

"When you stop learning, stop listening, stop looking and asking questions, always new questions, then it is time to die."

Lillian Smith, American novelist (12 December 1897-28 September 1966)

This quote by Lillian Smith may seem a little harsh, but the questioning of life and our experiences is really why we have all chosen a human form. The paradox is, there are times when we need to accept that we will never know the answers to some of our questions. My original intent for starting this blog years ago, was to share information and offer some insight where possible, in response to questions asked by our clients. And speaking of years, December 3rd 2018 marked twelve years for me in this crazy business...I actually have a certificate to prove it. So there you go, I am actually certified crazy.

It would seem Chris and I have come a long way in that time and yet I still continue to ask my own questions on life. More importantly, questions from colleagues and clients often challenge my perceptions and beliefs, which is a good thing. Anyway, getting back to basics, part of this article will include responses I have sent to clients. The information may be familiar to you and then again perhaps not. I feel it's worth repeating information we have described in the past, albeit in a different way.



Q) Question on karma and Akashic records?

Although the human existence is complex, I take a very simple approach to our human journey. I suggest that the concept of karma has been corrupted by religious dogma and suggest that there is no such thing as rewards and retribution for good or bad deeds...no such thing as bad karmic debts. It's a concept someone has invented to justify the "horrible parts" of our journey. We all incarnate into human life to explore what we choose, even the pain. We can carry over painful experiences from past lives if we choose, in order to continue exploring the lesson. If that experience is due to end, we can help the client release the pain but only if the client is wanting to end the experience on the soul level. Everything is about choice. Exploring issues or problems within any relationship, whether it be parental or other, can be lifelong until we gain the understanding we want. And it can be multi-layered, so that just when you think you've dealt with it, up comes another layer from a different perspective. In regards to soul contracts, it's possible for us to be shown these aspects if they need to be addressed.

But a contract is a contract, made for a reason. If the contract no longer serves the participants or main players in the game then it can be resolved or cleared, but it's not as simple as breaking a contract simply because you're unhappy with certain aspects. It's all about gaining understanding.

We do make contracts and agreements with external energies for many reasons and these can be cleared as they are not necessarily soul contracts as such. Pain and suffering may be what we want to explore in life, or it can simply be a means of forcing us to address and accept the experience within a relationship/s. Sometimes, it can be as simple as to accept the lesson, the knowledge, the understanding, offer yourself forgiveness, and the pain will miraculously disappear. We see it on regular basis.

In regards to Akashic records, it's just that, a record. Despite what many would say, the records can't be changed. I know there are therapists that claim to access the Akashic records and make changes for the client, but it's a gross misinterpretation. Although they may gain positive results for the client, the therapist is likely to be working on the soul level and not perceive it that way. They are helping the soul to accept whatever is needed, in order to move on...not changing the records. It's possible to access the records when appropriate to gain some understanding of what we have agreed to, but that's not always granted to the full extent we would like. It would be equivalent to having the answers to a crossword puzzle in front of you while filling in the boxes; that would be a very hollow achievement.

We often work with a group of beings we describe as the Lords of Karma. These beings will come into a session to release a client from a particular contract but only when the client has explored the experience and accepted the lessons fully. It's our job to help the client understand or come to terms with the experience and associated lessons. The associated painful emotions are simply an aspect within the lesson, not the entire experience. Once the contract has been finalised it is then recorded as such, never to be changed.

I hope this gives you an idea of our approach to healing. I don't expect you to believe what I have described, just consider it. Whether you work with us or someone else, consider that for you in particular, your experiences, your journey, is not karmic...it's simply choice.

Questions on house smudging from the New York Post?

Q) When you get clients who call you about sage-smudging options for their homes, what kind of situations are they usually in?

We first need to recognise that the bulk of our enquires come from women; probably about 90% of concerns or requests for help, are expressed by women. Why? Because women on the whole are more sensitive to energies than men, especially emotional energy. It's the way they are wired.

The most common scenario is a call for help from a person who has just moved house, whether it be into a rental or purchased property. Within this scenario there are two categories.

1) There may be an expression of "it just does not feel right...there's something making me feel uneasy", but they can't quite identify what. Usually the man of the house, if there is one, is completely oblivious to feeling anything out of the ordinary.

