

Stillness

Welcome to chapter six of the Intuitive Awakening course! The topic of this chapter is stillness.

Stillness – *being calm and serene; having a clear mind.*

Sally is a student of psychic development.

She spends her days rushing around juggling her work, her kids and her relationship. She has little time for herself. She tried to meditate once, but her mind wouldn't be still and it felt like a losing battle so she didn't bother again – she didn't have time for it anyway.

Let's face it – some of us are like Sally. We don't live in an ashram where we meditate for five hours a day. We live in the real world. And the real world can be a stressful, busy place to be in, especially when you have many demands in your life.

So how do you create stillness when you live in the busy, modern world? And why is stillness so essential to psychic development?

That is what this chapter is all about.

Stillness is a clear, measurable state. Either your mind is still or it's not. There is even a scientific term for stillness – it's called being in the alpha state!

WHAT EXACTLY IS THE ALPHA STATE?

For certain states of consciousness and activities, specific brain waves occur. There are four types of brain waves that can occur while you're thinking, sleeping, dreaming, concentrating and doing what you do—they are called beta, alpha, theta and delta.

Alpha is the brain wave that occurs during light sleep, dreams, meditation, daydreams, and creative visualization.

It's the state you need to be in, in order to receive spiritual guidance.

Being in the alpha state is like being in a light trance – you notice what is going on around you, but your mind is extremely quiet. You become a clear conduit for intuitive information. If you've had a reading with a psychic on the phone or in person, they will have been in the alpha state while talking to you.

By contrast, **Beta** is the brain wave that's active during your normal waking state, when you are going about your business. Most of us are in beta (fully conscious/awake/concentrating) throughout the day. But note that you cannot usually receive psychic insights or intuitive guidance in a beta state. That's the state where your conscious mind is fully engaged.

WHY STILLNESS CAN BE HARD TO ATTAIN

If you begin studying psychic development after many years of being in a place of mental over-activity (and maybe stress), you will probably find that the hardest thing is to actually switch off and be still. That's because you are not practised in putting yourself into the alpha state at will. You're used to living life in the beta state.

You may have noticed difficulties concentrating while you were visualizing your chakras during the last meditation. If that was the case, you definitely need this chapter. If it isn't the case, it is still a good idea to do the exercises anyway – this chapter and the audio meditation that is coming up will stand you in good stead for creating a still space, which you need for communicating with Spirit.

But before we go into this, I want to tell you a little bit about where I was several years ago in my psychic development, and how much I struggled with this aspect of being still and calm. Maybe you will be able to relate to it.

Although people tend to think I'm self-contained or calm when they speak to me, I am someone who has a lot of nervous energy. This excess of nervous energy used to hold me back in my psychic development.

Several years ago, I was beginning to do readings for people (I did a lot of readings by email at that time). On some days I would sit down to answer a question, I'd be in the middle of channelling, and my mind would suddenly butt in with a thought and the connection to the Spirit Guides would be broken. I would have to re-establish it, and it got very tedious in the end.

The reason why I had so many thoughts was because my energy was scattered. I thought about the future and worried a lot. I also had many empathic connections to people, and those people popped up into my mind for no good reason on a regular basis.

At the time, I didn't know why my connection to Spirit kept breaking up while I was channelling. I just knew I wasn't very good at concentrating and focusing.

I went to see one of my teachers who taught me a great deal about connecting with the angelic realm. I asked her why I was not concentrating well. In response, she told me that I was thinking too much, and my mind was interfering with the spiritual connection.

"What do you do to clear your mind before connecting to Spirit?" my teacher asked.

"Apart from about one minute of meditation before a reading, I do nothing," I responded.

"You'll need to do much more than a minute's meditating to prepare for a reading!" she told me.

It suddenly dawned on me why I was having such problems connecting to Spirit. My mind didn't know how to switch off. Effectively, I was lousy at putting myself into the alpha state at will. There was a reason for this – anxiety and stress. I was at a time in my life where I was very anxious, and my future in many ways was uncertain. I had no permanent place to live, and no permanent pay check as I worked with clients on a freelance basis. Plus, my business was new and I was just getting started.

My mind frequently raced ahead with potential problems, and butted into my meditating with fearful thoughts. The mind was doing its job very well, and was just trying to protect me from future events. But it was also preventing a full connection to the spiritual realm.

Working with students, I see the same problem at times.

People often have their energy in the future (anticipating problems), or in the past (holding onto old situations and replaying them in their heads).

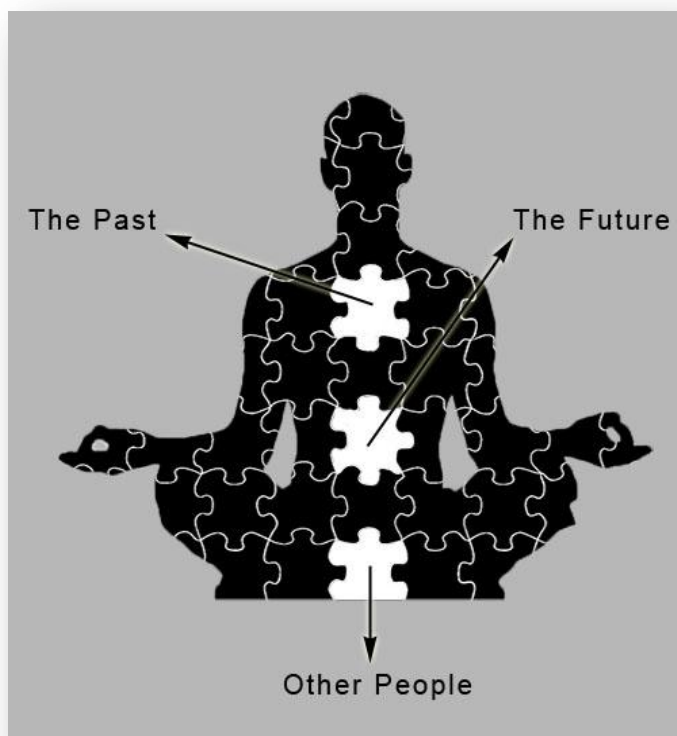
The only place you can receive intuitive guidance is in the now.

You can't receive intuitive guidance if your energy is in the future. When your thoughts are in the future, there is a leaking of your present life-force energy towards the future.

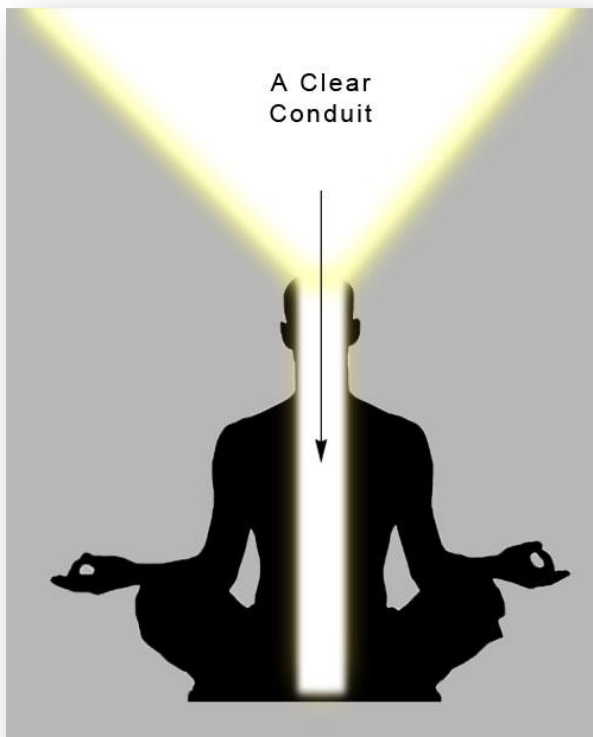
Likewise, you can't receive it if you're focused on the past. When your thoughts are in the past, your energy goes to the past and weaves itself into previous events or situations, and it can get stuck there. If you're preoccupied with tomorrow or with yesterday, your connection to Spirit is limited because your energy is not with you.

In addition, those students of psychic development who are very empathic often have energetic connections to loved ones and to the people around them. People can be a drain on your energy, if you're thinking about them subconsciously, and if you feel a connection to them or a preoccupation with them.

