your infinite self means that nothing you desire can ever be separate from you, instead it is already present in your consciousness and waiting to be realised.

### **9. Choose to Serve Fully from Your Heart**

In my intuitive and spiritual development classes I often observe students actively trying to work out intuitive and energetic problems using their mind. Rather than step back and listen to the guidance and wisdom of their own heart, they allow the energy to rise back into the head, hoping that they will be able to ‘think’ their way to a solution. In many ways, this pattern of neural programming has been conditioned through

our formal education systems and workplaces that have over emphasised the value of the mind and intellect over the nature of our true spirit. Yet, it was Einstein that said, “The intuitive mind is a sacred gift and the rational mind it’s faithful servant.”

In this new intuitive age of constant change, disruption and uncertainty we are all being called back to the innate wisdom and intelligence of the heart. Choosing to serve and lead fully from the heart means honouring your true feelings, speaking your truth, and being willing to take a stand for what you believe. Acknowledging this invitation from the heart can at first feel scary and uncertain, because often what our heart truly desires might lead us to initiating some form of change in our lives. It can often leave us feeling vulnerable, wondering what might happen if people don’t accept who we are or what we are here to share? And what if they don’t agree with what we really believe? But the journey is worth it, because this is the pathway of the spirited warrior, forged in trust and self-value, that calls on our heartstrings to expand and find greater courage to live our calling and destiny.

#### **10. Choose to Believe in Miracles**

Do you remember being a child and believing in miracles? As children we were open channels for the creative energy of the universe which was awakened by our unlimited imagination, innate wonder and constant states of enchantment. As children we embraced play as a core part of our being which opened new levels of creativity, connection and oneness with the world around us.

How do we find space to create miracles in our life? By noticing the small signs that surround us daily, whether that be a smile from a loved one, finding ten cents on the pavement, a stranger that buys us coffee, finding a parking spot with ease

or witnessing a sunrise or sunset. Each moment is a miracle, and the more we honour, appreciate and find gratitude for the small wonders in our lives, the more we allow greater opportunities and miracles to manifest.

### **Expanding into the Infinite Presence of Your Soul**

**Imagine in front of you is a box which represents all the current conditions, paradigms and belief systems which have defined your life to date. While some of these rules, perceptions and conditions have served you well, others have continued to keep your soul energy and essence limited.**

1. As you stand before this box, imagine calling in the energy and guidance of a wise guide, teacher or master to help you unravel and release all these old perceptions and stories which no longer serve you.
2. Imagine your guide and your self are now actively cutting and releasing all the cords, barriers, limitations and conditions that have kept you playing small, acting less than you really are, and holding you back from stepping fully into your authentic truth. As the cables, cords and binds holding the box together are released, it begins to fall apart, surrendering and opening completely to reveal your 'true essential nature.'
3. Now see yourself stepping into that space, feeling the unlimited, infinite, and eternal nature of your soul which knows no boundaries, has no limits, and is both eternal and infinite.
4. Place a hand on your heart and begin to experience what it would be like to fully serve from your heart-space without limitation or restriction. As you do this, you are encouraged to 'set your sail' for greater success, happiness and fulfilment.

5. When you are ready, take a moment to answer the following questions:

- What inner adjustments are needed for your sail to catch the best possible wind?
- By accepting your infinite and eternal connection to source, what might be possible?
- As your energy begins to expand beyond all limitations what do you want to create now? What is your next step?



### **Activating Your Light**

- ♥ Which of the ten soul-inspired mandates in this chapter do you need to focus on this month?
- ♥ What is the one belief that keeps you from stepping fully into the ‘extraordinary’ nature of your soul’s potential?
- ♥ What would setting a better sail look like this week? This month? This year?
- ♥ Identify one new belief, habit or ritual you could implement this week which would strengthen the impact of your sail.

### **Your Destiny Declaration**

*My presence is awakened by the conscious decision to ignite a new possibility for my life. There is a greater potential that awaits me, that seeks to express itself through me, and within me. I therefore give myself permission to ignite a new consciousness and shine brighter in this world. As I awaken the potential of my soul, I powerfully step into my greatness and realise the heart-centred destiny that I was created to live.*





## Chapter 2

# OPENING YOUR HIGHER SELF CONNECTION

I REMEMBER WATCHING AN episode of Britain's Got Talent in 2016 that featured twelve-year-old Beau Dermott singing the Broadway classic *Defying Gravity* from the theatre show *Wicked*. It was a moment I would never forget, because on stage was this nervous and introverted young girl, who appeared to be suffering from low self-worth and confidence.

Yet the moment the music started and Beau took the microphone, it was as if another person had entered her body. Her entire posture and energy changed, her voice became more mature, and she delivered an outstanding performance worthy of a performer who had been singing musical theatre for over 60 years.

How did this happen? How was it that such a nervous, anxious and unassuming young child could take the microphone and for five minutes step into an energy and persona that would have given musical legend Barbara Streisand a run for her money?

If you've ever watched great musicians, sports people, artists or creators enter states of flow and genius, you'll see these same shifts in personality and character taking place. Often, they emanate beneath the level of consciousness as the artist surrenders completely to

their gift. Therefore, allowing an even greater energy, presence and state of being to arise that culminates seamlessly in a soul inspired performance. While on the surface it may seem that artists like Chopin, Bruno Mars and Lady Gaga are just naturally talented, the reality is that beneath the veneer are numerous hours, days and months of practice dedicated to refining their craft. As author Malcolm Gladwell eluded in his book *Outliers*, developing expertise in anything often takes at least 10,000 plus hours of dedicated practice. Even for comedians like the late Robin Williams, there were often hours of practice and refinement required to ‘effortlessly’ deliver even a ninety-minute stand-up routine.

Sports people call this state of focused attention ‘the zone’, drummers refer to it as ‘being in the groove’, and musicians call it ‘being in the pocket’, because it’s in these moments of flow that we find ourselves drifting out of the ordinary, and creating the extraordinary. And just like prolific 17th century composer Wolfgang Amadeus Mozart who was renowned for ‘downloading’ complete symphonies and orchestral pieces from a ‘higher source’ of inspiration, each of us also has the capacity to tap into and access this ‘higher source’ of intelligence, inspiration and grace. We each have access to this same level of intuitive and infinite intelligence that is a foundational aspect of the tapestry of our universe.

All we need is to:

1. *Become aware of its existence and acknowledge it.*
2. *Clear and align our energetic channel to it.*
3. *Be open to accepting information and inspiration from it.*
4. *Be willing to step into our power and receive its higher wisdom.*

Why? Because each of us is called to become a greater creative channel for grace, compassion, healing and light to enter this world. In each moment the Universe or God Source is actively looking for people who are willing to accept and run with a creative idea or inspiration. Best-selling author Elizabeth Gilbert in her book *Big Magic*,

referred to this paradigm and highlighted the way that many people might receive the same idea or inspiration from 'higher source', and while some may choose to ignore it, others will be compelled to pick up the creative energy and 'run with it'.

This synchronistic unfolding of consciousness has been taking place throughout history. Whether that be Guglielmo Marconi receiving insights on telegraphy that led to the invention of the first radio, Steve Jobs receiving insight to create the world's first iPhone or Sir Bob Geldof being inspired to bring together a global band of musicians to support Live Aid in 1985. When we consciously activate states of flow, we open to the higher consciousness that connects us all, and the result is that we can find ourselves being inspired and brought alive by some great idea, purpose or insight.

Take for example singer and songwriter Michael Jackson, who was so obsessed with music and his craft that he would often wake in the middle of the night with a melody or rhythm for a new song. Knowing the importance of acting on his inspirations, he would call his managers and producers in the early hours of the morning telling them how important it was that he record the track. This was often because he was concerned that if he didn't record it, another artist such as Prince or Paul McCartney might receive the same inspiration.

I believe, that now more than at any time in history, the Universe or 'Grand Organising Design' which some refer to as God or Source, is actively looking for creative vessels like you and I to help bring greater light, love and solutions to help heal the many problems that our planet faces. Because while this power, presence and intelligence exist at the etheric level it cannot do anything on its own. It needs your heart, head and hands to make the difference that is needed in this world. So, are you willing to open your higher-self connection and allow yourself to become a greater vehicle for the purpose, freedom, prosperity and impact that is needed now?

## ACCESSING THE WISDOM OF THE HIGHER SELF

So, what is the Higher Self? According to Swiss psychiatrist Carl Jung, the Higher Self is the aspect of our being that encompasses the 'inexpressible oneness' that unifies mind and matter, unity and plurality, stability and change. It is the aspect of the soul or spirit in consciousness that has become fully realised, that has no boundaries, limitations or constraints. It is the highest understanding of the self beyond ego and is therefore the mirror of our human nature and potentiality. It is the aspect of our self that is already in Divine perfection and is the source of our true genius.

In ancient Rome they believed genius did not exist within the individual but was a quality that could be summoned at will to help the creator, artist or orator with their work. One was therefore not imbued with genius but was instead blessed to work with this great energy which was often considered to be anchored to their place of work or creativity. In Greece this Divine essence of intelligence was considered the link between God and humanity and was referred to as a *daemon*, a Divine or supernatural conduit between the realms of heaven and Earth.

This connection point for the Higher Self within the human energy field has its strongest point of presence 6-12 inches above the head, at what is often referred to as the Soul Star Chakra or seat of the soul. It is here that our individualised self on the physical plane merges with universal consciousness, and where our soul energy becomes anchored in our body. This connection to universal intelligence and consciousness enables us to receive ideas and inspirations, while providing a constant flow of life-force energy and vitality to the body. It is the same *life-force energy*, *prana*, or *chi*, which allows your lungs to breathe and your heart to beat without having to think about it. It is also the same universal force and intelligence that moves the sun through the sky, makes roses blossom, and that guides the ebb and flow of the oceans and tides.

When we become consciously aware of the Higher Self and its presence in our lives, we can learn to build a stronger and more grounded connection to it. Connecting, strengthening and building the connection to your Higher Self is one of the most powerful activities you can do to access the innate wisdom of your soul, reclaim your personal power and sovereignty, and step more fully into the person you are being called to become. The more we consciously choose to listen to and follow the guidance of our Higher Self, the more we activate and open our creative channel, allowing greater states of freedom, grace, flow and ease to enter.

## UNDERSTANDING YOUR ENERGY CHANNEL

As previously mentioned, the modern world of science and quantum physics has had a significant impact on our understanding of energy and the nature of human consciousness. However, it was the writers, scholars and Hindu priests who meticulously received and transcribed the Vedic texts and scriptures more than 5000 years ago who first identified the nature of the human energy centres and chakras in the body that have now become widely accepted in energy medicine, spirituality and healing circles.

While your Higher Self is predominately connected at the point of the Soul Star chakra above your head, there are also several other energy centres that support and anchor this consciousness in the body.

**Base of the Spine:** Also known as the Base Chakra, the Higher Self finds its point of grounding and connection to the Earth plane through this energy point located at the coccyx. It is here that your Higher Self learns to develop trust in the material world, as well as develop the courage required to act and step towards your soul's inspirations, dreams, goals and desires.

**Solar Plexus:** Situated in the centre of your body just below the rib cage, this centre acts as the central energy centre for harnessing the strength and self-value required to follow your higher guidance. It is here that you will be encouraged to reclaim your power and step more fully into your true soul presence.

**Heart:** The heart is the centre of the soul's GPS system and has an incredible intuitive capacity which is just as powerful as the mind. In the heart you will be encouraged to learn what is 'truth' for you in each moment. It is here that the Higher Self will bring your inspirations and visions alive by showing you how to sustain them through passion, love and joyfulness.

**Third Eye:** Centred in the middle of the forehead the third eye has a strong energetic connection to the Pineal gland. This small gland located in the posterior aspect of the brain houses a tiny crystalline structure that supports secretion of the hormone Melatonin and plays a crucial role in regulating your biological rhythms. The Higher Self uses this centre to help you connect to your inner-vision and imagination, so you can receive insight and see your path forward in each moment.

**Crown Chakra:** In Sanskrit the crown chakra is known as *Sahasrara*, or thousand petalled lotus. It is here that we have access to our connection with spirit, and where we become aware of our greater sense of universal consciousness, wisdom, unity and knowledge.

## OPENING YOUR CHANNEL

How can you begin to open your channel to create a stronger and more prominent connection with your Higher Self? How can you learn to gain insight, wisdom and understanding from the Higher Self while awakening greater levels of your innate genius?

When learning to open your Higher Self connection it is advisable to develop your own regular practice and ritual. Grounded in a heart-centred intention it creates the perfect space for you to receive and download the inspired guidance that is awaiting you in each moment. Your energetic channel is an instrument that you can learn to use which will enable you to connect with higher levels of consciousness and enable you to be more receptive to the mission, ideas, creativity and inspiration that the universe has in store for you. Therefore, it is important that you approach this process of deepening and growing your connection with reverence and respect.

Here's what I believe are some of the key ingredients for developing a strong intuitive channel. While these steps are my recommendations, feel free to change and adjust them to create a practice and process that best works for your Higher Self, spirit team, and yourself.

1. **Intention:** This begins by allocating dedicated time and space in your weekly and daily routine to grow your connection. Contrary to popular opinion, this doesn't have to be hours or days of meditating or sitting in uncomfortable positions. Just 10 minutes in your day dedicated to sitting in your power and connecting with Higher Guidance can make a big difference.

Calm your mind, bring your awareness within, and start to create space for this connection by setting your intention on the words 'I want'. For example, 'I want to build a stronger connection to my Higher Self', 'I want to receive guidance on my life path', 'I want to connect with the source of my creative inspiration'.

2. **Protection:** While many people are oblivious to the need for energetic protection, or believe that is not necessary, through my own experience from over 25 years doing energetic

healing, intuitive work and coaching, I've learned that even five minutes dedicated to blessing a room, clearing a space, or saying a prayer can do miracles for helping us hold a space of greater intentionality. Any sacred process that helps protect and nourish our energy field is useful, and most of all it does not need to be cumbersome.

In my own process, I simply imagine bringing in a circle of Divine light and protection around me. I see and imagine my spirit helpers, angels and guides coming in close and forming a cleansing, protecting and guiding circle of golden white light around me that fully encompasses my being. In this circle of light, I am safe, guided and protected, and I am ready to do the 'higher work'.

- 3. Invocation:** Is a powerful way to summon and call forth the sacred connection to your Higher Self. Our words are powerful instruments that we can use to call forth and invoke our Higher Self connection when we need it most, by creating an energetic state of expectation and openness to Divine guidance.

An invocation may be a simple prayer, affirmation or statement to yourself that says, 'I now call in the loving presence of the Divine to be with me now', or 'I now call forth the angelic guides of light and love that have the highest intention for my life path to be present now'.

- 4. Clearing:** Just like the water pipes in your home, the energetic channels that run through the chakra centres, channels, meridians and nadis in your body may become stuck, blocked or restricted with energetic debris. Regular clearing of the energy channel is important to ensure that you maintain optimum flow and that your energy is aligned for the highest good.

Therefore, a simple practice such as grounding or breathing in the energy from the Earth through your feet and up your spine to the top of your head can be highly beneficial in maintaining and cleansing your energy field. You will also do wonders for your personal energy by imagining that there is a Divine golden white light flowing down your spine that is releasing all unwanted lower vibrational energetic debris deep into the Earth.

5. **Strengthening:** In the same way that visiting a gym once will not give you the health, muscles or body transformation that you desire, it is essential that you build, strengthen, and connect to your 'Higher Self' guidance on a regular basis. With regularity of practice, a deep commitment to grow and evolve, and the desire to learn, you will gradually allow yourself to be guided by your spirit team as you learn to awaken and strengthen your intuitive, creative and inspirational muscle.

A simple way to do this is simply to sit and imagine that you are building an energetic bridge of light with your Higher Self. You might choose to see yourself on one side of the light bridge while your Higher Self guidance is on the other side. Now imagine a beam of golden white light forming between you and your Higher Self. If it helps, you might also imagine that this energy is running in a conduit that forms the shape of an infinity symbol, with you standing in one loop of the symbol, and your Higher Self in the other. Now simply allow the golden white light to run through the symbol as the figure eight, noticing how this builds and strengthens your energetic connection.

6. **Receiving:** While the process of receiving sounds simple, for many humans on the Earth plane this is one of the most

challenging lessons we need to learn. Through all the healing and guidance work I have done with clients over the years, I have seen first-hand how many people struggle to love, value and accept themselves fully. Often this manifests as scarcity or a lack of abundance, happiness and grace in their lives. By not allowing ourselves to receive we diminish the value of our Higher Self which is grounded in abundance. By rejecting our good we simultaneously reject our true self-worth.

So, what is the soul-ution? It starts with setting aside all perceptions of feeling small or unworthy, and instead consciously choosing to accept that 'I am more than enough' and that abundance, guidance, wisdom, genius and insight are in fact my divine birthright.

7. **Closing:** In the same way that we create sacred space by learning to actively open and invoke higher guidance and intuition, it is also important to close this connection to expanded awareness at the end of your intuitive sessions.

A great way to do this is to thank your spirit team and higher guidance for their help, to acknowledge what you are grateful for, and to declare that your guidance session is now closed.

## BECOMING A GREATER CHANNEL FOR YOUR SPIRIT



*Every creative genius has been a channel. Every masterwork has been created through the channelling process. Great works are not created by the personality alone. They arise from a deep inspiration on the Universal level and are then expressed and brought into form through the individual personality.*

**SHAKTI GAWAIN**



As you embrace the connection with your Higher Self you will also begin to establish a strong channel from which to receive inspirational guidance, insight and wisdom. During this process of development, discernment will be important as you learn to trust how your body, soul and spirit communicate with you intuitively. The key is to ask empowering and insightful questions such as ‘Is the guidance I am receiving coming from love or fear?’, ‘Does it make my heart expand or contract?’, ‘Does it make me feel better, uplifted and greater than I was before?’. Remember that your true heart and spirit will always empower and fill you with a sense of expansion and lightness.

I believe that we are all being called to become greater channels for universal energy and spirit to flow. When we consciously choose to work with the energy of our soul, honour the presence of our Higher Self, and strengthen our intuitive and spiritual channel, then we awaken the great power within ourselves that desires to realise our innate potential and presence for this lifetime.

Your channel and intuitive gift are unique and precious on Earth right now. Unlike the other 8 billion people on this planet, you have been gifted with unique stories, experiences, gifts and talents. You are one of a kind and there is no other soul with the same experiences or understandings as you. Therefore, simply choose today to become a greater vehicle and channel for spirit, and work with your guides and spirit team on a regular basis to help you actualise the dreams, goals, creativity and difference that you came here to make.

### **Connecting with Your Higher Self**

**This exercise will help you to connect closely with your Higher Self. The key is to understand that your Higher Self connection is not outside of you, above you, or distant to you, it is closer than your breath, it is centred in your heart,**

**and it is already connected to the Divine aspect of your soul. Therefore, you do not need to reach outside of yourself to connect with it but simply go within and surrender to the innate wisdom, love and guidance it has for you now.**

1. Take a deep breath and draw your awareness into your heart space. Breathe into your heart as you centre this awareness deep within your body and being.
2. Imagine a beautiful circle of golden light being drawn around you. As you imagine standing in this circle of light you are centred, grounded and protected by the light.
3. With each breath allow yourself to release and let go of the heaviness you may have carried from your day, week or month. Become present to the now. For it is here in the 'now' that you awaken your highest sense of personal presence and power.
4. As you connect within, your awareness is now drawn to the top of your head and a beautiful healing shower of white light is pouring down above you, around you and within you. This rejuvenating light cleanses your energy field and aura.
5. As you begin to imagine looking up through your third eye to the source of this shower of light, you see the most magnificent star rising. It is a sign and connection to your higher self, true self and most complete self.
6. As you reach for the star, imagine drawing its presence down into the core of your being so you become one with this magnificent energy, one with the Divine presence of your complete self. Blend now completely with the presence of your Higher Self.
7. As this energy merges and blends, you are now becoming one with it on all levels. You now have access to the divine healing insight and wisdom of your Higher Self that is already whole, perfect and complete.

8. When you feel this blending and merging is complete, take a moment to seek Higher Self guidance, by asking the following questions:

- Who am I at the deepest level of my soul?
- What do I need to know for my highest good right now?
- Who am I now being called to become?
- What is your encouragement for helping me move forwards?



## Activating Your Light

- ♥ Take time to meet with your Higher Self today. Ask what is the one area of your life you most need to bring into alignment now?
- ♥ Make a list of all the reasons you are already worthy of receiving greater happiness, success and abundance.
- ♥ How does your body feel when you are aligned with your higher guidance? Choose to step into that energy and feeling now. Allow yourself to receive a sense of what might be possible if you could surrender control and trust your channel.

## Your Destiny Declaration

*My soul can never be separated from the infinite source of universal intelligence and oneness that is 'God'. In this understanding I know that the miracle I seek is not outside of myself, but within me. That through this conscious connection and unity I have access to the same presence that moves the tides, that fuels each star in the night sky, and that inspires my every breath and heartbeat. There is no separation from source, and therefore I know that I AM ONE with the ONE.*





## Chapter 3

# AWAKENING YOUR INSPIRED DESTINY & CALLING

DO YOU BELIEVE THERE is a greater destiny for your soul? Do you feel you were Divinely placed here for a purpose? Have you ever felt your spirit calling you to follow a particular path?

Many people in our world today feel as if they are at the mercy of the universal events and changes unfolding at this time, which can often leave them feeling like they have limited control or agency over their lives. At the same time, there is another group of people who understand that they are not the victim of their circumstances but rather are co-creating their reality with the help of a 'greater hand' or 'universal force'.

Following many years of working with clients in my healing practice and through hours of clinical hypnotherapy, intuitive and energetic work, what I have realised is that we all have access to a deep intuitive wisdom that wants to help us awaken our most purposeful destiny for this lifetime.

There is a wonderful story in the book *The Luck Factor* by Dr. Darren Wiseman of a young man by the name of Mel Gibson who in 1973 was desperately looking for acting roles to help kick start his career. One night on the eve of a major casting audition,

Gibson was out on the town near Sydney's King's Cross district when he was randomly attacked in the street, leaving him bloodied and bruised. The next day he attended his audition looking quite war-torn and worse for wear. Little did he know at the time that movie director George Miller had been looking for months for a rugged and uncut hero actor to play the lead role in his new film Mad Max. The moment that Mel Gibson arrived that day Miller knew he had found his leading man.

Whether you call it synchronicity, coincidence or *déjà vu*, I believe there is always a higher plan for our lives, a unique journey that we have been called to take where our soul and spirit already know the way 'home'. On a spiritual level we incarnate into this existence having previously selected pathways, events, experiences and relationships as a means for us to learn, grow and evolve during our time on Earth. While some of these experiences are pre-destined, we also have been given the gift of free will that enables us to change or alter our path in each moment through the decisions we choose to make. It is in these moments of decision that our real destiny is shaped. Our job therefore is simple, it is to align ourselves more closely with the 'Divine plan' in each moment, to listen to and follow the guidance of our soul, and to find the courage and confidence to act on our inner guidance when it reveals itself.

## WHAT IS A CALLING?

In my early twenties while starting a career in information technology, I was filled with an incredible desire to work in England and Europe. At the time I couldn't understand what was behind this deep inner-pull until a few university colleagues invited me to travel with them through Europe on a 6-week holiday. I still remember how my heart leapt at the opportunity to finally visit the United Kingdom and within just a few weeks I had resigned from my position and

found myself a month later sitting in London's Oxford Circus and Soho district sipping tea.

It was only several years later when I finally returned to Australia and embarked on a new career as a clinical hypnotherapist that I came to fully understand why the United Kingdom and Ireland had a profound impact on me, when during a past-life hypnotic regression I was transported back to several past lives in the UK. It was only then I understood the deep 'calling' within that had brought me face-to-face with many of the sites where I had previously visited, and where many of my ancestors were raised.

Inner callings are the way your soul chooses to guide and encourage you to expand into your highest potential for this life. They are the subtle yet profound nudges, encouragements, wake-up calls and inspirations which at first glance seem to come from nowhere yet have been purposefully planted in your consciousness for the purpose of helping you step into a greater level of soul-realisation at this time. Listen to these callings and your life expands, ignore the calls and the small voice of inner wisdom that wants to be your guide will gently take a step into the background until it is no longer heard.

In many ways, whatever you are called to do at this moment, that is your calling. Which is why it pays to remember that your heart already knows the way home to the inner utopia that you are longing for. So, if you feel called to paint, then paint. If you're called to sing, then sing. And if you feel called to write, then write.



*There is no greater gift that you can give or  
receive than to honour your calling.*

*It's why you were born. And how you become most truly alive.*

**OPRAH WINFREY**



## FINDING A DEEPER SENSE OF CALLING

I recently had the opportunity to watch a great film by Mexican filmmaker Alejandro Monteverde called *Cabrini*, which was released by Angel Studios. It's a wonderful biopic of the early life of Italian nun and missionary Mother Francesca Xavier Cabrini, who in the late 1880's arrived in New York City to help create orphanages for the poor and undervalued Italian migrant community in America. At a young age Cabrini endured a traumatic drowning incident which later led to her lungs being severely compromised. With a passion for wanting to help in the missions, Cabrini would often be found making little paper boats and launching them on the nearby rivers and lakes, imagining that they were real vessels taking people to the other side of the world to do their missionary heart-centred work. Later in life Cabrini would go on to become an avid campaigner for human rights and civility in an era where women often did not have a voice. In a very patriarchal male dominated world she became a savvy entrepreneur later going on to found the Missionary Sisters of the Sacred Heart, from which over 67 different institutions from hospitals to aged care would later be created.

What's most inspiring about this story of America's first saint was the strength of her inner calling, and willingness to go beyond the status quo to do what was right, to serve, help people in need, and create an 'Empire of Hope' that still impacts people even to this day.

What can we learn from the life of Cabrini about following our calling? First, your calling will never be revealed to you in its entirety. Often the Divine Creator and Universe give us clues and hints. It leads us with subtle prompts to see if we will take up the call, before revealing the entire picture and destination. It calls us to take the first steps in faith before seeing the whole journey, which is often counter-intuitive to the way we have been inherently programmed, and yet it is in taking this first step in faith that the true pathway is opened.

I suspect that young Mother Cabrini would not have anticipated the impact her decisions in those early days would have on the overall unfolding of her soul's mission and destiny at that time. Yet, in choosing to simply take each small step in faith she inadvertently sowed the seeds that would eventually grow into one of the greatest missionary and charitable organisations that the world has ever seen.

## **HOW DO WE AWAKEN OUR OWN CALLING?**

The path of finding and connecting with your inner calling is a sacred process of reconnecting to the divine nature of your soul and is anchored firmly in the energy of the awakened heart. Late venerable Vietnamese Buddhist Monk, Thich Nhat Hanh, once said "The greatest journey you will ever take is the 18 inches from your head to your heart". Many who have grown up in the Western world have been conditioned from an early age to place an overwhelming level of importance on the mind, intellect and authority, while often disowning and relinquishing the innate intelligence of the heart, emotions and spirit. And yet here in the heart is where we will find the true connection to the soul's inner-wisdom, essence and wholeness that will set us free.