2) Then there is the more extreme event where the person is hearing noises in their new residence, physical touching, apparitions, pets acting in strange ways and even arguments between family members occurring over trivial matters, to name a few examples. In these instances, the man of the house may well be at a point of experiencing some of the phenomena themselves. If so, they will eagerly encourage their partner to do something about it. So to answer your question, it's most commonly a reactionary measure to invisible stimuli/energy within the property.

Q) Also, what kind of pricing is involved in these cleansing rituals?

This is where it can get complicated because it is dependant on the type of phenomena involved. If it's simply a feeling of unease, then a simple smudging with white sage can be done easily by the resident. A smudge stick of white sage for the cost of \$20 AUS is all that is required and can be used a number of times. There is no need for any other ritual paraphernalia. If significant phenomena is being experienced then simple smudging is unlikely to have much effect. If we were to get involved, then the fee begins at \$297 AUS to clear a property.

Q) Do you notice any sort of socio-economic trends with your clients?

No, there is no definitive trend in that regards. We are approached by people from all walks of life.

Q) What sort of situations would you most advise clients to consider this option?

If you are referring to basic smudging, then certainly whenever moving into a new residence. The practise may also need to be repeated on a regular basis depending on the activity of the residents living in the property. A monthly or even weekly smudging is not a bad idea; just consider it like house cleaning on the energetic level. I usually leave it up to the client and be guided by their own perceptions.

Q) You also seem to promote self-help options quite a bit in your online literature; do you think this is something that most people can do on their own...why or why not?

As I have described previously, smudging to address feelings of unease or just to raise the vibration of the property, can be performed by any competent adult. All you are doing is introducing the vibration of a natural plant product. For whatever reason, it has a calming and clearing affect on a range of inharmonious energies around the home and individuals. It's everyone's right to work with the tools offered by nature. No training or initiation is required. Safety awareness is the only requirement, as you are dealing with smouldering, sage embers.

Q) Should I take medication for my condition as nothing else seems to work?

Prescription medication or conventional medicine definitely has a role to play in supporting our health, as do the many alternate practises. We are not against the taking of prescription medication, particularly in times of crisis. We are all aware there are consequences to any medication and conventional treatment tends to address the symptoms rather than the cause. The key is to help the body overcome a particular crisis and then look toward probable causes that can be addressed by other means.

Sometimes this is successful and sometimes not. If no other resolution can be found, then lifelong medication may be the only option for some people. The trap is in believing a prescription by the doctor is a magic bullet. The fact that you have explored many alternative options suggest you are well aware of this.

There are many reasons why a body experiences a health crisis and commonly the underlying cause has been exerting its influence for an extended period of time, perhaps years. The body may have been dealing with a range of imbalances or stressors for a long time, doing its best to maintain homeostasis, until it becomes overwhelmed. Genetic factors aside, we see this especially in cases of inflammation, whether it be a skin condition erupting or joint pain. In your case there is a great deal of underlying anger in the body along with resentment from unhappy relationships. We suggest you follow your doctors advice and take the medication to get through your current crisis. Consider this as a short term solution and look to resolve the underlying factors that have brought you to this point. You will also need to review your diet in support of the body as there seems to be metabolic changes that have resulted.

Q) I have a question, with the amount of spirits in and around my house, why isn't "all hell breaking loose" as they say?

You speak about spirits in your home and that can mean different things to different people. It suggests that what you are perceiving emanates from the spiritual realm, and although this may be true to some extent, there are many dimensions within that realm. Then there are dimensions other than the spiritual realm, and this is also a factor in your situation. There are all types of energies and levels of consciousness that as humans, we encounter and sometimes interact with. Although it does occur, interference from human spirits is not all that common, it's just peoples interpretation or belief. We'd be here all day for me to describe all the types of "spirits" that surround us as part of human life.

I refer to everything as energy and all energy has a level of consciousness. A human spirit or soul for example would have a high level of consciousness as do the orbs and many other beings you are encountering. This means there is the potential to communicate and reason with these energies whatever their origins. Then there is energy that coalesces from human emotions such as anger (as one example) and has a low level of consciousness that needs to be treated differently. This coalescence will be attracted to other similar energy or vibration and can grow in consciousness until it starts to interact with people in a misguided way. It's unlikely to be attracted to a well balanced, happy person, but you can be sure it will attach to someone angry for the way life has treated them. The result can at times be explosive; it can't be reasoned with, it just has to go. I'm not saying this is you, it's just a description.

