A heart-shaped rock with pink, yellow, and brown mottled patterns lies on a sandy beach. To the left, white foam from a wave is washing onto the shore. The background is a vast expanse of wet sand.

Guide for empaths

Navigating life with more ease & grace

by Robyn E Gibson



About Robyn

Robyn is a Quantum Hypnotherapist, Spiritual Empowerment Coach and co-founder of Higher Communications. Higher Communications is an online, self-healing program of guided meditations, created in a visual way to make it accessible to everyone including the hard of hearing.

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Robyn has been practicing healing in many forms since the mid 1980's which includes Hypnotherapy to reach forgiveness, Past Life Regressions, Reiki Master, Advanced Pranic Healer and Reflexology. Robyn is currently studying to become a Light Body Teacher.

She is committed to assisting those ready to heal and embrace confidence in their own spiritual growth.

Introduction

My intention is to help you more easily overcome obstacles, let go of all the 'icky stuff,' so you spend more time feeling happier inside.

The practices in this eBook are easy to do and I encourage you to give them a go. It is firstly through personal experience, then observing the transformation in my clients that I am able to be so confident of the power to self-heal and how it impacts on others around you.

Your happiness is the best gift you can ever give.

Each of us have a soul, we are all same in that regard. Our lives may feel very different because of our life experiences, but we are all, each and every one of us, important and interconnected at an energetic level.

When we forgive, let go and release judgement of ourselves and others, we feel so much lighter inside. This is when your journey gets really, really good!

To love and look after you is the best place to start, so let's practice by affirming now:

**It is my dominant intent to love
and look after me.**

Affirming this often, every day will create a soft shift inside. It's like an intention to make kinder choices for yourself.



Ask for help

We are human beings experiencing life. These experiences can create a range of emotions which challenge loving ourselves. This is especially difficult when we feel ill with negative emotion.

There is a powerful energy source which we can call upon and ask for help. Some call it God, the Universe, Source, All-that-is etc., but it doesn't matter what that energy source is called, use whatever feels comfortable to you.

We each have one or more Guides we can all call upon and there are Angels and Archangels who will help us, **when we ask**. All we need to do is use our imagination, and express what we would love.

There is a difference between expressing what we would love, and expressing what we don't want. Feel the energy in your body expressing what you would love, then feel the energy in your body expressing what you don't want and note the difference.

Further on in this eBook I will share some prayers which I have found amazing, with personal stories of how they improved my life and helped me feel harmonious inside and create better outcomes for myself.

Uplift your thoughts

When we choose thoughts of self-blame, self-doubt, or anything negative self, it makes us feel awful. We all do it, so you are not alone here.

The first step to healing yourself is to be aware that it is your thoughts which is making you feel this way. We sabotage loving ourselves through our very own negative thoughts.

At the time it can feel impossible to change these thoughts, but you can, and thanks to Abraham Hicks who taught me how. The following, outlines two ways you can do this.

You don't have to think about that right now

Repeat to yourself over and over...

I don't have to think about that right now!

If it is such an important thought, you can always get back to it later, but right now you don't have to think about that.

Use a clock face

Another is using a clock face drawing on a page.

Write any negative sentence you keep running through your mind, in the centre of the clock face.

At the number 1 of the clock face write a sentence which is true, related to the sentence in the middle, but makes you feel a little better.

Then go to the number 2 of the clock face and write a sentence which is true, related to the number 1 sentence, but makes you feel a little better again.

Then go to the number 3 of the clock face and write a sentence which is true, related to the number 2 sentence, but makes you feel a little better again.

Continue in this way until you reach the number 12.

You would have started a momentum of uplifting thoughts which are true. Replace that old thought in the centre, with the one on number 12.



Centring yourself & grounding

The terms 'centring yourself' and 'go into your grounding' are both often used in meditation and spiritual practices.

Sometimes terminology can be a little confusing and doubt can so easily set in. I know, because with everything new I learn, I always ask myself this same question "Am I doing this right?" followed by a conversation of doubt in my head.

You will gain confidence as you practice, and just go at your own speed.

Centre yourself

Focus your attention on 'the part of you which loves,' when you do, you are centring yourself.

REFLECTION POINT:

Take a moment to practice, by focusing on that part of you which loves.

Grounding

The technique I use to go into my grounding starts with the focusing on that part of me which loves, then imagine sending that love down to the centre of the earth.

The earth loves us, and appreciates the love we send to her. She adds her love to yours and sends it back to the part of you which loves.

It feels like a loop of love from your heart, to the centre of the earth, with more love added, arriving right back to you.

REFLECTION POINT:

Take a moment to practice going into your grounding by focusing on the part of you which loves, sending that energy down to the centre of the earth, with earth's love added arriving back to you.

Sensitive people or empaths

When sensitive people or 'empaths' are in the public, they feel very deeply and are affected by the feelings and energies of those around them. This can cause one to become reclusive and it feels like a great burden. You can help yourself by learning how to keep other people's energy at bay.

It is likely if you are reading this eBook, you are a sensitive. **Sensitive people are important** and when you progress from protecting your energy to **projecting your power**, you become the leaders (not always known by the masses) who play an important role in evolution.

