

*"Everyone is handed adversity in life. No one's journey is easy. It's how they handle it that makes people unique."*

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## Boredom of Enlightenment

Before I introduce you to a relevant case file, there are a number of aspects I would like to cover as a lead-in. I'm going to be covering a lot of ground so strap yourself in and hang on to your ruby shoes as you may need them to get home. I also need to remind you that what I offer here, is an interpretation of our experiences of life and the work we do.

I have described many times how disease and disharmony are indicators we have strayed off our life path as a human on this planet. To some extent this is true and yet there are also many instances when we also choose to experience a disease or some other imbalance as part of the exploration of life. It sounds crazy I know, but the more work Chris and I do in this field, the more we recognise that life on Earth has very little to do with spirituality. Now that may shock some people, but bear with me as I try to explain my point of view.

There are many aspects to life on this planet and yes there is a spiritual component. What has prompted me to address the topic here, is all the excitement, confusion and even hysteria, over the supposed changing energies affecting the planet at this time. Sorry, but I just don't get it...I just don't see it. Some energies are constantly changing, while some frequencies have been around us for aeons and it's just the individual that changes. It's a bit like someone who has a cataract operation and again recognises the colourful world around them...it's always been there. If we were to believe the information being put forward at this time, the human race is at the crest of a tidal wave of change that will save the planet and all of humanity. The language is couched in terms such as 3D physicality transforming into 5D non linear plane vibration, accessible to everyone, whatever that means. All enhanced by blue moons, full moons and lunar eclipses. I say it's bunkum. If you feel like the planets are not aligning for you, then you're not alone, and you're not doing anything wrong.



I suggest that for humanity to change, tolerance and compassion need to be learnt by everyone. That's tolerance to different views, races, sexual orientation, religions, skin colour, and origins, whether from this planet or other. Considering that intolerance is deep within most cultures, it will take a number of generations to change, and I don't envisage that happening any time soon.

Of course we could always just stick our collective heads in the sand and hold out for divine intervention, which is what a lot of people expect to happen. The problem with that is, you leave your backside exposed as a target for those who may be less enlightened. From my perspective, one of the big problems with the grand changes that are supposedly occurring, is that many people are not experiencing it and believe therefore, something must be wrong with them. Why am I not getting it? What am I doing wrong? Why is there so much chaos around me? Why am I not connecting to the light? We hear it all the time, or words to that effect.

Then there is the flip side of those who are constantly exhausted by changing energies as they believe they are the lightning rod of change. In my opinion, these same people are putting the cart before the horse in that they have yet to accept being human, or understand the human journey. Now I'm not trying to be all doom and gloom. Yes the planet is in a state of evolution, there's no doubt about that, but I believe we have lost sight of why we are here. We are here to experience a human life, in a human form, for our own unique reasons. And yes, there are many people on this planet that have arrived for the sole purpose of advancing human evolution. However, most of them are doing it without even knowing or with little fanfare. There are also those who experience hardship and still contribute to that evolution in a very, positive way, teaching us tolerance and compassion.



The flip side, and this is where we risk having our backsides kicked, is there are just as many people who claim to have direct communication with God or some realm of light or ascended master. These same people have the potential to create untold chaos. Sadly, we do come across this from time to time. There are some therapists and mediums who blindly accept whatever they are connecting to as the Divine, whatever interpretation you want to give that realm. These same people have the potential to connect their clients and followers to very negative and misguided energies in complete ignorance. Some of these energies can be downright demonic at times and have the potential to create untold damage in a persons life. I can't prove this and I'm certainly not going to name anyone here, but we do have clients that will recognise what I'm saying as true.

We have worked with people helping to extricate themselves from some very nasty energies, from sources that may surprise you. I'm going to be totally honest with you and admit that yes, it's possible that we too could introduce unwanted energies to a client if we drop our guard. At least we recognise it and take steps toward the safety for all those involved. Chris and I are constantly reviewing our procedures; constantly asking the questions that challenge our own thinking. We do not rely on unconditional trust, as that's a slippery slope in my opinion. Just trust, believe in the light, everything will be ok...nope, no thanks, I will exercise my own judgement thank you. We were all given an analytical mind for a reason.

When I speak to other therapists and those working in the realm of spirituality, for want of a better term, there is a significant element that refuse to acknowledge this potential downside. They believe that they are totally protected. They refuse to recognise that there is the potential to connect to energies that are less than benevolent. In fact I have met people who do not believe in any such thing as misguided energies at all. Referring back to the analogy of collective heads in the sand, this again is where we can get our backsides kicked.