Therefore, the path to awakening our calling is through the heart, because through meditation, quietude, creativity, playfulness, curiosity and enchantment we find our way back to the natural essence of our inner child. Which is the unlimited and uninhibited part of ourselves that is often encouraging us to stop being so serious, working so hard and being overly critical of ourselves. Our inner child understands that when we are present to ourselves our energy expands, and we can fully awaken the true calling and path of our soul.



*You need goals that give you goosebumps. Friends that give you energy. Lovers that give you butterflies. And a mission that makes it impossible to sleep, and irresistible to wake up.*

**LEWIS HOWES**



According to Lewis Howes, lifestyle entrepreneur, best-selling author and producer of *The School of Greatness* podcast, this path of awakening to greater self-empowerment and self-efficacy is a three-part process that involves:

**Awareness:** Taking regular time to stop, go within, and reflect on what is truly important to our soul in each moment. Through regular practice of self-awareness, we learn to discern our truth about what is working and not working in our lives. We uncover what really brings us joy and what drains us, what inspires and moves our lives forward and what holds us back.

**Decision:** The second element is a need to decide. Until we decide nothing in our lives will change. A decision helps us to set energy in motion in a way that moves us forward.

**Commitment:** The final element in the triad is a commitment to follow through on our choices and decisions. Making a commitment to a path doesn't always mean the path will be easy. Often it is through great resilience, grit and courage that we accomplish our most meaningful and significant life goals.

So, let's look at six different ways you can begin to connect and awaken the creative destiny of your soul's calling.

### 1. **Connecting with Your Calling**

Each of us has a powerful inner-guidance and emotional processing system that already knows what we want or don't

want in our lives. This innate intelligence is grounded in consciousness and has an awareness that flows through every cell of our body connecting us to our heart, soul, desires and Divinity. Paying attention to this subtle inner guidance is crucial if we are going to manifest and create fulfilling, happy and abundant lives.

Sadly, many people have forgotten the call of their own soul. Instead of being open to receive intuitive and inspirational insight and information, they choose to drown their energy system in lower vibrational energies, fill their lives with busyness and distraction, and often satiate their emotional cravings via substances such as smoking, alcohol, sugar and drugs. All of this makes it very difficult to then hear and follow the body's inner signals and guidance for success.

This is why it is essential to embed daily and weekly practices into our lives that nourish the spirit, provide us with optimum levels of food, exercise and water, and build a solid foundation for emotional self-care and self-respect. The inner heart and mind work in a wonderful symbiosis that is accentuated when the body's internal operating system is functioning optimally. Whether it be going for a walk or swimming, getting a massage, or simply doing some yoga poses, every step we take to honour our spirit brings us back into alignment with our true self and provides abundant rewards. Taking time out for solitude and rest is also very important, especially in a world where there is growing emphasis on working long hours, sending our children to school, and paying our mortgages. Yet the soul knows that its greatest wisdom arises during moments of creativity, play, rest and sleep.

A beautiful way to connect with your calling is simply to take a morning off from all your chores, work and duties.

Take yourself somewhere where you will feel blessed and alive whether that be by the sea, a quiet lake, a meandering parkland or even a majestic mountain, and simply BE with your Spirit. In this moment ask yourself, 'What does my soul really crave?', then be quiet and listen for the answers without editing or filtering. The more you make space to simply be present in your life and BE (rather than DO), the more your soul will begin to communicate, and you might be magically surprised by the guidance you receive.

## 2. Connecting with Your Charism

There is a unique essence at the core of every soul which encapsulates its purposeful blueprint for this lifetime. In spiritual and religious circles this essence is described as one's 'charism', a word derived from the Greek word in the New Testament which means 'favour' or 'gratuitous gift'. In Christian traditions, it was believed that connecting to your personal 'charism' would enable you to activate the gifts of the Holy Spirit, thereby allowing you to become a greater and more present channel for God.

American basketball player Michael Jordan found his charism in his extraordinary ability to manage the ball and to score from beyond the three-point line. For actor, television producer and interviewer Oprah Winfrey, her charism was anchored in a passion for making guests feel welcome, by choosing to be authentic, and engaging in deeper conversations that sought to uplift, empower, educate and transform the human spirit.

Choosing to go within and discover one's charism is not always easy, but the rewards that come with fully connecting to the deepest source of your spirit can be profound. So, how do you find this 'charism'? By looking at the intersection of

‘what you love to do’ and by also identifying the ‘impact’ that this service or action makes on others.

Over many years I have come to realise that what brings me fully alive is facilitating, guiding, helping and empowering others to find and activate their unique gifts. It doesn’t matter whether this is through heart-centred coaching, a group course or training session, or when I’m facilitating an online development group, at some level I always come back to the essence of ‘empowering’ others. Simply understanding this allows me to bring my ‘charism’ into all the work I do, helping even more people awaken and unleash their soul’s true potential on Earth. Facilitating people’s journey to greatness by helping awaken their spirit has therefore become synonymous with my calling and charism.

Finding the unique intersection of ‘what you love to do’ and the ‘impact’ that makes on others is critical in helping you grow and live your authentic soul path, and in many ways it’s the key to helping you focus your energy, abilities and talents to creating what you really want.

### **3. Connecting with Your Desires**

A powerful way to activate your calling is to simply follow your desires. The word desire is derived from the Latin ‘desiderare’, which has its root from ‘de’ meaning ‘from’ and ‘sidus’ meaning ‘star’. Therefore, when we choose to follow our desires, we are literally following the path of our soul that originates from the stars.

Desires are the soul’s subtle prompts encouraging us to live more purposefully. The ancient ‘secret teachings’ held in the Vedic text of the Upanishads says ‘You are what your deepest desire is. As is your desire, so is your intention. As is your intention, so is your will. As is your will, so is your deed.

As is your deed, so is your destiny.' Therefore, if you want to live a life fully on purpose pay attention to your desires and then follow the bread crumb trail as it will ultimately lead you to your inspired destiny.

#### **4. Connecting with Your Inner-State of Trust**

As mentioned previously, one of the main reasons people get stuck when following their calling, is that they often wait to see the complete picture before they act towards its realisation. However, this is not the way that true guidance and the universe work. We must remember, that ultimately, we are here on this Earth plane to learn, grow and evolve through our own 'life adventures'. In doing so we must learn to navigate all the challenges, chaos, upsets and blocks we come across on our path, knowing and trusting that everything in our lives serves a purpose that ultimately encourages us to become more of who we really are at the core of our being. Trusting and connecting with your inner guidance is therefore a necessary attribute for every 'spirited traveller' who wishes to expand and grow on their life journey.

So, what erodes trust and why are many of us afraid to take risks that help us venture beyond our comfort zones? What I have come to realise through my years of clinical practice is that hesitation and resistance often manifest in our lives due to one of the following four reasons: 1) A fear of failure, 2) Fear that we might waste our time, especially if what we commit to does not work out, 3) We're afraid of the embarrassment or shame that may come from making a wrong decision, and 4) We often want a concrete guarantee of success before we embark on our soul's journey to greatness. As best-selling author Gabby Bernstein puts it, we really need to 'Stop dancing around the perimeter of the person we really want to be'.

Conscious and deliberate co-creation of our soul's path requires courage and faith, a desire to listen to the true voice of our soul, and an inner willingness to trust and act on our intuitive whispers, callings and impulses. The late American minister and activist Martin Luther King Jr. once said, 'You don't have to see the whole staircase; you just need to take the next step in faith'. Therefore, on the path of the enlightened hero or heroine, we need to honour the subtle callings within our own spirit as we learn to 'feel our way forwards'. In the same way that captains of sailing vessels have used stars to navigate their way through uncertainty and darkness, we too need to find the capacity to lead with our heart, trust our instincts, and follow what we feel.

## 5. **Connecting with Your Future Self**

There is an ineffable part of your soul that transcends the physicality of time and space and is both infinite and omnipresent. At this level of consciousness, we have access to the infinite intelligence of the soul, as well as the capacity to use our imagination and perception to 'see' and 'perceive' information from our past, present and future.

In this quantum world where everything is energy, your soul exists beyond the boundaries of your physical body and knows no limitation. Therefore, through intention we can call in the presence of the *future self*, that aspect of our consciousness that already has gained wisdom and inspiration and has access to the insights and guidance we most need in this moment. Just like seeking guidance from a loving friend, mentor or guide, your *future self* can be a source of tremendous guidance and encouragement.

Why access the wisdom of the *future self*? Because within its domain is the opportunity to gain the true insight and

answers we need now to better navigate and manage the situations of our lives. You can learn to connect with your *future self* by using the guided visualisation process below, which will allow you to access your calling and life purpose on a greater level. Best of all this inner guidance is always available to inspire and guide you 24/7!

### **Connecting with Your Future Self**

**Take a moment and find a quiet place where you will not be disturbed and where you can place your full conscious attention on the visualisation process below.**

1. Close your eyes and take a few deep grounding breaths deep into your belly. On each out breath feel yourself releasing all tensions, expectations and stress.
2. Let us now imagine that within this inner place of stillness a large white bubble made of light appears before you. This bubble is a chariot of energy, a 'Mer-ka-ba' that has the power to carry you forward in time to meet and connect with your *future self*.
3. Imagine entering the bubble of light. You are now being carried forward into your future 25, 50 or even 100 years from today to meet your *future self*.
4. Your *future self* has already travelled your path, has overcome all challenges, and has access to the great wisdom and insight within. It lovingly and intimately knows your soul's path.
5. When you arrive at your destination your *future self* is there to greet you. You might feel its warmth, energy, grace and benevolence. It is whole, perfect and complete, and has already fulfilled its highest life mission.

### **It is now time to ask your 'future self' ...**

- What wisdom or insight do you have to help me on my journey?
  - What do I most need to know or understand about my current life path?
  - What is the one change I can make today that would have the greatest positive impact on my life?
  - Who am I now being called to become?
  - And what is the deep inner desire and calling within my soul?
1. When you have gathered the responses from your *'future self'*, take the journey back through consciousness via the bubble of white light. Call your spirit and energy back to the current time and place. Back into your body completely, anchoring yourself in the current day and time, feeling whole perfect and complete.
  2. You have now completed the *'future self'* connection exercise.



## **6. Connecting with Your True Nature**

The final form of connection which will help you awaken your calling is to simply return to your true nature. We were all inherently blessed with a unique suitcase of gifts, talents and abilities when we incarnated for our current life journey. While some of these gifts are more naturally embraced than others, to really thrive we need to find the right environments to operate in where our gifts and abilities can shine.

The great Italian opera tenor Andrea Bocelli was blessed by a love of opera music at a very young age. Knowing that he would eventually lose his sight his mother encouraged him to learn and sing as much as possible. However, his father wanted something greater for Andrea, eventually persuading

him to stop singing and attend university where he completed a degree in law. After completing his degree Andrea knew in his heart and soul that being a lawyer was not the right path or environment for him to thrive. It was simply not aligned with his essential nature, and thankfully he returned to singing, and developed the gift of voice that has now touched the lives of millions across the world.

While a fish might survive for a short period of time in a tree, it was simply not designed for that. While a bird might do its best to live under water, it was not created and blessed with the physical attributes or nature to do that. As human beings our greatest quest in this lifetime and incarnation is to notice our unique gifts, talents and abilities, to find what really turns us on, and to then discover the perfect environment where those gifts can flourish and thrive. In seeking and recognising our essential nature we give ourselves the best possible chance of engaging success.

### **Connecting with Your True Nature**

**Find a quiet space and have a journal and pen with you.**

1. To begin this exercise, I'd like you to reflect on and recall three moments in your life where you felt you were doing your best work, making your greatest contribution, or simply being your best self.
2. As you reflect on each scenario see if you can answer the following questions:

- In this moment of excellence who were you being?
- In this moment of excellence what were you doing?
- What conditions helped you tap into this state of personal excellence?
- If someone you love was watching you, what would they say is the 'gift' that your 'true nature' is here to bring to the world?
- Why is honouring and accepting this gift important to you now?



## Activating Your Light


- ♥ Take out a sheet of paper and draw a line vertically down the middle of the page. On the left side begin to write down everything you don't want in your life. When finished go through each item on the list and in the right column, write down what you really want.
- ♥ Write down a question that you would love guidance on about your life path or personal growth and development. Then complete the 'future self' meditation and use this powerful process to access the wisdom of your soul.
- ♥ What is the great calling in your heart and soul? If money, time and resources were no issue what would you most want to create, have, do, be or experience?
- ♥ What is your true nature? What are the environments or areas where your soul thrives?

## Your Destiny Declaration

*My light is strong. My heart expands and desires to be heard. What great destiny hides within me? I look outside for the answers but see none, when all along there you are in the heart of my heart, waiting to be seen and understood. Today my destiny awaits me within. Today she resides in my spirit like a high priestess waiting to be summoned to my call. So, I call with all my voice, my lungs inspired like Rumi speaking of love. Today, I will awaken the wonders of my soul. Today, I will ignite this great love and be inspired again in this world.*







Part Two  
**TRANSFORMATION**





## Chapter 4

# RISING BEYOND FEAR AND LIMITATION

WHAT FACTOR HAS THE greatest impact and influence on our success? Fear. Of all the topics I have spoken on, written about, and shared with audiences the last 25 years, navigating and overcoming our conditioned response to fear would have to be the most significant.

Fear has the capacity to not only diminish our life force energy, but can also reduce self-efficacy, agency and self-determination in our lives, if we allow it. The reason I know this so well is through my own experience having battled many inner demons, fears, limitations and self-doubts throughout most of my life. Often these same situations left me feeling powerless or stuck, as if one foot was on the accelerator of life desperately trying to move forwards, while the other was on the brake holding me back from the success, I knew I desired and deserved.

Where did this pattern begin? Well, as a young child I was often filled with confidence until a moment in grade one of primary school that changed my life forever. There I was, a very open and optimistic child sitting in a classroom of about 24 other students when the teacher asked if anybody knew the answer to a specific question. Without hesitation the young, unconditioned, excitable

learner within me raised my hand before I even had time to fully understand the question. What came out of my mouth probably sounded a lot like nonsense, but in my heart of hearts I just knew it was the most inspirational answer the class had ever heard! My response left both the teacher and the other children in the class laughing outrageously, which 'Little Les' took very personally. That day 'Little Les' vowed to himself that he would never put his hand up again to answer a question, given the immense shame, embarrassment and disappointment felt on that day.

It wasn't until many years later as a mature student attending university and completing my Masters in Entrepreneurship that I finally realised that this unconscious pattern of 'playing small' had started in the early years of my life. Thankfully with a great deal of life wisdom and all of the personal growth and development work I had invested in, I decided to commit to a new way of behaving, ensuring that whenever a lecturer or professor asked a question or invited people to comment that I would not only sit in the front row, but raise my hand first to share my insights. This conscious choice to move beyond the old patterns of fear from my past was setting me up to step into the energy of leadership, a trait which had been in me all along, but remained hidden due to fear.

## **FINDING COURAGE TO MOVE BEYOND FEAR**

As part of our human survival mechanism, we are all born with hardwired instinctual fears such as the fear of loud noises and the fear of falling. Most of our other fears have been conditioned and learned through childhood and our upbringing, often ingrained and indoctrinated through our education, cultural conditioning, family and parents.

While some aspects of fear are important to our survival and security, to experience the true nature and infinite capacity of our

soul and spirit, we must be willing to grow, learn and expand beyond this unconscious conditioning. We must create space to face our innermost fears and limitations and rise to meet them as part of our hero or heroine's journey.

Transformational author Maria Nemeth in her book *The Energy of Money* defines this place where fear arises as 'trouble at the border'. Because it is here at the edge of our comfort zone that we are called to step beyond the 'ordinary' and commit fully to growing into the 'extra-ordinary' potential that awaits us on the other side of the border. It's at this inner threshold between chaos and order that we discover our capacity for true conscious evolution and growth of the soul. And as we discover the courage to embrace fear by leaning into our desires, dreams and goals, we also uncover the great resilient and powerful spirit that has always been within us.

We're encouraged to take faith knowing that history is filled with many stories of ordinary people who found themselves summoned to challenge the status quo while still committing to their true voice, purpose and power. And within found the self-belief and resilience to follow the true calling of their hearts while crafting a life of significance and meaning.

Take Belgian marathon runner Stefaan Engels, who as a young child suffered severely from childhood asthma, but as an adult in 2010 ran the equivalent of 365 consecutive marathons, covering more than 15,401 kilometres. Or the life of legendary English athlete Roger Bannister who in 1954 at the age of 25 became the first person in the world to break the 4-minute mile. And what about American actor Tom Cruise who in *Mission Impossible 7* committed to doing over 13,000 practice jumps on a motorcycle for the film's main stunt, and to this day completes most of the dangerous stunts in the movies himself.

## TAKING THE LID OF YOUR LIMITATIONS

There's a story told of a gentleman travelling through the Himalayas in the early 30's who came across an Indian holy man sitting cross-legged in the corner of a market square in Kathmandu. As the traveller approached, the old man seemed to beckon with one hand calling the tourist to come forward and look at a large glass bowl positioned between his legs. With great interest the traveller came forward, looked down, and to his surprise saw what appeared to be hundreds and hundreds of fleas sitting at the bottom of the bowl. The traveller was astounded by what he was seeing realising that this was in fact a real-life flea circus. Understanding that fleas have an incredible ability to leap more than a hundred times their own body size, the traveller was bewildered. He began to question in his own mind "how is it that these fleas do not just jump and escape the bowl?".

As if reading the traveller's mind, the Sadhu called him closer and then from behind his back took out a clear plane of sheet glass placing it on top of the bowl. Finally, the traveller understood everything, as now he could see that every time the fleas jumped to escape the bowl, they would hit their heads, but after several attempts to escape they would find it too difficult and simply settle for jumping only as high as the glass ceiling.

While this is an interesting story, that may leave you asking, "what does a flea circus have to do with me?". The reality is that as human beings we are often like those fleas, who, after experiencing disappointments, setback, hurt, betrayals and failure find ourselves limiting our innate potential. So where in your life have you been allowing your past experiences to dictate what is possible or not possible for you? What are the conscious and unconscious lids that continue to keep you safe in your own bowl or comfort zone?

## NAVIGATING THE FOUR KEY FORMS OF RESISTANCE

There are four main forms of resistance that we are likely to experience on the transformative path to awakening our greatest selves. These patterns often present as we grow and expand into a new level of spiritual and conscious evolution, a sign that we are evolving and learning to embrace a more actualised version of ourselves.

### 1. **Limiting Decisions & Beliefs:**

As a young child I suffered from chronic debilitating Asthma which would often leave me gasping for air and struggling to breathe in the middle of the night. Believe me it was not a pleasant experience! And, as I grew up, it solidified my belief that I was simply not capable of running, participating in sport, or doing many of the athletic activities that other young children could do. However, once I became aware that this was simply a belief I had chosen to accept, I then found the power within myself to change it. Just like Stefaan Engles the 'Marathon Man', I decided I was going to create a new reality for myself, one based on possibility, healing and certainty, and in 2005 I completed my first long distance fun run.

As we've already discussed, our thoughts are powerful, and every thought and intention has the capacity to create or destroy, therefore we need to choose our thoughts and beliefs wisely. Take some time to contemplate the beliefs you have held in the past that have limited your capacity to grow and evolve. Then consider the empowering beliefs that have enabled you to thrive and flourish.

### 2. **Obstacles & Roadblocks**

Whenever we choose to move towards our heart felt ideals, dreams and goals, there is a good chance that we are going

to uncover some form of obstacle or roadblock. In facing these adversaries, we will be unduly called to summon greater levels of personal strength, discernment and wisdom. While obstacles and roadblocks arise to help your soul grow, learn and evolve, others appear as tests along the way with the purpose of testing your resolve and commitment to the path forward.

When facing any kind of obstacle or block the key is to develop the self-awareness that enables us to stop forcing things to happen and instead create space by taking a conscious step back. Often in this place of retreat we are guided to the inner-wisdom and insight that allows us to transcend inertia and access the courage to follow our inner-guidance. Therefore, in these moments it pays to ask ourselves, do I need to transcend this obstacle? Do I need to flow around it? Or do I need to confront and move through it?

### **3. Trying to Please Others**

We often give away our power in life as a desperate attempt to please and meet the needs of our loved ones, colleagues and family. Walking the path of higher truth means learning to honour the sovereignty of your own spirit by consciously choosing to love and value yourself in a greater way. When we try to please others ahead of our own needs and desires, we inadvertently diminish our own value and life force.

In becoming the conscious creator of our own lives, we must find the fortitude and presence to give up playing small, tolerating the demands of others, and devaluing our own spirit. Instead, we must find the courage, self-efficacy and love to honour our own spirit by setting clear personal boundaries and doing what is right for ourselves first.

#### 4. Helplessness, Hopelessness and Fear

When we sense the presence of helplessness, hopelessness or fear in our lives, then there is a good chance that at some level we have given away our agency and power to an external force. Each of these patterns is a wake-up call that beckons us to call back our spirit, take back our power and find faith and freedom in the face of fear.

### **Stepping Beyond the Box**

**We all have a place within ourselves where we feel comfortable and where we naturally retreat to feel safe and protected. However, your greatest self is often found outside the realms of this 'box!'**

1. Take a moment to get clear on the resistance you have consciously (or unconsciously) chosen in your life by answering the following questions:
  - What is it I have chosen to believe, that keeps me from having the life, results and fulfilment I truly deserve?
  - Reflect on your desire for greater success, happiness and fulfilment. What obstacles (if any) do you perceive are keeping you from having what you want?
  - Where in your life are you giving away your energy to please or satisfy others?
2. Once you have answered these questions:
  - Decide today that you will no longer give your energy or power away to these patterns.

- Take your list of barriers, excuses and resistance and find a safe place to burn, destroy or release these notes. In doing so you are energetically choosing to release these patterns from your consciousness.
- Imagine taking the 'box' from the past that you have 'settled' for and visualise yourself breaking it open, while feeling your spirit and soul being set free.
- Now, make a list of what you would really love to do, be, have and experience. What would you commit your life too if all resistance, limitations and fears were gone?
- Commit the next 30 days to reprogramming your consciousness for success by taking some form of positive action towards your dreams and goals.



## TAMING THE LIZARD, THE MOUSE AND THE EXECUTIVE

The sympathetic nervous system within humans is best known for its ability to assist us in responding to both dangerous and stressful situations, helping activate our survival mode conditioning so that we can escape any present threat. It's the part of your being neurologically programmed through your DNA, history and consciousness to keep you safe from harm by autonomously engaging your internal fight, flight or freeze response. This brain and neurological conditioning play a vital role in determining how we respond in any situation, whether our fear is real or imagined.

Advanced research into brain functioning and neurology has shown there are four key parts of the brain involved in discerning and acting through our fear response.

## **The Reptilian Brain**

The Reptilian Brain is the most ancient part of the brain situated on the brain stem and is often the last part of the brain to receive and interpret signals from the spinal cord. It is the Reptilian Brain that keeps our hearts beating, keeps us alive and enables us to breathe. It is also the part of our brain that is hardwired to feel a constant state of vigilance and anxiety to prevent imminent danger. While this part of the brain served neanderthal man well at a time when dinosaurs and large animals roamed the Earth, today this hyper-vigilance can create states of paralysis, sometimes pushing us to run away from what we really desire.

## **The Mouse Brain**

The Mouse Brain or Mammalian brain is the prime governor of the limbic system responsible for regulating our emotions and desires. Its main job is to help us move toward things that bring us more life, in the same way that mice instinctively sniff for food to find their next meal and survive. However, when we become conditioned to keep chasing the next new shiny object, such as a promotion at work, a new car, a higher position or status, we can often forget to nourish and feed ourselves emotionally.

## **The Neo-Cortex and Executive Centre**

Situated towards the front of the brain is the prefrontal cortex, the most recent part of our brain to have developed over the past 150,000 years. It's here we find the Executive Centre which assists in directing our thoughts and intentions, working with memory, self-control and cognitive flexibility. Most importantly, this part of the brain has the capacity to help us move beyond procrastination,

stagnation and feeling stuck, by guiding us towards empowering decisions and actions that literally move us forward. The more action we take that is aligned to our innermost goals, dreams and intentions, the more we begin to rewire our brain's neural pathways and move them away from fear and self-limitation toward new states of empowerment, courage and self-efficacy.

## REFRAME YOUR FEAR



*We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures.*

**SUSAN JEFFERS**



Great freedom is gained when we realise that the 'fear' in our lives is never really going to go away. By shifting our awareness, understanding and perspective of fear, we can learn to move our responses from being in 'reaction' to more empowered states of 'responding' from strength. Here on the path to self-realisation we actively learn to reframe our fears by placing them in a new light that opens the door to greater transformation and growth of the soul.

In the 1987 best-selling book *Feel the Fear and Do it Anyway*, transformational author Susan Jeffers shared several key insights for reframing fear and turning it into our best ally and friend. In addition to this, I have also included several mindset shifts I have gained through my own experience, as well as from the journey of my clients below.

### **1. The fear will never go away if I am growing**

As a professional speaker I get many opportunities to speak and present sessions, keynotes and talks to audiences each

year. Even though I have been doing this work for more than 25 years, there are still many moments before stepping onto a platform or stage that nervousness, fear and anxiety kicks in. Sometimes, I even wonder if the cacophony of butterflies that have risen in my gut will ever leave or learn to fly in formation.

However, what I have learned over the years is that no matter how much I practice, how much time I invest in my research or planning, the fear and anxiousness will always be there. So rather than resist it, freeze, fight or run from it, I have now learned to take a deep breath and welcome it in, knowing that it is just inviting me to step into the space and be a greater vessel and instrument for good. As Susan Jeffers mentions in her book, “the fear will never go away as long as you are growing”. Stepping out of your comfort zone and learning to accept the presence of fear when you are attempting something new is one of the fastest ways to grow spiritually and personally and it will encourage you to feel your fear and do it anyway.

## **2. It's OK to feel the fear and do it anyway**

One of the greatest gifts that I gained from reading Susan's book was the understanding that 'It's OK to feel the fear and do it anyway'. As a young adult who was extremely self-conscious, anxious and lacking confidence, this advice at first felt contrary to my entire being, however with time I realised that confidence was not actually an absence of fear, but being willing to act regardless of it. If you've ever found yourself on the edge of a new beginning, the start of a new journey, or about to leap more fully into your destiny, there will be a time when you are called to 'feel the fear and do it anyway', an invitation into a greater more profound level of consciousness for your soul's destiny.

Whether that be the first time you ask someone out on a date, the moment you realise you've become a parent, or when you've finally developed the courage to ask your boss for a raise, it's all these soul-defining and destiny shaping choices that have the greatest potential to positively impact and prosper your life. So, are you willing to 'feel the fear and do it anyway'?

### **3. Whatever happens, I'll handle it**

I first came across this belief pattern re-frame while attending Tony Robbins' trainer academy in the 90's in San Diego, California. At the time, I remember his training team showing us old videos of Tony working with some his most challenging clients as he was beginning his career as a transformational therapist. Apart from an innate resilience and belief in himself, even when he didn't know the way forward with a client, it was Tony's belief that 'if he didn't know the way, he would find a way' that often fuelled him to keep looking for different options and solutions without giving up. Resilience and grit are powerful and intrinsic traits within our soul, spirit and character, and these are powerfully elevated when we back ourselves by holding firm to the belief that 'whatever happens, we'll handle it.'