There are techniques you can practice to keep your energy field clear. Once you achieve this skill, you are then ready to project your energy in a very powerful way. This eBook will help you with the techniques to protect yourself, the meditations on my website **www.robbynegibson.com** will help with healing your emotional body, building your inner light and projecting your energy and light in a powerful way.

The first step in healing, we call upon the help of Archangels Michael and Raphael.



Shield your aura

We have an energy field which expands beyond our physical body called an aura.

Often, sensitive people can see and feel auras. I remember watching the colours surrounding people as a child, but only on certain occasions and in a soft light. I used to say to myself "My eyes are doing that funny thing again." The colours are not as vivid to me now, but I do feel them.

This energy field interacts with other people's energy fields. That movement of energy can leave us feeling either drained, distressed or energised depending on who we are with.

REFLECTION POINT:

Have you felt some people make you feel energised, and yet others may make you feel drained?

You can protect yourself being drained by others, by starting your day with an auric shield.

Auric shield process

1. Close your eyes
2. Imagine you are standing under a waterfall of light. This light is forming a bubble of golden light around you.
3. Say the following prayer.

*Divine protection surrounds me,
I send love to everyone I meet and that
love is returned to me multiplied.*

Archangel help

I have been calling upon Archangels Michael and Raphael for their help for over 30 years. I've never once seen them, or even felt them, I simply trust they are with me when I ask, and miracles have happened. There are personal stories which follow in this book and the feeling of release is all I need to recognise these guys have my back. In this book I will show you how they can help you too.

Archangel Michael

Archangel Michael has an indigo coloured aura, has a knight like appearance and carries a sword.

When called upon, Archangel Michael uses his sword to cut and remove cords of attachments, protects you from psychic attacks, and eases the pain stored in our bodies from emotional trauma.

An explanation of cords of attachments and psychic attacks follow in more detail, but with these cords cut and psychic attacks removed, you will experience a feeling of letting go which gives you the opportunity to heal and move on, or manage your situations from a more elevated point of view.

Important notes:

1. Love cannot be severed, so feel confident when cutting the cords between you and someone you care for, that your love will remain.
2. Once you cut cords with someone who has been energetically draining you, they may notice a shift and possibly respond with questions like 'why are you being so distant or cold?' without any real provocation. It is a good indication that the cord cutting worked and it may be necessary to continue until they become accustomed to this new feeling energetically. It is also a good way to release any parts of a relationship which are not serving you anymore.



Archangel Raphael

Archangel Raphael has an emerald green aura, and is committed to assisting humankind, specialising in helping us heal. When called upon, he heals and seals the wounds caused by psychic attacks and energises the area. He supports healers.

The Archangels action will always be for the highest good of all involved.

Psychic attacks & cords of attachment

How psychic attacks are created

Psychic attacks are energy draining and painful. They can feel like weapons in the back of your body. I expect the term 'being stabbed in the back' came from someone who articulated accurately just what it feels like to be attacked in this way. You will also find an etheric cord of attachment connected between people. You will intuitively know who this person is. You will feel lighter, less burdened and be able to move on or view situations in a more elevated way when you cut these cords, remove the psychic attacks and heal the wounds left behind.

There are three ways in which psychic attacks are created.

1. When you choose negative thoughts which weaken you, you have caused a psychic attack on yourself.
2. When you have unkind or judgemental thoughts of others, you have directed a psychic attack towards them.
3. When others have unkind or judgemental thoughts of you, they have directed a psychic attack towards you.

REFLECTION POINT:

You may recall what it feels like to receive a psychic attack. Is there a time in your past when you felt as if other people were speaking unkindly behind your back?

How to remove psychic attacks

You have the power to remove these attacks, simply by using your imagination and calling upon the help of Archangels Michael and Raphael. You don't need to see, hear or feel the Archangels. All you need to do is trust that when you call upon them, they will be there for you.

There are four important steps to complete your healing:

Heal your body first:

1. Call upon Archangel Michael to remove the attacks from your body.
2. Call upon Archangel Raphael to heal your wounds.

Then remove the attacks and request healing that you have sent to others:

3. Call upon Archangel Michael to remove the attacks you have sent to others.
4. Call upon Archangel Raphael to heal their wounds.

The following prayers are used to remove psychic attacks and to heal, seal and energise the wounds left behind.

I realise these prayers are quite long, but it's worth remembering them, so you can use them immediately you feel your energy draining.



Heal your body first

Call upon Archangel Michael

PRAYER:

Thank you Archangel Michael for disintegrating and removing all negative thought patterns, psychic attacks, psychic contaminations and psychic intrusions from my body, mind and feelings now.

Imagine all weapons are being removed from the back of your body.

Call upon Archangel Raphael

PRAYER:

Thank you Archangel Raphael for healing, sealing and energising my wounds now.

Imagine your wounds being healed, sealed and energised.

To complete the healing process, we need to also request removing the psychic attacks which we have sent to others.

Call upon Archangel Michael

PRAYER:

Thank you Archangel Michael for disintegrating and removing all negative thought patterns, psychic attacks, psychic contaminations and psychic intrusions which I have sent to others now.

Call upon Archangel Raphael

PRAYER:

Thank you Archangel Raphael for healing, sealing and energising their wounds now.