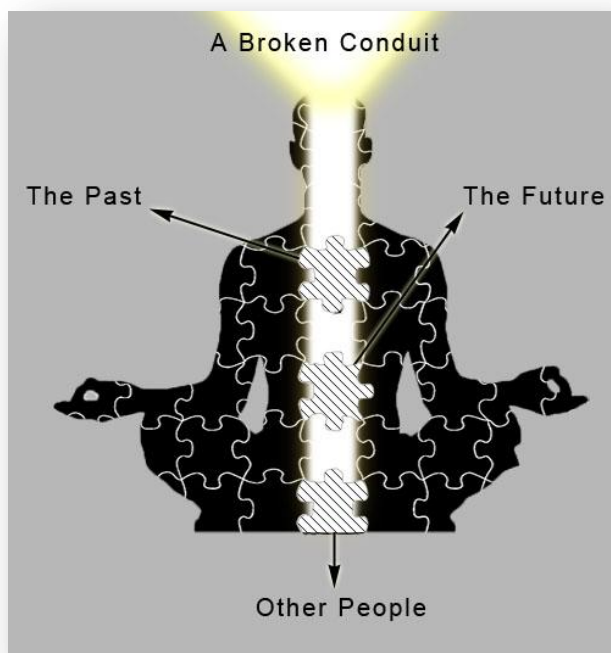
These issues mean that your energy body looks like this – some of your energy is not with you.



When you can calm your mind and be in the alpha state, it should look like this:



On the other hand, if your energy is scattered when you tune into Spirit and you are not centred, it looks like this – a broken conduit. When this happens your energy is not fully available to you.



Next, you will do an audio meditation which is an 'attunement' to stillness.

In the meditation, you will remedy the above situation by bringing back those parts of your energy which weave themselves habitually into thoughts of the past and thoughts of the future. You will also reclaim any energy that is currently being held by other people.

Bringing your energy back to you and experiencing it all inside of yourself is called being **centred**.

This is the state you are looking for when you tune into Spirit. In case you've never experienced this level of stillness before, this meditation will take you there, and give you a reference point for the future. This centred state is also called being 'present'. If you've read Eckhart Tolle's well-known book 'The Power of Now' you'll have a deeper understanding of what it means to be 'present', and what can stop you from being in that condition.

THINGS YOU NEED TO KNOW BEFORE YOU DO THE MEDITATION

During this meditation, I will ask you to work with your 'power body'. I wanted to explain a little bit about the concept of the power body. The power body is an overlay of your energy body— just like the astral body or the etheric body.

When I retrieved my own energy for the first time, I saw a clairvoyant image of my energy body going out into the future and past and gathering my energy, to bring it back to me. My Spirit Guides told me this was my 'power body'. This power body brought the energy back to my energy body, and back to the present. And once that energy was back with me, the power body was able to integrate itself into my energy body and I felt centred, present, calm and clear—and powerful.

The Spirit Guides explained that you can only be powerful in the present, because the present is the only place where you can effect change – and indeed the only place where you can receive intuitive guidance. They also explained that you can only be powerful when you are in your body. When your focus is in the past or the future, it is powerless. So, your power body is fully integrated when all of your energy is present - anything less than that represents a drain on your energy.

WHAT DISTRACTS YOU?

Before you do this meditation, I want you to take some time to reflect on the energetic distractions that stop you from reaching a state of stillness. If you've meditated, you may have noticed that some of these distractions show themselves in your thoughts and feelings. Perhaps these are the things that currently stop you from sleeping or relaxing.

PEOPLE

Who may be holding pieces of your energy? These people are those you think about automatically—they will pop up in your consciousness. These can be family members (especially family members for whom you are responsible). Maybe these are loved ones. Ex-lovers often still hold pieces of our energy, especially if there is something unresolved about the relationship. Our children often hold pieces of our energy too. Maybe you work with clients, and perhaps they hold some of your energy. Maybe it is your boss.

Write down anyone in this space who you suspect holds some of your energy. They do not have to be 'energy drains' or 'vampires', but just anyone you feel you have an energetic connection to. Even if you remotely suspect someone is holding some of your energy or occupies your thoughts—write their name down below. Feel free to spend as much time as you need to on this exercise, and really think about it.

THE PAST

Are there events or situations that took place in the past that you think of habitually? These can be past situations and events that pop up into your consciousness unannounced—especially unresolved events and situations. There may be strong emotional associations

with these events, such as anger, resentment or pain. For this meditation, you are going to release your energy from those events and bring it back to you, so that you have more energy to focus in the present.

Write down any such events that come to mind.

THE FUTURE

For this part, I want you to think of the events in the future that you **fear happening**, even if they appear unlikely.

What do you worry about that hasn't happened yet? What are your concerns for the future? What time period in the future are you thinking about subconsciously so that you can prepare for it? Write them down:

Now I want you to write down the following sentence and then speak it aloud:

My Higher Self, I commit to releasing my energy from people who are holding it. I commit to bringing back my energy from the past, and I commit to releasing it from the future. Thank you, thank you, thank you.

Now that you have affirmed the above, it is time for you to do the audio meditation. You can just keep everything you've written (in your list above) in the back of your mind as you do it, but you don't need to focus on it. The energy will release itself during the meditation. Finally, don't worry if you don't feel much 'happening' during the meditation – especially when you retrieve the energy. The effects will be apparent afterwards, even if you don't feel them during the process. So for this meditation, just relax and go with it! (And please read on only when you've done the meditation).

AFTER THE MEDITATION

So now you're back and you've done the meditation. You effectively retrieved your energy from the past and the future using the power of your intention, and you created a reference point for creating stillness in the future.

HOW TO RE-CREATE THE STATE OF STILLNESS

You can re-create that state in future by calling your energy back to you again any time you feel your energy is scattered.

You may want to listen to the meditation again in the weeks or months to come, or you can create your own short visualization based upon it. Remember that you are always in control of your own energy through your intentions, but you will need to control your energy on an ongoing basis.

AN EFFECTIVE PROCESS FOR RECREATING STILLNESS WOULD INVOLVE THE FOLLOWING STEPS:

1. Your power body goes out into the future, calling back the pieces of your energy
2. Your power body retrieves energy from other people
3. Your power body closes the doors on the concepts of future and past in your mind.

SHORTER EXERCISES FOR STILLNESS

#1: Another shorter exercise for stillness:

1. See a tiny bubble in your heart chakra—this bubble is a space of stillness
2. Focus on it and see it expand gradually until it envelops your entire energy body

#2: If you're not a visual person, try this exercise instead (This is excerpted from the book *'Become the Most Important Person in the Room'*):

1. Go inside and feel how it feels to be you, at the moment. Try and put a word on your emotional state
2. Next, close your eyes and count to ten
3. Open your eyes
4. Close them again and count to twenty
5. Open your eyes
6. Close your eyes again and count to thirty
7. Open your eyes
8. Go inside and check on your emotional state now – it is usually more calm and still.

I would also recommend beginning a meditation practice for stillness, if you haven't already.

HOW TO MEDITATE

If you don't know how to meditate, here's one method:

- Choose a quiet place to meditate, and sit in a comfortable position. You can sit in a traditional cross-legged posture, or you can sit in a chair. Make sure your back is straight – this helps to prevent your mind from becoming sleepy. I don't recommend that you lie down to meditate, as you can fall asleep while you're doing it.
- Sit with your eyes closed and turn your attention to your breathing. Breathe through the nostrils, without trying to control your breath – just notice the sensation of the air going in and out of your nostrils. Focus on this sensation. As you're doing this, your thoughts will continue to arise, but bring your attention back to your breath.

Meditation can be difficult if you have never done it before, so don't be surprised if you can only manage to do thirty seconds of meditation if this is the first time you've tried it.

CREATING STILLNESS THROUGH BRAINWAVE ENTRAINMENT

If like I did, you find meditation difficult, you may be interested in brainwave entrainment to help you to create a space of stillness. You can read more about this favourite tool of mine in an article on my blog. It's an article called '[Review of Binaural Beats MP3 for Improving Extra-Sensory Perception.](#)'

Another favourite tool for helping to create stillness for those who are prone to anxiety is the use of PharmGABA - I wrote an article on this here: [One way to reduce mental clutter & connect with intuition more easily](#)

So now you've come to the end of this chapter on stillness. You've learned the importance of clearing your mind and opening your energy. By next week you will be ready to learn a process for communicating with your Spirit Guides and Higher Self. This process uses techniques you have already learned to raise your vibration, open your chakras, and create stillness, so you will be more than ready for it by the time you have reached the end of this chapter!