In our lives there are going to be many moments when we simply do not know the way forward, when the light at the end of the tunnel seems distant, and the dark night of the soul seems so close. It's in these moments that we are guided by the soul to not give up but look up. To not lose faith but find courage. To not turn away out of ignorance or regret, but to step forward and create the path that we alone have been called to create. In these moments it helps to know that there's a far greater intelligence and consciousness in us,

a life force energy connected to our soul that has the capacity to light the way forward even in our darkness.

While the ego may want to keep you hidden, playing small and trapped in fear, you have within you the power to handle anything that comes your way. By simply knowing that ‘whatever happens, you’ll handle it’ you surrender your fears and allow faith to become your leading light.

#### **4. I relax, I let go and I do my best**

While we’ve entered unprecedented times where young people today have so many opportunities to follow their dreams, careers, life paths and aspirations, more young adults than ever before feel that they are either not good enough, failing miserably or somehow not living up to the expectations of their families, society and peers.

This became evident recently as I was coaching a client who had struggled to find their way during Covid and had taken on the expectations and pressure of their parents to find a career and succeed. Too afraid to admit that they did not feel capable of living up to the unwritten standards set for them, they instead chose unconsciously to carry the weight and expectations of their family energetically on their shoulders.

Why do we choose to be so hard on ourselves? Why do we take on so much, rather than create healthy boundaries that support and honour our soul? Could it be that we believe that taking on more, or carrying the load for others is somehow noteworthy or noble? Have we falsely convinced ourselves that struggle is a necessary part of life?

While there is nothing inherently wrong with aiming to be the best version of yourself, or gaining mastery in your craft or industry, there is a big difference when the quest for that perfection, accuracy and control comes from the voice

of the ego that is afraid of failing, fearful of making mistakes, and worried about what others may think of ourselves. It's in these moments, where we find ourselves placing undue effort, or struggling and striving, that we need to take a deep breath, and let these words of truth sink deeply into our soul 'I relax, I let go and I do my best'.

**5. Today I will let fear sit in the back seat**

I first learned this powerful re-frame from New York Times best-selling author, Elizabeth Gilbert, and it's been a significant mind shift I have come back to repeatedly throughout my life. In her book *Big Magic*, an unauthorised expose into awakening creative potential, Gilbert mentions how through her own creative process she would experience moments of fear, ineptitude and doubt, especially when sitting down to work on a new book or creative piece.

Her 'soul-ution' to this quandary? Rather than fighting or resisting fear, or worse still giving into it, she would simply talk to fear and say "fear I know you are with me today, and I know that you want to be driving this vehicle that is my life, so today you're welcome to come along on the ride, but you're going to have to take a back seat. Today its myself and my great creative spirit that will be driving and leading the way forwards."

**6. It's time to train your ego to serve others**

The final point I would like to share on re-framing fear, which I often find myself doing just before I am about to deliver a class, a presentation or performance, is to talk to my 'ego self' and remind it that today I am here to serve others.

There is something very powerful that happens when we direct our attention beyond ourselves, towards the pure,

compassionate, and purposeful endeavour of helping others. Ego drops away, a sense of purpose arises, and we find ourselves becoming a greater channel to help and transform the lives of those around us. While simultaneously taking energy and power away from ego, we can direct the 'spirit of unconditional love' (soul) towards a purpose far greater than any of us could ever imagine.

### **Reframing Your Fear**

**Remember that behind your greatest fear  
exists your greatest destiny.**

1. Consider your life path right now and what you would love to create, manifest, change or experience over the next 12 months.
2. If you had to give a name to the greatest fear that keeps you separate from the success, fulfilment and happiness you desire, what would it be?
  - Is this fear real or imagined?
  - Has it been learned or conditioned?
  - Does it diminish or serve your highest good?
  - Would any sane person who is a child of the Divine consciously choose to hold such a belief or fear?
  - What are you really concerned would happen if you were to just let it go now?
  - Can you just let it go?
3. If after answering these questions you still feel that this fear has some form of power or control, then it's time to reframe it.

- How does having this fear serve or help you?
- If this fear was really coming from a place of love and empowerment, what would it want for you instead?
- If you were to surrender fear and trust that there was a greater more powerful spirit of courage, hope and opportunity within you, what would be possible?
- If you knew that no matter what happens you could find a way, what would be your next best step forwards?



## **BE AWARE OF YOUR SECONDARY GAIN AND VALUE CONFLICTS**

To fully capitalise on your mastery over fear it is important to understand that the moment we set a new intention or pathway for our lives, we also awaken any resistance or self-sabotage that may be unconsciously present. One of the prime directives of the subconscious mind is to keep us safe, so the moment the ego realises we are about to embark on a path of change or transformation that may threaten its sense of comfort and control, resistance can often manifest.

Over the years I have seen many clients present with debilitating emotional, spiritual, mental and physical ailments. For many, the clearing and releasing of these patterns or blockages has been simple, yet for others there can be significant levels of resistance, stubbornness and holding on to a past which may no longer serve their highest good. Why would anyone seek to hold on to an emotional pattern or behaviour that keeps them sick and does not serve their highest good? Because often it is safer to remain in a debilitating pattern than to find the courage, faith and belief required to set ourselves free, and this is what we call secondary gain.

Maybe by remaining unwell, someone doesn't need to take responsibility for their life, or they receive greater attention and care from others. It may be that by holding onto the pattern, whether that is smoking, alcohol or addiction, they are in fact getting a well-deserved escape from facing reality. Therefore, understanding the secondary gain and benefit you receive from staying in the same self-defeating patterns is essential if you want to break free and create a new reality for your life. One of the best ways to do that is to simply ask this powerful question, what is it that I am afraid or concerned might happen if I was free of this pattern or behaviour?

The second form of resistance which can often be experienced when we choose to rise beyond fear and follow our calling is a 'values conflict'. It's a pattern I have seen manifest many times with business clients I have coached who have been afraid to market and promote themselves, because they believe that if they are successful, they may not be able to handle the influx of new work, clients and opportunities. On the one hand they long for greater financial security, abundance and freedom, and on the other they fear that success will bring them a greater burden.

The challenge with value conflicts is they can leave us in a state of hopelessness. To overcome learned helplessness, we need to develop awareness of where we are experiencing conflict and then make empowered heartfelt choices that will provide us with the greatest capacity to learn, grow and evolve.

## **RISE BABY RISE**

At its core, fear will never disappear from our lives completely. Whether it be the fear of loss, fear of the unknown, or fear that we might somehow not be good enough. So, what can we do? We can begin to retrain and reframe our brains to see these situations as opportunities for our personal growth and development. By learning

to love our fears and limitations we build greater self-awareness and resilience while creating a path that equips us to live fully from the 'adventure zone', rather than be a victim of the 'comfort zone'. And as we learn to rise beyond our own self-limitations and fears we discover that the true meaning of 'fear' is to 'Face Everything and Rise'.

### Activating Your Light

- ♥ Take a moment to reflect on your last 3 months. Who has been driving your consciousness the most. The reptilian? The mouse? Or your executive centre?
- ♥ In this moment there is a new level of possibility available to you. Imagine multiplying your life results and soul's destiny by a factor of 10x. When you imagine this new level of being in the world, what is the 'lid' or 'one belief' that keeps you from having and enjoying this expanded possibility now?
- ♥ How are you being called to be of greater service to others?
- ♥ Imagine yourself fully immersed in helping and serving from your place of authentic power and presence. Notice how fear diminishes when you are focused on serving.

### Your Destiny Declaration

*My soul's destiny is awakened the moment I consciously choose to expand into a new level of possibility. Through my imagination I now create my world anew. Therefore, I do not limit what I am willing to receive and allow into my life. Instead, I seek to transcend fear and limitation and fully discover my Divine purpose for this lifetime. As I grow in my light, my light brings hope, inspiration and encouragement to others.*







## Chapter 5

# EMBRACING RADICAL LOVE & SELF-FORGIVENESS

AT THE HEART OF all true world religions is a return to love. This premise, while simple in its ideal, is often harder to live by due to the vulnerability of our intrinsic human nature. As spiritual beings living in a very materialistic and ego dominant world, we all have moments where we experience the depths of emotional hurt, betrayal, sadness, grief and disappointment. And in those moments, while we might wish and pray that life would not be so painful, the reality is these exact experiences often contain some of the most powerful soul-defining learning, insights and growth for our incarnation at this time.

So how do we navigate our way through hurt, resentment, betrayal and anger? How do we find the courage to stand up for ourselves? And how might we find the willingness to release the past and forgive those that have hurt us, to move forward more freely in our lives?

Our return to wholeness from these experiences exists in our capacity to forgive ourselves, release our past, surrender to faith, and find the courage we need to let go. It's also grounded in our willingness to follow the path back to unconditional love, self-value and self-acceptance. Because it is through a genuine commitment

to return to wholeness that we find the capacity to release hate, surrender resentment and return to love. A sacred path, where we are reminded that at our core, we are already whole, perfect and complete, and that by choosing to unconditionally heal ourselves we allow even greater miracles to unfold in our lives.

## **A POWERFUL LESSON IN FORGIVENESS**

On the 1st of February 2020, in Oatlands, on the north-western outskirts of Sydney, 13-year-old Antony and younger siblings Angelina, Sienna and their cousin Veronique, were walking to get ice cream when an out of control, drunk and drugged driver lost control of their vehicle, colliding with the children, who all later died. When the story finally made the headline news, people across the country reached out in sympathy, struggling to fully understand how such a tragedy could have unfolded in a heartbeat. After all, these were four young innocent lives taken away too soon.

It was only in the coming weeks, months and year that we would fully realise the love that would flow from the hearts of loving parents Danny and Leila Abdallah as they came to terms with their own grief, while also finding the grace and forgiveness for the driver who had callously taken the lives of their children. How were they able to forgive? How were they able to release the sorrow and pain, to work through their loss and return to some form of normality with their living children?

I believe their capacity to forgive the perpetrator arose from a deep and enduring faith in God and the higher plan that is present for every soul. I also believe that it came from understanding that 'resentment is often the poison WE drink hoping that the other person will die', it is an energy and presence that serves no one and only seeks to keep us trapped in lower vibrational energies of hurt, betrayal and anger, keeping us firmly trapped in our past. When

interviewed several years later, Leila Abdallah's words spoke about this benevolent forgiveness that can heal and restore faith in our lives. In her own words she said, "Forgiveness gives you freedom and allows you to live your life peacefully". It is ultimately through forgiveness of our self and others that we learn to fully heal our spirit, thereby allowing the grace, joy and love of God to flow fully within us again.

## **HOW REJECTION, FEAR AND HURT DEFINE WHO WE REALLY ARE**

As a young child I often suffered from a lack of self-worth, confidence and acceptance, which was only accentuated by my different racial background and coloured skin. At the time, Australia was a very homogeneous country, with few immigrants from the Asian sub-continent, so it was no coincidence that as a young child I would often find myself going out my way to make and keep friends. With this desperation I one day graciously accepted an invitation from the other children in my street to come and play a game with them. Excited at the thought that someone finally wanted to be my friend, I eagerly skipped down the street wondering what wonderful adventures and games lay ahead.

I remember arriving at the house where several other children had gathered, including my childhood arch nemesis and local bully, Ricky. The game they described to me was very simple, I was simply required to take off my shoes, put on a blindfold and then after a few quick spins, venture out into the long grass in the backyard and find a ball. How difficult could such a game be? After all, it was just a different version of 'pin the tail on the donkey'. Step by step I ventured deeper into the long grass, seeking out the ball and hoping I would somehow step upon it and win the game. That was until 'Little Les' found himself standing barefoot on a pile of freshly made

doggy-doo with all the other children who had gathered screaming out in howls of laughter! Now I am not sure if you've ever experienced a completely humiliating, embarrassing and soul defining moment like that, but what I can tell you is that day 'Little Les' ran home with his tail literally between his legs, crying, ashamed, angry and feeling foolish for having trusted another human being.

It wasn't until I was in my early twenties and had started my own personal growth journey that I finally realised the impact this experience had on my life. What I discovered was that it was in fact one of the greatest soul-defining moments for me, a moment where a part of me wanted to hide, cry and run away. And yet, it was also an experience where my soul was now teaching me a powerful lesson about how to treat others with compassion, love and respect. As I learned to heal and come to terms with this experience, I discovered that hidden within it was also my greatest gift and teacher. Not only did it encourage me to heal myself and forgive those children, but it also affirmed to me that I was here to be a light for others. By experiencing firsthand what it was like to be diminished in my light and power, I realised that my soul's mission here on Earth was to help people rise and find their own light and magnificence.

What I also learned that day was that rather than addressing the issue and facing the fear of rejection, I instead chose to metaphorically cover the 'doggy-doo' with an imaginary shield, hoping that others would not see my shame or embarrassment. What better way to hide one's wounds, than accept that I was not enough, wounded or damaged goods. So where in your life have you been hiding a part of yourself? Where do you keep yourself protected from the fear of failure, embarrassment or humiliation? Where have you chosen to place a shield over the 'doggy-do' of your own life?

## ENACTING THE POWER OF SELF-FORGIVENESS



*Darkness cannot drive out darkness; only light can do that.*

*Hate cannot drive out hate; only love can do that.*

**MARIN LUTHER KING JR.**



If you resonated with my own story, or you've found yourself holding onto anger, resentment, shame, guilt or embarrassment from the past, then I have some good news for you, and that is you are not alone! By now you will have realised that one of the fastest ways to heal your own spirit is through the sacred act of self-forgiveness.

Every time we feel hurt, betrayed, disappointed or angered by the actions of others, it is a sign that at some level their actions have broken our internal rules and values. However, the reality is that many of the rules and boundaries we have created for ourselves are in fact not ours at all, but have been conditioned and indoctrinated through our upbringing, education and parenting. The challenge is that many of us hold onto these lower vibrational energies, never really finding the capacity or willingness to express our emotions, which leads to them being held and repressed within our body. Often keeping these emotions suppressed is analogous to trying to hold an inflatable beach ball under water, its hard work, and drains our personal energy. Additionally, when our soul is fragmented in this way our life-force energy can become depleted, and we may find it harder to manifest and create what we really want.

There is a wonderful story told by author, teacher and intuitive energy healer Carolyn Myss about a Navajo Indian by the name of David Chethlahe Paladin, who was recruited by the American Army as a 'code talker' during World War II. It led him to being captured by the Nazis and imprisoned at Dachau concentration camp where

Chethlahe would find himself tortured and beaten in the most inhumane way by the prison guards who eventually drove nails through his hands and feet, in the same way that Christ was treated during the crucifixion.

With God's grace, Chethlahe's spirit kept him alive through the ordeal and eventually he returned to the US where he spent many months in a veteran's rehabilitation hospital in Battlecreek, Michigan. Having lost all capacity to walk, Chethlahe was eventually guided to return to his native American Indian reservation in Arizona. It was here, upon his return, that elders who had not seen him in years welcomed him back and then sat in circle and gave witness to his story and the testimony that had led to his eventual capture and trauma. Noticing that Chethlahe had 'lost his spirit' they asked him to return the next day and placed him in a nearby river, which was freezing cold, calling upon him as he drifted in and out of consciousness to 'call back his spirit or die'. It was during this vision quest that he was brought face-to-face with his greatest fears, witnessing the guard that had nailed his feet as well as the person that had tried to keep him alive by feeding him chicken gizzards in the middle of the night. When Chethlahe was finally drawn out of the river after three days, he not only found the courage to forgive his captors but also regained the capacity to walk again. It was during this experience of soul-retrieval that he discovered the real gift of his captivity, later going on to write inspirational books about the experience while becoming a profound Native American artist. What the elders understood that day was that self-forgiveness is the key to calling our spirit home and is the pathway to all self-healing.

So, if you've been struggling to release your past, to forgive or let go, here's a small practice that will help guide you to a place of personal healing and restoration.

## **Forgiving All Who Have Upset You**

**Take out a new sheet of paper and make a list of all the people from your past or present that have offended or upset you in some way, especially those that still hold some form of anger, disappointment or resentment towards you.**

1. Make sure to also include your own name at the top of the list, as often we can be the greatest perpetrators of our own discontent!
2. When you have your list, close your eyes and imagine bringing all of these people into a room. Today you get to share your truth and tell them ALL how you REALLY feel about what they have done or failed to do. Acknowledge the emotions here that have fuelled your discontent.
3. As a wise traveller on your soul's path, you instinctively know that each of these people has come into your life to teach and reflect to you a sacred lesson. Each has been involved in a sacred dance of growth and development with you.
4. While you may not understand or accept why they did what they have done, you know it is time for your spirit to be free. It is time to let go of the energy you have held from the past, so that you can NOW call your spirit back, and create the beautiful future you deserve.
5. Imagine in front of you now that a 'cocoon of light' is opening. Begin to place each of the people into this cocoon of light. As their energy merges into one, know that it is now time to forgive, release and let the energy that has been held between yourself and them go.
6. You might imagine now a cord of light, a beam, rope or cable connecting you.

7. Now say the Hawaiian Ho'oponopono healing prayer "I am sorry. I love you. Please forgive me. Thank you." Repeat this at least 3 times until you feel that you are ready to release and let go of the dysfunctional energy and cords which have kept you feeling bound. When you feel ready, let the cords go.
8. Once you feel that you have released this energy, you may simply imagine the cocoon of light being carried to source and released into the great healing light of the universe, saying "I now release ALL of you to the light for the highest good of all".
9. Take a moment now to look at the 'spiritual big picture' and the greater understanding from your soul's perspective:
10. What was the lesson(s) that you were meant to learn from these experiences?
11. Who have you become and grown into in the process?
12. How have these interactions and experiences been a blessing and gift to you?



## HEALING OTHERS THROUGH INTENTIONAL PRAYER

Just over 10 years ago I came across the extraordinary work and fascinating story of Dr. Hew Len, a Hawaiian state registered psychologist who was assigned to Hawaii State Hospital's high security psychiatric ward from 1983 to 1987. Although he was allocated to the ward, many claim they did not see Dr. Len do any real therapy with the ward's patients, instead he was often seen simply walking through the ward reviewing patient files. That's because Dr. Hew Len was a practitioner and advocate for the ancient Hawaiian healing and forgiveness practice known as Ho'oponopono. Having met the practice's founder Mornah Simeona in 1982, Dr. Len took the basic classes to learn this practice and then went on to not only

use Ho'oponopono at Hawaii State Hospital, but to also teach it around the world.

So, what did Dr. Hew Len do during those 4 years at Hawaii State Hospital's psychiatric unit that led to improving his patients' lives so greatly that they eventually had to close the ward all together? He was simply holding the energy of each patient in his mind and then intentionally praying for them using the Hawaiian Ho'oponopono healing and forgiveness prayer of "I am sorry. I love you. Please forgive me. Thank you".

After completing the basic training with Dr. Hew Len in Brisbane in 2006 he shared with us how he had also used this same simple, intentional and powerful practice of purposeful forgiveness to protect and heal his car, to clear the energy of spaces that he was presenting in, and to also heal the energetic residue and pain that had been left behind in an aircraft he had once travelled in. What I discovered through Ho'oponopono was that purposeful, intentional forgiveness can be one of the most powerful practices for self-growth and transformation when the prayer for healing comes straight from the unlimited loving presence of the heart.

## **THE RETURN TO LOVE AND SELF-ACCEPTANCE**

The greatest journey that we all must take in our lives is a return to complete self-love and self-acceptance. Vietnamese Buddhist monk Thich Nhat Hanh once described this journey as the hardest any of us will ever take, which is simply to navigate the 18 inches between our head and our heart. In many ways, this inner journey is a calling and love letter from our soul beckoning us to return home to our truth, courage, strength, resilience and completeness. But learning to love and accept our selves completely and wholly is not always easy. In 1984 when inspirational visionary teacher and self-help pioneer Louise Hay first released her book *You Can Heal*

*Your Life*, she noted how people often seemed to struggle with the concept of loving the self, not from a place of ego that says “hey look at me I am fabulous”, but from the heart of compassion that knows we are all human beings on a journey for self-discovery, growth and becoming. Why? Because most of us have been unconsciously and consciously conditioned to compare ourselves to others, to look at our failures and mistakes as flaws, and to hide from showing our true vulnerability in the face of shame, fear and embarrassment. In the same way that ‘Little Les’ in my earlier story chose to hide his wounds, the more we create barriers from accepting our ‘true self’ the more disconnected we become from our true source.

In the ancient wisdom of the Jewish Kabbalah there is a story told of how when God created and formed the Universe, it was created whole, perfect, and complete in true alignment with the Divine plan. However, in this absolute completeness the light could not experience more of itself, therefore like a mirror, it chose to smash itself into a thousand shards, with each piece still containing the essence of its original source. Through this separation, the light could not only experience itself in all its dimensions but was also embodied with the desire to return to wholeness.

We humans are also like those broken pieces trying to find our way back to wholeness and completeness. In our heart of hearts, we know that we are more than our physical bodies, we are more than our emotions and thoughts. It is therefore through our challenges, struggles and dark nights of the soul that we come to learn who we really are at the core of our being. Transformational teacher Debbie Ford once referred to these parts of ourselves that we hide from the world as the ‘shadow’ aspects of our soul. Some of these ‘shadow parts’ we have already come to love, accept and integrate in ourselves, while others we choose to hide and keep separate from the world for fear that we might not be loved, accepted or valued.

## ACCEPTING ALL PARTS OF OURSELVES

An important part of our personal and spiritual transformation on Earth is to identify and love the parts of ourselves that we have chosen to keep hidden from the world. As a spritely eight-year-old, I absolutely loved going to school, except for the fact my parents somehow seemed to give me cheese sandwiches for lunch every day! Don't get me wrong, I love cheese now, but back then it seemed like while all the other kids were getting allowances to buy pies, chips and wonderful salad rolls, 'Little Les' was somehow being punished. So being the highly creative and innovative child I was, I came up with a brilliant solution to my problem, instead of eating the sandwiches at school I brought them home and hid them in various cupboards around our house! Now, you can imagine the look on my parents' faces when three months later they discovered green, mouldy, funky smelling cheese sandwiches embedded in all these interesting places around the house. And yes, 'Little Les' did get a good disciplining that day! However, in the aftermath of that experience as my father was in a rage telling me off, there were only two words that I could hear him saying that stuck with me for the next 20 years of my life. And those two words were "You fool!"

Thankfully, when I started my own self-healing journey, I began to realise that the part of myself I had chosen to label as 'the fool', which I had tried desperately to keep hidden from the world, was in fact my most creative and authentic aspect of myself. By learning to love this shadow part and bringing it more fully into light, I realised that the 'the fool' was in fact the part of myself that brought great humour, creativity, vulnerability and honesty to light in my own life, especially when working with clients, and through my speaking. Today 'the fool' works with me to bring greater joy and aliveness to others, through my inspirational speaking and writing. It's become a constant loving companion that reminds me that YES, I am creative

and innovative (not just at hiding cheese sandwiches), but that ‘the fool’ accompanied by ‘wisdom’ is my most formidable ally.

So, where do you need to return to honouring the love, wholeness and completeness in yourself? Where is it that you need to bring the hidden parts of yourself into the light and love them even more?

## **The Return to Self-Love and Acceptance**

**For this exercise, start by identifying three people in your industry, field of work, or life that you admire or aspire to be like.**

- As you reflect on each person, make a list of 3-5 of their greatest qualities or attributes.
  - At some level, you aspire to and recognise these qualities because they are already within you. They are your soul’s ‘Light Attributes’
  - Reflect on your own life and write down all the moments or times when you have already demonstrated these qualities.
  - What can you do to love and ‘own’ these qualities with greater depth and intensity over the next 3-6 months?
1. Now, look within and identify one, two or three parts of yourself that you consciously or unconsciously keep hidden from the world i.e. your ‘shadow aspects’
- What does it cost you emotionally, energetically, spiritually and financially to keep these parts of yourself hidden?
  - If each of these parts was a child within you that was simply looking for greater love, forgiveness and self-acceptance, what would you need to do to love and accept them more fully?

2. Each of these shadow aspects has a gift for your life. For example, when the 'wounded child' learns that the experiences of the past have taught it compassion, resilience and how to find great strength within, it becomes the 'empowered child'.
  - What is the greatest blessing and gift these parts provide you?
  - If you were to love this part of yourself unconditionally, just like your own child, what positive qualities would you recognise within them?



## THE RETURN TO WHOLENESS

There is a poem by Canadian songwriter Leonard Cohen that says “Ring the bell that cannot ring. Forget your perfect offering. There is a crack in everything. That’s how the light gets in”. We have all experienced moments of pain, hurt, grief and betrayal in life. Often it is through the trauma of these experiences that we come face-to-face with the greatest lessons our soul longs to experience and understand for this lifetime. While we may wish that our lives were easier, that our course was mapped out perfectly in advance to guide us from point A to B, the reality is that living a predetermined life would lack the adventure, uncertainty and possibility that we crave as human beings. As Cohen says, “it is only through our cracks that the light gets in”. It’s also why our moments of greatest challenge can help us discover our authentic superpower and help us rise into a new way of being.

Through the ancient Japanese art of Kintsugi, often referred to as ‘golden joinery’, craftsmen spend countless hours painstakingly repairing fragments of pottery by mending areas of breakage with Urushi lacquer that has been dusted or mixed with powdered gold,

silver or platinum. These restored products often become significant works of art, with far greater value than the original items prior to being broken.

In the same way, we are all being called to return to wholeness, to return to love by:

1. **Learning to call our spirit back:** And reclaiming the lost parts of our soul that have been separated from us due to trauma, grief, loss or separation.
2. **Learning to love the shadow aspects of our spirit:** By choosing to see the gift in these parts of ourselves, rather than hiding behind the masks and layers of self-protection we have been conditioned to wear.
3. **Choosing to honour our vulnerability:** By finding strength, solace and grace in sharing our most challenging stories, so that the victim can once again find the inner strength and self-belief to be empowered and free.
4. **Honouring our humanity:** By choosing to see our cracks as the source of great light.
5. **Forgiving ourselves unconditionally:** For all past mistakes, setbacks and upsets, knowing that by simply choosing to affirm our inner child with the prayer that says “I am sorry. I love you. Please forgive me. Thank you”, we begin the journey to greater freedom and fulfilment.

### Activating Your Light

- ♥ Where are you still holding onto some form of anger, resentment, disappointment or betrayal towards others?
- ♥ What are the parts of yourself that you disown or keep hidden from others? Who are you pretending to be? What do you fear others might think or say about you?

- ♥ Over the next 7 days set aside five minutes daily to be with your soul and intentionally use the Ho'oponopono healing prayer to release all soul fragments, stress, pain or remorse you have been carrying from your past. With each practice session breathe in the healing light and love of the Divine into your soul and imagine that like Kintsugi you are being restored into divine wholeness, where the restored you is more valuable than the original.