Helping others

If you recognise that others are looking drained and don't seem to be coping, with permission from the persons Higher Self, you can ask for assistance on their behalf.

I first used these prayers on one of my bosses. I could see she felt burdened and it seemed obvious to me that she was riddled with psychic attacks. Her shoulders were slumped as if she was exhausted and not coping well.

That night, using my imagination, I asked her Higher Self for permission to remove the psychic attacks from her body, and I felt her agree. I had a vision of them removing what appeared like pins throughout her body. I then imagined her healthy and clear.

The next morning when I saw her at work she was smiling and I could see there was a change in her. It was lovely to see that she had her spark back again.

Call upon Archangel Michael

PRAYER:

Thank you Archangel Michael for disintegrating and removing all negative thought patterns, psychic attacks, psychic contaminations and psychic intrusions from this person now.



Call upon Archangel Raphael

PRAYER:

Thank you Archangel Raphael for healing, sealing and energising this person's wounds now.

Imagine this person healthy and clear.

Self-healing practice

Are you ready to sustain a new level of peace and harmony in your life?

If you are feeling ill from negative emotion, this self-healing practice will help you. I always feel so much better afterwards. Give yourself at least half an hour for the process.

PREPARATION

To prepare, you will need:

1. A bowl of salt water
2. Sandalwood incense stick
3. The prayers below

Salt water

Place a bowl or wide mouthed container of water with a handful of salt in it. The salt will soak up all the negative energy. Keep the container for this purpose only from now on.

After the healing, throw the salt water down the toilet while saying this prayer:

Thank you universe for transmuted this salt water into love for the earth.

Sandalwood incense

Sandalwood incense assists with removing negative energy from your aura. The process is called smudging.

Stand, holding the incense stick and smudge your aura saying the prayers below.

THE PROCESS

I find it easier to stand in one place, moving around and around in circles, rather than standing still, moving the incense stick to spread the smoke. I accidentally burnt myself passing the incense stick behind my back, so turning around and around slowly is safer.

Standing:

1. Fill your aura with the smoke, lifting your feet to smudge under, around your body and above your head.
2. Imagine yourself standing under a waterfall of sparkling light, filling your body and energy field with light.
3. Imagine your guide and angels surrounding you, sending you light, protecting you, saying:

Divine protection surrounds me, I send love to everyone I meet, and that love is returned to me multiplied.

4. Call upon Archangel Michael, saying:

Thank you Archangel Michael for removing all negative thought patterns, psychic attacks, psychic contaminations and psychic intrusions from my body now.



5. Call upon Archangel Raphael, saying:

Thank you Archangel Raphael for healing, sealing and energising my wounds now.

6. Call upon Archangel Michael again, saying:

Thank you Archangel Michael to removing all negative thought patterns, psychic attacks, psychic contaminations and psychic intrusions I have sent to others now.

7. Call upon Archangel Raphael again, saying:

Thank you Archangel Raphael for healing, sealing and energising their wounds now.

Sitting:

Sitting now, you can call upon the Angel of Peace.

Picture an angel of peace standing in front of you who has come to assist you in creating inner peace. This angel embodies the vibration of deep peace. Feel yourself growing more peaceful in the presence of this angel, as if any burdens or problems are being lifted off of you.

This angel of peace looks you in the eyes and asks if you are ready to sustain a new level of peace and harmony in your life. If so, this angel offers you a flame of deep peace that you can use to expand your capacity to sustain a state of inner peace.

You might take this flame of peace into your hands and bring it into your heart, or let it grow large and surround your body. This flame comes from the highest of levels. It burns away all that is not peace, all the discordant thoughts, fearful emotions, and

bad memories.

Bring this flame of peace into any area of your life where there has been a sense of disharmony, imagining as you do that you are bringing everything into harmony with this higher vibration of peace. You might say to yourself,

*There is no problem.
There is only peace and harmony.*

Thank you Orin, who channels through Sanaya Roman for the meditation to call upon the Angel of Peace, and also the 'daily peace practice' which follows.

Daily peace practice

As you think about your day ahead, connect with your soul and ask to feel more of the deep, abiding peace of your innermost self. Grow quiet for a moment, take a breath in, relax your body, and open to experience more inner peace right now and throughout your day.

Allow the peace of your innermost self to permeate your mind, helping you to have a quieter mind and more peaceful thoughts.

Feel this deep peace calming your emotions. Let this peace flow into your body, allowing your muscles to unwind and feel more relaxed. Notice how much more peaceful, centred, and balanced you now feel. Note how your peaceful thoughts, calm emotions and relaxed body enhance the feeling that all is well with the world.

Let someone, or several people, come to mind while you are in this state of peace. Radiate the peace you are feeling to whoever comes to mind right now. Sense how it feels to radiate peace to others.



Picture yourself going through the day in this peaceful, centred, and balanced state. Think of the people you will be with today. Imagine yourself feeling peaceful around everyone, offering your peace to others in this way. Observe how you feel about people and how they respond when you are in this state.

Say to yourself:

I choose peace. I offer my peace to the world and all life in it.

Release your burdens using the Divine Light Table

The Divine Light Table I created when I was working in an environment where I felt I was being bullied by two people who were in a position senior to me.