How to Tune into Spirit Guides—a Six-Step Process

Welcome to chapter seven of the Intuitive Awakening course! In this chapter you will learn the six-step process I use for meeting clients' Spirit Guides and asking for guidance from them. It's like having a direct line to your Spirit Guides and Higher Self (plus, if you have or develop clairvoyance, you can also meet your Spirit Guides and see what they look like, using this process).

Coming up is a meditation to guide you through the process. You can make your own process based on the meditation, or you can follow the steps in the meditation. Please read through the following steps that must be included in any 'tuning in' process in order for it to work.

Before you begin: Set an intention! Write down what you would like to achieve through this meeting with your Spirit Guides – what do you want to know?

1. RAISING YOUR VIBRATION

It is always a good idea to begin with breath-work. As I mentioned before, a high vibration is essential for reaching Spirit. You can begin by going inside and feeling how you feel (and putting a word on it), then inhaling to the count of four, holding your breath to the count of four, and exhaling to the count of eight. Finally, go back inside and observe how your vibration has changed.

If you are practising energetic protection, you do your protection visualization (which you ideally have memorized) at this point.

2. BE STILL

Next, recreate the stillness that you experienced during the stillness meditation (the second one). Here are some techniques you can use to leave behind your thoughts and concerns:

- Imagine taking off a heavy backpack, which represents your troubles and thoughts.
- You can also try visualizing a little bubble of stillness in your heart chakra. Focus on this bubble and feel the stillness within it, until it gets larger and larger and envelops your whole aura with stillness. Or you could do the exercise where you close your eyes, count to ten and open them again, repeating this technique twice over. When your mind is still, you are ready to progress to the next stage, which is openness.

3. OPEN YOUR CHAKRAS

Open your chakras one by one, as you were taught in the last chapter.

4. CHOOSE YOUR SACRED MEETING PLACE AND FLY THERE IN SPIRIT

Make sure that you choose a meeting place before you begin. This could be a boardroom, a beach or a beautiful garden – anywhere that feels special to you.

You also need to choose a way of getting there that seems natural for you in your mind's eye. For example – will you fly there? Will you go up a staircase to a room? Or go up in an elevator? Or perhaps even in a space ship? When I meet with peoples' Spirit Guides, I begin in a place which looks like the reception area of a conference centre. Next I go up to another floor in an elevator, and I meet the clients' Spirit Guides in a board room. If you are not sure which place and way of getting there to choose, just close your eyes and see what pops into your head first and go with that.

5. ASK A QUESTION

When you are in your sacred meeting place, you may see your Spirit Guides. If you are clairaudient, you may find that instead of seeing them, you hear them. Alternatively, you may just 'know' they are there, without seeing them – you may sense them. Be open to however they present to you, and don't be worried if you don't see anything.

The mistake that many people make when they tune into their Spirit Guides for the first time is that they do not initiate contact or ask a question. Sometimes Spirit Guides are only forthcoming with guidance if you ask a direct question. So, if you manage to tune into your Spirit Guides, do make sure you have a question for them. Often our Spirit Guides are waiting for us to make the first move and request some guidance.

If you find yourself unable to see, hear or sense anything when you get to this stage, try raising your vibration again through the breath-work exercise: going inside and feeling how you feel (and putting a word on it), then inhaling to the count of four, holding your breath to the count of four, and exhaling to the count of eight. Finally, go back inside and observe how your vibration has changed. Then focus on being still, ask a question, and see if it has become any easier. If I find I lose my connection to the Spirit Guides during a reading, I do some breath-work and focus on my breath for a few moments, and the connection comes back.

6. CLOSE DOWN YOUR CHAKRAS AFTERWARDS.

You can do this by seeing them as open lotus flowers that fold their petals inwards to close. You can also thank your guides at this point.

HOW LONG SHOULD THIS PROCESS TAKE?

When you are used to doing this process, it may only take you a few minutes to do these six steps, tune in and get answers. If you are a beginner, it may take you much longer than that.

Are you wondering how on earth you are ever going to memorize all those steps AND get answers? I thought you might be wondering that, so I made it easy for you and created a

guided meditation to put you through all those steps in order, so you don't have to think – you just follow my prompts. And there is some relaxing music behind it so you can sink into an alpha state more easily.

The aim of this meditation is to give you a reference point for the process. Once you have done it once or twice, it is easier to do the process on your own using those six steps to guide you. Please practise this process until you have it memorized and it is second nature. That is the secret to tuning into your Spirit Guides. You don't want to have to think about what you're doing while you're tuning in, because engaging your conscious mind breaks the intuitive connection!

AFTER THE MEDITATION

Sometimes people worry and doubt themselves after they have done the meditation because they didn't **see** or **hear** their Spirit Guides or angels.

Please do not worry if you did not hear or see your Spirit Guides! This meditation is great for people who are more clairvoyant and clairaudient. But some people get messages through their emotions, gut feelings, and physical sensations. And some people get realizations that come through their claircognizance. Doing this meditation will trigger those experiences too because you're still engaging with Spirit, so it's still worth doing even if you are more of a 'feeling' or 'knowing' person than a clairvoyant.

If you did get a message after you did this exercise, please make a note of how it came through.

- Did you get an image from your Spirit Guides? Were you able to see them clearly? (clairvoyance)
- Did you hear something or got a message in the form of words or fully formed sentences? (clairaudience)

- Did you feel or sense a presence? Perhaps you felt a strong physical or emotional sensation as you were meeting with your Spirit Guides. (clairsentience)
What do you think it meant?
- Did you understand something as you met with your guides? Did you have a realization or just get information come through to you in the form of energy or thoughts? (claircognizance)

If you're asking a question during this process, you may instantaneously get an image, realization or a feeling that pops into your mind in response.

If you did not, that is fine. What you can do in that moment is take charge a bit and ask the following questions using your inner voice:

- What do I see in response to this question? (Spirit Guides – what do you want to show me using images?) and wait for a moment. If you got nothing, try the next one:
- What do I hear in response to this question? (Spirit Guides – what do you want to tell me using words or sounds?) Then you may wish to ask:
- What do I feel in response to this question? (Spirit Guides – what do you want to tell me using my gut feelings and emotions?) You may get a strong physical or emotional sensation such as a sinking feeling or an excited feeling.
- Finally, what do I know/realize when I ask this question? (Spirit Guides – what do you want to tell me using my mind and thoughts?)

For those who did see their Spirit Guides in their mind's eye:

The purpose of Spirit Guides appearing to you in your mind's eye during a reading is to convey information about who they are. Everything about the way a guide appears will be meaningful. Physical characteristics, ethnicity, and build/size all give clues regarding the guide's energy and personality.

Spirit Guides use your own frame of reference and personal symbolism to convey this information. For example, a guide who presents as a big, burly farmer could be a grounded, practical, down-to-earth energy on your Spirit Guide team.

Spirit Guides may appear to be of a certain nationality or belonging to a certain period in history – most likely, this will be a time when the guide incarnated on Earth. If you are clairaudient, you may hear a Spirit Guide talking to you with a certain accent which reveals something about the guide's ethnicity when they were incarnated. Sometimes you may even hear a Guide speaking in a language you don't understand – in which case, ask to receive all your information in your native language.

Spirit Guides either present as female, male, or androgynous. The majority of Spirit Guides identify as either male or female. If you have a great many masculine guides on your team, for example, you may be in need of this energy in your own life. After all, Spirit Guides, just like compatible friends or partners, are good for us – they bring us energies that influence us positively.

Spirit Guides who present as androgynous are those which have balanced the masculine and feminine energies within themselves. I was taught that when a guide is androgynous, it is due to the highly evolved status of the Spirit Guide.

Every now and again in my readings, I will come across a Spirit Guide who presents as an animal. In the past, I have come across fish, birds, hedgehogs, seals, porpoises, cats, dogs, turtles, giraffes, dolphins, elephants, and other mammals. Some believe that Animal Guides present when a person has Native American, Maori, or Australian Aboriginal ancestry, but I think they often appear around people who have a special affinity with animals and nature.

PICKING UP ON THE PRESENCE OF GUARDIAN ANGELS

Some people who have an affinity with the angels may pick up on these beings during a meditation like this. If you should 'see' a Guardian Angel clairvoyantly, they may appear to you as filled with and radiating white light. Some Guardian Angels appear to be very tall – much taller than any human being. Angels can seem imposing and intimidating like guards, soldiers, or statues.