### **Your Destiny Declaration**

*Today I am reminded of the great miracle that exists within me to forgive myself and others. In releasing the heaviness of the past, I set my spirit free for greatness. For I was born to soar, fly and expand. No longer will I remain bound to the petty expectations and judgements of others. Today I will set my spirit free and embrace the act of radical self-forgiveness. In loving and forgiving myself I open my channel to light, love and grace.*





## Chapter 6

# ACTIVATING YOUR SOUL'S INTUITIVE INTELLIGENCE

HAVE YOU EVER BEEN to a party and met someone you instantly felt uncomfortable with? Have you ever entered a house or building and sensed a cold and empty feeling? Has someone ever popped into mind, and then shortly afterwards you received a call or message from them?

Our lives are constantly infused with subtle yet important prompts from our soul and intuition that seek to lovingly guide and navigate us in each moment. Whether you call it intuition, a gut feeling, a sense of knowing or being guided, our body and energetic system has been expertly programmed to pick up these subtle energetic cues from the environment and people around us.

Science and anthropology inform us that the human brain has evolved and grown in its capacity over thousands of years, so too, our innate consciousness, spiritual intuition and insight has also been awakened to new levels. As a species we have moved from the golden age of craftsmanship to the agricultural age in 10,000 BCE, and from the industrial age 1700-1900, to the information age that began in the 1970's. Yet in a world of so much disruption, uncertainty, chaos and disorder our old paradigm of living and working which

relied on solving problems and making decisions using the rational mind and intellect no longer serve us in the same way. Instead, we are now being called to reawaken and nourish the creative and intuitive mind, that part of ourselves that can process vast quantities of information, helping us discern and make better decisions and choices which arise from the wisdom of the heart, rather than from the head and intellect.

However, if we all have access to an innate sense of intuition and inner guidance why is it that few people ever learn to fully tap into and develop their intuitive gifts? Why is it that we can often find ourselves stuck in patterns of doubt and uncertainty, rather than finding the courage to step fully into our true potential?

History is dotted with past events and experiences that have shown us that as human beings we are more tapped in and connected to universal consciousness than we might first believe. Take for example research which highlighted how a vast number of people chose not to go to work or were randomly delayed on the morning of September 9/11, 2001, the day of the New York, World Trade Centre terrorist attacks. Research has also highlighted a vast decrease in train passengers on days where significant major collisions have happened on the network, sometimes resulting in up to a third of regular commuters choosing not to travel. Each of these experiences highlights that as energetic beings we are never separate from our environment but are actively participating in a dynamic exchange of energy. Learning how to access our intuition, inner guidance and wisdom is therefore crucial as we learn to grow, evolve and navigate greater uncertainty in our lives, nations and world.

## TRUSTING YOUR INCREDIBLE GPS SYSTEM



*Have the courage to trust your heart and intuition.  
They somehow know what you truly want to become.*

**STEVE JOBS**



Science informs us that in each moment of our lives, we are receiving, processing and analysing information from our environment not just through our brain, but through the heart and gut as well. This connection between head, heart and brain occurs through a complex network of nerves, hormones and neurotransmitters that communicate with each other via the vagus nerve, which ultimately stimulates and transmits information via neurons within the heart and gut. Research conducted by the HeartMath Institute, a non-profit organisation studying the consciousness of the heart, has shown that the heart is capable of intuitively assessing and responding to energetic information milliseconds faster than the brain. Meaning that your heart and gut often know and perceive the answer to a question or a situation energetically, before the brain has even had time to process it.

Best-selling author of *The Artists Way*, Julia Cameron, has suggested that many of us have become so accustomed to seeking guidance and answers from others that we have forgotten how to fully trust the inner-insight and wisdom of our own soul. Often, we seem to give the advice and opinions of others more power and credence over our own feelings and instincts, thereby subjugating our power and creating greater levels of separation and self-doubt. We seldom seek our own wise counsel and when we do, we might discount it or try to analyse our feelings and responses through the mind, never quite realising or appreciating that there is a wise

intelligence within our spirit that can provide us with the insight and 'true knowing' we need to thrive.

## **OPENING YOUR INTUITIVE CHANNEL AND AWARENESS**

So, how can we attune ourselves to this vast intuitive intelligence that is already present within our soul? Over the years as I have worked as a transformational coach, psychic medium and energy healer I've discovered that there are six primary steps we can take to train our inner-guidance system to discern and intuit energetic information more easily.

### **1. We need to become aware that it exists**

As simple as this sounds, to receive intuitive guidance we first need to be aware that it exists and then be willing to receive its insight. In a world where an increasing number of people try to mask their feelings through alcohol, addictions and drugs, it can be hard to feel, know and listen to the body's intuitive wisdom, especially when we choose to cover-up and hide our true emotions, rather than fully embracing them. Clearing your energy channel daily through movement, grounding, good food and proper hydration are tantamount to improving your capacity to read, sense and intuit information in the field. Additionally, if you commit to learning how to sense, believe and trust your intuitive channel, then in turn it will provide you with greater insight and wisdom daily.

### **2. We need to train our intuition**

It is my belief that like singing, dancing and writing, anyone can learn to develop and expand their intuitive insight. The key is the level of commitment that you bring to learning, developing and refining this craft. Intuition is amplified the

moment we let go of the need to be right and surrender our fear of making mistakes. Instead, when we are willing to lean into the process and allow ourselves to receive insight without expectation or judgement, then our energy system opens to receive a higher quality of guidance.

Intuition is developed through 'doing', 'trusting' and 'acting' on what we have received. That is why the greatest gift you can give yourself is to simply choose to *play* with your intuition and hold space for *curiosity* and *wonder*. Whether that be using intuition to guide you to a free car park, playing a game of guessing which lift in a building will arrive first, or choosing which contestant will be leaving Survivor next, practicing our intuitive gifts helps us refine and learn to trust our channel more deeply.

### 3. We need to learn to ask the right questions

In working with energy, higher guidance and intuition, the greatest gift we have for awakening personal insight are the questions we choose to ask ourselves each day. Every question is like a small prayer that we put out into the universe and has the capacity to evoke a deeper answer at the level of consciousness. While our questions may not be answered instantaneously, if we choose to be patient and allow our guidance to come forth, over time we will begin to recognise the subtle voice, feelings and wisdom of this wise inner friend that waits to guide us in each moment.

However, the challenge for most people is understanding what questions are best to ask. What is an empowering question? It is a question that seeks to gain insight from a higher perspective, that is devoid of self-limitation and is not subjective or focused on a predetermined answer but instead enables you to consider a greater possibility for your life that

arises from love and not fear. As an example, recently I was watching an episode of Australian MasterChef where one of the finalists kept asking out loud “Why do I always seem to come second in life?” Unfortunately, it’s a debilitating question because it already contains a presupposition that we have no choice and are destined to always be second! It’s a powerful reminder of the importance of being consciously aware of the quality of the questions that we continue to ask ourselves, because your higher-self and subconscious mind will always answer by giving you what you want. Maybe a better question this contestant could have asked might have been “How can I find the strength and resilience to do my best and thrive in this moment?” Empowering questions provide empowered responses that help us to grow and awaken, rather than keep us stuck in states of limited opportunity.

#### **4. We need to be open to receive**

It may seem obvious, but to fully open ourselves to receive inspirational and intuitive guidance, we also need to be willing to receive it. Being willing and receptive to receive higher guidance from your soul’s intelligence means that you know you are worthy of it, that you can receive it, and that you are willing to be a steward who will act on it when it is received.

The moment you ask a question of your higher self, angels or guides, the answers you seek often follow and begin to arise through consciousness. So why might some people choose to block this guidance and insight? Often, following our intuitive guidance means we will have to rise beyond fear and take actions that may change our lives, or result in consequences that we are not willing or ready to accept.

For example, we might ask for guidance on what to do about a dysfunctional relationship we are in. Our immediate

first sense or gut impression may inform us 'it's time to leave this relationship'. However, contemplating that action may bring up fear, hesitation and resistance, because even while the relationship may not be working, it may be unconsciously providing ourselves with companionship and ensuring we are not alone. Add to that the thought of needing to bring up children on our own or the financial impact we might face if we separate, and you can understand why it may be difficult to fully accept the voice of our inner guidance. However, it's exactly these kinds of messages that repeat themselves and come from a place of love and acceptance that often contain the wisdom we have been longing for all along.

#### **5. We need to discern what is truth for ourselves**

Discernment is a key trait that must be developed for every student who is growing spiritually and personally. In a world where there is so much 'fake news', artificially created content, fear and anxiety, all of us are being called to use our intuition to discern and understand what truth is for ourselves, rather than buying into the opinions, beliefs and hysteria of others. In doing so, we must learn to develop and nurture trust in our own spirit and listen more intently to our emotions and physical signals especially when something does not gel or feel right. Most of all, we need to be mindful of other people's opinions, judgements and criticisms, choosing to only accept that which truly resonates with our own belief and spirit in each moment. By doing so we learn to develop the agency that is required to fully own our sovereignty and to build greater levels of self-belief and trust in our own inner wisdom.

Many years ago, when I was at a very low point in my life and was desperately contemplating what to do with my career, I decided to visit a psychic tarot reader for some

guidance. From the moment I arrived, I felt how the reading seemed to be focused on the negative and grounded in fear, in a way that left me feeling more confused, anxious and depleted of energy. I truly believe that it is the role of every true teacher, guide, mentor, therapist, healer or coach to ensure that our clients leave their sessions feeling better, lighter and more encouraged than when they first arrived. Thankfully, after leaving the session I realised that what the reader had shared with me was not in resonance with my truth but reflected their own inner fear, lack of security and limitation. Discernment helped me to understand that this energy was not aligned with my highest truth and gave me permission to take what I had received and to place it in an imaginary recycling bin, surrendering the heaviness for the highest good. That day I learnt a powerful lesson, to never accept anyone else's truth, advice or opinion, unless at some level it fully resonates and reflects my own truth.

#### **6. We need to act on what we receive**

The final and most important step in the intuitive process is understanding that we must find courage within ourselves to follow and act on our inner guidance. How do we know if our guidance is heart-centred and coming from our higher-self versus the ego self? Answer: True guidance is never pushy or demeaning, it will never make you feel fearful or less than you are. True guidance is subtle, encouraging, insightful and sometimes inspiring, it uplifts and lovingly encourages and moves you into a state of oneness, heartfulness and gratitude for all that you are, and all that you have.

This is why we are reminded that the only way to develop our intuition is to lovingly listen to it and take inspired action when it feels right. Because the more we act with heart-felt

trust and belief in ourselves, the more the universe guides us forward on each step of our soul path.

### **Trusting Your Inner GPS System**

**Contemplate an area of your life where you might need some intuitive guidance, whether that be a question you have, a situation, problem or decision you need to make.**

1. Find a comfortable position, close your eyes and go within. Take several deep breaths in and out, while bringing your awareness to the centre of your body. Deep within this point of presence and the centre of your soul is a wellspring of intuitive intelligence, which like a fountain of energy is always flowing.
2. Imagine you are writing a question for this great intuitive presence. See, feel, sense and visualise yourself as you write that question on a small card.
3. Now, remember what it was like to be a child that was able to dream, wish and realise their highest good unfolding easily. As you contemplate this moment, imagine placing the card and your question deep into the fountain as though it were a wishing well.
4. As you release the card and all expectation of the outcome, you become aware of the fountain's mist and spray. Your only job now is to let go of all attachment to your question or situation and simply trust the deep intuitive guidance and insight that arises from your great spirit.
5. View the fountain, as though you are using a soft glance and allowing your peripheral vision to expand to the periphery of the fountain's spray. Here in the mist, you start to see, sense, imagine and gather the impressions and answers to your question that are being provided by the deep inner source of all-knowing which is your soul.

6. Take time to reflect on the impressions and answers you receive from your consciousness by completing the following sentences:

I sense ....

I feel ...

I know ...

- When you have completed downloading and writing your answers, simply step back, and observe which responses most resonate with you.
- Which responses are you now being guided to act on?



## ENTERING A CYCLE OF GRACE, EASE AND FLOW

Our intuitive guidance and insight are always amplified when we enter harmonious states of grace, ease, flow and gratitude. It is often in these moments when we surrender all control and allow the presence of spirit to enter our soul that inspiration speaks the loudest. For some people this may be when sitting on the toilet (after all it's the perfect place for the body to 'let go'), for others it might be taking a walk in nature or driving a car, whereas for myself I often experience this deep level of connection when I take a shower or sometimes in the early hours of the morning just before awakening. Intuition flows where attention goes and consciousness grows. The more we learn to let go and expand our energy and vibration, the more we become a channel for guided inspiration, love and wisdom.

Flow is the innate capacity we all have within that allows our highest good to unfold, awakens our natural state of grace, imbues us with lightness, and guides us perfectly to where we need to go. While the concept of surrendering and trusting our spirit sounds easy in

theory, in practise the ego self often wants to maintain control by creating states of inner-doubt, fear and uncertainty which can often conflict with our natural affinity for growth and empowerment. However, in each moment of our lives we are reminded that there are natural pathways of grace and flow available to us, the choice is simply, will I resign to frustration, fear, struggle and doubt? Or will I choose to follow the path of least resistance and allow myself to create greater levels of success, happiness and fulfilment with ease?

When campus planners set about creating new buildings at Michigan State University, they were inspired to hold back from creating pathways between the buildings. Instead, they allowed students on campus to find their own path from one building to another. Slowly over time, well-trodden pathways appeared from one building to the next clearly indicating the path of least resistance and flow which researchers later classified as 'desire paths'. The moment we set an intention for our lives we create a new desire path in consciousness. It is here within the heart and soul that we are 'called' to realise the potential of our desire, a place where our intuition can guide us to follow our own 'desire path' of self-discovery.

So how do we enter an intuitive cycle of grace, flow and ease in our lives?

1. By first setting an intention for our lives, which inadvertently begins to create these inner-desire paths in consciousness.
2. By surrendering our intention and attachment to the final goal or outcome.
3. Staying attuned and aware on the path and taking inspired action when it presents itself.
4. Noticing the outcomes of our actions, and whether we are getting closer to what we desire or moving away from it.
5. Continuously adjusting our sails and refining our intuitive approach to 'effortlessly create' what we really want.

6. By trusting that there is a great intelligence in this universe which already knows our desires, thereby allowing us to release all expectation of what 'we believe' is in our best interest.

Remember that each of these requires us to release attachment to the outcome and instead nurture a 'soft focus' that will allow us to be inspired into action.

## ACCESSING INTUITIVE GUIDANCE FROM THE SOUL

As heart-centred purpose-driven difference makers we are all called at this time to expand our awareness and intuition, so that we can realise our soul's gifts and serve humanity in an even greater way. Whether that is by helping solve key issues in health care, designing solutions to assist with climate friendly technologies, or simply making choices that help empower and uplift the energy of our children, societies and families, all of us have an important and critical role to play in the evolution of our planet.

This process of soul-realisation and self-transformation can be accelerated when we expand our consciousness and intuitive abilities to gather information, insight and wisdom from the higher-planes of existence and the energetic field of consciousness that connects us all:

1. **The trans-personal or higher self:** Is the aspect of our soul that is whole, perfect and complete and exists beyond the physicality of the ego, mind and personality.
2. **The wisdom of the collective consciousness:** That expands beyond every individual soul and contains the 'group consciousness' or collective intellect of all beings. Whether we call this the 'Zero Point Field', the 'Collective Consciousness' or the 'Atman', it is here that we can gain insight and access to the intelligent presence of the collective mind of humanity.

3. **The universal consciousness:** When we are willing to see the 'spiritual bigger picture' and consider the 'higher unfolding in each moment' without judgement, expectation or fear, then we begin to see and understand that there is a higher pervading intelligence and consciousness that works seamlessly in all things. By connecting back to 'true source' and seeking its wise counsel and guidance, we learn to become a conscious co-collaborator with the Universe and the God force that is within everything.

So, next time you have an important decision to make, be willing to see it from the perspective of each of these three levels. By doing so you will begin to train yourself to transcend the fear, ego mind and doubt that exists so strongly on the physical plane and instead learn to attune your vibration and energy to the 'truth' that exists at the higher realms of being. Because it is here that you will gradually learn to open yourself and your consciousness to the 'atman' or spiritual life principle that is present in each moment, and therein your life will change.

### **Accessing Your Wisdom at the 3 Levels of Soul Consciousness**

**Today we will journey to connect with your higher self, the wise, enduring and unlimited aspect of your consciousness that is connected to your highest good.**

1. Recall a goal, vision or dream that you would love to manifest and create in your life. Imagine and sense the 'feeling' you would have if this goal or dream was fully actualised. How would you feel? What would you be grateful for? What would you choose to believe is true about yourself?

2. Imagine this energy and feeling being transformed into a beautiful ball of light in the centre of your being near your solar plexus. Allow the energy of this light to grow stronger as the ball of light begins to expand.
3. Begin to let this light energy arise into your heart. As it expands, listen to what this goal, dream and light wants for you on a personal level.
4. Take the light now and allow it to rise through your spine and beyond your head. Allow it to centre itself 6-12 inches above your head where it connects with your higher self and awakens the desires of your trans-personal self. Now ask this consciousness, how will having this outcome bring joy and happiness to others? How will manifesting this in your own life allow you to fulfil the sacred mission and role you came here to live?
5. Finally, imagine the light ascending higher, as you take it all the way up to the source of universal intelligence. Here the light merges with the source of unconditional love.
6. Let yourself feel, know and understand the greater and higher purpose of your desire, goals and dreams for humanity. Who are you now being called to become? What is the energy that drives this calling? How does this energy and intention want you to become a steward for its unfolding on Earth?
7. When you have gathered your insights, slowly bring the energy back down and centre it again in your physical body. Take a few deep breaths and open your eyes.



## Activating Your Light

- ♥ Your body is always speaking to you. Take a moment to gently scan your body and sense where you may be

holding any emotional residue, blocked energy or feeling of depletion. Talk to this part of your body and ask it what needs to share with you? What does it need you to know? What would bring it greater peace and flow right now?

- ♥ Reflect on a time when you fully trusted the inner voice of your soul. This may have been a time when you decided to follow what was in alignment with your true spirit. How did you know this was your best choice? Where did you feel, know and trust this intuitive guidance in your body?
- ♥ Imagine you are standing at the crossroads of your life. Next to you is a signpost with several potential directions you could take. In each direction you imagine the pathways that go out into the distance. Take a moment to play with this energy, by simply imagining how it feels to take each path in turn. Which path brings you joy? Which makes your heart expand? Which fills you with a sense of lightness? If there was no fear, which path would your heart and soul most be inspired and encouraged to take right now?

### **Your Destiny Declaration**

*Today I listen to the call of my soul, knowing that herein exists the guidance I have been longing for. My light is strong; my path is secure. With each step forward I learn to listen to and trust my soul's inner guidance. It is my guiding star, my awakening light, my shining beacon. As I learn to attune to this energy, I know in my heart of hearts that I am never alone. My mission is simply to listen, trust and act with courage, allowing grace to lead me forward with ease in each moment.*



The image features a large, dark gray heart shape in the center. Inside the heart, a ladder is positioned vertically, extending from the bottom edge of the heart down to the bottom of the frame. The background is filled with a pattern of thin, light gray lines that radiate outwards from the center of the heart, creating a sunburst or starburst effect. The text 'Part Three' is written in a white, sans-serif font, and 'BECOMING' is written in a larger, bold, black, sans-serif font below it.

Part Three  
**BECOMING**





## Chapter 7

# BECOMING A VIBRATIONAL MATCH TO SUCCESS

ONE OF MY FAVOURITE movies of all time is the 2008 comedy-romance *Yes Man*, featuring actor Jim Carey. In this movie Jim plays the role of Carl, a young man with low self-esteem who has unwittingly found himself in a depressive slump after experiencing a relationship breakup and just can't seem to find the will or energy to reconnect with others. One day he happens to bump into an old friend who convinces him to attend a self-help seminar where he learns that the secret to radically changing his life is simply to say 'Yes' to the opportunities and experiences that present themselves to him.

After adopting this philosophy Carl begins to see great changes in his life that result in him attending guitar lessons, learning Korean, signing up to a Muslim dating site, and attending a music venue where he meets the love of his life. While the basis and concept of the movie may seem simplistic there is an underlying resonant truth within it, that the moment we start expanding our energy and showing up to life with an expectant attitude, life then reflects to us the energy that we choose to put out into the world.

Paying attention to our energy, frequency and personal vibration is fundamental when exploring a path to greater success, happiness and fulfilment. While we all have a powerful creative potential to manifest what we really desire, few people pay attention to how their vibration, consciousness and personal energy is attracting success or repelling it. The key therefore as conscious creators is to learn how to raise our energy and awareness in each moment so that we can become a bigger and more vibrant channel for success, joy, happiness and fulfilment to flow.

## **BECOMING AWARE OF YOUR ENERGY AND CONSCIOUSNESS**

Quantum physics now tells us that we are not merely the observers of the events of our lives, but that we are active participants co-mingling with the great creative force and universal intelligence that is at the heart of all creation. In every moment our energy is either expanding or contracting, creating or destroying, believing or doubting, moving towards what we want or moving away from it. By learning to listen to our body and paying attention to where our energy is being directed, we can begin to discern if we are creating our destiny from a place of fear or love. Ultimately, we need to understand that creating from a state of fear simply creates more fear, while creating from joy and love moves us into states of inspiration and motivation from which our highest destiny unfolds.

In this process each of us are universal transmitters and receivers of energy. In each moment we are either directing our awareness towards what we desire and want, or towards what we don't want. When we are aligned with what we truly desire, we manifest and create it with ease in our lives. However, if we find ourselves continuously attracting the wrong relationships, experiences and events in our lives, then it is time to take a closer look at what is really

driving our motivation at the unconscious level. The key here is to draw wisdom from the great Rolling Stones song 'You Can't Always Get What You Want', because while you may not always get what you consciously desire, you will always attract to yourself what you 'unconsciously want', which is why it's important to explore and uncover the motivations that drive our behaviour beyond the surface.

## ENTERING THE FIELD OF UNLIMITED POSSIBILITY

By understanding that our energy, consciousness and vibration is co-creating our reality in each moment, we can begin to direct and send out an 'offer signal' to the world that lets it clearly know who we are, what we are worthy of, and what we are willing to accept in our lives. This 'transmission' then goes to work to draw forth and attract the opportunities, people, places and events that are in greatest alignment with our desires. In a field of infinite possibilities, if we are willing to change our energy and 'become a vibrational match for success' then just this intention and willingness alone have the power to open new levels of synchronicity, manifestation and success in our lives.

Take for example the following stories:

**Actor Jim Carey:** Prior to launching his career, this motivated actor would often drive to the top of Mulholland Drive in Los Angeles, where he would pretend to receive his first movie royalty cheque for the sum of 10 million dollars. Carey even went as far as to write out a real cheque with his own name and amount clearly written on a fake cheque, convincing himself and his subconscious mind that he was not only worthy of receiving this payment, but that he was ready to accept it into his life. Is it any wonder, that just a few years later he would sign his first major movie deal for the *Ace Ventura Pet Detective* series receiving an estimated \$350,000 for the first movie, and \$10 million for the sequel!

**Bruce Lee:** This legendary martial artist was known for his skill, power, presence and speed as a master of Jeet Kune Do, but it was his desire to break out of the Asian market and find a leading role on American screens that drove his inner state of ambition. Having made it big in Asia and Hong Kong, Lee was often not considered for the lead roles in western movies due to his look and demeanour. Lamenting his predicament, at the age of 29, Lee decided to write down his dream on paper and committed to making it real. The letter entitled *My Definite Chief Aim* starts with “I Bruce Lee will be the first highest paid Oriental super star in the United States”. A little less than four years after the letter was written Lee realised much of his dream, with the letter later placed on display at Planet Hollywood in New York.

**Les and the Knife:** Several years ago, I was invited to house sit for a friend while she took a well-deserved holiday in England. One night, I was preparing dinner with a small paring knife when it unexpectedly broke, with the blade splitting and breaking into two pieces. Feeling guilty and knowing that I had to replace it before my friend returned home, I organised a trip to my local shopping mall to find a replacement. Interestingly, when I arrived at the shopping centre and parked my car I was instantly ‘drawn’ to look at the car parked beside me, a Subaru WRX that just happened to have the word ‘TRUST’ emblazoned on the passenger side door. Taking that as a sign, I headed into the mall on the hunt for a replacement knife. Upon venturing into the largest department store retailer at the venue I was simply astounded to see an A-frame display board at the entrance that said, ‘To receive your free knife head to our kitchen department at 12 pm for the food demonstration.’ As you can imagine, I could not resist! After sitting through a small 15-minute presentation, I walked out of the store the proud owner of a new vegetable paring knife which I received absolutely free.

## SHIFTING YOUR ENERGY, VIBRATION AND FREQUENCY

So, how do we start to become a greater channel for manifesting and crafting success in our lives? It starts with knowing and paying attention to what 'success' looks and feels like in our lives. Often this can be done by answering one question 'What does living my ideal life look like and feel like?'. By making time to sit and honour your creative spirit and by answering this question, you begin to engage the creative intelligence of your soul and simultaneously commence the process of powerfully elevating your energy, frequency and vibration to create what you desire.

Why is this important? Because it is your state of energy and vibration that ultimately determines what you are capable of and worthy of creating in your life. Writer and transformational growth expert Steve Pavlina calls this being attuned to your own 'vibrational hum', the inner resonance within your spirit that sets your tone and outlook for the day, and that defines where you place your energy, focus and attention as you go about executing your tasks.

So, take a moment now to stop, quiet the mind and bring your presence within. Then ask, 'Where is my current state of vibrational hum?'. Like a sports car which has not been serviced, are you running on two cylinders? Are you just getting by on four? Or are you operating, vibrating and thriving on all eight cylinders? Spiritual teacher Sonia Choquette refers to this process of consistently checking your energy as 'trusting your vibes', a great determinant of how grounded, energised and alive we feel in each moment. The greater the life-force energy we can hold and channel, the greater the influence, impact and resonance we are likely to create.

Attracting and creating greater levels of success starts by identifying the deeper needs of our desires and then choosing to consciously 'step into that energy now', rather than waiting for what we want to manifest. Best-selling author, scientist and writer

Greg Braden in his book the *Isaiah Effect*, shares how when Native American and indigenous tribes would pray for rain, they would not start by begging or pleading with God or some deity to send rain, but instead would sing prayers of praise and gratitude for the rain already having been made manifest. Why? Because these tribes knew that they were not separate from their intentions or the Divine source of all creation, but that they were in effect channels for this energy to flow and be created upon the Earth. They also understood the incredible power that our emotions, feelings and thoughts have on creating the reality around us and understood how shifting their vibration and frequency through sound, prayer, chanting and dancing was important to realising their creative potential in their world.

So, what do you really crave in your life right now? Is it more money and abundance? Is it a more fulfilling relationship? Is it a new home or place to live that would better fulfil your needs? Whatever you desire, write it down and then ask yourself, 'What would having this give me that is even more important?'. Keep asking this question until you finally get to a core feeling that is indivisible and represents the truth of what you really desire. Whether that is peace, happiness, pride, acceptance or a sense of completion, begin to step more fully into that feeling and emotion now, allowing yourself to be grateful, and feeling yourself becoming a vibrational match to the success you deserve.