I have never been particularly good at confronting people, and more often than not, felt more wounded by trying. I wanted the universe to deal with the situation on my behalf in the highest and best way.

My spiritual books are my immediate go to, to help me reach a solution, or find words which make me feel better. On this occasion after researching how to handle being bullied, I came up with the Divine Light Table.

And the universe did in the most extraordinary way!

From the very moment I had created the Divine Light Table, these two left me alone. Then, within months, one had changed position in the firm and the other resigned. When I found out, I thought "Oh my God, did I do that?!" Followed by "You guys are powerful!"

Miracles happen when your intention is for the highest good of all.

How to create your own Divine Light Table

I still use the Divine Light Table for myself and recommend it to my clients. It's a fantastic tool to have in your emotional tool box, and you can create one for yourself.

It's simply a page with a specific header and footer, and you write what you would love to have happen in the middle.

Header

Under the Divine Light of the highest order, under the protection of Archangel Michael, thank you for cutting and carrying away fears and emotions not serving me, dissolving blockages and past life contracts, and any beliefs which are interfering with my happiness, health and abundance.

Footer

Thank you Archangel Raphael for healing my wounds and the wounds of all others involved.

The body or middle of the page

When you fill out the middle of the table, make sure you frame your words in a positive way, for example write only 'what you would love,' and if you can't think of anything positive to say, just write the name of the person and leave it blank.

That's what I did that first time, I just wrote the names of the two people and left it to the Universe to sort out in the highest and best way.

Template on following page.



How the Divine Light Table can help you

Worry

Parents who are worried about their children can write what you would love for them on the Divine Light Table. Our children have their own journey to make in this life and it is difficult for parents to watch when they are suffering.

Releasing these painful feelings of worry from your energetic field can be relieved when you release them to the Archangels. You then have the energy to handle situations in a more elevated way which positively affects everyone.

Fear or hurt

If you feel fearful or hurt by people who you simply cannot avoid, hand those feelings over to the Archangels in the Divine Light Table, with your full intention for the outcome to be for the highest good of all. Notice the changes which take place, outcomes for the better.

Remember, this is not about blame, or wishing bad things upon another, it's about letting go, and requesting a change in the situation in the highest and best way.

Love yourself

Imagine the power of love starting with your core and spreading outwards.

You are worthy, and important and we need each other to feel this way, as this is imperative for our evolution. How beautiful the world will be when humanity realises each and every one of us are worthy, important, and our strength is – that we love.

Loving ourselves is the very first step. When negative thoughts enter your mind:

- Work on them as suggested with the clock face earlier and then go back to your centre, and
- Focus on the part of you which loves.

What you focus on becomes greater.

REFLECTION POINT:

Take a moment now to focus your attention on that part of you which loves.

This is who you really are, this beautiful being which loves.

Receive guidance from your Higher Self

Our ego is the part of us which can sometimes hold us back with fear, worry and doubt which can lead to the feelings of anxiety and depression. The Ego thinks it's in charge.

Our ego is important, as it has the responsibility of passing the messages back and forth, but it's your higher self who is in charge.

*Your ego is the mail clerk,
your higher self is the CEO!*

It is through our higher self where we can consciously have access to the higher dimensions of the universe.





Your higher self is reached when you focus your attention on your crown centre, by imagining a ball of light about 30cm above your head.

While focusing your attention on the ball of light, ask your question or ask for guidance finishing with the following prayer:

*Thank you higher self for your guidance,
I will step aside and let you lead the way.*

When you are feeling peaceful, you are naturally more open to receiving guidance, and it may follow with an 'ah ha' moment.

Ask for guidance and energy throughout the day

Remember to ask for guidance and energy from your higher self throughout the day. Focus your attention on the ball of light above your head, and say the prayer:

*Thank you higher self
for your guidance and energy.*

Turn an obstacle into an opportunity

Gabrielle Bernstein in her book, 'The universe has your back', taught me you can turn an obstacle into an opportunity. Thanks to Gabrielle, I use the following prayer:

*Thank you higher self for helping me
turn this obstacle into an opportunity.
I will step aside and let you lead the way.*

Imagine light from the highest dimensions coming through and you have mentally stepped aside.

When I first used this prayer, I was in the middle of renovating an investment property with my husband. Every day for five weeks I worked on the house, cleaning, painting and gardening. It felt like a really big job and in the middle of it we had a storm at the home where we live. The storm blew the far corner of our fence down. At the time, I thought that was the last thing I needed to deal with as Shane and I were both so busy.

Funnily enough, only weeks before the storm, I had thought about that corner of the fence. The water meter was on the inside of our backyard and I had figured a way to make it easier for the Water Corporation to access it from the outside of the property. To do this properly, the fence would need to be rebuilt on an angle. Did I manifest this?!





Remembering Gabrielle's prayer, I thanked my higher self for turning this obstacle into an opportunity, and mentally handed it over to the universe to sort out. Next minute, standing at the fence, the neighbour who shares part of the fence line was observing the damage and said he would fix it and all we needed to do was pay our share of the materials.

I then cheekily asked if he would please make the corner sheet go on an angle so the Water Corporation would be able to read the metre on the outside. It turned out he was excited at the mathematical challenge!