Angels don't usually have names, nor do they technically have a gender, because they are not human souls – they are angelic souls, which is a very different path from the human one for a soul to take. If an angel does communicate with you, they will often give a message clairsentiently. Their presence can evoke strong emotions, because they have extremely loving energy. You may find yourself filled with an unearthly, overwhelming love when your Guardian Angel communicates with you.

Although angels are actually androgynous, some may appear with feminine or masculine characteristics. The Guardian Angels may also present as coloured lights or spheres of energy.

YOUR HOMEWORK FOR THIS CHAPTER:

Memorize the six steps above. To do this, you may need to listen to the meditation again. When you have memorized the process, have a go at tuning in to your Spirit Guides on your own (without the meditation), and ask them one of the questions you wrote down at the beginning of the course. You might want to make a record or log of the experiences you have with this meditation in your notebook.

WHEN YOU DON'T GET ANY MESSAGES

Please remember that this is an exploration exercise. You probably won't get it perfectly right the first time. In fact, the first time you do anything (including this exercise), you might not be very good at it. Practise is required in order to excel at anything, so if you are a beginner and not making the progress you want or getting messages straight away, do not beat yourself up. Some people don't get a message the first time (or even the second or third time).

It doesn't mean your Spirit Guides aren't hearing you. They will always hear your question. It may be that you haven't yet developed the psychic sensitivity to hear the answer. That's perfectly OK.

It really is a matter of practise. So relax and enjoy it for now. Every time you do it, you become a little more sensitive.

If you consistently get no answers even later on, here are some reasons why that might be:

ARE YOU ASKING GOOD QUESTIONS?

If you don't get a message consistently, it may be because your questions are not understood by the Spirit Guides.

Here are some questions that are no-no's:

QUESTIONS ABOUT SOUL MATES

Let's say you ask your Spirit Guides who your soul mate is.

The Spirit Guide will promptly ask you to back up and define your concept of 'soul mate' for them. That is because Hollywood's idea of a soul mate is a romantic, man-made concept – not a spiritual truth. However, if you're a beginner at asking questions, you may ask about a soul mate and just get the sound of silence at the other end. As a result, you may assume you are not getting anything from them.

Let's say you don't believe in God. You're a total atheist. If someone approached you and said, "What is your relationship with God like?" You would answer "Which God are you talking about?" because to you, God doesn't exist.

That's exactly what it's like for your Spirit Guides and Higher Self when you ask about your soul mate.

Our definition of soul mate would be someone with whom you will have a significant, usually long-term relationship. This person is destined for you, and there is probably only one soul mate. That is what Hollywood teaches about soul mates.

On the other hand, as far as your Higher Self and Spirit Guides are concerned, you can have many 'soul mates'. A soul mate is someone with whom you have an impactful relationship, but it doesn't even have to be romantic. During this relationship, this person will teach you something specific, and you will teach them something. You will essentially exchange

energies. Perhaps they will teach you something about confidence, and you will teach them about the value of persistence and hard work, just as an example.

You will often feel a special connection and great familiarity with this person right from the very beginning, and love flows freely, but it doesn't have to be romantic. So your concept of soul mate and Spirit's concept may match somewhat – but not completely. The main differences are that for Spirit, a soul mate doesn't have to be romantic or 'the only one'. A soul mate can be platonic, and you can have many.

So, instead of asking about your soul mate, you could ask,

"Is this someone with whom I am able to have a lasting, significant romantic relationship?"

You could also ask whether it's likely to be a predominantly positive and easy OR a challenging relationship (as we can learn through both positive and negative learning experiences). You could ask about the percentage of positive aspects vs. percentage of challenging aspects.

QUESTIONS ABOUT THE FUTURE

It's not such a good idea to ask questions about your future either. Future questions, like, *"Will I be able to go on holiday this year?"* or *"When will I have another romantic relationship?"* are also difficult for your Higher self or Spirit Guides to answer.

Here's why: every day, you make choices and decisions that determine your future. Some of them can be really tiny or seemingly insignificant, but put together, they make up your future. Your Spirit Guides and Higher Self are not always able to predict exactly which actions you are going to take between now and next year, for example (which might be when you want to go on holiday). You obviously have free will, so it's actually totally within your control and not within theirs. So please bear that in mind when you ask future questions. If you don't get an answer, it might be because Spirit doesn't know yet!

There are also some questions that Spirit won't answer because they will spoil the future. Don't you just hate it when someone tells you what is going to happen in your favourite TV show or in a film? It really spoils it. It's the same with your own life. It just makes it less

exciting. To know how something is going to end means that in the process you may ruin a life lesson that is important for you to have.

I am not saying that all future questions are to be avoided. Feel free to ask them if you want to. In some cases, it may be that someone offers to whisk you away on holiday unexpectedly. Spirit may be able to tell you if something like that will happen, but it is somewhat likely that you will not get an answer to a future question.

I would say the most effective way of getting an answer to a future question is to ask how likely something is to happen, based on where you are currently and the actions you have taken so far.

Make sure you keep the focus on what you can DO to create something. Do not fall into the trap of being passive and expecting the universe to send you something, because then you may create nothing. Your Guides and Spirit are there to provide actionable, practical guidance to help you create what you want. Some people make the mistake of praying to their Spirit Guides and thinking they are there to *provide* you with the experiences you want. Don't make the mistake of expecting Spirit to do the running for you, because it will keep you stuck in your life. The future really is in your hands.

QUESTIONS CONTAINING THE WORD 'SHOULD'

Occasionally in a reading with me, a client will ask a 'should question' such as:

"Should I divorce my husband?" or "Should I take this job offer?"

Remember that in the spiritual realm, *there is no should*. There is only what serves us and what takes us towards our goals and desires.

So if you ask this question of your Higher Self or Spirit Guides, they will not be able to reply because:

- Who are they to tell you what you should do with your free will?
- You do not have to follow the guidance of your Spirit if you don't want to.

If you want to ask a 'should question' (because we all have those questions at some time or other), then take out the word 'should' and rephrase it. Here is my recommendation for doing this:

Find out what your desire is. What are you trying to create by taking the job offer? Do you want more money? Do you want less stress? More job satisfaction? Make a list of your desires and then ask Spirit *"Is taking the new job in alignment with creating more job satisfaction, more money and more inner peace?"*

See what your Spirit says in response to each of your desires. It may be that the new job creates more money but also more stress, for example. There are always pros and cons to everything, so feel free to ask Spirit what they are. That is much more helpful than asking a 'should question'.

For your quick reference, below there is a table with unproductive questions, and what you can ask in their place:

Unproductive Questions	Productive Questions
Is s/he my soul mate?	Is this someone with whom I can have a meaningful, lasting, romantic relationship?
Will I get this job I want?	How likely am I to get this job, based on my past actions and present vibrational state?
Should I take this job offer?	Is taking this new job in alignment with my desires for more responsibility and more money?

(We will talk more about wording questions in the next chapter as well!)

SITTING IT OUT

Finally, if you consistently get no answer to your question, it can be because it doesn't serve you to get an answer *at this time*. Your Spirit will always do what serves you, above all. It could be that you are on the verge of getting an answer, but it serves you to have it next week instead of now, for some reason that is unknown to anyone but your Higher Self. So if you get nothing for now, surrender the question and trust that the answer will come at the right time through other people, resources or circumstances. If you still get no answer within a week, ask again and see if there is now an answer that is forthcoming.

The above reason (needing to 'sit it out') along with bad wording of questions are the two most common reasons why we sometimes don't get answers to the questions we ask, so don't fret if that happens to you. Occasionally I will read for someone and their Spirit Guides won't give an answer to a question they ask – it happens!

WHEN YOU FIND IT DIFFICULT TO VISUALIZE

Some people who do this course have trouble with visualization. This is not a deficiency – it just means that visuals and clairvoyance are probably not going to feature in your path of intuitive development. This course is going to offer you a variety of ways to connect with Spirit, and along the way you will come across one or more techniques which don't do anything for you; this is completely normal and to be expected. So please do not be discouraged if that happens.

Below you will find a short list of the other gifts, and the chapters which you must not miss for their development:

Clairaudience – Chapter 11

Clairsentience – Chapters 10 and 12

Claircognizance – Chapter 11

Dreaming – Chapter 11

Empathy – Chapter 10

As a reminder, your homework for this chapter is to memorize the process for meeting your Spirit Guides, and to do this process on your own without the meditation, at least once.

