

# Welcome to Heal

It's exciting you're here as it has been quite the journey so far and you are about to peel away and heal at an even deeper level the heavy emotional layers you may be carrying.

You know those times when you have obstacles and get over them, but the same situation repeats itself and you experience the same lessons over and over. You may find yourself saying "This always happens to me!"

These meditations will show you how to break this cycle. You start with Releasing Past & Present Life Obstacles; cutting free from them; followed by getting to know the parts of your personality to help with creating change; meeting your guide who is a great support with guidance and setting things up for you behind the scenes; and the very important step in creating forgiveness.

Forgiveness doesn't mean the other person deserves forgiveness. You forgive because you deserve peace.

So your next meditation is Meditation 6 – Releasing past and present life obstacles. It's good to release obstacles that may be hanging on from a past life that you may not even know about. Enjoy.

## Meditation 6 – Releasing Past & Present Life Obstacles

Vows and promises which you may have made in this life and in past lives, can continue to carry forward in an energetic way into your now. Clearing these will help with releasing the self-sabotage which can happen when trying to create healthy positive changes in your life.

This meditation creates a healing in all directions of time, and for everyone involved. Anytime you find yourself struggling, repeat this meditation as I do, because releasing these obstacles will really help you with creating a fresh new start.

Relax and enjoy.

In this meditation you will affirm "I release, I let go, I am calm"



I set my intention to release all obstacles, vows and promises to allow the feeling of freedom in my life right now.

I wish to acknowledge and express my gratitude:

Music by Thaddius, *Temple of the Masters*, Temple of Healing Love. Design by Donna Chapman. Images by Kelly Hammond.

I wish to express my gratitude to the unknown source who channelled this information to me.

## Meditation 7 – Meeting Your Guide

Meeting your guide opens up a relationship with a dear friend who loves and supports you. Your Guide will show itself to you in a way which you will relate, or feel safe. So, for you, it may be a feeling, a glow or a shape rather than a clear picture. Give yourself permission to feel comfortable with how your Guide presents itself to you.

Can you remember times in your life when coincidences happened? When you thought something and then all of a sudden what you thought about appeared, or circumstances led you to the perfect path, meeting the right people at the right time.

Your guide is listening to your thoughts and feelings and works behind the scenes to coordinate things on your behalf. It's helpful knowing that you have a guide, because you can use this information to give clear instructions by letting them know what you would love to have happen.

Projecting fear of what you don't want to have happen isn't going to work. Instead express your thoughts to your guide starting with "what I would love...just to make sure you get it right."

### My experience:

My Guide is called White Cloud. When I first became aware of him he showed himself as a young American Indian man with two feathers coming down (not sticking up for some reason, which I thought odd at the time) on his head.

During a meditation one day, he came closer than he normally would, his face almost touching mine and he gestured that he wanted to show me his village. He moved away so I could see and oh my goodness it was just so lovely. It was evening, and his people were happy, dancing around a fire and having fun. I could feel White Cloud had such pride in his people. It was a really beautiful experience.

When I started to hold Workshops I couldn't find White Cloud and I started to feel anxious, because all I could see was this other man whom I didn't recognise. It turned out that it was White Cloud, and was relieved when he reassured me that he looked different now because I needed the chief within him, and showed me that he has many feathers now.



Then I got excited! I felt like I had just graduated.

### The Preparation:

- Think of something you would love to have happen ready
- Relax and enjoy.

In this meditation you will affirm: “I am happy.”

### I set my intention to meet my guide.

I wish to acknowledge and express my gratitude:

Music by Thaddius, *Angels*, Guardian Angels. Design by Donna Chapman. Images by Kelly Hammond. Sanaya Roman who channels Orin for her help with this lesson.

## Meditation 8 – Sub Personality (or parts of your personality)

Here we meet the different parts of your personality. You may have a fearful side, a confident side, a shy side, child-like side, parent-like side, an angry side and so on.

Instead of dismissing these parts of you, or wanting them to go away, we need to love them, and ask for their support in creating change. For example, you might want to address your shy sub personality. You see when you were younger, being shy may have protected you in some way, but now this isn't serving you, so you can work together with your shy subpersonality to help you feel confident and brave instead.