REFLECTION NOTE:

Take a moment to think of an obstacle if you have one, and practice by saying:

Thank you higher self for helping me turn this obstacle into an opportunity. I will step aside and let you lead the way.

Ask for guidance while you sleep

Doreen Virtue explains before we go to sleep is a good opportunity to ask to receive the answers and guidance for the following day. Thanks to Doreen, I use the following prayer:

Thank you higher self for showing me clearly and specifically what steps to take. When I awaken tomorrow, I will confidently know what to do. Thank you for the answers you give to me while I'm sleeping tonight.

This is my evening prayer and the outcome is amazing especially when I'm needing to prepare for an important project, like writing this eBook. I sleep feeling confident I will receive the answers as I need them the next day. It really helps.



Ask for guidance through automatic writing

Automatic writing is a wonderful way to communicate with your higher self, and for reaching the highest dimensions to receive wisdom. It helps with making important decisions and receiving guidance.

I learnt this process from Doreen Virtue, and at the time, my parents had not long passed away, and from personal experience, automatic writing also helps with healing grief.

It seemed simple enough which gave me the confidence to give it a go.

The instructions were to have a pen, some paper and say a prayer. I recommend you also include tissues.

My experience

I asked for my mum first.

“Are you there mum?” The moment the pen touched the page, I knew she was there. I heard her instantly, in her voice clearly in my mind. “Oh yes!” She was answering me and a conversation followed. I was on my third page when the mobile rang.

I stopped my questions to my mum, and answered the phone because I knew the call was important. It was from a dear friend who had been trying to fall pregnant. It had been a very long, stressful journey for her and I knew she was going to need me to comfort her. As suspected, her last chance had failed and she was devastated.

I eventually went back to the page to chat to mum, and explained to her that it was my friend on the phone, (mum knew her when she was alive) and told mum why she was devastated.

My mum immediately responded with “There is a boy on the way for her.” At the time I thought that was impossible, but four years later, through a surrogate, a little boy was born.

Dad’s conversation was fun too, he couldn’t help but show off and tell me that yes, he follows me on my adventures, but how he visits other planets as well! But it was mum’s conversation which proved to me this process is absolutely for real.

PRAYER:

Source of all creation, please create a crystalline temple of light to surround me. I invite my high level guides, masters and great beings of light to please join me. Please fill this temple with the highest, brightest most radiant light with the raised vibrations needed for my healing and my growth.

Please help me hear, feel, see and conceptualise your divine guidance, and thank you for the answers you give to me.

I now practice automatic writing almost every day, and sometimes several times a day, for almost every question and every subject which I need to address.



For example, I say the prayer, whenever I am:

- Creating (for example I say the prayer before I commence all facets of my work.)
- Needing guidance of any kind.
- Writing my lists, planning each day, week, month and year. "What must I focus my full attention on today?" What do I need to complete this week? What are my ideal goals for this month/year?
- Whenever I am frustrated, angry or hurt, I ask how I can change to improve the situation.

It ensures I am reaching for the highest perspective, receiving and allowing the highest wisdom.

You may find the following ideas may be helpful to you.

When faced with difficult situations

Ask your higher self for the ideal guidance and request they bring you the resources, ideas, connections and everything you need to handle it.

Do you have a responsibility which has become a burden to you? Ask your higher self to show you a new vision of this area that allows you to either release this responsibility or find a more energizing way to fulfil it.

Loving yourself made easier

Ask your higher self what is something simple that you can do right now to express more self-love in the way you take care of your body.

Self-love can come from giving to others. Ask your higher self what you can do, for someone that truly empowers them.

Wanting to improve your home, or environment? Ask your higher self how you can change your environment so it better serves you.

Improving a relationship with someone

If you have a problem with someone, or keep blaming other people for your experiences, it is you who needs to change. Working out what that change is, is your first step! Your higher self can help you.

When I have challenges with my most precious relationship, Shane, my husband, I always practice automatic writing.

I understand that blame has no value in a relationship, and the only way a change is going to happen is:

- To determine how I have contributed to the situation, and then,
- Ascertain what change **I need to make** to improve the situation.

Automatic writing comes in real handy in answering those questions.

The most bizarre thing occurs... I hide the letter, and for the strangest reason, at the most perfect time, Shane will come across it. He comes to me and with genuine concern, he asks "Are you okay?"

By then I'd completely forgotten about the issue and got over it months ago.

This is where the paragraph in the prayer comes in perfectly "...that will carry blessings to me and to anyone who may read them."

Because it really does!



Hand your lists over to the Universe to do

Abraham Hicks taught me that when you find your list of things to do overwhelming, hand them over to the universe, by heading your page with 'Universe to do.'

For every single one of my lists, I have the Universe To Do on the top, and at the bottom of the page, I also include 'for the highest good of the earth, the universe and all beings everywhere'.

This process helps with surrendering and letting go of the outcome.

If for any reason something on the list doesn't manifest, or not in the timing you had hoped for, then it clearly was not for the highest good.

After creating your list, you can relax and know the Universe has your back and will handle things behind the scenes to help you.

Surrendering and relaxing is the aim, as while we are in this good feeling state, our vibrations are high, and life flows and things happen with so much more ease and grace.