When you have done that, you will be ready for next week's chapter, which gives you an alternative way of connecting with your Higher Self – through dowsing.

Using a Pendulum to Communicate with Your Higher Self

Welcome to chapter eight of the Intuitive Awakening course!

In this chapter, you will learn an alternative means of getting messages from your Higher Self through dowsing. Dowsing is the practice of using a pendulum to get 'yes' or 'no' answers. Using dowsing, you can also get answers to your other questions, using charts.

I have been working with a pendulum for a several years now. I love dowsing because it's so specific. Dowsing in my opinion should be used in moderation, and in conjunction with psychic abilities. There is no need to become dependent on dowsing for all your answers (if you are doing that then you are using dowsing as a crutch instead of an aid), but it sure is a useful tool to have in your arsenal.

HOW PENDULUMS ACTUALLY WORK

When you begin by connecting your pendulum to your Higher Self, what happens is that the answers go from your Higher Self to your subconscious mind (which makes tiny movements in your wrist and hand to make the pendulum swing), and then to your conscious mind, as it perceives which way the pendulum is swinging. So when you use a pendulum, you are moving it unconsciously. Spirits do not move the pendulum for you, so let's be clear on that first of all.

Here is your preparatory homework for this chapter:

1. Begin by getting your hands on a pendulum. They are available in metaphysical shops, and also on the internet. Alternatively, you can use anything that swings on a chain, such as a necklace with a pendant on the end of it. Preferably this pendant

would be long and thin so it will swing properly. A ring on a thread or a chain will also work fine.

2. Once you have found your pendulum, you will need to clear it. This means you remove any unwanted energetic residues which are still present in the pendulum. All objects absorb energy from their environment, and the chances are you do not know where your pendulum was made or where it has been. If your pendulum is an old necklace, you will definitely need to clear it. Here's how to do that: place the pendulum in a pot plant overnight and make sure it is covered with soil. You could also put the pendulum outside in the soil. Alternatively, you can place the pendulum under hot running water, then cold, and visualize it becoming clearer energetically as you do this. Keep running it under water until you get the sense it is completely clear. Some crystals such as selenite can be damaged by water, however, so please check online before doing so.
3. Next, you will need to attune your pendulum to your Higher Self. This ensures that the answers that come through your pendulum come from your Higher Self, and not your subconscious mind or emotional body. We want answers to come from the spirit part of you, because your spirit sees much further than your subconscious or emotional body.

HERE IS THE ATTUNEMENT PROCESS:

1. Begin by doing the breath-work exercise you learned in chapter two:

Observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your vibrational/emotional state.

Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total. Then, go inside again for a few moments and check in with your emotional state.

2. Next, say the following prayer:

My Higher Self, my Higher Self, my Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, my Spirit Guides, my Spirit Guides, my Spirit Guides.

I ask that this pendulum relay answers from my Higher Self at all times, unless I request otherwise. I also ask that all information be in truth and accuracy, and 100% aligned with my highest good and the highest good of all.

3. **Now hold your pendulum out.** Relax your hand and ask the pendulum, “Show me a yes” and just allow the pendulum to swing. It may swing forward and backward or side to side. It may go in a clockwise circle, or in a counter-clockwise circle. When you see what your pendulum does in response to a ‘yes’, write it down and say “Thank you” aloud.
4. **Next ask the pendulum, “Show me a no”.** Observe what the pendulum does in response. It will move in a different way compared to when you asked for a ‘yes’. When you write down what it does, say “Thank you”.
5. **Now ask the pendulum, “Show me a maybe/undecided”** and observe what the pendulum does in response. Once you have your ‘maybe’, say “Thank you”.

Now you have your pendulum fully programmed, and you can use it to ask yes/no/maybe questions.

HOW TO FORMULATE A QUESTION

Before I give you the process for asking a question, you need to make sure you don’t sabotage yourself from the start by asking a poor question. We briefly covered productive and not-so-productive questions in the last chapter. Here I will go into more detail, so that you can formulate questions that get answers in your dowsing.

Here are some examples of good questions:

“Is the decision to quit my job 100% aligned with my Higher Self?”

What does ‘Aligned with your Higher Self’ mean?

It means a path which is in alignment with your spirit. This path will use your soul gifts, it serves you on all levels and it is something that brings you growth. Please note that the most important value of your Higher Self will usually be growth, so be aware that your Higher Self will give you information that takes you towards your dreams and makes you expand your horizons. Sometimes that can mean discomfort – and I won't lie to you, occasionally it can be downright unpleasant or painful as you learn certain things. Learning equals expansion.

Anyone who tells you that living the path of your spirit is about feeling good all the time is misguided. Living the path of your spirit takes courage, but the rewards are particularly great, so please bear that in mind when you use this question. If you are willing to live in alignment with your Higher Self, it takes faith and courage, and you will be someone who does exceptional things in life.

To put what I just told you into context, I will give you an example of a path that was in alignment with my spirit, but which was particularly unpleasant.

Several years ago, I decided to have a year abroad in Brisbane, Australia. Prior to going, I checked with my Higher Self that this was in alignment with my spirit. I got a strong 'yes' from my spirit. I was looking forward to a fun year in the sun. I had friends and blog buddies there too to help me settle in.

When I got to Australia, I made a series of regretful choices, one of which alienated a good friend. I spent a huge amount of money I didn't have on furnishing an apartment, and got into debt. Then the summer started. Many days it was high humidity and a high temperature. I found it difficult to acclimatize to the environment and began to feel very, very uncomfortable. I was sweating constantly, some days I felt nauseous, and I lost my appetite. Possibly due to the stress and life changes, I had moderate/severe acne that made me want to avoid going out and socializing.

I spent most of my days in bed or on the sofa, and felt too tired and ill to work, so my debt mounted up further. In addition, I was suffering from exhaustion, as the humidity and heat made it impossible to sleep. To top it all off, I got bitten by a spider, and cockroaches kept getting into my apartment. I had a phobia of cockroaches, so I was hoping not to meet any in Brisbane. Far from it! These cockroaches were up to 4cm long and had wings. The move was a disaster, as far as I was concerned.

After four months I decided the climate of the place and the cockroaches were too much to bear and I really wanted to have my health back, so I returned to New Zealand, in debt and regretting the whole thing.

It was only afterwards that I realized how much the experience taught me. I won't go into too many details here, but suffice to say that the experience helped me to grow up and 'get real' in my relationships. It also taught me something very experientially: why it's so important to manage finances carefully. I had been brought up to know this, but it wasn't until I had that experience that I fully understood why it was so important in practice. There were a series of other benefits: I became more grounded in my work, and learned to switch off my psychic abilities and empathy (which were 'on' all the time). The experience also made me realize where I wanted to live in the future, and that was helpful because I had never spent more than ten months in the same place since I was seventeen.

All of those experiences seem so valuable to me now, although they were really unpleasant at the time.

So be aware that your Higher Self can lead you towards the paths which serve your learning the most, and usually require courage to follow. But I am not promising that those paths will be a walk in the park. If you ask,

"Is this path 100% aligned with my Higher Self?" then you will need to keep that in mind.

AN ALTERNATIVE LINE OF QUESTIONING

It takes a high level of faith to leave outcomes to your Higher Self. Some people do not like to live on faith, but prefer to have a higher level of conscious control. If you're one of those people and you'd rather not leave it to your Higher Self to make the decisions for you, you can also choose **a desired outcome**. Let's say you want to quit your job, and your desired outcome is to have more job satisfaction.

For this, you can ask *"Is quitting my job currently 100% in alignment with my desired outcome of more job satisfaction?"*

If you get a 'yes', then great.

If it is not 100% in alignment with your Higher Self or your desired outcome, ask if it is more than 50% aligned. If it is lower than 50% aligned, keep asking “*is it more than 40% aligned, is it more than 30% aligned, is it more than 35% aligned,*” until you have your precise answer.

A NOTE ON ‘EXPIRY DATES’

Please note that I used the word ‘currently’ in the questions. It is important to use the word ‘currently’ in your questioning, or at least be aware that your Spirit Guides and Higher Self will give you information based on what serves you now. What serves you at one time may not serve you later, and it is necessary to remember this. The answers from your Higher Self sometimes have an expiry date. Feel free to ask the same question a couple of months or weeks later, and you may get a different answer.