### **Raising Your Energy, Frequency and Vibration**

**Take a moment to think about something you would like to manifest or attract into your life. It could be as simple as a new job, a life partner, a holiday vacation or greater levels of abundance.**

1. As you hold the energy of your desire in mind, imagine it flowing down your arms and being physically created between your two hands. You may even want to raise your hands; palms facing each other and feel the energy of your desire manifested as a ball of energy between your palms.
2. While holding this energy in your hands, imagine what it would feel like to have this unfold in your life. What would you feel grateful and blessed for? Imagine this energy of gratitude filling your auric field and expanding purposefully through your life.
3. Once you have filled your intention with gratitude, it's then time to release this heart-felt desire to the world. To do this we are going to use the tone of 'Ah' to amplify your frequency and vibration. The sound 'Ah' is the universal tone of the heart and the connection to source that links you to the frequency of manifestation.
4. So, take a deep breath, and then as you make the sound 'Ah' with your voice, imagine releasing your inner-most desire to the universe, as you simultaneously spread your arms out wide, head tilted back, smiling at the sky, opening your heart meridian in the process.
5. Repeat this sacred practice at least three times until you feel your vibration, frequency and energy elevate and shift.
6. You have now completed your sacred manifesting ritual.



## CREATING YOUR ESSENCE OF SUCCESS

Have you ever used vanilla essence when baking a cake? If so, you'll understand that an 'essence' contains the intrinsic nature or indisputable quality, energy and vibration of something. When we start to claim greater levels of success, rather than simply waiting for it, we also redefine our personal essence. At the heart of this essence is our intrinsic capacity to manifest and create what we really want,

which is founded on the following three beliefs: a) the belief that we *can* have what we really want, b) that if we are open to 'expecting it', that *it will happen*, c) and a deep level of 'trust' in ourselves and the universe that what we desire *will* unfold. The more we begin to actively step into this state of belief, the greater the energy we begin to build around our highest intentions, and the more attractive we become to infinite possibility.

In the same way that your house may have a heating unit which controls and adjusts the temperature throughout the day, we too have a 'success set point' that unconsciously determines the levels of happiness, success, abundance and prosperity that we are willing to allow and receive in our lives. Look around, and you'll probably notice people in your own life who for some reason or the other never seem to be able to create, grow or expand the wealth in their lives. No matter how much action they take or energy they put into creating new income streams, they find themselves hitting the same brick wall when it comes to their bank balance and financial security. They may even find themselves unconsciously sabotaging their own growth and success, whether that be through a job layoff, receiving unexpected bills, or losing their work all together. Why does this happen? Because at the soul level our unconscious beliefs and value systems try to keep us safe in the comfort zone, while unwittingly keeping us from the real success, prosperity and happiness we deserve. Therefore, we all need to become aware of our inner set-points, the unconscious limitations we have chosen to accept for ourselves that keep us playing small, rather than creating lives of significance.

The second most important determinant of our vibrational energy and success are the words we choose to use in each moment. Our words have a powerful capacity to shape our reality and destiny. Every word we use has a vibrational energy and essence that either uplifts and empowers the soul or depletes the spirit. When we tell someone that the clothes they are wearing look 'sick' or suggest

to a work colleague that they've "done some really cool shit", we undermine the sanctity and value of the entire human experience. As soulful masters and leaders we are encouraged to select our words carefully, and to use words that encourage, uplift and inspire those around us to a higher standard and level of being. Leadership coach and humanitarian Robin Sharma says it this way, "Splendid language has charisma to it." So, choose your words wisely and watch how choosing empowering language in your life helps to uplift others while also expanding your charisma and essence.

## **ALLOWING GREATER LEVELS OF SUCCESS AND FLOW**

To receive greater levels of energy and success, we must first be willing to allow it to flow into our lives. Many people have been conditioned and programmed from a young age to believe that they are not worthy of success, fulfilment or happiness, or that they must first have permission from some external authority such as a parent, partner, organisation or institution, before they can fully allow themselves to be happy.

At a young age television host, producer and actor Oprah Winfrey was brought up in a poor and impoverished Mississippi neighbourhood, with her grandmother being one of the most significant paternal influences in her life. At the time, her mother and grandmother worked for good white families as servants and cleaning staff, with hope that one day Oprah would grow up to do the same. Thankfully, Oprah was able to see beyond the boundaries of these family expectations and was eventually able to give herself permission to move beyond the belief systems and captive paradigms of her ancestors, to value and listen to the calling of her own soul.

Moving into a successful vibration requires a shift in both energy and intention. It often calls us to rise beyond the consciousness associated with struggle, striving and settling for less than we are

worth, so that we can find the strength and courage to fully claim our rightful capacity to thrive. The greatest gift we can give ourselves is to know, trust and believe that we are 'already more than enough' and that we 'are allowed'. It is a quest that encourages us to see that we are the ones who must give ourselves permission first, to fully realise the potential and destiny of our spirit.

A story is told of a man who dies and goes to heaven. Upon arriving at the Pearly Gates, he is greeted by Saint Peter who proceeds to take him on a tour of heaven and its wonderful surrounds. As he is being shown around, Saint Peter is quick to point out all the riches, heavenly abundance, gifts and blessings in heaven that belonged to the man, but that he never received while on Earth. Somewhat bewildered by this excessive wealth, the man asks Saint Peter, "So why did I not receive all of this when I was alive?" After a moment Saint Peter laughs and says, "Oh that's easy. You see every time you wished for something we had it ready to be sent to Earth, but then as soon as you doubted yourself or felt unworthy, we immediately shipped it back into storage!"

Ultimately, we must believe 'now' that we are already worthy of having the success, happiness and fulfilment we desire. The more we begin to affirm and build our own worthiness, self-value and deserving, the more we expand our presence to become a channel for grace in our lives.

Once we consciously choose to allow success, we must also develop the energetic capacity to hold that energy in our lives for longer periods of time. In a world where people's attention span has become shortened and fragmented due to distraction, boredom, and instant gratification, we have forgotten how to embrace the discipline that is needed to hold the energetic states that are necessary to see our dreams, goals, and ideals through to realisation. Centuries ago, young men and women were admitted into monasteries as monks and nuns where they spent years mastering their

craft and discipline. Yet today if our microwave takes more than a minute to heat our porridge or coffee, we become upset! Stepping into the energy of a successful vibration and holding it throughout your being, aura and energy system is vital if we are to shift our capacity and use it to solve some of the problems that currently impact our world.



*The key to more quickly realising your goals lies in understanding the difference between dwelling in an attitude of waiting versus stepping into an attitude of having.*

**CHRISTY WHITMAN**



Finally, there is always a gap between the moment we choose to create a new way of being in our lives and the moment that our dreams are realised. What defines how long this takes? A combination of our belief and commitment to the outcome, our willingness to take inspired action, and how much of our soul energy we can bring into present time. This last element is important, because while science suggests that we have around 60,000+ thoughts a day, many of those thoughts are repeated from our past. The more pain, trauma, anger, betrayal, guilt, shame and sadness we hold onto from the past, the less energy we have in present time to manifest and create what we desire. Best-selling author and success coach Christy Whitman says that we also need to move our energy vibrationally from dwelling in an attitude of ‘waiting’, to stepping into the energy of ‘having’ what we want now. In the same way that our Native American friends give gratitude in advance for the rain that is yet to fall, our success will expand when we are willing to step fully into the vibration and energy of what we desire now, rather than waiting for it to appear ‘someday’.

## HEALING YOUR FAMILY KARMA

You might be asking what does my family and karma have to do with my ability to receive and manifest success in life? And the answer to that question is ‘a great deal’. Especially when we remember that we are more than just the product of our own lives, but the summation encapsulated through DNA of our ancestors’ beliefs, expectations, conditioning, culture and programming.

Recently after having recorded an episode for my *Leading in the Light* podcast, I felt that my energy was somehow ‘off’. Instead of the normal levels of vibrancy, creativity and focus that I know supports me when I am operating at my best, for several days I had felt energetically drained and unable to connect with my true passion, drive and purpose. Trusting my body’s awareness, I knew within that this feeling was not my own, but was connected to someone else, and so I quickly booked a session with a healing practitioner to help clear and restore my energy system. Before we even started the session, both of us were guided through our intuitive insight three generations back into my father’s side of the family, where I was shown a vision of my great-grandfather having experienced a major setback in life, weighed down, and feeling like he had brought shame upon the family. And it was this same family shame that I was now experiencing and feeling in this lifetime which was keeping me from stepping fully into my own life. By clearing the karmic debt and releasing it from my family line, I was finally able to bring greater freedom to my life, and at the same time release the years of shame held by my ancestors and the family line.

So, if you’ve ever found yourself struggling to create the success and happiness you desire, it may be time to look further into your ancestral path and past life experiences to see what beliefs, patterns, energies or soul contracts now need to be released for you to stand more fully in your light and thrive.

## Healing Past Karma

**Karma simply means action. By taking responsibility for our actions, we find the courage to make new choices and decisions that re-shape our lives.**

1. For this exercise take out two sheets of paper. On each sheet make three columns and label these columns: Name, Why and Emotion.
2. On the first sheet of paper, reflect on all the people in your life that you feel are indebted TO YOU, or that you hold grievance towards. Either because they upset you, did wrong by you, or owe you something. It could be as simple as an unhealed disagreement, betrayal, hurt or even owing you money.
  - In column 1 write their name.
  - In column 2 identify why you are upset with them (without going into the story).
  - In column 3 identify the one word or emotion you feel towards them.
3. On the second sheet of paper, identify all the people that YOU have upset, feel indebted to or still hold some form of guilt, regret or shame towards.
  - Follow the same protocol as above and identify their Name, Why and the Emotion you have continued to hold around these situations.
4. Having completed your lists, make a personal commitment to now heal and release these emotions and energy for the highest good.

5. Go through your list imagining each person and where possible choose to forgive and release this energy from your life. If you like, you can imagine that you are taking an eraser to a whiteboard and wiping all of the karmic debt that has been held from the past, both from you, and to you.
6. Continue this process until you have forgiven yourself and the balance sheet of your karma feels completely clear.
7. Once complete you may take your sheets of paper and either tear them up, burn them or release them in any way that you feel is appropriate.



## Activating Your Light

- ♥ What does success look like or feel like to you? If you were living your ideal life right now what would that be like?
- ♥ Where have you been ‘waiting’ for things to unfold in your life? How can you ‘step into the energy’ and attitude of what you desire right now?
- ♥ Reflect on the ‘essence’ and vibration you have been holding this last month. Where do you need to increase your level of belief? Your level of expectation? Your level of trust?

## Your Destiny Declaration

*It is through mastery of your spirit that you will learn to attune yourself to higher levels of vibration that emanate and bring greater levels of success. Your vision is not to seek or to want, but to simply allow yourself to become a greater vehicle for spirit. The highest of these energies is love. So clear, heal, release and restore your spirit so that you may be a channel for peace, love, grace and success.*







## Chapter 8

# STEPPING FULLY INTO YOUR PURPOSE, POWER AND AUTHORITY

RESEARCH INTO HUMAN BIOLOGY informs us that each cell in the human body can hold up to 0.07 volts of charge. Considering that we have around 3.75 trillion cells in the average adult body you can see that's a very large energetic potential and power we have at our disposal, especially when you consider that a bolt of lightning holds around 1 billion volts. So how can we learn to harness this potential and use it to fuel our soul's desires, while also channelling it to create greater levels of purpose and empowerment in our own lives? And what is it that often keeps people playing small in the light of their own greatness?

Over the years I've noticed five key patterns at play in the human energy system that hold most people back from fully accepting and owning their innate purpose, presence and authority:

1. They have consciously or unconsciously chosen to give away or diminish their power.
2. They believe that power and authority is bad and therefore disown it.

3. They feel they are unworthy of wielding this type of energy or power.
4. They fear the responsibility that comes with greater power and authority.
5. They often allow themselves to be drained energetically of their true power.

History is filled with many stories of ordinary people who were called to awaken and step into greater levels of purpose, power and authority, but at some level refused the call. Take for example President John F Kennedy, who at a young age was constitutionally weak and often struggled with illness. He was not good at sports or academia like his brothers and did not have a natural affinity for politics like his father. Or consider the life of Albanian nun Mary Teresa Bojaxhiu, better known as Mother Teresa, who was only inspired to set-up her own mission after witnessing the impact of America's first saint Mother Frances Xavier Cabrini.



*Do not wait for leaders, do it alone, person to person.  
Be faithful in small things because it is in them that your strength lies.*

**MOTHER TERESA**



When Mother Teresa accepted her calling to serve and address the needs of the poor in Kolkata, India, she did not know at the time that she would also be called to speak in front of world leaders, presidents and industry titans to convince them to donate millions to serve her cause. Then there is the story of Moses in the Christian bible who was tasked by God to guide and help the Israelites escape captivity in Egypt, and to lead them to the promised land. What did Moses say when God made this request of him? "I can't speak",

“I can’t lead”, “Who am I to be a leader?” Yet, at some level, all of them took up the baton and stepped into their calling with faith, trusting they would learn and grow along the way.

## **ACCEPTING OUR PURPOSE, POWER AND PRESENCE**

The path of all true personal growth and self-leadership challenges us to learn, evolve and grow into even greater levels of personal agency and autonomy. Yet, history has often defined the human quest for personal power as being bad, especially when considering that for more than a hundred years our models of leadership, authority and power have originated from the military, traditional organisations, and religions intent on maintaining control over the masses, while also being formed on a very masculine approach to power.

Thankfully, we have now entered an age of awakened consciousness where more people are willing to honour and hold a balanced approach to leadership, transformation and change that involves integrating a heart-centred and intuitive approach (recognising the Divine Feminine) with the strength, presence and resilience of the Divine Masculine. Because it is in this sweet spot where power, purpose, presence and love abound that we begin to see the emergence of real purposeful leaders of influence in our world. Those who are willing to stand in their power while focusing on serving and contributing to humanity in even greater ways.

It’s created the perfect opportunity window for all of us to rise beyond the suppression, powerlessness, persecution and subjugation of the past, and to find the soul’s true path to making a bigger impact in a heart-centred way. By learning to live more fully in alignment with your soul, you will also be called to find your authority, and to give yourself permission to become a greater vehicle for creativity, inspiration and grace. It is a process of deep personal transformation

that will ask you to call your spirit and power back, while also being willing to step beyond your comfort zone to discover the awakened leader within.

## **WHERE ARE YOU GIVING YOUR POWER AWAY?**

I remember several moments in my life where I found myself unknowingly giving my power away to others. The first experience was in primary school at age seven, when I needed to confront two childhood bullies who took great delight in undermining my own self-worth and value. Through their torment they became my childhood nemesis, and I recall many times when I wished that they would find a way to vanish from the face of the Earth! As a child, I could not understand why they did not like me, apart from the fact that I had different coloured skin, inside I felt that I was no different. However, rather than value myself and stand up for what was right, I instead chose to withdraw my energy and shrink, a behaviour that simply led to me diminishing more of my authentic power, purpose and truth.

The second experience came much later in life in my thirties in my role as education and recruitment manager for a large international IT company. I still remember the moment my Senior Executive Manager called me into their office to berate me about not having met my sales targets for the year. In the heat of the moment, with his anger and rage rising, I recall how any resemblance of self-esteem and power within me seemed to fade away, leaving me a quivering mess that was unable to speak up for myself in that moment.

Life has a funny way of bringing people onto our path that are there to reflect to us our greatest lessons in life. While at the time it may be hard to see the gift in these experiences, if we are willing to step back and seek the wisdom within, we can often find our path to rising beyond fear and subservience to reclaim our true personal power. Our role in the face of these 'challenging interactions' is to

find greater belief in ourselves, to value ourselves, and to honour our gifts unconditionally. Our quest is to rise, speak our truth and set healthy boundaries that demonstrate our own self value and strength. What these experiences taught me was that I can only give my power away if at some level 'I have chosen' to accept the other person's assumptions, opinions and judgements of myself as truth.

So, where have you chosen to give your power away? Where do you accommodate or compromise with others to not upset them? What is it that you consistently tolerate? Where do you hold back from speaking your truth and standing in your own power?

## CLOSING LEAKS AND RESTORING YOUR POWER

If you've found yourself struggling or striving to realise your goals a good practice is to take some time to do a small internal energy audit to see where your life force energy is being invested or depleted. As relational and emotional beings we are continuously exchanging and sharing our energy with those around us, more importantly when a relationship, friendship or interaction comes to an end we can also experience a loss of our vital soul energy.

Look through the following patterns which are often responsible for a loss of power and purpose in our lives, and see if any resonate with you:

**Separation or Divorce:** These are some of the most traumatic life-changing experiences we can navigate, especially when we have opened our hearts so intimately to another person. In these situations, extra attention is needed to heal and consciously reclaim the parts of our soul energy that we have either given away, or that has been taken from us.

**Judgement:** When others share their judgements and opinions, it is important to pay attention to how those comments and thoughts make us feel. If after any interaction

you feel flat, depleted, drained or diminished, then it is a good sign that you have given your power away. This is when we need to consciously recall our energy and release any ties that have diminished our self-worth or value.

**Toleration:** Whatever you tolerate in life is also draining your life force energy. Often when people or loved ones do not live up to our expectations or standards, it can be easy to hold back the truth, to hide our voice and simply accept the situation, even though we are not entirely happy with it. Toleration in our lives is like punching giant holes in a watering can and expecting it to remain full. The solution is to learn to speak our truth, to set healthy boundaries that honour our spirit, and to communicate our needs more openly, without fear of reprisal.

**Low Energy People & Places:** Yes, you've met them and experienced them before! The energy vampires that drain you of all hope and possibility and somehow leave you consistently feeling flat and diminished. The solution to this is to stop it! Why do we continue to put up with people, places and experiences that no longer fulfil or uplift the needs of our soul? Is it compliance? A desire not to upset others? Or just a lack of self-respect and value for ourselves? If you've found yourself experiencing these situations consistently, then it's time to make a change that truly values your own worth and value.

### **Reclaiming Your Power**

**When we experience disappointments, separation and heartbreak in our lives, our energy can become fragmented, and we may find ourselves becoming separated from our spirit and truth. This small exercise will help you reclaim those aspects of yourself.**

1. Take a moment to intuitively scan your body's energy field from head to toe.
2. Imagine your energy and life force being held in a flower vase. As you imagine this vase you begin to sense how full it is with life-force energy. You begin to get a feeling of how much of your life-force energy, purpose and power is fully anchored in this present moment. When you feel you have a good sense of how filled you are with this energy, give it a score out of 100%. Zero being empty and 100% being filled.
3. Now imagine the flower vase that represents your life-force energy. Scan your vase and look for where there may be energy leaks. This may feel like small holes or cracks. As you reflect on these begin to sense how these leaks came into being, and if anyone in your life is responsible or connected to them.
4. Finally, scan your energetic vessel and vase one more time and ask yourself, "Does anyone else have their energy tapped into me?," "Who is it that may be draining or hooked into my life force energy?" Take note of these people.
5. Today we are going to make a commitment to retrieve and call back your spirit. To return to 100% pure power, purpose and presence.
6. Begin to imagine:
  - That you are releasing and letting go of all the hooks and drains on your energy.
  - See yourself releasing and letting go of the energy cords that have held you bound to other people's needs, expectations, opinions and judgements.
  - See yourself sealing all the holes and cracks in your energetic vessel. Imagine calling in a master craft person to restore your precious vessel to 100% optimum energy and function.

- Finally, call back your spirit, call back the universal energy that has always been part of your destiny. See, feel and imagine it pouring into your vase like a fountain.
  - Feel this energy being refreshed and renewed as you let go of the old stagnant energy and replace it with the new.
7. Now, take a moment to check in and see where your energy is on a scale of 0 – 100%.
  8. If it still feels less than 90%, continue to repeat the above process until you enter a state of wholeness where you feel fully engaged and can experience your full life force energy, presence and power.



## STEPPING FULLY INTO YOUR LIGHT AND POWER



*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be?*

**MARIANNE WILLIAMSON**



As author and speaker Marianne Williamson said so well in her book *A Return to Love*, it is often our light, not our darkness that most frightens us. Over the many years I have been coaching and assisting people to step into the best version of themselves, I've encountered many highly successful and purposeful individuals who were afraid of stepping into the true purpose, presence and potential that was available for them. Why? Often because of a deep feeling of inadequacy or a sense of not being worthy or good enough. Whether this

stems from cultural or parental conditioning, impostor syndrome, or a tall poppy syndrome, many of these ingrained beliefs can keep us hiding from the light while stopping us from fully expressing the magnificent and omnipresent potential of our soul.

Several years ago, I was at very low point in my life, a time when I had been working on my business for several years but wasn't seeing or realising the results I really wanted. I remember at the time screaming out to God for help while in meditation, pleading for some insight and grace to help me move forwards. It was in this moment of quiet desperation, that I was shown a vision of myself dressed in a tuxedo arriving at the entrance of a large Georgian styled mansion. It was a beautiful summer night, and as I peered through the doorway into the mansion, I could literally see countless tables adorned with the richest linen, cutlery and crockery, which had been prepared for a lavish banquet. Inside, sitting at the tables were many of the mentors, teachers and guides that had graced my life. And while the scene filled me with enchantment and wonder, there was a part of me that felt unworthy because I did not have an invitation to enter this grand affair. However, the moment I felt this sense of deflation come over me, the bouncer who was guarding the door in this vision turned to me and said "What are you waiting for outside? You don't need an invitation. This is God's banquet, and everyone is worthy, valued, allowed and accepted within."

You have already won the lottery in life because YOU ARE HERE. You are alive, you have breath within you and a mind and spirit that are guiding you in each moment to fulfil the Divine quest that you alone came to experience. It's time to stop standing outside the door, and accept your heartfelt invitation to dine within the palace of all possibility. By being willing to step into our light we become greater vessels that can lead the way for others, and as this grows we learn to accept our true purpose, power and potentiality.

## Merging the Two Energies

**Take a moment to imagine that in one of your hands you have access to your heart's infinite grace and love. See it, feel it and know it. Begin to pay attention to this energy and imagine what colour it has right now.**

1. In the other hand you have access to an incredible power to create and manifest what you really want and desire. Imagine owning this power and being able to use it with love, wisdom and discernment. Know and trust that you are worthy of holding this power and presence and using it to serve your highest good, and the highest good for all humanity.
2. Now imagine bringing these two energies together in perfect harmony and balance. As these energies merge you are being called to step into a new level of being. You are being guided to acknowledge yourself as a conduit for universal power, presence and grace. Feel this incredible energy running between your hands.
3. When you feel that this combined energy has developed, place one hand gently on your heart and the other on your solar plexus just below your naval. Feel the energy now running actively between these two points as you fully own your Divine power, purpose and presence.
4. Imagine now being able to direct this energy towards creating change, transformation, healing and expansion as you unfold your presence and light in the world.



## FEELING WORTHY OF OUR POWER

Becoming a greater channel for creativity and influence in your world will call on you to accept greater levels of purpose, responsibility and commitment. It will encourage you to follow the opportunities that align with your soul, so that you can step into greater levels of self-mastery and ultimately become the leader of your own destiny. To realise our destiny for this lifetime we must be willing to step into greater and more expansive levels of potential and light in each moment. We must find within ourselves the empowering resources to fully love and accept ourselves unconditionally. The key to this process of self-transformation is learning how to feel worthy of the power we already possess to manifest our greatest life by harnessing our thoughts, intentions and decisions.

Accessing this innate power means we must first choose to accept ourselves as already whole, perfect and complete, worthy of success, and willing to receive the love, grace and fulfilment that is already waiting for us. And as we accept this infinite source of Divine intelligence, we literally become the alchemists of our own spirit, harnessing the power of grace and purposefulness to create lasting change in our life and world.

The beautiful prayer from 15th century Spanish nun Saint Teresa of Avila says, *“Christ has no body but yours, no hands, no feet on Earth but yours. Yours are the eyes with which he looks with compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands with which he blesses all the world.”*

Likewise, each of us is here to be an active co-creator and channel for bringing greater light, love, hope and grace into this world, and it can only happen when we *choose* to accept our personal and spiritual power. We can no longer see ourselves as separate from the benevolence of this ‘great universal source’, but as a vital instrument

through which it provides inspiration, creativity and service to this world.

## REDEFINING HOW WE SERVE

As heart-centred difference makers it's easy to get caught in a noble paradigm that suggests that we need to be continuously serving and caring for others, without receiving ourselves. Sometimes this programming comes from our past-life experiences, cultural conditioning, or the programming of our ancestors. Even dogmatic beliefs of humility and service indoctrinated through religions and institutions can convince us that we need to give more of our selves, to gain a place in heaven or the afterlife. Often this unending desire to over-serve can be at the detriment of our own health, well-being and vitality.

Nature teaches us that to grow and thrive we must be willing to both give of ourselves, as well as receive in balance. Safety announcements on airplanes kindly tell us that in the event of an emergency oxygen masks will fall from the bulkhead, and that we must ensure we put ours on first before we help those around us. Yet this concept of placing ourselves first and valuing ourselves can be challenging, especially when we are naturally empathic and love to care for and help others.



*You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.*

**WOODROW WILSON**



Spiritual teacher and author Kyle Gray says that “As light workers and light warriors, we must recognise that we need to be served

ourselves as we step into service. If we wish to live a life of service and fulfilment, then we also need to ask for that too.”

Therefore, when you ask to be of service, ensure that your intention and request also direct the universal life force and spirit within you to:

- Help upgrade your energy and your offering.
- Help you open to experience greater fulfilment through service.
- Become a greater beacon of joy that welcomes abundance on all levels.
- Acknowledges the great gift that you already are, and who you are becoming.
- Expresses gratitude through the heart for already being open to receive more fulfilment, happiness and abundance in your life.

One of my favourite quotes says “Lighthouses don’t go chasing boats all around an island. Instead, they simply stand where they are and shine their light.” It’s a statement I’ve used often in my teaching and mentoring circles to ensure that students understand that their greatest gift to this world is the energy they bring, and the light they choose to shine in each moment, and that it’s not about running around trying to rescue everyone! Instead, our presence and impact are amplified when we choose to stand in our power and shine our light more brightly.

## **MAKING THE LEAP AND ACCEPTING YOUR INFINITE SELF**

The final step in activating greater levels of presence and power in your life is to become aware of when you are called to step into a greater level of purpose and potential. All personal growth and transformation results from our capacity to step into greater levels of our soul expression for this lifetime. When we make decisions

to grow and move forward in our lives, then we simultaneously liberate the life force energy that is needed to make the transition to a higher level of being. Sometimes these transitions will be easy, seamless and effortless, and at other times we may be called to cross the threshold and leap with faith into the unknown.

When experiencing change, if we listen within, and attune ourselves to the great wisdom of the heart and spirit we will hear its guidance days, weeks or months before a major transition. Often this guidance is subtle, gentle, encouraging and affirming. However, if we don't listen then the same voice and feelings may become louder. Like a soccer player on the pitch, we might find ourselves being reminded more overtly in the form of a 'yellow card', that we need to stop and pay attention to what is unfolding in this moment. Avoid or ignore these signs from the soul and we may find ourselves presented with a 'red card', heralding a transformational moment where we are forced to stop, listen and change. Whether it be a health crisis, car accident, loss of a job, separation, or a major shift like navigating COVID, we will ultimately be called to make the leap into a new level of purpose, power and authority.