I am always amazed at how often I check my list and I am ticking them complete.

How would you love your next 12 months to be?

I remember at times in my life journey expressing with such frustration "I don't know what I want!". If this is you right now, I'm hoping to help you move forward by encouraging you find clarity, by asking for guidance through automatic writing, then touch base with the future 12 month you.

There are three steps:

STEP 1

Say the automatic writing prayer, asking **"What would I love to have happen in the next 12 months?"**

STEP 2

Write what comes to you. You have created a list from your higher self.

Put **'For the universe to do'** at the top, and **'For the highest good of the earth, the universe and all beings everywhere'** at the footer of your list.

STEP 3

Using your list, write a letter to yourself from the 12 month future you.

It's a bit like a diary entry 12 months from now, excitedly sharing what has happened in the past year.

As the year progresses, practice automatic writing to receive guidance on what actions you need to take, and to help you when you feel you are facing obstacles.

Trust in the guidance you are given, act upon it, then watch the magic happen.



My experience:

When I first moved to Mandurah, Shane and I had been travelling for 7 years around Australia in a caravan. We found work as we travelled around. It was the best fun ever.

The birth of two grandchildren and an investment property which needed renovating, inspired us to base ourselves near our family and take care of business with this house. We could park the caravan in the back yard because there was access and still live in it until we finished renovating.

Our intention was to either sell it or rent it out again and then find the ideal home for us to live in.

One of the days when I had tradesmen through the house, there was rubble, dust and loud banging, so I sat in the our caravan and after saying the prayer, I listed all the things I would love to have in my future home and what I would love to have happen.

The list went something like this...

For the universe to do:

- **I would love our home to be walking distance to the beach.**
- **I would love to be surrounded by a great group of women.**
- **I would love to sell our caravan and buy a boat.**
- **I would love to create a sacred service.**

For the highest good of the earth, the universe and all beings everywhere.

Then I wrote my letter twelve months ahead in time, which started with "Oh my God, what an awesome year 2014 turned out to be!" Briefly (because I do tend to waffle), the letter went on to say that all of the above on my list had happened.

I found the letter by accident, just after 12 months had passed, and this is what had actually happened...

Renovating this house was physically demanding and a challenge because of the heat, and I found my attitude from the start was not helping me get through. Shane was working full time, so it was up to me to do the renovations. I decided to use the word 'love' as my mantra. Every strike of sandpaper, every stroke of paint, every shovel I dug, every rock I hit, every grind of rust – love, love, love.

We renovated the house completely, new everything, and I realised I had fallen in love with this home.

Now, you would think one would have known if you had purchased an investment house walking distance to the beach, but we hadn't realised. I knew the beach was somewhere. I was full time going from the hardware store, grocery store and back that year just to get the damn job done.

I was out the front yard gardening one day, and one of the neighbours, Roland walked across to tell me how great the front yard was looking. He mentioned to me "Isn't it great that we are so close to the beach." I responded with "What?! How close are we?" He said, "7 minute stroll." I couldn't believe it. Apparently Madora Bay comes inland quite a way and we were at the closest point! We were both so busy getting the house sorted, we hadn't considered investigating how close the beach was.

Our new home is walking distance to the beach – tick.



When we had finished most of the renovation, Christmas was coming, and I felt confident the neighbours would like to know the result of all that activity, and have a sticky beak inside. So I created an invitation for a Christmas party and delivered it to our immediate neighbours, saying to feel free to invite any other neighbours they would love to invite.

The party was such a success, that one of the women said, let's get together again. Everyone seemed to get on, so we organised another gathering and now we get together almost monthly. I had surrounded myself with great women!

I am surrounded by a great group of women – tick

We had our caravan on the market for a while, but it wasn't moving. I was given some advice to put it on gum tree and make it a swap for the kind of boat we would like.

I did, and we swapped it for a beautiful boat.

We have sold our caravan and now own a boat – tick

I have been studying under Orin and Daben for about 30 years, and was drawn to the Awakening Your Light Body: Keys to Enlightenment course (orindaben.com). I started this particular course when we first arrived in Mandurah. This work really helps with determining your life purpose, and I felt strongly guided to create meditations very specifically to let go of burdens, heal emotions and show others how they can protect themselves from the negativity of others. All of a sudden, I became a writer and loved it!

I was practicing one of the Light Body Meditations this day and was given the message from my higher self that I must make the meditations available to the deaf. At the time I thought "How on earth am I going to do that?"

So, I visited Marie, a precious family member who is hard of hearing, and we discussed what would be required, and I left still thinking "How on earth am I going to do that!"

Thank goodness for a talented family, because thanks to my amazing niece Donna Chapman who is a graphic artist genius, she knew exactly what to do.

The result became the most amazing program of 17 meditations in movie form called 'Higher Communications' with the most beautiful images by Donna. We are both so proud of our work.

I have created a sacred service - tick

How to relax and allow

Prayer to collapse timelines

Patience has been a little bit of an issue for me, and I can sabotage the 'allowing' process by focusing my attention on how long things take.

I find saying the following prayer helps me relax, and accept that everything that is meant to happen for my highest good and will happen in the perfect divine timing.