So to summarize, here are some productive questions:

- *Is taking this job currently 100% in alignment with my Higher Self?*
- *Is this job currently more than 50% aligned with my Higher Self?*
- *Is this job currently 100% aligned with my desire for more responsibility and recognition in my work?*
- *Is this relationship currently 100% aligned with my desire for more love in my life?*

As a reminder, here are some questions which are no–no’s:

- Questions using the word ‘soul mate’
- Questions about the future – instead use ‘likely’
- Questions using the word ‘should’
- Questions which ask ‘is it good for me to do such–and–such a thing?’ (Good is relative). Do not use the words ‘better’ or ‘best’ either – this is also relative.

THE PROCESS FOR DOWSING

The procedure for asking a question is as follows:

1. Begin by doing the breath-work to raise your vibration. You must raise your vibration before you begin so that you connect with your Higher Self. Here's the exercise again, in case you don't have it memorized: Observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your vibrational/emotional state.
2. Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
3. Then, go inside again for a few moments and check in with your emotional state.
4. Then read the following prayer:

"I ask that this pendulum relay answers from my Higher Self at all times during the questioning. I also ask that all information be in truth and accuracy and 100% aligned with my highest good and the highest good of all."

FOR THIS CHAPTER, YOUR HOMEWORK IS TO ASK THE FOLLOWING THREE QUESTIONS:

1. ***"Is my current work/career 100% in alignment with my Higher Self? (Does it use all my soul gifts and provide sufficient growth experiences)?"***

If you get a 'yes', great.

If it is not in alignment 100% with your Higher Self, ask if it is more than 50% aligned. If it is lower than 50% aligned, keep asking *"is it more than 40% aligned, is it more than 30% aligned, is it more than 35% aligned,"* until you have an exact answer.

Warning – a common answer to this question is no! So don't freak out if that's the case. If your work is 60% and over, it means you can tweak your work activities – for example, do less of what you're doing, and more of something else. That is easy to do if you're self-employed, but not so easy if you're employed by someone else. (A note to self-employed people: If your work came up as 50% aligned or higher, you

can list all the aspects of what you currently do as your work, and ask which aspects are not in alignment with your Higher Self. That would give you a good idea of what needs tweaking).

If your work is 50% aligned or less, it means you're probably in the wrong job, which of course is not something to freak out about either. Many people are in the wrong job. It's good information to have, though, and most likely confirms what you already suspected.

AN ALTERNATIVE TO THIS QUESTION

If you don't have any work or a career, or if you do not want to ask this question, you could ask *"Which psychic gift is currently my strongest?"* Dowse on the options of: clairvoyance, clairaudience, clairsentience, claircognizance, dreaming and empathy.

The second question for you to ask is the following:

2. *"Is my current diet 100% in alignment with a state of health and wellbeing?"*

If you are trying to lose weight, for example, you can also ask:

3. *"Is my current diet 100% aligned with my desire to lose X lbs in the next two months?"*

If you don't like the diet question, instead you can ask *"Is my current amount of exercise/exercise regime 100% aligned with my health and wellbeing?"*

A TIP: BE AS SPECIFIC AS POSSIBLE

If you asked the question *"Is my diet aligned with my desire to lose weight?"* your Spirit Guides WILL be literal about it. Even if you will lose half a pound, they will tell you that your current diet is going to help you to lose weight. But if you give a quantity of weight and a time frame, they are able to give you a more helpful and accurate response.

If your diet is not 100% aligned with a state of wellbeing, you could write out the food groups/foods that figure heavily in your diet, and ask which ones are in alignment with a state of wellbeing for you.

That will give you an idea of what to eat less and more of. Remember that health means different things for different people, and we all respond in different ways to different foods. Also remember to check back a week later to see if you get the same response in regard to the foods that currently suit you. Our dietary needs change from week to week, and it could be that you just need a break from a particular type of food.

ANOTHER HELPFUL USAGE OF THE PENDULUM

You can also use the pendulum to check the intuitive information you are 'getting' using other methods such as the Spirit Guide technique we used in chapter seven. I used to do this during readings when I was channelling information for the client. It almost always confirmed what I'd already received from the Spirit Guides, but it used to serve as a valuable confirmation tool for me when I was starting out.

TROUBLESHOOTING

WHAT IF YOU GET CONFLICTING ANSWERS FROM THE PENDULUM?

- Firstly, never ask the same question twice. Always go with your first answer. If you start second-guessing the first answer you got because you are attached to 'getting it right', it can really mess up the whole process and bring the energy of doubt into it. Asking again is like saying to Spirit: "I'm not sure about the first answer – can you give me another one?"
- Stillness is important for dowsing. The pendulum responds to your thoughts as well as to your questions.

So, if you ask a question in your head such as *"Is my current career aligned with my Higher Self?"* the pendulum will respond to the question that you asked. But if a few seconds later you have the thought *"Hmm, am I doing this right?"* or *"I'm not sure what I'm doing here,"* the pendulum will respond to that too, and give you a

response! So keep your mind clear and focus only on the question at hand – otherwise you'll get a jumble of answers to questions you're asking without realizing you're asking them, or thoughts you're having without realizing you're having them.

- Another possibility for getting conflicting answers is that you are too attached to the outcome, so you are making the pendulum swing a certain way. If that is the case, leave the question alone until you have found a place of not caring so much. Occasionally, even after thousands of readings done for clients, sometimes I can still find it hard to get answers about things I *really, really want*. It's hard to be objective about those things, so don't sweat it if you find yourself in that position. Leave it alone for a few days, and come back to it when you feel differently.
- Finally, if you are getting conflicting answers, ask your Higher Self *"Does it serve me to have the answer to this question right now?"* If you are asking about something and it is not good for you to have the answer right now (for example, knowing it will ruin something you are learning), you may get misinformation. When you're holding a pendulum in your hand and not necessarily tuned into your clairsaudience, that's the best way for your Higher Self to tell you to back off with your question.

Sometimes when you are not getting accurate information through dowsing, it can be because you have some unconscious blocks or fears around using the pendulum. This could come from a past life when you were killed or hurt for using your intuitive skills or spiritual guidance. Or it could just be your conscious mind telling you that you can't make dowsing work for you.

Using one or more of the following clearing statements should help you get the pendulum to respond to your questions. I would recommend saying them out loud. These statements are taken from Spiritual Response Therapy (SRT).

"I release all fear of using the pendulum. I release all belief, perception, and judgement that I cannot or should not use a pendulum. I release all need and desire to believe that I cannot or should not use a pendulum. I now completely accept and believe and instruct my subconscious to accept and believe on every level of my being, conscious and subconscious, that I can use a pendulum, and that I will receive strong signals and accurate information."

"I release all fear of answering the question. I release all resistance to the answer. I give my subconscious mind permission to answer the question."

These clearing statements reprogram the subconscious mind to replace fear or resistance. In the beginning, you may find it necessary to use releasing statements several times to obtain a yes or no answer from the subconscious mind.

In the next chapter we are going to look at how to dowse using charts. More specifically, I will provide a chart in the next chapter which you can use to find out your life purpose and soul gifts.

How to Find Your Soul Gifts Using Dowsing

Welcome to chapter nine of the Intuitive Awakening course!

In this chapter, you are going to learn how to find your soul gifts and life purpose, with the help of a chart and some dowsing. Before we get into how you can dowse using a chart, let's begin by defining life purpose.

WHAT EXACTLY DOES LIFE PURPOSE MEAN?

When most people think of life purpose, they are not sure they have one, because life purpose sounds very important, like a mission or a task you are here to do.

Actually, life purpose is much more ordinary than that, and everyone has a life purpose. A big part of your life purpose is to use your soul gifts. Soul gifts are those things you are able to do and qualities you have. Under the category of soul gifts, I also include energies you bring to others, such as courage, empathy or healing. A soul gift would also include strong drives you have. For example, some people have a strong desire to campaign on behalf of those who are not in a position to defend themselves – such as animal or human rights. When there is something in your life that you feel compelled and driven to do, that's your life purpose at work.

However, life purpose is not just about service to others and using your gifts. Life purpose is also about enjoying yourself using them, and it's also to grow through using your gifts.

WHY NOT JUST CALL THEM 'GIFTS'?

I call those gifts 'soul gifts' because you chose them before you even came here. You are the way you are for a reason, and gifts are there to be used. This is very much about your spirit and who you are on the soul level. Some of the gifts you have will come from spiritual

trainings you have had. (Spiritual trainings are like 'careers' that you have in between lifetimes). For example, there is a spiritual career where you can nurture and prepare new souls for their very first incarnation on Earth – like a 'mother soul'. If you have trained in this area in between lifetimes, you will be someone who is very nurturing and supportive, and that may be one of your soul gifts. Some of those gifts or careers may also come from past lives.