### **Activating Your Light**

- ♥ What does becoming a heart-centred leader mean to you?
- ♥ Where in your past have you consciously or unconsciously given your power away to others?
- ♥ Where are you being called to step into a greater level of purpose, power and presence?

## Your Destiny Declaration

*I accept myself as whole, perfect and complete as I am. I am a vessel for love, grace and abundance. In accepting my Divine power, I find the energy, possibility and hope to light the path for others. It is part of my soul's destiny to be of greater service in this world in a loving way, that empowers myself and others to find their gifts and shine more brightly. Therefore, I choose to own my authentic power and rise fully into my true presence, knowing that this is the real path home to my self-value, self-worth and sovereignty.*





## Chapter 9

# BECOMING A GREATER CHANNEL FOR GRACE

IF YOU WERE A sailor living in England through the 17th century you may have had an opportunity to cross paths with slave trader, abolitionist and pastor John Newton. At the age of 18, John was pressed into service with the Royal English Navy aboard the ship HMS Harwich. However, after attempting to desert, he was relieved of his post and later went on to work on a passing slave vessel. Attracted to the slave trade for its 'relative ease and financial offerings', Newton would later captain such a vessel until the age of 30. Until one day, while crossing the Atlantic his boat and crew endured an almighty storm near County Donegal, Ireland. And here amongst the chaos and desperation for safety Newton found himself calling out to God for mercy and forgiveness for all the terrible things he had done.

It was at that moment that Newton experienced what could only be called a 'spiritual conversion and awakening', a deep inner-knowing that in receiving this grace and mercy that he would need to leave his old way of life behind and instead find the path to a more heart-centred and authentic version of himself. Fast forward to 1764, and Newton who had officially left the slave trade was ordained as

an Anglican cleric and accepted a post as curate at the Olney church in Buckinghamshire. While many of us may not know John by name or background, we will be very familiar with one of the most famous poems and hymns he penned in his later years before he eventually became blind. *Amazing Grace*, an ode to redemption, mercy and the unending grace of God in the face of a life previously dedicated to the suppression of the human soul.

Grace is and always has been an indomitable spirit which has the capacity to transform, awaken and alter our lives in an instant the moment we allow it to be present. But what is grace and how can we become a greater vehicle for it in our own lives?

## FINDING GRACE

The modern dictionary defines the term grace as being “*an undeserved or frequenting favour which is often unexpected*”. It is that mystical and transformative power that can enter our lives, soften our hearts, fill us with gratitude, and leave us begging for more. American author and medical intuitive Carolyn Myss often defined grace as being the “quality of love that is animated” in all of us, hard to define, and often appearing subtly in our lives it is the ‘act of a God force’ or ‘Divine blessing’ that touches our lives and leaves us changed and transformed forever.

Grace is closely connected with faith and belief that we are not alone in this world. In believing there is a greater intelligence and hand at play in our lives, we open ourselves to receive the benevolence of the great force that exists behind all nature. Grace is therefore experienced in our lives as subtle acts that help us see that the impossible can be made possible. Best of all, grace is not something that we need work for or feel worthy of having. Grace is ‘undeserved favour’ that is offered freely and therefore cannot be earned.

Argentinian born Pope Francis once said “Grace is not consciousness. It is the amount of light in our soul. Not knowledge nor reason.” The more we open to becoming a vessel for grace the brighter our light becomes, and the greater good we draw in to bless our lives. Carolyn Myss likes to think of grace as an “essence that is vibrating and operating in our lives at different levels of strength”. At the most subtle level, its presence may be like the scent of Eau de Toilette, subtle, soft and unassuming in its nature. Yet when grace is embraced close to the heart, it becomes stronger like a beautiful perfume or cologne, enabling us to make good choices, embody right action, and encouraging us to make a greater difference in this world. When grace is embraced as part of our spirit, it fills the soul with light, it emanates the purest nature of the Divine. It is like the most sweet-smelling perfume, whole, perfect, complete and unadulterated. And it is in this state of fully embracing grace that we can become channels for creating greater light in our lives and this world.

## INVISIBLE ACTS OF GRACE

One of the greatest mysteries of grace is that it often acts invisibly in our world. If we were to fully open our eyes every day, we would see the miraculous hand of faith touching the lives of those around us. The homeless man on the side street who is bought a hot meal by a stranger. The nurse that happens to stop on the way back from work at a major car accident and can perform resuscitation. A man on a train who offers their seat and a word of comfort to an elderly passenger who has been having a hard day. Random acts of kindness? Or the grace of a greater power in action in our daily lives?

Several years ago, while working in the city, I was sitting at my regular cafe savouring my morning dose of the ‘holy spirit’, also known as coffee. As I was sitting inside, a young man approached the

serving gallery facing the street and after ordering his regular coffee proceeded to take out an additional 20 dollars and handed it to the barista. It just happened to be this young man's birthday, and as a special gift he was offering this extra money to pay in advance for the coffees of the next four customers. If you've ever seen the movie *Pay it Forward* then you'll understand the power that our capacity to do simple acts of random kindness can have in our world. For me, sitting there that day, it was one of the greatest acts of kindness that I had seen in a while, and it literally changed my life, as I watched the customers who came after that man graciously receive their free coffee, kindly paid by a stranger. I realised at that moment what I was witnessing was the invisible hand of grace in action.

Another form of grace we may experience on our path which often goes undetected is grace that helps keep us protected from harm. While we may or may not believe in the presence of a guardian angel, the reality is all of us at some time in our lives have experienced or felt situations where we were lovingly, guided and protected from harm. It may have been a time when we were 'guided' to take a different way home from work. A moment where we were 'purposefully' delayed in getting to an appointment. A moment where we were almost involved in a car accident, but somehow through the grace of God we were able to avoid the collision. While grace works in mysterious ways, it is always present and always operating in our lives, if we choose to allow it.

## **BEING A CHANNEL FOR GRACE**

What is a channel? It's an instrument and conduit through which energy flows. Therefore, when we consciously choose to become a channel for grace, what we are really saying to the universe and to our spirit is "Yes. I am happy to be used as a vehicle for grace, I am happy for Divine blessing, truth, hope and light to flow through

me”. While being intentional about grace is a good starting point, we also need to remember that we are the ones that need to ensure our physical, energetic and spiritual ‘channel’ is open and ready to receive grace in each moment. So, how can we do this?

Here are five key elements of grace that will help you open to greater blessing, providence and supply in your own life:

1. **Appreciation:** Yes, that’s right! Because what we choose to appreciate in each moment ‘appreciates’. If we have a partner in our lives and we fail to appreciate them, there is a good chance that they may not want to be with us for much longer. The same can be said of grace, the more we honour and value the precious and sacred moments in our lives, the more we will see divine blessing unfold before our eyes.
2. **Wonder:** Do you remember as a child being filled with a state of wonder that inspired you to learn, grow and expand? A state of being where you were open to the excitement, newness and curiosity of each moment? Wonder is an amazing physical and energetic state that opens us to the infinite possibility of our soul. Sadly, many of us have forgotten what it was like to be a continuous channel for wonder, a receptor, receiver and transmitter of the power of grace in our lives.
3. **Self-Worth & Self-Value:** The more we choose to value, love and see the beauty and magnificence that is already within us, the more life reflects our true value. If in the past we gave away our power, allowing others to define our self-worth, then today we have the gift of free will to choose a new path. A path that says, “Who I am is more than enough”, “Who I am is worthy of greatness”, “Who I am is a child of God and therefore I am already worthy of grace”.

4. **Catch & Cradle:** I once read a wonderful book by author, researcher and strengths finder champion Marcus Buckingham, in which he shared the concept of ‘catching & cradling’ our most precious moments. While our lives can fly by faster than the speed of light, if we are not fully present, we may miss those significant and blessed moments that grace our everyday. A friend gives us a lovely complement. We’re upgraded to business class on our next flight. Our husband arrives home one night with beautiful flowers for us. A loving mother cooks a special dish to celebrate her son’s birthday. The more we ‘catch’ these moments by recognising and bringing awareness to them, the more we can ‘cradle’ them in our consciousness, allowing them to become the fuel of hope and possibility that uplifts our destiny.
  
5. **Clearing Presence:** Think of any river, stream or channel of water and you’ll appreciate that the more debris, pollutants and contaminants it contains, the less opportunity there is for it to be a healthy and vital conduit for flow. In the same way, it is vital to keep our energy channel as clear as possible, by drinking lots of water, eating healthy vibrant food, moving our bodies daily, reducing or eliminating addictions and dependencies, and continuously grounding our emotions and awareness in the present. The more energy we can hold in the present moment, the greater our capacity to manifest and attract grace-filled opportunities into our lives.

## **Awakening the Mystical Presence of Grace**

**Imagine you are being guided on an inner journey  
to the source of grace within your soul.**

1. It is a beautiful Spring morning; you sense the energy of nature around you. The birds are singing, the air is warm and gentle, and you are in a beautiful small European country town. The path before you is filled with beauty, and there is a 'skip in your step' this morning.
2. An inner guide and teacher await you on this path to lead you to the peak of the mountain that your soul has chosen to experience for this time, because here today you are to experience the full awakening of grace in your life.
3. The guide with their light staff leads you easily on the journey. While the path is long, there is a sense of anticipation and excitement, for this is exactly what your soul has been longing for: To experience the ultimate expression of your soul's energy and purpose for this lifetime.
4. You now approach the peak, and here above the valleys and the fields, looking down on all of creation, you allow your heart to awaken and open to the source of unconditional love and grace that flows in this Universe.
5. It is here you begin to fully embrace the energy of curiosity, wonder, enchantment, creativity and awe.
6. Hands and arms outstretched, take a moment to receive and be filled by this grace. In the same way that the sun's rays fill you with energy, hope and optimism, this morning your entire spirit is being renewed, awakened and transformed.
7. Sit now in this presence and simply affirm "I am a channel for grace".

## CONNECTING WITH GREATER LEVELS OF LIGHT



*The Light of God before me. The Light of God behind  
me. The Light of God above me. The Light of God  
beside me. The Light of God within me.*

### PRAYER OF SAINT PATRICK



Ultimately your path to becoming a channel for grace will lead you to igniting and holding greater levels of light, love and hope in your world. Because grace equates to the amount of light we hold within our soul, the more willing we are to ‘do the work’ to release anger, hurt, blame, resentment, shame and guilt from our lives, the more grace we will accumulate in our spiritual bank account. While simultaneously reclaiming the true power of our spirit which is light, truth and unconditional love.

Grace and mercy are therefore key players in determining our levels of spiritual coherence in each moment. They are also integrally wound with our understanding of the concept of karma which implies that our actions, good or bad, have consequences. If we choose to do harm, then this depletes our personal and spiritual energy. While doing good and contributing to the world through acts of kindness and generosity amplify the creation of positive karmic energy. By understanding that we have free will, and that through choice we can decide to forgive, release and find peace in our lives, we activate the hand of grace allowing it to clear our past karmic regrets and imbalances, while bringing new life to our life. Acts of grace are therefore considered the ‘big equaliser’, capable of erasing and cleansing our soul of all past energetic debris, while allowing our spirit to rise to new levels of purpose and being.

## FINDING COURAGE TO LET GO OF CONTROL

The final key in understanding the power of grace is to realise that the more we try to control the events of our life using the ego mind, the less grace we allow to enter our life. Grace is a transient presence that requires us to step into a field of faith. In the presence of faith, we trust that there is a higher power, that our lives are divinely guided and that we are being held by the loving hand of nature, God and the universe. When we trust we surrender control, we 'let go and let God' take the reins of our life. To do so can be challenging, scary and confronting, especially if we have never chosen to give up or release the patterns of control. While our ancestral and cultural conditioning may have taught us that we must be in a constant state of action, achieving and striving for what we desire, grace teaches us that the path to true soul-realisation is through the act of surrender.

The true hand of grace encourages us to let go of control, to believe that we are more than enough, and affirms that we already have what we need to succeed. It will lovingly encourage you to know, feel and believe that there is a Divine plan for your life, while guiding you towards the higher understanding that grace has the power to not only flow through you, but from you.

### **Meeting the Unlimited Universal Child**

**Find a comfortable position and take a few deep breaths deep into your heart space. Connect with the place of stillness and oneness in the centre of your being.**

1. Within you right now is an aspect of your soul that is curious, creative and open to the infinite possibilities that await you for this lifetime. This wondrous inner child lives within you, as you.

2. Today as you connect with the inner child, you affirm its presence and tell it you are here to help it grow and evolve into its fullest expression for this lifetime. Imagine now that you are helping this child release and let go of all barriers to success, all limitations which may have kept you separated from your infinite, abundant and omnipresent self.
3. Allow the inner child within you to open its arms to the sky in readiness to receive the infinite, unlimited good and grace that this universe has to offer. There is no limit to what you can receive, because you are a channel for this grace.
4. Imagine how this grace flooding into your life will be used to make a bigger, more purposeful difference in the life of others. Imagine this grace surrounding the world so that everyone is filled with the hope and blessing to receive their highest good.
5. When you're ready take a moment and answer the questions at the end of this chapter.



## Activating Your Light

- ♥ Make note of several moments in your life where you have been unexpectedly blessed. Why were these moments important? What were you most grateful for?
- ♥ What needs to be released or surrendered now in your physical, mental, emotional or spiritual energy field to open to receive greater joy, happiness and abundance?
- ♥ How would opening to receive greater levels of grace enable you to make a bigger more purposeful difference in your world? What would happen if you simply chose to accept this grace and let go of control now?

## Your Destiny Declaration

*I now choose to open my heart, soul and spirit to the grace that awaits me, knowing I am already willing and worthy of accepting it when it comes. My spirit is connected to the divine source of this universe that makes every flower bloom, the sun rise and the stars shine. In the wonder of my infinite nature, I now choose to release all control. Instead, I choose to become a channel for this grace, bringing forth the love, wisdom, empowerment and presence that is so needed now. As my light shines brighter, those in my presence are inspired and uplifted to do the same, for this is the true gift that grace brings to this world.*





Part Four  
**SOUL-REALISATION**





## Chapter 10

# THE ART OF HUMAN FLOURISHING

LOOK AT ANY NEW flower in the field and you will often see it flourishing. Nature has an interesting way of reminding us that at the core of our essential nature is an ‘entelechy’ or inner-guiding expression that wants to fulfil a higher potential for its lifetime. As humans, we all have a deep inner desire for self-actualisation that draws us to explore life paths, careers and pastimes which reflect the true calling of our spirit, while also allowing us to express our authentic gifts in a way that enables us to flourish.

The greatest gift we’ve been given as human beings is the power of free will. The capacity to direct the sails of our lives in a way that empowers us with intention, enabling us to channel our energy toward creating what we really love, desire and need. However, through our own upbringing, cultural conditioning and programming we may find ourselves holding back, resisting change or even sabotaging this natural affinity for success. The key to our liberation and transformation from these patterns is to simply begin to hold a greater vision or creative inspiration for a better, more purposeful and meaningful life. A life vision that inspires and fills us with hope to reach beyond the status quo and discover the greatness that exists at our core. In this way, the art of human flourishing becomes a journey back home to our most natural and authentic self.

A journey and life love affair that can be filled with grace, ease and lightness if we allow it.

In the ancient teachings of the Jewish Talmud, it's said that every blade of grass has an angel that watches over it, saying "grow, grow, grow". What is beautiful about this, is the thought that if the Divine essence can consider a blade of grass important enough to send its angels to spread encouragement, then guess what providence and help may be available to each of us! In many ways, we are all being encouraged to find our own path to greater success, happiness and fulfilment. But what does it take to create this?

You may have noticed it often takes the right environment with the perfect soil, conditions and nutrients for growth to flourish and thrive. When we experience the right environment it enables our soul's gifts to thrive, and we find our natural path to spontaneous flourishing, the place where our real talents, abilities, resources and capabilities shine. And while it may take time to develop a particular skill or aptitude, by committing to the journey of mastering our craft there exists an intersection where our natural affinity coincides perfectly with our most important desires. A place where the human soul expresses itself most completely.

Therefore, in learning to flourish we must also follow the empowered path that asks us to release, reframe and rewire the following belief systems:

- **Our need for external permission:** We must understand that the only person we need to seek permission from to live our happiest, most fulfilling, and grace-filled life is ourselves.
- **Believing we're not good enough:** We must accept we have access to all the resources we need to thrive. That we are already whole, perfect and complete, and that we are already 'more than enough'.
- **Questioning our capacity to flourish and thrive:** There is nothing noble about playing small and diminishing your

gifts and value so that others might feel more secure around you. We were all born to flourish, and it is our birthright to thrive.

## THE HARVARD HUMAN FLOURISHING PROGRAM

Prestigious universities and institutions such as Harvard University have also realised the importance that flourishing plays in our lives. Especially, because research now shows happy, fulfilled, and flourishing people often create greater levels of performance, experience more fulfilling relationships, and are filled with a greater sense of self-esteem and value. Some of the great work in this area was also completed by American psychologist Martin Seligman in his book *Flourish: A visionary understanding of happiness and wellbeing*. It's been the foundation on which Harvard have built their Flourishing Program, centring on the PERMA model which identifies five fundamental requirements for flourishing:

- **Positive Emotions:** The more we can identify and self-regulate our own emotions and stay in 'positive' states of being, the more we will feel that our lives are on-purpose, meaningful, fulfilling and expansive.
- **Engagement:** Many of us have experienced work in our careers that was boring, lacked true levels of engagement, and has often left us feeling depleted. Yet, when we engage fully in a project, outcome, or activity that is of interest and benefits our soul, the more we feel good about ourselves.
- **Relationships:** Our relationships have a tremendous impact on our emotional, personal and spiritual wellbeing. When we feel supported and have loving respectful friendships and connections, it creates the rich soil from which all other aspects of our lives can flourish.
- **Meaning:** Nothing in our lives has any meaning other than the

meaning we give it. As human beings we are ‘meaning seeking’ machines. Meaning brings us purposefulness, contribution, connection and direction, and the more meaning we can squeeze out of life the better we feel about ourselves.

- **Accomplishments:** We gain meaning and fulfilment through our accomplishments. When we feel good about the journey we have taken, the seeds we have sown, and the harvests that we reaped, then we truly experience the gift of flourishing.

## FINDING AND HARNESSING YOUR G-SPOT



*Don't ask what the world needs. Ask what makes you come alive and go do that. Because what the world needs is people who have come alive.*

**HOWARD THURMAN**



The primary quest of every soul is to discover what brings it alive, and to then go and do that. We've each been blessed with an incredible inner-GPS system which is grounded in the heart and provides us with the intuitive guidance and wisdom we need to live more fully and fulfil our soul's destiny at this time. Most of all your inner-GPS is constantly informing you of whether you are aligned with your heart, or engaging in activities, thoughts and behaviours that are taking you further away from your goals and desires. Therefore, identifying what brings you alive and pursuing that with a heart-centred passion can be critical for living a life on-purpose.

Personally, I love creating inspired places for people to learn, grow, transform and evolve. When I am engaged in any heart-centred coaching or healing session, that's when I feel most alive and connected to my true sense of purpose. In the same way, when I am

presenting on a stage or platform, I feel the presence of my intuitive energy and higher guidance flowing through me, working to help inspire, move and encourage people to actualise greater levels of potential and purpose in their lives.

It's in these moments of purposeful connection with what brings us fully alive that we can actualise our soul's purpose and embrace the work that we came here to do. Our work then transforms into a piece of art, our endeavours inspire others, and we begin to weave our magic in a way that enables us to serve and contribute in the greatest way, while also making a difference to the lives of others. I like to call this state of being the 'G-Spot', or 'Greatness Spot'. It's the place within ourselves where our mission, purpose, soul gifts and abilities come together in perfect unison and harmony. It's the place where our Spirit rises and we find ourselves doing our best work, with greater meaning and fulfilment.

So where do you thrive? What are the unique stories and gifts you have gained from your own life experience that differentiate you from the other 7.9 billion inhabitants of planet Earth? Where does your soul sing and your heart come alive? These are the important questions that we need to ask, if we really want to flourish and fulfil our soul's destiny and calling now.

### **Unravelling Your Golden Thread**

**With more than 7 billion humans on this planet no other person shares the same experiences, life stories, relationships or lessons that you do. Your soul and path are unique, and they contain the essence of your sacred gift and contribution for this lifetime.**

1. Take a moment to reflect on the 3 most challenging life stories from your past. For each story identify:

- What did you learn through this experience?
  - Who did you become?
  - What was the greatest gift that you gained from this experience?
2. Now reflect on 3 of the most significant, positive moments that moved your life forward. Again, for each soul defining moment identify:
- What did you learn through this experience?
  - Who did you become?
  - What was the greatest gift that you gained from this experience?
3. Now look at all these experiences through the eyes of love, non-judgement and higher awareness, and begin to see the golden thread of your life being weaved through every experience.
- What has been the higher purpose of this life?
  - How have these experiences been given to you to learn and grow from?
  - Where have you flourished and thrived on your journey?



## CHASING YOUR CHI

Stepping more fully into your soul's unique destiny for this lifetime will require courage, faith, trust, boldness, and most of all energy. But where does your soul's energy come from? And how can you learn to harness this energy and direct it towards the accomplishment of your goals, dreams and desires?

While starting a new business several years ago, I was fortunate to come across a marketing mentor who shared the story of how they

had consciously chosen to ‘chase the chi’ in their life. As a successful businessman they had come to a significant crossroad in life, a place where they needed to decide whether to keep growing their client base in Sydney or move to the New South Wales coast, a place with greater lifestyle benefits for their family. While the conflict between making more money versus enjoying a more relaxed lifestyle was high, they eventually chose to move to Byron Bay on the northern beaches. Why? Because at the soul level they understood the great benefit to their life force energy and chi that would be gained from being near the water every day and having the opportunity to surf. It was a move that would see him take his business to entirely new level of growth, while honouring his soul’s desire for greater peace and freedom.

To flourish, we need to find the natural places of grace where our soul comes alive and where we are most connected to the chi, prana, or life force energy that supports us in creating our ideal lives. Chasing your chi will call you to place yourself first and to honour your spirit, rather than placing greater importance on meeting the needs and expectations of others. It will ask you to fill your own vessel prior to serving others and encourage you to surround yourself with the ‘right’ people, places and energy that will help you thrive.

## ALIGNING WITH THE DIVINE PLAN



*There is and always has been a path for your soul, and if you follow that path, it will lead you to the inner utopia that your soul longs to experience in this lifetime.*

**DEBBIE FORD**



The art of flourishing is a sacred dance of learning to embrace grace, while aligning ourselves with freedom, flow and fulfilment. Just like a running stream or river that chooses to carve its way effortlessly through a mountainous terrain, our role as conscious creators is to move in alignment with the energy of each moment, rather than resist or fight against it. Alignment allows us to ride the wave of possibility and to take advantage of flow states in our lives. Instead of paddling hard against the current, it encourages us to pay attention to the energy of each moment and to set our sail to capture the wind of opportunity, at the right time, in the right way, helping us find the path to our destination with ease.

How do we align with the 'Divine Plan'?

1. **Firstly**, by understanding that sometimes the best thing we can do is to simply do nothing. While our society and cultural conditioning persuade us that we must always be in action, it is often in moments of deep rest, inspired sabbaticals, and consciously untangling ourselves from our to do lists, that we find the peace and freedom to be inspired and create from a place of passion. Because in the presence of our 'nothingness', everything is possible.
2. **Secondly**, by understanding that there is a greater plan unfolding for our lives, we can find the courage to let go of forcing things to happen, and instead activate the grace, trust and presence to hand over control to God, spirit or the universe. When we consciously let go of our demands, control and expectation, we allow the greater forces at play to guide, lead and encourage us into our highest expression for this lifetime.
3. **Thirdly**, by learning to trust the rhythm of life and aligning with it, rather than trying to control it. By releasing our attachment to fear and insecurity, by letting go of holding

onto the riverbank of life so tightly, we can begin to create space in our lives for prosperity to flow. The energy we carry becomes the fear we choose to see in the outside world. Release anxiety, surrender control, open to possibility and Divine benevolence and watch the Divine Plan unfold more easily in your life.

Trusting the 'Divine Plan' does not mean that we just sit around and do nothing, but instead we are called to become present to the opportunities of each moment, taking inspired action when it feels right, and choosing to trust our own spirit in each moment. Because, this is the path of flow, the path of least resistance, the path of synchronicity, the path of magic. And in our willingness to surrender control, we become the true co-creators of our soul's destiny. By choosing to allow the power of God into our lives, we become the sacred vessels through which Divine light, love, presence and purpose can become manifest in our world.

## STEPPING INTO OPPORTUNITY



*All of us, whether or not we are warriors, have a cubic centimetre of chance that pops out in front of our eyes from time to time. The difference between an average man and a warrior is that the warrior is aware of this, and one of his tasks is to be alert, deliberately waiting, so that when his cubic centimetre pops out he has the necessary speed, the prowess, to pick it up.*

**CARLOS CASTENEDA**



Synchronicity in life expands when we are willing to surrender control, breathe, and let go of our need to force, struggle and

control. When we purposefully enter states of flow and presence, we become one with the creative energy of the universe, and here through our thoughts, intentions and desires we find our connection to the source of pure potentiality that can literally change our lives and our world.

American anthropologist and writer Carlos Castaneda described this as the 'cubic centimetre of chance', a significant opening in consciousness that 'pops out' from time to time in the path of the spirited warrior. Our job when this happens is to simply be aware of the opportunities, events and synchronicities that align with our soul, taking inspired action when we recognise them.

Flourishing demands that we become highly attuned to the natural world around us, looking for these moments of sacred opportunity in the same way that a leopard pays attention to its prey. We are reminded that the universe loves speed, and that when opportunities appear which align with our soul and spirit, we must find within ourselves the courage to leap into our destiny. So, pay attention, stay attuned, act on your instincts, lead with your heart and most of all, trust what you feel.

## Entering the Garden of Infinite Possibility

**There is a garden of infinite creativity and possibility available to everyone.**

1. Today, in your hand, you hold the seed of infinite potential for your life. It is a gift bestowed to you as the caretaker and master gardener of your life energy.
  2. As you enter this garden of possibility, take a moment to plant your seed. To sow it with love, grace, honour and respect. Imagine placing your hands above the place it has been sown and sending a wave of energy that flows from 'universal source,' through your body, and deep into the soil.
  3. Allow your seed of possibility for this lifetime to grow. Start to see it flourish into the greatest potential it has for this lifetime, witnessing as it unfolds in divine perfection, expanding into its fullest expression, without limitation.
- As you connect with this seed of infinite potential. What does it want from you as the caretaker?
  - What is the greatest and fullest expression of this seed for your life? What would that look like or feel like?
  - What great fruit would come from your tree of infinite possibility? How might this bring joy, happiness and fulfilment to others?
  - Remember flourishing and thriving is a state of mind. As you step into the energy of flourishing how does that energy help serve your soul's mission and destiny?



## REST, RENEWAL AND REPLENISHMENT ON YOUR JOURNEY

In a world that demands so much of us, where we are literally switched-on and available 24/7 to meet the needs of our work, family and relationships, the greatest gift we can offer to help us flourish is simply to recharge, replenish and nourish our soul's energy. Purposeful and meaningful periods of rest and renewal are essential if we are to have the levels of vital energy required to manifest our purposefully impact and destiny on Earth.