What I'm trying to say is that just because a person labels themselves as a light worker, or divine channeller, or whatever, does not mean they are automatically connecting to positive energies. History alone has proven that. We have all witnessed extremes in mass behaviour and the following of misguided gurus.

I know your question is what can I do? How can I tell if someone is genuine or a risk to me? Unfortunately there is no set recipe to spot a fraud or potential risk. That's one of the challenges of life. For me I look for warning signs, or what I describe as red flags. Claims of direct connection to God or solely working with a specific ascended master is a red flag for me. That doesn't automatically mean there is a problem, it just means I would be looking behind the scenes, so to speak.

Claims to having all the answers is another red flag. A strong connection with conventional religion is another. A belief that all you need to protect yourself is a tent of white light, should ring alarm bells for you. Any practise that relies on some form of ritual or devotion is also a red flag. The extreme end of the spectrum is also a big red flag. By that I mean those practitioners, therapists, and channellers who have a foot in the camp of conspiracy theories and the battle against the evil empire, have just as much potential to connect people to misguided energies. If you look at the underlying tenet of their beliefs and motivation, it's commonly based on fear.

In the end it's all about balance and awareness. Awareness is a key component of sacred balance leading to protection, which I have written about in previous articles. Obviously you can't be "aware" of everything and that's part of life's learning. I see our role to some extent, as raising awareness in a number of ways, hence the theme of this article. We certainly don't have all the answers and all I'm asking is for you to consider what I'm describing. It's become my strong belief, and I appreciate some will say it's a misguided belief, that we need to focus more on being human and less on being spiritual. You don't need attuning, or your merkabah activated. You don't need to experience the burning bush on the mountain or participate in any drug induced ceremony. Focus on dealing with a human existence and the spirituality will follow. When first introduced to energy healing, I was taught the basic driver of all change was achieved through spiritual alignment. Now, after all these years of exploring, I have realised just how true and fundamental this is. It's the alignment of a human, emotional existence with our Spirit, for the purpose of exploring life on Earth.

How do we achieve alignment? It's about clearing all the external influences and the limiting emotional baggage, to follow a chosen path that may or may not be smooth. That path may, or may not, have any overt spiritual experiences involved, but it's still a spiritual journey as a human. Speaking from my own experience, in hindsight it's obvious I had to release a truck load of anger before continuing on the journey to this point in time. And that was at age 48 using techniques with nothing to do with spirituality or enlightenment, or at least not overtly. So my suggestion is to focus on being human, on doing whatever makes you happy, and let the spirituality take care of itself.

This finally brings me to the case of Kerry in order to illustrate my point that life is not necessarily about seeking the spiritual path. As I have mentioned, the path of life may not always be smooth and everyone is here for a different purpose. If you consciously knew what you wanted to explore in your current life, it may well surprise or even shock you. Within our collection of techniques for healing, we have a list of what we describe as emotions or emotional states which we use as a start point for a session. From a list of 320 emotions, the spirit of a client will identify what needs to be worked on or cleared at that point in time. We then go on to identify at what age this emotional state was experienced and work toward releasing any limiting emotions, decisions or beliefs created in that dimension of time.



Kerry may never meditate; may never seek spiritual counsel; may never buy a crystal; may never read an esoteric book. But who knows, maybe Kerry will get so bored with the world order as it currently is and initiate monumental changes that affect us all in a beneficial way. Scenarios such as Kerry's are not unfamiliar to us. On the rare occasions that we have been given a glimpse of a souls chosen, life exploration, it is often surprisingly unremarkable. It is often defined by one word, but it's a word with infinite potential.

So my suggestion is, if you're not experiencing the spiritual or energetic changes people are clamouring for, or suggest you should be heading for...don't sweat it. Just focus on your life and doing whatever it is that makes you happy. If you're not happy in your current situation, ask what needs to change? There's no point in asking why am I here? What am I supposed to be doing? If you were given the answer to that, you'd probably not accept it. And one last piece of advice while I'm still on my soap box. There's no point in being a martyr. You can't fix the world on your own. There's no final test, and no ultimate judgement except by yourself. There's no merit badge to obtain indicating you've reached enlightenment. Live your life how you want to, while practising tolerance and compassion, being aware that we are all here for different reasons. Let the mystery unfold. This alone will transform you and the planet.



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