You don't even need to know what the careers were or where your gifts come from—the most important thing is knowing what gifts you have.

"I DON'T HAVE A CAREER – IS LIFE PURPOSE JUST ABOUT WORK?"

Life purpose is expressed in all life areas. People who do not have a conventional career (for example, people who stay at home to raise their children) can be fulfilled if their soul gifts are a good match for such a scenario. So please don't think that life purpose is all about career and ambition – it doesn't have to be!

Next, we are going to use the process of dowsing in order to paint a picture for you of what your soul gifts might be.

On the next page is a chart with thirty-four of the most common soul gifts I have come across.

Using your newly acquired dowsing skills and the instructions in this chapter, by the end of chapter nine, you will be able to dowse through this chart and find out what your most important soul gifts are. However, before you do this, you must understand what it means to have the gifts and what they are. Please make sure that you do read and understand the interpretations of the gifts *thoroughly* before you continue.

It is advisable to read about the gifts first, and then wait a day or two for the information to sink in and read it again. And only then should you dowse – when you have a really complete understanding of what the gifts are. Your subconscious needs time to integrate all of the information for the dowsing process to be effective.

	Column 1	Column 2	Column 3	Column 4	Column 5
Row 1	Teaching (& guiding and mentoring)	Healing	Nurturing & supporting	The Leader	Imparting information & communication
Row 2	Inspiration & Motivation	Protecting others	Protecting the environment	Protecting animals	Improving & maximizing systems
Row 3	Relater	Learner	Problem-solving	Helping others succeed – coach	Pointing out other people's gifts
Row 4	Compassion & Humanitarian	Patience & tolerance	Seeker, protector & upholder of truth	Banner carrier & cause fighter	Catalyst for change
Row 5	Intuitive	Empath	Explorer	Management & organization	Analyzer
Row 6	Humorist	Playfulness	Competitor	Artist	Harmonizer
Row 7	Counsellor & advisor	Creator	Story-teller	Positive expectations	

THE ARCHETYPES

Here are the descriptions of the thirty-four soul gifts (I also refer to them as 'archetypes') that a soul can have.

#1: THE TEACHER

Teaching is the ability to communicate knowledge, skill or wisdom to others. If teaching comes up as an archetype for you, it means that you are someone who has a soul urge to empower others by sharing your knowledge. The teacher loves to see others 'get it' and understand something. Others will seek you out for your wisdom and knowledge if you have this gift. The teacher will usually be in a cycle of continual learning, so that they always have new teachings to impart. Story-telling is a skill which is frequently associated with this archetype. Teachers often have the ability to bring their teachings down to earth, and tell stories which illustrate a point. If you have this gift, be aware that teaching will be a part of your life purpose.

#2: THE HEALER

Healers love to help others to repair the mind, body or spirit and reach a state of wholeness. They bring compassion, love and healing into the physical. Healers are very inspired to make things better. In their relationships, they often attract 'wounded birds'. The healing archetype in a profession can manifest in different ways. There is energy healing, traditional healing through medicine (for people or for animals), working with the mentally ill, or writing. Remember that words can also heal, and healers often have the soul gift of communication to help them do this.

Sometimes this archetype is expressed through a state of 'being', instead of 'doing'. These people may exude a soothing, healing energy, and through their example and presence bring healing. Healers can also inspire people to let go of the past and forgive. This archetype can often come across as calming, gentle and loving, and they are among the most giving people on the planet. Others occasionally mistake this for weakness, but that couldn't be further from the truth, as there is immense strength in the healing archetype. If you have this gift, it is likely that the urge to heal others is part of your purpose.

#3: NURTURING AND SUPPORTING

Nurturers get a great deal of satisfaction in seeing something or someone flourish and be successful. This usually manifests as a desire to provide the environment (including the positivity, encouragement, or empowerment) necessary for something or someone to grow. One obvious outlet for this gift is parenthood, or to be a teacher of young children. Another possibility is to serve as the 'right-hand man or woman' to someone in a position of authority or responsibility. Also included in this archetype is the potential for nurturing plants and animals. If you have this gift, nurturing or supporting will be part of your soul purpose.

#4: THE LEADER

Leaders are here to teach us courage. They can be 'thought leaders' – people who encourage us to think differently. The leader archetype inspires a group of people to align with the achievement of a shared vision, so that it can become a reality. Leaders have the ability to take charge and make decisions. The Leader at his/her best has a commitment to a clear vision or way of being, and encourages others to support and give their energies to this worthy vision. If you have this soul gift, it means you have some leadership energy to bring to the world.

#5: THE COMMUNICATOR

Communicators love to pass on knowledge, information and wisdom. This archetype is very similar to the teacher, but the difference between them is that communicators often like to share their knowledge and points of view in a one-to-many fashion, as opposed to one-on-one. Professions associated with this archetype include writers, storytellers, bloggers, journalists, and speakers. Communicators are often networkers as well – people who can bring information to any group of people, and who grow their spheres of influence by making connections and alliances among those different groups of people. So to summarize, being a communicator embodies teaching and networking. If you have this gift, imparting your knowledge and wisdom to many people is part of your soul purpose.

#6: THE INSPIRER AND MOTIVATOR

Inspirers have the ability to show others the possibilities open to them. They sometimes do this through spiritual teachings. They are tapped into the realm of possibility: areas such as the spirit world, the future, the formless, and that which has not yet happened. They can also inspire people through their own experiences. They are able to see the bigger picture, maintain the vision, and help others to become motivated through seeing that vision. Because this is a gift that involves other people, it is often expressed in relationships. If you have the gift of inspiration, you are someone who has the soul purpose of inspiring others.

#7, 8 AND 9: PROTECTING OTHERS, ANIMALS OR THE ENVIRONMENT

These three don't require too much explaining. Those who have a soul urge to protect others may stand up for those who can't defend themselves. They may be human rights activists or lawyers. They may simply be very protective of their family or loved ones. They may also wish to guard others against negativity or evil. This gift can also manifest as protection of the self, or through preserving and safeguarding what is theirs. In some ways, they are similar to nurturers and supporters, but their approach tends to be more feisty and fierce. They often see the importance of good boundaries, and they may assert these on behalf of other people who fail to do it for themselves. If you have the soul gift of protection, then you will have protecting others as part of your life purpose.

#10: IMPROVING AND MAXIMIZING SYSTEMS

Improvers have strategic ability. They can look at an entire system or situation and hone in on the parts which can be improved to get better results. Their soul urge is to make systems and situations better and more functional. They can apply this gift to other people, to some degree, as a soul urge to help people improve themselves and get better results. These people have the ability to diagnose what needs improving or leveraging in order to affect the bigger picture. If you have the soul gift of improving and maximizing, it is part of your purpose to use this ability for good.

#11: THE RELATER

Relaters are good at establishing relationships based on common ground. They are good at finding the common ground between themselves and another person, and can use this to

form strong relationships. They might not necessarily be empaths, in the psychic sense, but they have an ability to know what is important to other people and communicate with them, showing they have taken the other person's values into account. They tend to be accepted and liked by those around them. Other people feel validated around them. If you have the gift of relater, it is part of your purpose to use this in your life.

#12: THE LEARNER

The learner is continually absorbing new information. This archetype also indicates someone who is continually open to new ways of doing things. That openness defines the learner. This gift usually goes hand-in-hand with the teacher archetype, and can also overlap with the 'explorer' archetype. A learner in the field of spirituality is always on the forefront of consciousness, and one step ahead of those he can teach. His hunger for knowledge and wisdom ensures this. If you are a 'learner', it means that part of your path is to absorb knowledge and wisdom (which you may share with others later on).

#13: THE PROBLEM-SOLVER

The problem-solver is a 'diagnoser' and a fixer. S/he is able to look at a system or situation and identify what is going wrong. The problem-solver is different from the improver because problem-solving is more than making something somewhat better: it's about having the drive to turn the situation around. Once the problem-solver has located what is wrong, he is able to come up with creative solutions to resolve it. So this person is a healer and fixer, but in a left-brained sense. If you have the gift of problem-solving, part of your purpose is to use this in your life and in the world.