• • • • •

*Sometimes the only thing to do is nothing.*

**CAITLIN CADY**

• • • • •

Many of the great minds and geniuses that have graced our world understood the power of rest, retreat and spontaneous sabbaticals. Einstein was said to have slept at least 10 hours every night, and took regular daytime naps, often receiving powerful guided inspirations as he entered these dreamlike periods of rest. Other great achievers such as Nikola Tesla, Thomas Jefferson, Thomas Edison and Winston Churchill were also renowned for their commitment to embracing downtime to replenish the soul.

The 'Art of Human Flourishing' is therefore a dedication to the self, a constant quest to produce optimum levels of soul energy that foster and brew greater creativity, inspiration, inner-guidance and flow.

## Activating Your Light

- ♥ Where do you connect with your chi? How can you begin to awaken more of this life-force energy and direct it like a Zen master towards creating the life, results and fulfilment you really desire?
- ♥ This week take a moment to attune yourself to your 'cubic centimetre' of chance. Remain aware of opportunities and possibilities for growth and expansion and be willing to step into them with a heart-felt yes when they align with your soul.
- ♥ Regular sabbaticals are important for our creativity, energy and vitality. Where do you need to replenish your soul and spirit this week? This month?

## Your Destiny Declaration

*Like the flower blooming in the field, life was meant to be lived with wild abandon. Flourishing is an inner state of returning to our source of unconditional joy, love and lightness. It is in the moments of surrender and letting go that the soul becomes most fully alive, because in the presence of nothing, everything is possible. So today, my eyes turn towards the sun, my spirit is filled with joy, as I listen to the inner calling of my soul allowing my heart to guide and lead the way. In all creation, this moment is perfect, and I give myself unconditional permission to flourish.*





## Chapter 11

# LIVING FULLY ON-PURPOSE

IT WAS 2 AM in the morning and there I was sitting by one of the magnificent outdoor pools at the incredible Hilton Waikoloa Resort Village on the big island of Hawaii. I had just finished another massive 14-hour day with transformational growth coach Tony Robbins, and with my mind still buzzing from all the energy I found myself staring up at the moon and sky questioning my entire life and wondering how I had ended up in an information technology job that I no longer had any passion for.

At the time I was working as an international IT consultant, travelling the world, working with large corporate clients, earning a substantial six-figure income, leading a team of great people and living an amazing life. On all accounts I should have been happy and proud of myself, and yet here I was looking up at the stars feeling like my entire life was devoid of any real purpose and meaning. Realising that my heart was empty, I did what any insane person would do at 2 AM in the morning and called my boss in Australia to resign. Now, I'm not sure if you've ever experienced a soul defining moment where something inside of you simply said, 'enough is enough', a moment that called you to decide for the betterment of your heart, soul and spirit. But that day, during my soul's discontent I was guided to make my move.

When I reflect on that day, it reminds me of the inspiring scene in the 1996 hit movie *Jerry Maguire* starring Tom Cruise, where Tom finds himself working for a sports management company, but suddenly wakes up one night and realises he simply can't work for the organisation in the same way. Inspired by some greater hidden force he spends all night crafting a manifesto for purposeful change, and while it's not accepted kindly by his bosses or peers, he avidly pursues the calling of his spirit, starting his own sports management company and follows a path that is more aligned with his soul.

I believe that our spirit is always nudging, guiding and reminding us of who we are and the path that we came here to live. Therefore, living life fully on-purpose is a sacred dance that takes place between your higher self, the God self and your true self. It is the willingness to step into a larger energy, while also allowing the authentic nature of your spirit to shine forth in alignment with your soul. It is this gentle, yet subtle calling within all of us that beckons us to rise, and follow our true inner knowing, so that we can eventually realise that there are no 'real' mistakes in life, and that everything is an opportunity to 'experience and experiment.' The key is to find the courage within that will help us make more empowering choices and ultimately lead us to our soul's true destiny.

## UNFOLDING OUR DHARMA

The oxford Dictionary describes 'Dharma' as the essence of cosmic or individual existence, a conformity to living in alignment with one's true nature and duty. It is an understanding that all of us have a Divine nature and way of being. Therefore, to live in alignment with one's dharma is to follow what brings us fully alive, to do what we are naturally good at, and to pursue work that really matters and serves the higher good.

According to personal growth author and speaker Jay Shetty, to live our dharma we need to ensure that our work, personal attributes and skills align with our soul path. It's also why he believes that dharma is found at the intersection where your passion, expertise and usefulness collide, the perfect unison that fuels your spirit and enables it to thrive. Find and follow the path of your essential nature and you will activate your core gifts, talents, abilities and characteristics that will enable you to make a more purposeful difference and contribution in your world.

As a child I was always self-conscious, suffered from low self-esteem and found it difficult to speak up and communicate my truth. Fast forward to the present and I have now found that my natural state of joy is found when I am standing in front of an audience or group, sharing inspired wisdom, insights or teaching, and helping them unfold their inner-most potential. My passion for personal growth, spirituality and consciousness now intersects perfectly with my skills of speaking, healing and transformation, to serve people by liberating their greatness and helping them connect and realise their authentic soul paths.

While we may find teachers to guide us on our path, it is important to know that the universe needs and values your unique gifts and does not need a carbon copy of someone else. This is why the ancient Indian Vedic text the Bhagavad Gita says, "It is better to do one's dharma imperfectly, than to do someone else's perfectly." At its heart is the understanding that while you can't be anything you want, you can be everything that you already are.

## **UNFOLDING MEANING IN OUR LIVES**

The key to a life on-purpose is to find the place where what you do, how you serve, and the way you contribute brings greater meaning to yourself and others. Many who have chosen to take roles in the

caring and health professions know how important their work is in serving those in most need of care. Our primary job as human beings is to seek and find the experiences, environments and places that light up our soul, and that allow us to contribute in the most meaningful of ways.

During World War II, Austrian psychiatrist and Holocaust survivor Victor Frankl found himself captive at Auschwitz, a Nazi concentration camp. Frankl endured some of the worst conditions any human could experience including the death of his father from starvation and pneumonia, followed by his mother and brother being brutally killed in the gas chambers. As traumatic as these experiences were, one may have expected Frankl to be bitter and resentful, yet through this darkness he found true purpose and meaning by helping those in need, lending a word of encouragement to the disheartened, and by sowing seeds of hope in the hearts of those that had lost their faith and desire to live.

What Frankl realised through this experience, which he later documented in his book *Man's Search for Meaning*, was that there is no general answer to the meaning of life, and that each person must find their own unique purpose through their own experiences. Additionally, he found that by learning to direct our thoughts, attitudes and awareness to what brings us joy, we are ultimately guided to a higher purpose that enables us to contribute in a greater way.

## THE JAPANESE PATH TO PASSION

In Japan the words *iki*, meaning life or alive, and *kai* meaning result or fruit are often combined into the practice and philosophy of *Ikigai*. In many ways, *Ikigai* is described as a motivating force, a way of living that provides ordinary people with a greater reason and purpose for living. It is the force that brings greater pleasure and fulfilment to life.

How can we access this inner state of pleasure and fulfilment? By simply embracing the intersection of these four states of presence:

**What do you love?** When we are engaged in an activity, task, hobby or pastime that we love, we honour our soul and spirit and send a strong signal to the universe that we are in alignment with our essential nature. The result is that time seems to disappear, we create more synchronicity, our energy is aligned and flows with grace, and we attract more of the right people and opportunities into our lives.

**What does the world need?** Purposefulness on Earth is grounded in our capacity to use our soul gifts to make a bigger difference and impact in our world. When we apply our core skills, abilities and attributes to help solve problems and bring greater solutions to our world, then we are more likely to be rewarded highly for our efforts. A great question we can begin to ask ourselves each day is, what does the world need right now and how can I use my gifts to help serve that need in a greater way?

**What can you be paid for?** What I love about *Ikigai* is that it brings awareness to our need to be adequately rewarded and paid for our gifts and service. While your soul's gift might be juggling, not everyone is able to make a living or career from it. By reflecting on your most unique skills, talents and abilities, and then seeking ways to monetise them you allow yourself to receive greater levels of prosperity, fulfilment and abundance.

**What are you naturally good at?** What tasks and activities are you just naturally good at? Personally, I know that my energy flows with ease when I am doing a healing, coaching or intuitive session with clients. It's the place where I can see and feel issues intuitively and I often find myself standing in my power and delivering my greatest work. While you may take your gifts for granted, the reality is not everyone has invested the same level of energy, time, commitment or resolve to developing their skills like you have.

The goal of a life founded on *Ikigai* is simple, it's to enable us to find a pathway that brings real authentic passion, purpose and meaning to life. By learning to find the intersection of what you love, what you are good at, what the world needs, and what you can be paid for, you are placing yourself amongst the top ten percent of performers in the world, because the other ninety percent have not even taken time to consider the importance of this! Ultimately by choosing to live a life more fully 'on-purpose' we are really saying to the universe that I am ready to find my path back to the heart of love and I am ready to express my life force in a way that purposefully amplifies my soul's mission.

## FINDING AND CONNECTING WITH YOUR ESSENCE

With just over 7.9 billion people on our planet, you may be asking, "If I do find my true purpose, how am I ever going to stand out and be recognised in this world?" Finding and connecting with your personal brand and essence is one of the most important tasks you can take to help you own and accept your authentic contribution. The reason is that your path, life experiences, stories, challenges, setbacks and achievements are all part of the unique essence that is you. No other person on Earth has experienced or seen things from the same perspective as yourself. Therefore, the lessons you have gained, the insights you have received and the wisdom that has been bestowed upon you are all part of your precious life story, and right now they are also your most valuable and pertinent gift.

In the same way sailors know exactly where they are in the world just by using two coordinates (longitude and latitude), your unique essence and spirit can be distilled down to just two words. The first word I would encourage you to reflect on is to identify a verb that describes *what you are doing* when you are delivering your greatest work. In my own life, when I am doing a healing session, giving an

inspirational talk, coaching or mentoring, I know that at the core of what I am doing is a desire to ‘empower and uplift the human soul and spirit’. Therefore, when I distil this to just one word, it is all about ‘Empowering’.

Secondly, I would encourage you to reflect on the *impact* you make when you are doing your greatest work. What is the result, feeling or state that you leave people in when they have interacted with you? Within my own business the key essence that always arises for me is ‘helping people stand more fully in their light so they can realise their God given greatness’. Therefore, the second word of my essence is ‘Greatness’. By placing these two words together I have a clear, focused and unambiguous description of my personal mission, in a way that clearly communicates my uniqueness and enables my message to stand out from the crowd. ‘Empowering Greatness’ therefore becomes the magical elixir I seek to put into every communication, social media post, talk and program I create.

## **ALIGNING WITH YOUR CORE VALUES**

Our values direct our awareness to what we believe is most important in our lives. While we all have values that we hold close to our heart, very few people ever make time to consciously consider how their values (or lack of alignment to their values) impacts the quality and fulfilment of their lives.

Over the years I’ve seen how we often sabotage our success by failing to live in alignment with our own beliefs, values and ideals. I’ve also seen many successful people who said that their families were the most important consideration in their lives, only to see them then spend 60 to 80 hours a week immersed in their work. I have also seen countless people who said they valued money and wealth, only to see them engage in patterns of over-spending and increasing their credit card debt. The reality is, when our unconscious values

are out of alignment with our conscious desires, then conflict arises, and we find ourselves struggling to create and manifest the desires we really want.

Understanding your values and how they drive your behaviour both consciously and unconsciously can be one of the greatest influences in transforming your life and creating deeper, more purposeful levels of success. Because your values determine your focus, your focus influences your decisions, and your decisions ultimately determine your destiny.

So, take a moment now to get a notebook or journal and write down the answers to the following questions:

- What's most important to me in life?
- What do I personally stand for?
- If I only had six months to live, what would I do? Who would I be?

Answering these questions honestly for yourself can be a soul-liberating exercise. As you reflect on your answers, consider also where you placed your energy and time over the last week or month, and then ask yourself, "Did I invest or dedicate time to those people, situations and tasks which were most important to me?" If the answer is no, then you now have the awareness to change your approach and redefine your path. Now you can ensure that you only place your energy and focus on the activities, people and tasks that are most important to you, which is how you bring your spirit alive.

## Aligning with Your Ideals & Values

**Take out a sheet of paper and write the words  
“When I’m living my ideal life, I am ...”**

1. Reflect on this statement several times, each time finishing the sentence with what you would really like to experience or create in your life.
2. When you have at least 10 responses, begin to sort through your list by comparing each desire to the next. Identify which is the most important for you i.e. number ‘1’.
3. Continue to filter your list and identify priority 2, 3, 4 and so on until you have a list of all your desires in priority order.
4. Having completed this exercise, you now have a list of some of the compelling desires in your life for the next 12 months, and by assigning a priority to them you have also created a clear list of your primary values.
5. Take a moment now to see if you have been placing appropriate time, energy and resources on these important items. If not, ask yourself:
  - Do these values truly bring my spirit alive? Are they important to me? If not, you may want to change or remove them from your list.
  - Where do I need to reallocate my time, energy and resources?
  - How can I begin to commit to my highest desires?
  - What single step can I take today to start fulfilling the path to my destiny?



## FOLLOWING YOUR NORTH STAR

We all have an inner-north star that is forever guiding us to align with our most significant path for this lifetime. Whether you call it destiny or divine orchestration, this subtle yet ineffable guidance within is always operating in our lives. Whether it be a sudden nudge that leads us in a particular direction, or an inner drive to make a new decision for our lives, the moment we start to pursue a life of destiny we also awaken this inner navigation system. How do we listen to this inner-guidance system? How do we learn to attune to its innate wisdom and insight? By asking empowering questions that awaken our higher guidance and being willing to pay attention to the signs as they manifest in our lives.

Often when I'm doing intuitive readings, healing sessions or platform mediumship, I will get a subtle shiver or vibration down my back. I have now come to recognise this as a clear sign from my higher self that whatever I am sharing in that moment is 'truth' and that I need to pay greater attention to it. Your inner guidance system is always active and sends you signals in each moment. Sometimes these may come in the form of visions or insights, other times through feelings, nudges or inspirations. Other times, you may even hear direct guidance or simply know that something is true for you. No matter how you receive it, it is up to each of us to nurture and develop this beautiful relationship between our higher-self and inner-guidance system that emanates from our heart.

So, what can you do to begin developing and expanding this inner relationship with your guidance system? First, start paying attention to your own energy. Is it contracting or expanding? Often when we are aligned to 'truth' we will get insights that expand us and bring us more fully alive. Second, is the insight you are receiving coming from fear or love? Remember, that insights that feel good encourage and support us on our journey helping us expand into even greater

levels of potential. And third, does the insight and direction you are taking move you closer to your goals and dreams with ease, or does it force you to constantly apply effort and move against the flow? True insight will bring greater freedom and grace that summons the perfect opportunities to unfold with ease. In the same way that a surfer waits for the right wave, when we are aligned with our true spirit, we can literally feel the energy rise and know it is time to mount our surfboard and ride the greater wave.

Finally, remember that there may be many times when we are not living fully on purpose, and that's OK. In the same way that a plane travelling from Melbourne to Hawaii can be off course due to wind conditions and drag, so too you can re-calibrate your path by having self-compassion, knowing that you are always doing your best, and by giving your self permission to make mistakes while you learn and grow along the way.

### **Connecting with Your True North**

**We all have an inner GPS that is guiding us in each moment.  
Sadly, few people ever take time to connect deeply with  
this inner essence and benefit from its wisdom.**

1. Take out a sheet of paper and draw the crosshairs of a compass and label each direction as North, South, East and West. Take a moment now to write down and reflect on four experiences from your past:
  - **North** – An experience or moment when you fully listened to and followed the guidance of your soul which resulted in a positive outcome for you (an experience of TRUST).

- **South** – An experience where you didn't follow the guidance of your own spirit that may have resulted in things not working out as you had planned (an experience of DOUBT).
- **East** – A moment where you were in conflict between following the voice of your own soul and meeting the needs of others (an experience of CONFLICT).
- **West** – A moment when you chose to follow and go along with the desires or direction of others at the mercy of your own wishes (an experience of ACCOMMODATING).

2. As you reflect on each of these experiences:

- Notice where TRUST lives in your body and how it feels to fully trust your soul and spirit.
- Reflect on how ACCOMMODATION, CONFLICT and DOUBT dissipate energy and belief from your life force.
- When you are following your True North and leading with your heart, what is the inner belief you choose to hold about yourself?

3. Connecting with your sense of True North on a regular basis will help you strengthen your energetic field, expand self-belief and help you trust yourself.



## ACTIVATING YOUR LIGHT

♥ What do you love doing? What is your greatest skill or talent? Where do you feel called to serve in the greatest way? Where can you generate an income or vocation from your gifts? The intersection of these elements is often where you will find your dharma.

- ♥ Reflect on your life journey and story to this point. Does your story keep you focused on the past? Are you still a victim of your past? If so, choose today to reframe and rewrite a new empowering narrative that sets your spirit free.
- ♥ Reflect on an event or period in your life when you felt you were living fully on-purpose. What brought you alive? What environments support you in being your best? What was the feeling that came with living congruently on-purpose?

### **Your Destiny Declaration**

*True guidance is never found outside of yourself, but within. When the spirited warrior learns to trust their own inner guidance, they open the door to a lifetime of possibility. The key then becomes an unwavering faith in trusting the next step of the journey as it is presented, while simultaneously letting go of all attachment to a deeply held outcome. Remember that living fully on-purpose is an energetic state of being that you can harvest and create within yourself right now, by simply shifting your energy, attitude, beliefs and desires.*





## Chapter 12

# LEADING IN YOUR LIGHT

AS HEART-CENTRED DIFFERENCE MAKERS we are all being called to step up and share our gifts, service and light in a greater way. To 'lead in your light' means finding the courage to:

- Awaken your soul's true voice and purpose.
- See yourself as a leader and difference maker in your field.
- Follow and listen to the true calling of your heart and soul.
- Stand up for what you believe is true.
- Live a life that is aligned with your authentic spirit.

Most of all, it is an inner-calling and invitation to connect with your true purpose for this lifetime by igniting a greater and more significant vision of your future. While doing it in a way that enables people to receive your gifts, while also igniting a greater light in your own soul that can act as a powerful beacon of hope, joy and possibility for others.

A story is told of an elderly couple that lived most of their lives on a remote Scottish island with no electricity or power. Having lived in this remote place for most of their lives, the couple were surprised when one day there was a knock on the door from a gentleman who offered them a new residence on the mainland. Deciding to take up the offer, the couple soon moved into their new home complete with running water, power and electricity, and were amazed at how

the small 12-watt globe in the middle of their lounge gave light to the entire room. Years passed and the couple became accustomed to their new way of life, until there was another knock on the door from a salesperson from the local electricity company. As the man introduced himself and entered the house, he was bemused to see that the couple were still using an old 12-watt light globe which had long been outdated. Instantly he went to the light in the middle of their lounge and replaced it with a modern 60-watt LED globe, which now illuminated the entire house. The elderly owners stood in awe, somehow unable to comprehend how the same energy which had been running in their house could now illuminate the entire building.

Similarly, we all have access to the universal energy, which is available to all people and all things, the question we need to ask ourselves is “Am I willing to plug in a bigger globe?” Whether that globe is a vision for a new business, inspiration to follow a new career path, the desire to go back to university and do another degree, or simply the act of setting a greater intention for our lives, the moment we choose a bigger vision we also allow ourselves to become greater conduits for the energy to realise it. Just like the old couple in this story, the energy we need to rise and stand in our power is already available to us now, reminding us that to move from the ordinary to the extraordinary, we first have to plug in a bigger light for our lives.

## **PLUGGING IN A BIGGER GLOBE**

When legendary entrepreneur and innovator Steve Jobs received an insight to create the world’s first iPhone, where did that come from? When Michelangelo looked at a block of marble and saw the outline of David, where did his insight come from? When a young Wolfgang

Amadeus Mozart embarked on his journey of composing over 600 creative works, where did the inspiration and music come from?

As mentioned already, each of us is being called to tap into the greater universal, spiritual and soul level energy that is available to us through our consciousness. Each of us has a direct link and access to the heart of the Divine, we are all channels for this greater energy that is seeking to be expressed through our thoughts, actions, beliefs and behaviours.

The fastest way to ignite this potential is to simply plug in a greater vision for our lives. No greater emphasis was placed on the importance and power of a 'vision' than within the biblical scriptures. Habakkuk 2:2 says, "Write the vision; make it plain on tablets, so that he may run who reads it", while Proverbs 29:18 says, "Where there is no vision, the people will perish." Vision is the fuel that ignites the human spirit into action. However, often we default to thinking small and settling for less than we are worth. Yet, the moment we hold a higher possibility for our lives by choosing to see beyond the boundary conditions of our own thinking and awareness, we literally begin to engage our innate capacity to manifest miracles in our lives. After all, what is a miracle other than the capacity to envision, experience and allow something into our lives which was once considered impossible. And herein lies the true power of our thoughts and consciousness to create.

Plugging in a bigger globe means connecting to a worthy mission and vision that:

- Inspires your soul to greatness.
- Causes you to stretch beyond the limits of what is comfortable.
- Calls you to become more of the person you were Divinely crafted to be.

## **Plugging in a Bigger Energy**

**Human potential is only defined and limited by the boundary conditions we choose to impose on ourselves. Plugging in a bigger vision and image for your life will allow you to awaken and access the creative possibility of the universe.**

1. Find a quiet space where you will not be disturbed for at least half an hour. Today you are going to honour the creative essence of your soul by giving it the space it needs to dream, expand and rise fully into its potential.
2. Enter your quiet space with pen and paper handy, take a few deep centring breaths as you bring your awareness and presence within.
3. Imagine that now beneath your feet a ball of energy is beginning to rise from Mother Earth, up through your legs and deep into your spine. This healing energy is grounded and whole, and as you breathe it in it awakens strength, stability, faith and reassurance.
4. Now imagine there is another light emanating 6-12 inches above your head. This is the infinite essence of your soul, a bright expansive and unlimited light of pure potentiality. Today you are guided to breathe this energy through the top of your head and down through your spine, deep into your body, allowing it to fill your spirit completely like a beacon of light.
5. As these two energies and lights now begin to merge in your solar plexus beneath the navel, you allow yourself to feel and imagine your aura expanding with this light. There is no limit to your potential. You are a being of light with an unlimited purpose, presence and capacity to unfold greatness on this Earth.
6. Feel your light emanating into the world in an even greater way, as you access this infinite state of unbounded possibility. Once

you have connected with this infinite source of energy, reflect on the following questions:

- What is truly possible for your life?
- Who are you being called to become?
- How can you serve and make a greater difference?
- What is the next step to unfold this great vision and possibility for your life?



## FINDING YOUR SECOND MOUNTAIN

As an avid home cook, I've always been fascinated by the diversity and range of contestants that choose to apply for the television program *MasterChef*. What's been interesting to watch over the program's 17 Australian seasons is how every contestant manages to deepen their love affair for cooking, while also developing a truly authentic passion for food and a career in the industry. Especially, considering that many of them chose to leave traditional careers which were often influenced by the expectations and career ambitions of their family, rather than following the true calling of their soul. The result is often that doctors from India find themselves falling in love with cooking lasagna, burnt out and disgruntled lawyers give up six figure incomes to instead master the art of French choux pastry, while financial planners and accountants find their true personalities crafting sourdough and delectable desserts. All of them at some point found themselves re-evaluating their career paths and asking the big question "what do I really want to do with the rest of my life?"

Published in April 2019, David Brooks best-selling book *The Second Mountain: The Quest for a Moral Life*, describes how many people pursue a path that is often driven by the needs and expectations of

others. Too often, we feel we need to live up to cultural expectations to gain entrance into medicine or law, we see others making money in fields such as accounting and finance, and we settle for a path that we believe will make us look good and feel good, only to find that a part of our soul, heart and spirit is slowly dying. In the first phase of our lives, we often seek to climb the mountain of success and status, where the accumulation of position, wealth and material possessions is our driving force towards what we inherently believe will lead us to the happiness we seek. However, only later in seeing the emptiness in our hearts, do we begin to 'wake up' and start to honour the call of the soul which knows it is here to do more, and desires to find meaning and fulfilment on a deeper level. Here we find ourselves ready to seek out and climb the second mountain, a path that is grounded in greater purpose, impact, service and significance.

Unfortunately, many people get to the end of their lives before realising they may have been climbing the wrong mountain all along. Regret has an uncanny way of reminding us that it is our duty to identify what will bring us greater fulfilment and to then embrace the courage to manifest and bring our vision of that true life into being. Being willing to seek out and fully embrace your second mountain is one of the greatest steps you can take to creating more joy, fulfilment and purposefulness in life, as you learn to lead more fully in your light.

## Exploring Your Second Mountain

**Imagine yourself in nature on a beautiful trekking expedition. The path before you is easy and gentle. As you walk your life path, you sense and notice the guides and sherpas appointed to assist you on your journey.**

1. While this path is yours to learn, grow and evolve from, you have not been left to navigate it alone. Your guides have access to innate wisdom and the capacity to read the land, and the signs in nature around you. Simply ask them for guidance and they will be there to assist and support you on your way.
2. Today, as you look forward into the distance you notice a magnificent viewing platform. As you arrive at the platform, you look behind and you can now see and appreciate how far you have travelled and where you have come from. While the journey has not always been easy and there have been many plateaus and valleys, each step taken has awakened greater learning and insight. Even those choices and paths that may have seemed like mistakes have contributed in a meaningful way to your purpose, growth and development.
3. Here you take a deep breath and simply surrender into a state of gratitude, for everything you have experienced has made you more of who you are today.
4. In this resting place, your guide comes forward to show you the path to the great mountain peak and summit that is ahead of you. As you look towards this peak you begin to feel the energy of its presence, you sense that this mountain is beckoning you forwards, to experience more of your true self.

5. This is your 'Second Mountain,' the mountain of greater purpose, significance, impact and meaning. It is the representation of your soul's greatest desire and aspiration for this lifetime. It is magical and omnipresent, and it is calling your spirit forwards with a magnetic and undeniable pull.
6. Listen now to its call. Feel its presence and allow it to share with you the wisdom that it wants to unfold for your journey.
  - What is its highest wish and potential for you this lifetime?
  - Who are you being called to become?
  - What do you need to surrender or release from your hiking pack to make the journey lighter and more enjoyable?
  - What will be possible once you ascend and arrive at this peak?
  - What is the true realisation of your soul's destiny?



## ACCEPTING THE LEADER WITHIN YOU

History is filled with examples of ordinary people who at some point in their lives never felt like they were fully ready or capable of leading. To learn to 'lead in your light' means firstly accepting the call to leadership already within you, while understanding that even the most skilled leaders of our time have at some stage doubted their own capacity to lead. By accepting our humanity and holding a space of compassion as we learn, grow and evolve, all of us can begin to find and recognise the leader within, that aspect of our being which desires to make a difference and shine a greater light at this time.

To share our light and gifts in a greater way, we must be willing to accept our roles as change makers, messengers, teachers, creators, carers, wisdom keepers, healers and writers. We must be willing to

take up the torch and rather than hide it under a basket be willing to hold it high for all to see. Leadership expert Robin Sharma says, often it's the everyday heroes, people and 'leaders without a title', that make the biggest difference in our lives. It's the teachers, the nurses, the school crossing attendants, the taxi drivers, waiters and waitresses that can often leave us feeling inspired, grateful and blessed.