Dear God/Source,

If there are any timelines which are no longer appropriate for me, and not serving my path, please collapse those timelines, so that the highest possible timelines present themselves to me.

Thank you, thank you, thank you.



Keep your vibrations high

Regular quantum in breaths of allowing during your day

Take a deep breath in, and say in your mind "Quantum in breath of allowing." The breath plays a very important role in allowing wisdom to be received, so why not make it a quantum one! Give it a go, it feels really good.

Speak only the good news of your day

Abraham Hicks teaches that what we think about or focus our attention on we are manifesting. Our brains are a muscle, and practice is required to train yourself to mention only to good stuff.

It's a very short lived sense of satisfaction downloading your woes on another and the long term affect is your issues will keep coming back to you until you choose to make a change.

Focus on what you are grateful for

It's so easy to take for granted those of us who live in a safe country, have abundant food and are surrounded by love. I have a gratitude list, which includes, among other things, my family, the stars, our tent and ice-cream. It's fun to do.

Affirmations

Having a list of affirmations available to you is kind of fun to create, but my favourite which feel covers everything is "Every thought, every cell and every atom of my being is filled with quantum light and healing energy."

Meditation

It's common knowledge that meditation helps with lowering your blood pressure, allowing a sense of peace and giving yourself time out from the world.

What is less known are there are meditations specifically created to strengthen your emotional body, build a pathway to reaching the higher levels of consciousness and help with evolving your spiritual growth to the next level.

*The stronger the light is within you,
the more powerful you become.*

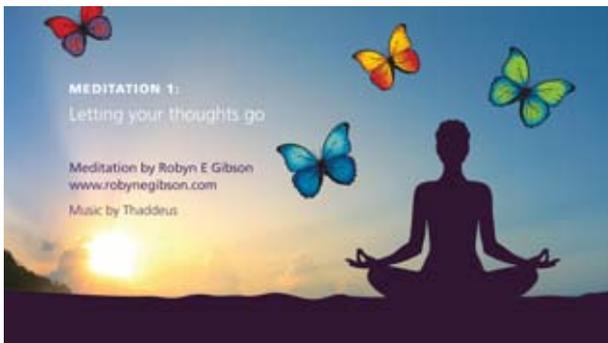




Module **ALIGN**

Experience the feelings of harmony and clarity as you clear your energy centres; calm as you release your burdens, pain and fear; serenity and expansion as you draw light into your body; and the inner knowing and confidence which comes from connecting with your Higher Self. Open yourself up to allow positive change, a confident direction and massive shifts in your life.

The meditations in ALIGN are described briefly below.



1. Letting your thoughts go

You will focus on your breath, relaxing your entire body gradually, taking deep breaths until you feel peaceful, relaxed and comfortable. You will allow your thoughts to come, and allow your thoughts to go. You will do so with ease, as you watch them follow a butterfly as it flies away.



2. Walls of colour

Step into vibrant walls of colour and beautiful images. As you do, you are clearing and aligning your energy centres (also known as chakras.)

We tend to close our energy centres to protect ourselves when in stressful situations. By suppressing our emotions and keeping our energy centres closed, we are creating strain on our immune system.

This meditation is an ideal practice when you recognise you need to clear and align them.





3. Release burdens

This practice will help you let go of the feeling any burdens, pain and fear. You will be guided to place these obstacles into a bag to be released, turned into particles of light and watch them fade into nothingness.



4. White light

You will draw in light into your head to take away anything hurtful you may have experienced and remove unkind thoughts, leaving only love. The light travels to your heart and expands like the sun reaching, your arms, hands, and feet, until it fills your whole body. Whoever you touch today will be touched by love filled light.



5. Higher self

You will confidently connect with your very own higher wisdom, your higher self.

You are not alone on this life journey and the guidance and love you receive from consciously connecting with your higher self is unconditional and opens doorways to wonderful new life experiences.

You will receive messages of wisdom and guidance by way of an inner knowing, inspirational thoughts which will come to you at the right time. You will recognise these thoughts as coming from your higher self, as they will be loving, unconditional and for the highest good of all concerned.





Module **HEAL**

Experience powerful shifts as you release obstacles in the form of vows, promises and thought forms from all directions of time, supported and loved as you meet with your personal guide; allow positive change in your life by working together on the same goal with the different parts or your personality, the feeling of freedom after having released the heavy emotional attachments of the past.

The meditations in HEAL are described briefly below.



6. Releasing past & present life obstacles

Feel profound shifts as you practice releasing and clearing past and present life obstacles. You will be clearing any vows, promises, thought forms and obstacles in all directions of time.

Obstacles can be collected at any time in your life journey, and this meditation is ideal to release them, particularly when you feel uneasy, and you not sure quite why.



7. Meeting your guide

By consciously connecting with your guide, giving clear goals, you will receive the ultimate support in achieving them.

Your guide sees the bigger picture and knows how to best serve you, where you only see the tiny steps of your life's path. You are not alone as you have your loving guide with you every step of the way.

Your guide is with you always, supporting you and helping you, like your very best friend.





8. Meet your sub personalities

We each have different parts of our personality. For instance, we may have a rebellious part, a childlike part, a parent like part, a fearful part, a shy part, an angry part and so on.

