



*"Very little is needed to make a happy life; it is all within yourself in your way of thinking."*

*Marcus Aurelius Antoninus Augustus (often referred to as "the wise") was Emperor of the Roman Empire from 161 to his death in 180.*

### **Another "exploration of life" example.**

In a previous blog we described the journey of young Kerry exploring boredom, and I would like to give one more example with regards to this topic of life exploration. Chris and I completed a two hour session with a woman aged 60, whom we will name Regina. Regina was in the final phase of treatment for bowel cancer and approached us to help her toward complete healing. In her life journey, Regina had experienced a number of significant health challenges including leukaemia, which entailed treatment with radiation and chemotherapy. Regina was experiencing a tough journey and yet remained a personable lady without any sign of bitterness toward life. It was admitted by Regina that she had attempted to end her life twice, in or around the late teens, early twenties. Naturally when we hear this we expect to discover childhood trauma or abuse in some form. In this case it was a wrong assumption as there had been no abuse or trauma. Regina had grown up in a stable family environment.

We recognise there is no definition for a "normal" family, as everyone is different and there is always friction or temperament clashes in any family relationship...nobody is perfect. There's no doubt that Regina's family had it's share of imperfection, but nothing that could initiate the need to end her life. Although this was a red flag for us, we were a little perplexed as to the underlying reason. Within the healing session we recognised two predominant ages that needed to be explored, however we were challenged in actually getting there, so to speak. Recognising the need to get some deeper understanding in order help Regina in the best possible way, we referred to Regina's higher self and eventually made a good connection to get some guidance. At this point I want to remind our readers that in any session, the information received is filtered through our own perceptions and understandings. I also suggest that the information offered is "compressed", in order to fit our limited human thinking. In other words, there is not an avalanche of information or insight that makes the proceedings effortless. There is commonly a lot of head scratching and questions asked until we get an aha moment of clarity. We are usually given just enough information to help the client at a particular point in time.



I have learnt that when we are refused answers, there is no point pushing the issue. It's not our role to map out the entire journey for a client, but simply to highlight the terrain for better understanding. What was eventually revealed to us, was that the spirit of Regina was exploring "death and the righteousness of existence", within the human form.

It was suggested that so far in her journey, there had been six opportunities for Regina to consider this. My thinking suggests that the attempts to end her life at a young age constituted two of those opportunities...maybe? I'm not going to describe the details of those attempts, but suffice to say there was only a slim chance of survival, but survive she did. Perhaps other opportunities would have been presented during surgery and the drawn out process of cancer treatment.

I guess we really need to consider what we are describing when we talk about exploring death, and the honest answer is I'm not sure. We need to consider that in Regina's case, the exploration of death is balanced with the righteousness of existence. So are we talking about near death experiences, witnessing the light at the end of the tunnel or something else? I think it's something else. At different points in her journey, Regina was given the opportunity to weigh-up the aspects of death against the righteousness of continuing an existence; an existence that was loaded with hardship. I'm not sure that Regina could have actually given up and chosen death as a preference if she had wanted to. It would seem that on the conscious level there was no specific aspect or experience that Regina could point to and recognise as pivotal in this regards. But there is more to this story as revealed by Regina's higher self.

Within the development of an embryo there is a tremendous amount of cell division. I'd like to suggest that during this process, there is an opportunity for programming to occur, that is pre-designed. Yes, science can describe gene inheritance, but most would suggest it's all left to nature and is completely random. But what if we all have an opportunity to programme our own sequencing, prior to birth, in order to deliver a human journey meeting specific needs. Regina's higher self indicated that during the process of cell division there was an aspect the spirit wanted to incorporate but missed. The process of cell division was closed before the spirit could input the desired programming. This would make sense in that chromosome defects are associated with leukaemia. It certainly raises a number of questions, all of which I have no answer for.



Was leukaemia never meant to be part of Regina's journey? Was it a mistake? Do mistakes really happen? Does it mean Regina is not experiencing the full journey her spirit expected? Or does it simply mean the format of her chosen exploration had changed? Further to this, we discovered that some resentment or displeasure had been initiated within the being of Regina prior to birth. This created an aspect of Regina that, although supportive in the beginning, now needed to be cleared for Regina to move forward in life. From our interpretation of the higher self, this was a priority issue for the well being of Regina, coupled with addressing a particular age. I also believe that clearing this aspect was equivalent to, or associated with, repairing the DNA to prevent cancer recurring. That's a guess, and I'm not trying to say we can cure cancer.

Having released the limiting aspect of Regina, which incidentally choose life, we addressed the experiences at age twelve. Once again I have to say there was no trauma or abuse involved, but a sense of isolation and being unloved. There were some other details not described here, however it made perfect sense to us.

It also made sense to our client in regards to exploring death and the righteousness of existence. The session was completed with us repairing and replacing energy centres throughout the body of Regina. It was also suggested that Regina would be offered one last opportunity to explore death and the righteousness of existence. Does that mean more hardship and near death experience? I believe not. I suggest that Regina will be given the choice or opportunity to review her journey of hardship and call it quits, or continue her existence in good health reaping the rewards of her perseverance. This after all, was the intent we set at the outset of the session.



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