So today, I want to encourage you to see yourself as a leader even if you don't have an official title or role, even if you might be feeling you are not good enough or worthy enough. Because to lead simply means to care, connect and contribute in a greater way, with a desire to leave the world better than you found it. It means following your desire to do things with meaning and purpose in a way that fuels hope, and by loving what you do so much that people literally must stop and say, 'how amazing is that!'

## **MOVING BEYOND SUCCESS TO SIGNIFICANCE**

During the great resistance, a young and determined Mohandas K Gandhi assumed leadership of the Indian National Congress in 1921 with a mandate to ease poverty, expand women's rights, build religious coherence and end persecution of the caste of untouchables. It was a mighty mission for change resulting in intense backlash and resistance from the British government. However, in the face of that resistance this quiet and unassuming young lawyer found his remit, a burning desire to stand for what was just and right, that eventually led to a better world for his fellow Indian citizens. It is no surprise that even today people refer to him as the Mahatma or the 'great soul' and 'father' of India.

As heart-centred leaders and purpose-driven difference makers we must find our way beyond success and instead navigate our way to embracing our gifts and crafting lives of significance. In the

same way Gandhi was not driven by a drive for great wealth, a large house or a fancy car, we too can grow and achieve greatness when we consciously choose to focus our energy on making an impact, leading from the heart, serving with integrity, and making a bigger difference in our world.

According to leadership expert, author and speaker John Maxwell, “Every person has a longing to be significant; to make a contribution; to be a part of something noble and purposeful.” And it is this fuel that results from a deep sense of personal cause that ignites the way for the heart-centred leader to craft an empowered life of happiness, wealth and fulfilment.

So how do we craft a life of significance?

1. **Find a cause you really believe in:** The moment we look outside of ourselves and identify a cause that is greater than ourselves, we also unleash the energy necessary to lift us beyond self-importance to becoming a more meaningful and purposeful channel for life. When young entrepreneurs Jessica Jackley, Premal Shah, Matt Flannery and Chelsea Bocci set up micro-lending organisation *Kiva* in 2005, little did they know that their commitment to helping underprivileged business owners in developing countries would lead to a thriving endowment of loans totalling more than twenty-seven million dollars. What fuelled their pursuit? A driving passion to make a difference in the world by helping entrepreneurs in third world countries become self-sufficient via a hand-up, and not a hand-out.
2. **Focus on building a legacy that endures:** While legendary leaders know that they have a limited time on Earth, they also understand that they can still make an enduring impact even after they are gone. Listen to the words of a eulogy and you

will recognise that the speaker usually says nothing about the house the person lived in, how much money they had in their bank account when they died, or the type of cars they had sitting in their garage. Instead, you will hear a rich tapestry of stories about the impact they made, the person they became, and the difference that they brought to other's lives. So, what is your legacy, and how would you like to be remembered when you are gone?

3. **Making a bigger difference:** Impact is one of the most powerful and purposeful ways to expand our energy, amplify our legacy, and serve in greater ways. When our goals are focused on making a transformational difference to others and our world, then they have the potential to invoke and bring about great change. Our greatest limitation as human beings is that we often think and focus too small, when in fact we have access to an incredible innate potential to create and transform the world around us through our intentions, thoughts, actions and deeds.

## STANDING MORE FULLY IN YOUR LIGHT



*We must be willing to let go of the life we planned  
so as to have the life that is waiting for us.*

**JOSEPH CAMPBELL**



Finding courage to 'lead more fully in your light' is a process of awakening that will encourage you to expand into greater levels of being. The more we choose to awaken our inherent capacity for greatness the more we will be guided to step into a new identity that supports

the creation of the 'life' that awaits us. This move from the ordinary to the extraordinary is often cathartic as we learn to shed the old beliefs, paradigms and conditioning so that we can fully step into our most realised self.

Therefore, standing fully in your light means discovering greater levels of self-resilience and the willingness to own your authentic power, so that you can share your voice and vision in a greater way by:

- **Being willing to speak and share your truth:** In accepting your true purpose you will be called to honour and speak your truth, to stand up for what you believe, and to be an ambassador for light by speaking authentically and courageously from the heart.
- **Being willing to be seen:** Leading in your light is a process of revelation that will encourage you to step out of the shadows and stop playing small. It will inspire you to instead turn up in your space in an even greater way, allowing yourself to be seen more fully in your world.
- **Being willing to make a bigger impact:** As heart-centred difference makers we are here to use our soul gifts, talents and purpose to make a bigger impact in our world. An inspired creative vision empowers us with the energy and resilience we need to pursue our dreams and succeed.
- **Being willing to touch a larger audience:** As you awaken more of your soul's light and embrace greater courage you will find yourself called to share your light and message in an even greater way. The core mission of the human soul is to learn, grow and expand. It will encourage you to become a heart-centred messenger and leader that can touch more lives while being a transformational agent of change in your world.

- **Being willing to use your gifts fully:** There is an inspirational passage in the Christian bible that speaks of a man who was once afforded great talents by God but chose to bury and keep them safe. Standing in your light asks you to embrace your unique gifts and talents while sharing those gifts in a greater way that serves and impacts others.

## BE THE LIGHTHOUSE



*The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.*

**THE DALAI LAMA**



Once you decide to follow and accept your light, your next step is to find a way or vehicle by which you can share those gifts and talents with your world. In the same way that a lighthouse does not go chasing boats around an island, each of us is encouraged to understand that sometimes our role is simply to stand in our authentic power and shine our light brightly.

Consciously choosing to plug in a greater vision for our lives, simultaneously brings with it the need to create a transformative shift in our self-identity. To share a brighter, more purposeful and significant light in this world means we must also be willing to become the person that can hold that energy. As our energy and consciousness ascend to new levels we will also be encouraged to expand our belief of what is possible while we seek to realise our soul's unique plan for this lifetime. This pathway will encourage us to navigate the three primary levels of transformation:

- 1. Level 1: Personal Transformation:** Is defined as the capacity to create real tangible change and evolution at the level of personal consciousness. It is the unfolding of the human desire to self-actualise our highest destiny for this lifetime, a drive to grow, expand and evolve to become all that we were Divinely created to be. At this level of transformation, changing ourselves and ascending to higher levels of awareness helps fulfil a vital part of our soul plan and personal mission.
- 2. Level 2: Collective Transformation:** At this level there is awareness that we can never be separate from the collective consciousness of our family, community and nation. As we gather to work, create, organise, resolve problems and create communal solutions we instinctually tap into the greater creative intelligence and essence of the collective. And through honouring the aspirations of the group our own personal contributions, gifts and talents are amplified. This level of consciousness will encourage you to release dependence on the ego and instead discover how to weave your contribution with that of colleagues to serve the greater good, allowing everyone to rise into their light.
- 3. Level 3: Global Transformation:** At the higher levels of being, groups of collective light souls and communities emit a new resonance, energy and frequency for the planet. While we may believe that we work in isolation, when groups are aligned and visions are shared, a synthesis of empowering energy is created that can literally create transformational change on a global level. The energy that is created and held at these levels of consciousness not only impacts our world but also creates a vital upgrade of energy that can last well into the future.

This is why igniting your own light and becoming a transformational leader in your world is important right now. As you work on leading and following your own light, you unconsciously give others permission to do the same and the result is a growing tide of awakening and possibility, because a rising tide raises all boats.

## ACTIVATING YOUR LIGHT

- ♥ What does a successful life look like or feel like to you? What brings you joy? What brings your soul fully alive?
- ♥ Reflect on your goals, dreams and aspirations for the next 12 months. Where do you need to better align these desires so that they can make a greater impact on a personal, transformative and global level?
- ♥ If you had one remaining song left to sing over the next 10 years, what would you commit your life and destiny too? Why would dedicating your life to that be important? What would fuel that endeavour?

## Your Destiny Declaration

*Within you exists a light that can heal, ignite and transform your world. All of us are called to step fully into our power so we can shine brightly. There is nothing noble about playing small, your gifts, your talents and impact are needed now more than ever. Leading in the light is therefore an acknowledgement of the greatness that already exists within you. Be the lighthouse. Let your light shine before others and do not hold back, because you were born to be a great light in this world.*





## Epilogue

# FOLLOWING THE CALL OF YOUR SOUL

IN 2019 I HAD the wonderful opportunity of taking a spiritually guided tour through India, a place which has always had a strong connection with my family and ancestors. This trip back to the core of my English, Portuguese and Anglo-Indian roots saw me exploring some of the country's many temples, forts and sacred sites, and was a path of real awakening for my heart, soul and spirit. One of the special moments for me on this trip was visiting the site of Mahatma Gandhi's funeral cremation in Delhi, a place that is still very significant and important in Indian culture and embraces the quote at the beginning of this chapter, which encourages us to 'live as if you were to die tomorrow, and learn as if you were to live forever'.

What I love about this quote is that it acknowledges the great power we have, to make a purposeful and important impact by 'being the change' that we wish to see in our world. As mentioned throughout this book, we are each being called to become a greater channel for creativity, light and inspiration at this time. We are beckoned by our spirit to listen to our heart's wisdom closely, and to act on our inspirations and guidance in ways that allow our soul's path to become fully alive. For it is in doing what brings us alive and gives us purpose that we will return to the certainty, trust and direction that we have been longing for all along. The realisation is that

we do not need to look outside ourselves, blame the environment, our upbringing, our parents or education systems for the conditions of our life. Instead, we can simply begin to embrace what it means to be the ‘master of our own life, the captain of our soul’. And herein exists the greatest gift we can bring to our world at this time, the power of the human soul and spirit filled with greater joy, purpose and aliveness. An inspired soul that is ready, willing and capable to realise it’s highest destiny for this lifetime.

Hopefully, through this book you have come to better understand the nature of the great force of unconditional love, support and encouragement that works ‘through you’ and ‘within you’. There is a greatness within, a revered entelechy, that wants to be discovered and is waiting for you to fully realise and accept the great power, purpose and potential that is already within your hands. Each of us is being called to step-up and become the purposeful leader of influence that we were created to be. When we look within and find courage to surrender control of the ego, we begin to work in partnership with the great co-creative force of the universe, that wants us to succeed, grow and thrive. Thereby activating the gift of peace, abundance, fulfilment and purpose we have been searching for all along.

## **CREATING YOUR LEGEND OF LOVE**

If you’ve made it to this final chapter of this book, then you need to be congratulated! In a world where many find it difficult to get through a single chapter of a book, or even summon the energy, awareness and attention to consume a one-minute video, your dedication to your personal growth, development and learning is something to be valued and admired.

Together, along this journey we’ve begun to unpack some of the twelve key inner shifts in consciousness and awareness that are

most needed at this time. While subtle, embracing these shifts in your daily, weekly and monthly life will begin to open the door to even greater possibilities, opportunities and awakenings.

My desire for you as the reader, has been to help you understand that all of the life experiences you have had to date, the challenges, the mountains, the hills, the valleys, the pain points and the soul defining moments, have been gifted to you to learn, grow and become more of the amazing soul that you were created to be. Every experience has been provided to help you unravel and discover your own 'legend of love', the life script that will enable you to make transformative, and sometimes miraculous changes in your life, and the lives of those around you.

As you begin to understand the lessons from each experience you gain wisdom. As you gain wisdom your thoughts and actions change. As your actions change and become consistently aligned with your spirit and true self, they lay the groundwork for your soul's energy and potential to be actualised. And as you reach higher states of soul actualisation, your inner light begins to emanate more profoundly, you begin to shine brighter in your world, people notice this shift in your charisma and are drawn to your presence.

Your life is your gift, and discovering your unique 'legend of love' is your soul's greatest mission. When you are aligned with this mission you feel empowered and begin to make better, more enlightened choices that stir your soul, and lift your vibration, energy and potential into new levels of being.

So, how do you know if you're in alignment with your 'legend of love'? Here's just some of what you might experience:

**Greater alignment with your soul:** The more aligned you become with your soul, the more you start to experience greater levels of grace, ease and lightness. This is a sacred dance between your Divine potential, and yourself. A tango of the soul, where both parties must learn to embrace the unique qualities that each partner

brings to the dance. Therefore, when you align more fully with your soul you also awaken the deep inner wisdom, guidance and inspiration of your spirit.

**Begin to awaken your true potential:** Your soul is always in a state of growth and learning to become more of itself. When you choose to free yourself from the old limitations, fears, belief systems and paradigms that have held you back and kept you playing small, true freedom follows. Within this quest for greater personal, spiritual and professional freedom you will find yourself being inspired to share your voice, mission, heart and gifts in even greater ways in your world.

**Life takes on new meaning:** When you embrace 'Your Destiny Shift', life starts to take on more meaning. No longer do you settle for the status quo and mediocrity, but instead you begin to value and respect yourself in greater ways. You charge what you are worth. You stand up for what you believe. You work towards making this world a greater place for everyone, and in doing so you discover the path of the enlightened warrior, the hero or heroine that exists in all of us.

**You are filled with light and become one with your light:** The greatest gift for those who are willing to switch on a new consciousness is that they become greater vehicles for spirit. Your unique soul light, gifts and wisdom are needed now more than ever. When you open to your higher self's potential you allow greater inspiration, energy and creativity to flow through you, and from you. People are naturally drawn to your energy and light, and your gifts begin to have a greater reach and impact on those around you. As we consciously 'choose' to release the patterns and belief systems that have kept us a victim to our past, we gradually learn to take back our power, stand in our light, and find courage to sing our authentic soul song for this lifetime.

## AN INVITATION TO STAND MORE FULLY IN YOUR LIGHT

Hopefully this book has been an invitation for you to step more fully into your soul's true destiny and light. Each of us has a personal mission and role to fulfil, a unique sacred destiny which we alone have chosen to experience at this time in history, and your story, soul song and heart-centred contribution is needed now more than ever.

This process of *soul-centred awakening* will help you embrace the full potential of your highest and most actualised self, and as you begin to embody the 12 shifts presented in this book you will also consciously activate your soul's light at the cellular and DNA level. By learning to switch on a greater consciousness and purpose for your life, you will grow into being a greater vessel and channel for the grace, energy and light that is so needed at this time, and in doing so you will become a greater beacon of possibility and hope for others.

The ultimate purpose of stepping into your light is to be of greater service and contribution to humanity. As you apply the lessons in this book, you'll also expand your capacity for understanding, compassion, heartfulness, contribution and service, all of which have the capacity to activate a new Earth. And when another person connects with this deep vibration of expansion, growth and evolution the entire planet benefits. As the consciousness rises for all beings on Earth the barriers of separation between people are eliminated, bringing everyone into an expanded state of unity. And here in the absence of separation there is an awakened understanding that we are all indeed one with the great universal consciousness, love and presence of the Divine that flows through everything.

## MY WISH FOR YOU MOVING FORWARDS

As we come to the end of this book together, I have a simple yet profound wish that you would find the faith, courage and self-awareness needed to actualise your soul's unique calling for this lifetime. Because when you honour your truth and uniqueness by activating your gifts, your light ignites the path for others to do the same. What our world needs right now are more spirited leaders who have found the courage to awaken their sacred calling and voice, and who are willing to be agents of change in this ever-changing world.

Therefore, it is important to recognise that your sacred mission and purpose do not have to be overly complicated or profound. While visiting the holy town of Rishikesh in Uttarakhand, India, I was guided to seek out the Divine Life Society, the sacred ashram of the late medical doctor and Indian guru Swami Sivananda. What inspired me most about this place was the epitaph that had been engraved in stone on a plinth in the central courtyard that simply said, 'Love, Serve, Meditate, Realise'. Four simple words that evoked the entire philosophy of that ashram gathered over many decades. It reminded me how in the Western world we often choose to complicate our lives, believing that the path to self-realisation is outside of ourselves or beyond our control, yet never realising that the keys to greater happiness, fulfilment and insight have been in us all along.

As spiritual author and teacher Deepak Chopra says, we are living this life which is just 'a small parenthesis in eternity'. What we choose to do with this time is ultimately up to us, however at the end of our lives there will be an opportunity to reflect and ask, "Did I do everything I could with all that I had?". Only we will be able to answer this question. Which is why I hope that the inspiration, lessons and gateway shifts within this book have encouraged you to be, have and do more in your life. In 2011, Australian nurse Bronnie Ware spent numerous months caring for those at the end of their lives in

palliative care while writing her best-selling book *The 5 Regrets of the Dying*. Many of the patients she interviewed spoke openly about how they wished they had spent more time with their friends, invested less time at work, and their regret for not having found the courage to live a life that was true to themselves. However, the greatest regret for all of us would be to leave this Earth with our music still inside of us, not having sung the song that we alone came here to sing.

## THE JOURNEY BEGINS

So, while this book may be ending, the reality is that your true soul path and inspired destiny is only just beginning. It is here on the path we have met and shared time together, to be reminded that our greatest gift is our capacity to change reality, manifest our destiny, and awaken our greatness through an inner shift in consciousness. We are all called to deepen our capacity to ask the BIG questions, which implore us to act with greater courage, and make decisions that inspire our soul and move us forward.

Questions such as:

- Who am I really at the core of my soul?
- What is the highest work that I came here to do?
- Who would I become if time, money and fear were not an issue?
- How can I realise and manifest my soul's highest destiny for this lifetime?
- How can I switch on a greater consciousness?

When we are willing to ask and respond to these important questions, we will find the path to awaken our greatest lives for this lifetime. We will be reminded like the passage in the book of Matthew 5:14 that each of us is a light for this world, and that no one takes a light and places it under a bowl, instead they place it on a lamp stand where it gives light to the entire house.

So, dear friend, I am honoured that some part of your journey has brought us together for this fleeting moment in eternity, to meet and awaken the light of your soul. There is no coincidence that we have connected over these words, in this sacred space, for the purpose of awakening your heart and bringing your most beautiful work to this world. Therefore, I hope that you will leave this interaction feeling honoured, recognised and seen, filled with a blessing of encouragement that moves you to live more fully and thrive in your world. Most of all I wish you would find the permission and encouragement to know that your soul song, life, and message is needed now more than ever.

Which is why I pray this book helps you connect with the essence of the great being you already are, and the path of light that waits you. A path filled with grace, happiness, fulfilment and abundance, as you take the steps to realise your soul's unique destiny for this lifetime, and ignite the beacon of hope and possibility which is so needed at this time. Namaste.

A promotional graphic for 'My Destiny Coach'. It features a circular inset image of a smiling woman with blonde hair holding a globe. To the left of the image, the text 'My Destiny Coach™' is written in a large, bold, black font. Below this, a horizontal line separates the title from the subtitle: 'A Transformational 90 Day Mentoring Journey to Help You Awaken Your Potential and Thrive!'. To the right of the subtitle, a dark rounded rectangle contains the website address 'lesprice.com/my-destiny-coach' in white text. The background is light gray with abstract circular and curved lines.

Now that you've finished *Your Destiny Shift* it's time to start applying what you've learned so you can 'Craft Your Own Legend of Love' and thrive fully on-purpose. But where do you start?

All of us have an innate calling for greatness, a desire to express our soul's gifts and to realise our potential for this lifetime, and that's why I created My Destiny Coach™.

My Destiny Coach™ is a life-changing program for aspiring individuals, heart-centred business owners and purpose-driven leaders who want to awaken deeper levels of purpose, presence and impact in their world.

It will help you rise beyond the limitations of your past, live your most authentic life, awaken your innate greatness and stand more fully in your light.

Discover More About My Destiny Coach™ and  
Ignite a New Purpose For Your Life:  
[www.lesprice.com/my-destiny-coach](http://www.lesprice.com/my-destiny-coach)

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Helping Heart-Centred Purpose-Driven  
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**If there is a vision in your heart that you need  
to share with the world, we can help.**

At The Greatness Connection, we've created a series of transformational programs, resources and a global community to help aspiring individuals, heart-centred business owners and purpose-driven leaders make a BIGGER impact and THRIVE on-purpose.

Our programs help empower heart-centred difference-makers with the wisdom, insight and guidance to awaken their purpose, presence and influence, so they can activate their gifts and realise their highest potential.

So, if you're ready to take your life to a new level, make sure to visit the website and learn more about becoming part of the Greatness Connection community!

Join the movement and discover more at:  
[www.thegreatnessconnection.com/join](http://www.thegreatnessconnection.com/join)



# ACKNOWLEDGEMENTS

WRITING A BOOK LIKE this would not be possible without the support and help of some amazing people.

To my parents Alma and Henry, a very big thank you for the unconditional love, encouragement and support you have provided me over the years. It is through your sacrifices and dedication to living a heart-felt and principled life that I have become the person I am today, and for that I am truly grateful and blessed.

To my grandparents, thank you for your love, guidance and continual inspiration and support on this journey. Your courage, resilience and dedication to righteousness and willingness to take the path less travelled continues to uplift me and has been the wind beneath my wings.

To the many great teachers, mentors and guides that have walked the path with me and have shared their teachings, insights and wisdom along the way, including Christine Goritchan, Robin Sharma, Taylor Conroy, Jay Shetty, Pat Flynn, Robbie Samuels, Danny Iny, Christine Kloser, Claire Zammit and Marilou Masip. Through your light I have seen the way and have been inspired and affirmed to bring this book and its message to the world. Your example has provided me with the courage to honour my voice, believe in myself, and lovingly spread the message I am here to share at this time. Thank you for the encouragement, faith and belief you have shown me.

To my editor Kaitlan Sharpe, and the entire design and production team at Greenhill Publishing thank you for helping make this vision become a tangible reality.

I would also like to thank the many clients and friends whose stories and anecdotes inspired the messages in this book. We have encountered each other for a reason, and I feel privileged to have been a part of your individual and collective soul journey.

To my spirit guides, teachers, masters and loved ones who have walked the path of growth, learning and transformation with me, thank you for your incredible patience, insightful wisdom and unconditional love. This work has been a co-collaboration, and I am forever in awe of the way you work with me and through me to help bring greater light, love, healing and peace to this world.

Last, but certainly not least, a big thank you to all my readers. It is through your faith and belief in this work that we all get to be part of the great unfolding universal change that is taking place currently. I sincerely pray and hope that the words found within this book will not only touch your soul, but will ignite in you the courage, certainty and belief to share your light and presence in a greater way in this world.



# CONTACT LES PRICE

## ACTIVATE YOUR BONUS RESOURCES

ACCESS AND DOWNLOAD THE accompanying support materials, resources and meditation practices which have been created to help you get the most from this book. By registering you'll also become part of the Destiny Shift community and receive notifications of upcoming workshops, programs, online gatherings and support sessions.

To register and join the community visit:

[www.lesprice.com/destiny-shift-book-bonuses](http://www.lesprice.com/destiny-shift-book-bonuses)

## GROUP WORK, COACHING AND MENTORING

Les regularly runs coaching, mentoring and training programs both online and in-person to help heart centred individuals and purpose-driven business owners awaken their destiny, live more fully on-purpose, and accelerate their personal and professional results.

If you're interested in finding out more, please visit:

[www.lesprice.com](http://www.lesprice.com)

[www.thegreatnessconnection.com](http://www.thegreatnessconnection.com)

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## SPEAKING

Les speaks regularly on the topics of *Your Destiny Shift* and *Awakening Human Potential* to organisations, associations, expos and networking events. He can deliver a keynote, half day or full day training version of this content, depending on your needs.

If you are interested in finding out more, please visit the Speaking page at:

[www.lesprice.com/speaking](https://www.lesprice.com/speaking)

## HELP US SUPPORT DESTINY RESCUE



Photo by Aaron Santelices on Unsplash

If you've enjoyed reading this book, then please help us make a real difference by supporting children in need.

For several years we've been an avid supporter of Destiny Rescue, an Australian not-for-profit organisation founded by Tony Kirwan, which is helping rescue kids from human trafficking and sexual exploitation and equipping them to remain free.

Your donation could make a significant difference to the life of a child today. Follow the link or use the QR code to learn more about Destiny Rescue and to join our Greatness Connection lending team.



<https://irescue.com.au/o/greatness-connection>





## ABOUT THE AUTHOR

LES PRICE IS A transformational coach, speaker, author, energy healer and intuitive who has been helping heart-centred individuals, business owners, creators and leaders awaken their soul potential for over twenty years. He has worked extensively as a healer and coach helping people move beyond the fears, patterns and limitations that often keep them stuck, so they can liberate their life force, awaken their greatness, and step more fully into the life they were created to live.

In 1996, Les experienced a 'second calling' and 'awakening' after attending a transformational seminar in Hawaii where he realised that his gift was his ability to help people connect with Spirit and awaken the intuitive power of their soul. Today Les works with heart-centred and purpose driven difference makers, helping them connect to their unique sense of mission, and providing them with the tools, resources and confidence they need to heal their soul, awaken their spirit, and thrive on-purpose.

Les has a master's degree in Entrepreneurship and Innovation, and has been a senior university lecturer in Business, Leadership and Management for over ten years. He is an Ascension Reiki Master, Hypnotherapist, NLP Practitioner, Genome Healing Practitioner and certified Life and Business Coach.

Today, Les combines his extensive experience gained as a coach, consultant and trainer to help more people awaken their soul's destiny. He is known for his ability to engage, inspire and share insightful wisdom with audiences, and now speaks and runs programs internationally to help liberate and empower the human spirit and soul.

Les is based in Melbourne, Australia, and is founder of *The Greatness Connection*, a transformational coaching, facilitation and empowerment business that helps heart-centred and purpose-driven individuals realise their goals in an enlightened and visionary way.

For more information visit:

[www.lesprice.com](http://www.lesprice.com)

[www.thegreatnessconnection.com](http://www.thegreatnessconnection.com)

And connect with Les on Facebook, Instagram, Tik Tok and YouTube.



**Is there a calling in your heart for a life of more?**

**Are you at a crossroad or longing for greater clarity and meaning?**

The world has changed forever and with it there is a calling for heart-centred individuals to rise. Yet, in a world of abundant opportunity, why do so many continue to play small and struggle to achieve the success and fulfilment they really deserve?

In *Your Destiny Shift*, transformational coach, author and intuitive Les Price shares 12 heart-centred steps for awakening your calling, liberating your greatness, and crafting a life of purpose. Based on decades of exploration into human consciousness, personal growth and spiritual development, this book will help you reconnect with your soul's wisdom and thrive on-purpose. Best of all, it will help you:

- ♥ Discover new levels of clarity, purpose and meaning
- ♥ Awaken your soul's innate potential and genius
- ♥ Rise beyond fear, reclaim your voice, and find your authentic power
- ♥ Connect with the intuitive intelligence of your soul
- ♥ Craft a life of greater success and significance
- ♥ Share your light, message and contribution in a greater way

Are you ready to awaken your confidence, presence and impact? Discover the heart-centred path for living your soul's destiny, thriving on-purpose and crafting a life of fulfilment.

Les Price is a transformational coach, author, speaker, healer and intuitive. As a leader in awakening human potential, Les works with aspiring individuals, heart-centred business owners and purpose-driven leaders who are ready to realise their destiny in an enlightened and visionary way. Website: [www.lesprice.com](http://www.lesprice.com)



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