In the meditation you will meet with all of your Sub Personalities, but one in particular will want your attention. You will ask this Sub Personality how it has helped you until now. Then explain that you need their help and support to change how it handles things for you from now on.

You will suggest a new goal to work towards, for example staying calm, allowing growth, feeling confident etc., whatever change you would love from this subpersonality.

When you both agree on a new way of handling things, you will make a journey up a mountain, playing together along the way. When you reach the top of the mountain, you will both receive Divine Light shining down upon you, amplifying this new goal. You will merge together to become one again.

### My experience:

I visit my Sub Personalities quite regularly. Particularly when I have a big project I need help with. I call upon my confident side and ask “are you with me?” Then I feel her stand behind me and it feels so good to have her with me! “Yep, I'm right here!” she says.



On one of my Workshops on Soul Love, one of the attendees Matt wanted to sort out his Road Rage Sub Personality. Matt explained that during the meditation, he expected his Road Rage Sub Personality to show himself as a rough and tough bully like character, but when he showed himself, Matt said “he was a weed of a guy!” It wasn’t what he expected and we all thought it was hilarious.

Thankfully they both agreed to the new goal of staying calm and focused whilst driving. This was a long time ago, and I haven’t seen Matt in many years, but at the time he shared his driving experiences had been a lot less stressful since then.

### The Preparation:

Think of a part of your personality you would like to meet to work together. One which you would like to improve the way you handle things..

Relax and enjoy!

In this meditation you will affirm: “I am my own best friend.”

I set my intention to allow my subpersonalities to evolve with me and support my new goals.

I wish to acknowledge and express my gratitude:

Music by Thaddius, **Temple of the Masters**, Silent Majesty. Design by Donna Chapman. Images by Kelly Hammond. Sanaya Roman who channels Orin for her help with this lesson.

## Meditation 9 – Forgiveness

This process will change your life in ways you can’t even image.

You will be recalling a recent memory which has triggered a painful emotion inside. It’s important for you name that emotion, whether it be fear, anxiety, anger etc. because your body wisdom will take you to the most important memory connected to this emotion to work on. Memories will unfold, with the most important or easiest to work on first, which may lead you right back to the very first time you felt this emotion.

You will be communicating with the soul of each person involved in the past, giving you the opportunity to express what you need to express as the younger you and as the current you. And hear how they respond.

Keep going with these conversations until such time that you reach the point that you can forgive them. It’s not about them deserving forgiveness, it’s about you finding peace.

The next important process is to rewrite the scene in your mind in the way you would have loved the situation to have been. Your body wisdom will replace the old scene with the new scene in your mind which feels so much better inside. It doesn’t matter that you are making this all up! What is important is that rewriting the past helps bring you peace.



You will bring the feeling of forgiveness throughout time to your now.

Repeat this meditation as often as you need to, so you can feel the inner peace that you so deserve!

### My experience:

When I first discovered this process, I worked on the memory of the kids at my primary school bullying me. I was different to them, and they treated me like an outcast and of course kids can be so cruel, not realising the harm they are creating in others.

I now realise through this meditation, the reason I was different was that I had the most incredible loving and supporting family. These kids were not so lucky, so forgiving them was the easiest thing on earth to do. This was so nurturing for me. I didn't even realise at the time that I had been carrying anything from way back then.

I had a whole lot more layers which I needed to work through, this was just the first one, so I repeated it over and over – and new challenges still arise, but I'm quickly able to release the heaviness by speaking to their soul and rectifying how I feel far quicker than I once would have done.

IMPORTANT NOTE: You may need to spend more time on a particular step, so PAUSE the meditation to give yourself time.

### The Preparation:

- Affirm: "I no longer need to carry this lesson anymore!"
- Relax and know your higher self is with you, you are safe and surrounded by love.

In this meditation you will affirm "I am free."

**I set my intention to forgive because I deserve peace.**

I wish to acknowledge and express my gratitude:

Music by Thaddius, *Becoming your Soul*, Cellular Images. Design by Donna Chapman. Images by Kelly Hammond. The unknown source who channelled this information to me.