This type of disruptive energy with a low level of consciousness can also be created through curses and the like, by those with the knowledge. It can also be created by naive people performing rituals for whatever reason. You have activity in your home of various energy forms, some are spirits including all the nature spirits from the earth realm, some are sentient beings from other worlds, and some are misguided energies. All have different levels of consciousness and will interact with you in different ways if they choose. As I have previously explained, your little piece of the planet is an intersection with a three way convergence, so you will perceive a lot of activity.

Even though you may not think so, I suggest that much of that activity is well ordered and behaved, with no intent for harm. Therefore, "all hell breaking loose" as you put it, is very unlikely. There is an element to it however, that is misguided or unbalanced, for whatever reason.

Activity that creates chaos with flying objects and furniture moving across the kitchen floor for example, is commonly due to what we call demonic energy. Not always, but that's the label we'll give it for now. This can be the real nasty stuff and it has different levels of consciousness within it too. We have dealt with this sort of energy that has been growing for hundreds of years, if not thousands of years. It can be truly frightening for those experiencing its affects. There can be many sources for this type of energy and many reasons why a particular individual encounters it. Although you've had encounters with this type of energy, as you have described, it has not come entirely through or manifested into your dimension as such. Although it does exist, it's in another vibrational plane, a different dimension. It could be creating chaos with someone else, but in your case due to your unconscious protective mechanisms, the interaction is occurring predominantly during particular states. As you have described, it tends to be around "preslumber" or sleep state. It could be compared to somebody describing a "bad trip" while taking LSD or other. The uncontrolled altered state is facilitating the connection to a different plane with some nasty energies. You have a connection to it for whatever reason, but that's all at this stage, if that makes sense. Part of our work will be to break that connection. Having said that, I acknowledge that you have experienced inappropriate activity during your waking state and recognise that it's a complex situation with no single answer. So I hope this has answered your question to some extent.

"I'm not scared of any of the energies except the ones who attack me, I forgot to tell you a lot of them come in/out of my mirrors... Im sure you know about mirrors and all, but they watch me from the mirrors I have pics of them inside my mirrors...I have orb streaks coming out of my mirror showing movement...unbelievable! I have four mirrors in my room currently I cover them up with scarves."

The subject of mirrors acting as an interconnecting doorway or portal to some other dimension, thereby allowing the observer to see in, and entities to move through, is a very interesting subject. The concept has its foundation in occult, folklore. I have to be honest and say that we had no consideration of this concept until approached by a client some years ago. Since then we have spoken to a number of people from around the world who have described seeing into other realms through their wall mirror and even entities passing back and forth. This inevitably leads to the owner covering the mirror to avoid the gaze. So what you have described is not new to us, however I have to say this has never been our experience.

It has even been described to us how people have captured or entrapped entities in a mirror, and had it not been explained by someone we trust, we may have been very dubious...a case of watching too many Hollywood movies perhaps. Although there is an element of this in some cases we have explored, predominantly the person has had a strong connection with occult practises in the form of witchcraft, paganism, shamanism or similar. As we have previously mentioned in regards to your case, there is a long line of past lives where you have practised such arts in some form. It seems to me that you have carried those abilities or connection into this life, albeit on an unconscious level.

Although we would say there is a lot of "superstition" in regards to mirrors, some religious practises continue today that include the covering of wall mirrors during times of mourning. And we are all aware that breaking a mirror offers the hapless offender seven years of bad luck. So what's really going on? In all honesty I'm not sure. But let's consider that the practise of viewing into other realms through a mirror, or even a crystal ball for that matter, is based on a belief system. This also applies to perceiving entities passing back and forth.