Whenever we have created a new goal of healing, personal growth, or spiritual growth, we need to make a connection with our personality parts to enlist their support. Sometimes they are stuck on an old goal which may have served you when you were younger, but you have grown and have new goals in which you need to work together to achieve.

Positive change is so much easier and achievable when you have all your personality parts focusing on the same goal and on your side.



9. Forgiveness

Release the heavy emotional cord of attachment from issues of the past. Forgiveness does not condone another person's bad behaviour. What it does do is create peace in your heart.

Your body wisdom creates a healing inside as you rewrite the past, replacing the old painful memories with a new uplifting ones. It doesn't matter what is real and what is not, as long as you feel free in your heart, body and soul.

As the cells in your body regenerate, they will be doing so with the new good feeling memories inside.

The method in this meditation is also called 'age regression', and healing and growth can only be achieved by cutting free of all heavy emotional attachments from the past.





Module **EMPOWER**

Feel uplifted as you replace negative beliefs to ones which nurture and serve you; expansion as you project love to your emotions and from different parts of your body; empowered as you recognise and release the drama of others; encouraged and supported by the wise future five year you.

The meditations in EMPOWER are described briefly below.



10. New Belief

Beliefs are a collection of thoughts which you keep thinking.

Before you commence the meditation, you will have chosen beliefs which nourish and inspire you, to replace the ones which are not.

You will fill your 'Book of Beliefs' with beliefs which truly inspire you and ensure you realise the special beautiful Being you truly are.

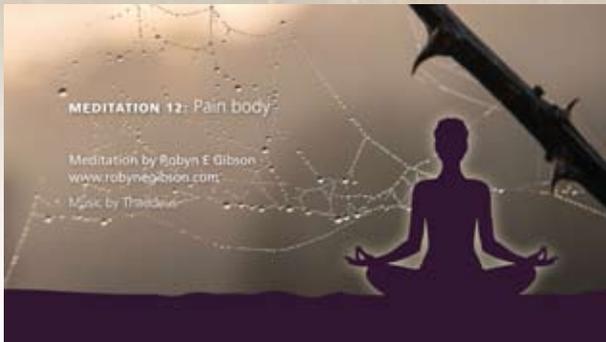


11. Projecting love

You will be guided to the different ways to project love from your body and how that feels to you. You will send love to your painful emotions, as this is how to transform them into a higher expression.

You are becoming more sensitive to the energies around you, and discovering how it feels when you are projecting the energy of love in different ways.





12. Pain body

Recognise and release the pain in others in a detached way. Through a series of experiences in this meditation, you will, in a safe way, practice observing and recognising the drama of others without attachment, cut and send love.

Protect your emotional body and create profound changes in the way you respond and feel. This practise is your protection when faced with people who are projecting unloving behaviour towards you.

This Meditation created the most profound change and an enormous shift in my life of which I am infinitely grateful.



13. The future five year you

The path of the wise future five year you is important. You make a commitment to support this path, which is light filled and inspirational.

Whenever you find yourself feeling overwhelmed or are in need of encouragement as you make this journey, call upon the guidance and love of your very own cheerleader and mentor, your future five year you.





Module **INSPIRE**

Experience how it feels to master caring for your body in an energetic way; communicating in a telepathic way on the level of soul, expansion as you call upon the divine light and love from the source of all creation, filling and cleansing you and making you whole; projecting this divine light and love outwards to the earth and all its beings; conclude with the powerful I am's transformations you have become on the path of this journey of expansion and love.

The meditations in INSPIRE are described briefly below.



14. Awaken the inner healer within you

We each have the ability to care for our bodies in an energetic way. You will be guided to recognise and clear blocked energy in your body to allow the flow needed to assist in its healing.

You will determine if having this pain has somehow served you in the past. If so, you will clear this need in order to heal. Your inner healer will also assist you with encouragement to take positive action and create healthful habits which will help with the healing process.

You deserve to have a healthy, energy-filled body.

Affirm loudly **“I am ready to have a healthy energy-filled body”**.





15. Soul level communications

Communicate telepathically on the soul level to the higher self of another. This practice is particularly useful if you need to communicate a sensitive issue to another.

Speaking to another's soul may be the ideal option to avoid painful confrontations and yet be able to express what you need to say, and the information be received in the highest possible way.

My practice began on my very sensitive husband who has a tendency to overreact.

I have been practicing this way of communicating difficult subjects with him for well over 20 years with the most incredible results.

Only recently he asked me why I thought we didn't argue. When I explained to him that if I had a problem with him at all it would hurt him deeply, so I communicate any issues straight to his higher self. He was relieved, and not at all surprised.



16. Expansion of divine light and love

You will call upon divine light and love from the source of all creation, to cleanse you and make you whole. You will then project this divine light and love outwards to the earth and all its beings.

You will be joining many thousands upon thousands of light-workers around the world who are also meditating to uplift the energy of the earth and all its beings.

You are a light-worker and by you shining your light, you play an important role by contributing to waves of mass harmony, light and love in this world.





17. 'I am' meditation

The final meditation, the I am meditation highlights all you have become on this journey.

Inner strength, serenity and unconditional love, joining millions and millions of people raising the vibrations around the world expanding.

Everyone expanding – for each other.