This belief system has foundation in practise, through ancient rituals and casting of spells that can be tracked back through history. These same practises are still employed by some today in various forms. In regards to belief, it's like us locking away some inter-dimensional interference in a closed dimension of time for safe keeping during a healing session. It gets isolated until we can resolve the underlying imbalance with the client. Once that is done, the interference can then be cleared in the appropriate way. You wont find that technique described in any text book or science journal, and yet it works for us. Why? Because we create it through belief in the possibility and the connection to specific knowledge. Many centuries of teaching, training and knowledge in regards to occult practises create the potential for the creation or manifestation of such desired phenomena. Phenomena supported by belief. This ancient energy and knowledge will cycle through time and space until it is brought to an end. This is why people dabbling in the arts "just for fun" are playing with fire, as there is the potential for them to connect to such energies. And not having the direct knowledge or training in how to deal with it, there can be serious consequences.

So are you and others really witnessing the passage of entities through the mirror? The answer is yes, as it's simply a tool or technique based on belief connected to unknown knowledge. The next question is, what can be done? In this regards I have spoken to a friend with knowledge in this area and have been offered a number of considerations. There is no single solution and it will be a matter of exploring our options at the time of the sessions with you.

Question on energy patterns.

Thanks for the feedback M..... I don't normally comment on feedback, but you have asked some questions and offered a lot of details which I appreciate. I describe the patterns in your biofield as "unusual", simply because they were so precise, almost geometric in nature...not something I commonly see, but there's nothing wrong with that. Perhaps it's simply due to your origins in some way or simply just you. Anyway, there's no concerns in that regards. Although I may not perceive any hereditary patterns at the time, there is still the potential to be affected by that, and sometimes they are not revealed until we get into any sessions. Just as many other aspects in need of attention are revealed. It just means they are not a priority. All blockages that I perceive in a discovery session are priorities that need to be addressed. Although many therapies will help energy flow temporarily, and may at times totally clear a blockage, if you do not dig down to the cause, then the restriction is likely to return. The human body is very adaptable and will adapt to pain and stressors in order to keep you alive...survive no matter what. After a while, the body may accept an imbalance as normal and although you may think there's no longer a problem, it's still there under the surface.

Every now and again it may offer up some symptom or pain to let you know there's a greater problem, but we tend to treat the symptom and ignore the cause. The complexity of a human journey means that some imbalances have been chosen to be experienced lifelong, so it's not always possible to fix everything, and there's a lesson in that for all of us. In your case, I suggest finding some way of addressing the stress associated with your birth and early months in human form. If not with us then with some other therapist you trust. Having said that, we would have to investigate further to determine whether we can help you in this regards.

As you can read in the final paragraph of every discovery session...If you are committed to improving your health and prepared to take responsibility for change, then perhaps we can help.

Patterns of Change

With the many people we meet, Chris and I commonly recognise themes or patterns of change within the community and also some things that never change.

In regards to a point of change, there is a marked pattern of young people experiencing very interesting occurrences in their life. When I say young, it tends to range from teenage to around thirty; so I guess that makes me old. Anyway, these occurrences may seem quite bizarre for those who experience them and often difficult to explain. They may be spiritual in nature or contact with other worlds, or both. Sometimes we understand what is going on and can explain it, and sometimes not. The question is whether more people are having their higher sense perceptions opened-up, for want of a better term, or simply comfortable with discussing their experiences. I suggest it's both. Sometimes there is an element of fear involved that needs to be addressed and sometimes not. In the main, it's the diversity of perceptions that surprise me. I listen to some descriptions and just go wow!

The trend that does not change however, for most of the people we meet, is the common challenge of relating or relationships. That's the relationship with self and/or others. It seems to be the greatest and most frustrating adventure in human life; the finding of a relationship that supports and cares for each other. This adventure of relating to self and others can have a significant physical impact. We continually see the effects in the gut with digestive issues; the head with migraines or headaches; on the mental plane with depression. I call them the big three. These indicators just can't be ignored and are very, very, common in today's society.

Of course not all physical imbalances can be attributed to poor relationships, but from our perspective it's a major factor with the people who present to us. There is something wrong with our community/society when an intelligent, vivacious nineteen year old suffers from recurring migraine and we recognise it connected to the stress of family relationships. Has this person chosen to experience this condition? Most likely they have, but we have to ask why? Is it for us as a community, as a family, as parents, and as friends, to be reminded we're all in it together. If you do find yourself in a supporting and loving relationship, whatever it looks like to others, cherish it. Do not take it for granted, as it is a rare commodity these days. If you are still looking, consider the relationship you have with your self; there may be a sign there toward happiness.

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