#14: THE COACH/CHAMPION—HELPING OTHERS TO SUCCEED

The coach is deeply invested in helping others get to where they want to be. This archetype is an 'empowerer' of other people. This does overlap somewhat with the archetype of 'inspirer', the difference between them being that the coach is more "hands-on" in his/her approach than the inspirer. The coach helps people to see what the practical steps are towards their goals, and empowers others to take those steps. Another word for the coach could be the champion. A coach holds the faith for you that your vision is a real possibility and within your reach. If you have this gift, part of your soul purpose will be to do this for other people.

#15: POINTING OUT OTHERS' GIFTS

This archetype sees the inherent good in others, and is able to uphold and demonstrate for others their own goodness. Those with this gift have positive expectations. In my view, this is a very beautiful archetype to have. They generally have a very positive view of humanity. More specifically, they are able to pinpoint constructively what is special about other people. They are quick to overlook weaknesses. They can also inspire you by painting a positive and empowering self-image for you, and by trusting you to act with compassion and goodness in your life. If you have this gift, you will be called to use it in your relationships and perhaps in other areas of life, in order to bring positive energies to others.

#16: HUMANITARIANISM AND COMPASSION

Humanitarians have compassion and empathy, but their compassion is on a wider scale (not directed towards one person, but towards a group), so it is not as personal as those with the 'empath' archetype. Those with this archetype are connected to humanity's suffering on a wider scale. This connection can be overwhelming, and to avoid this, they can become a little detached in their determination to make things better for others. This detachment is a way of protecting themselves. But this doesn't lessen their deep desire to allay suffering and to make the world a better place, on a grand scale. It also makes them more practical in their approach to helping people, instead of being overwhelmed by negative emotion that doesn't belong to them (which is something that can happen to empaths).

Humanitarian souls must choose their work carefully. They need to be working in a profession where they know they're making a difference. Without this, they will always feel something is missing, and will feel unfulfilled. Often humanitarian souls will be working within some organization that improves life for people. If you have this archetype, be aware that humanitarianism – helping and healing others on a larger scale, will be an aspect of your soul purpose.

#17: BRINGER OF PATIENCE AND TOLERANCE

Those with this archetype bring the energies of respect, tolerance and patience into the physical. They have minds open enough to see the good in others when those around them may be focusing on the negative. They tend to be patient in their dealings with others. They are also open enough to communicate with virtually anyone without shaming or

blaming. This is an advantageous attribute to have in mediating and in being a 'go-between'. These people encourage us to accept differences, and teach that it's all right to be different and have differences of opinion. They also have a strong desire for fairness for all, and exemplify this in their dealings with others. If you have this soul gift, bringing the energies of patience and tolerance is part of your purpose.

#18: SEEKER, UPHOLDER AND PROTECTOR OF TRUTH

These people seek to get to the bottom of situations. They have a 'no-nonsense' approach to life, and will speak in a very direct manner that can offend others from time to time. They are the type of people who call a spade a spade. They have the ability to see through illusions and lies, and can spot the negative agendas of others. They have the ability to wake others up to the truth, and to see what is there in front of them. Once they have achieved this, they will protect their point of view and argue for it vigorously. This archetype reminds me of the journalist who grills and puts pressure on the politician he is interviewing, forcing the politician to take a definable position, so he can get to the bottom of the situation being discussed. If you have this soul gift, seeking and upholding the truth will be part of your soul purpose.

#19: BANNER CARRIER/CAUSE FIGHTER

The banner carrier is the person at the front in a demonstration, who is shouting louder than everyone else! Of course, this is usually a metaphor for those who have this archetype. This archetype is feisty, a true warrior, unafraid to fight vigorously when his rights have been violated or threatened. This person is also willing to fight for other people's rights. When involved in a cause, s/he will be vocal and dedicated. If you have this gift, it means that your purpose is to bring these fiery, activist energies of yours into the physical.

#20: CATALYST FOR CHANGE

These people are like whirlwinds. They leave positive change in their wake, wherever they go. They may do this by being an inspiring example for others to follow, thus creating transformation indirectly. They may also have a propensity to create change directly, by working with other people and helping others to get rid of those things they no longer want. They are not afraid of chaos, as they know that this can occur just before change

takes place. If you have this gift, part of your purpose is to be an agent of change in this way.

#21: THE INTUITIVE/PSYCHIC

Everyone has some level of psychic ability. However, those with this archetype have a soul urge to use their intuitive abilities to help others. Some of them are born powerfully psychic. This archetype gives you the ability to see the bigger picture and get a spiritual, higher perspective on human questions and problems. This also boosts your connection to the spirit world, and usually indicates active upper chakras (the throat, third eye and crown chakras). You may not necessarily end up being a professional psychic with this archetype, but you may choose to use your intuition for good, by solving problems, for instance. This archetype can also give you the motivation and tendency to develop your abilities to a very high level.

#22: THE EMPATH

The empath also has a psychic gift, and this is the ability to enter other peoples' auric fields and feel what it is like to be that person. The empath essentially has the spiritual ability to experience oneness with others, while in a physical human body. The empath of course returns to their physical experience afterwards, bringing some of the other person's perspective with them. Because of this they make great harmonizers and mediators, because they have the ability to see all sides of the story. Their empathy gives them compassion and understanding for others.

The empath finds it harder to detach from other peoples' emotions than the humanitarian does, for example. Empaths must become skilled at turning on and off their empathy at will, in order to truly fulfil their potential. If you have the soul gift of empathy, part of your purpose will be learning how to do this, in order to improve your own life. Part of your purpose will also be to use your empathy to bring more oneness and understanding into the world.

#23: THE EXPLORER

The explorer is constantly inspired to discover and explore new terrain, whether internal or external. Another word for the explorer could be the pioneer or innovator. The explorer

loves to innovate, and to find more effective ways of doing things. This archetype is also unafraid of the unknown. A love of exploration can manifest as a desire to learn experientially, and experience as many things as possible in one lifetime. This can go hand-in-hand with a love of risk-taking, and an insatiable curiosity. The explorer's attitude is a light-hearted yet passionate one: "Life is a big adventure." This can manifest itself literally through travel, physical exploration, and taking risks for the sake of adventure. If you have this archetype, part of your purpose will be to bring these adventurous energies to others, and to teach others that the unknown can be very exciting (rather than scary)!

#24: MANAGEMENT AND ORGANIZATION

Those with this gift have the ability to bring order to chaos. They have clear minds. They are excellent planners, and they are good at categorizing and organizing anything that is in disarray. They are great at supervising others, and often quick to take a leadership role. They are also good at prioritizing and deploying resources and people. Coupled with the archetype of cause fighter or protector of truth, this can make a feisty, not-to-be-messed-with manager of people who is well respected. Combined with the archetype of healer, relater or harmonizer, this is a manager who is an excellent builder of teams, and someone who brings people together. If you have this gift, it is likely that part of your purpose is to use it in a career context, or working in some capacity with other people.

#25: THE ANALYZER

Acutely observant, the analyzer has the ability to see the patterns and commonalities which underlie events, situations and personalities. They also have the ability to classify and categorize things according to their characteristics and similarities. They are excellent researchers and detectives, because they notice both the tiny details AND the bigger picture. Analyzers are also good at finding the root causes of situations, and they have an understanding of cause and effect. They have the ability to foresee how different factors might affect an outcome. Such people are often involved in the sciences. If you have this archetype, your soul purpose will be to bring these analytical skills and use them for good in some way.

#26: THE HUMORIST

The humorist entertains and uplifts others through their silliness and observations. The humorist brings the energy of light-heartedness into the physical, and they remind us not to take life or ourselves too seriously. The humorist gift is often coupled with the analyzer gift. If you have this archetype, part of your purpose will be to bring your humour and playful energies to others, to help them to lighten up and heal through laughter.

#27: PLAYFULNESS

Those with this gift uplift others through their sense of fun, innocence and their child-like qualities. Their presence can be refreshing or invigorating for others. These energies of playfulness remind us to relax, loosen up and have fun. The message behind this gift is that life is not just a school for learning, but also a playground to be enjoyed. If you have this archetype, part of your soul purpose is to remind others of this message.

#28: COMPETITOR

Competitors strive to be the best. This gift gives those who have it a dedication to excellence, and to the development of their strengths and talents. This quest for excellence happens through measuring one's progress against that of other people. This person is an improver and an 'empowerer', except these gifts will be focused inward, towards self-improvement and success. The competitor has the capacity to inspire others immensely through their example.

#29: ARTIST

The artist is someone who can take the formless and emotional experiences of life (those that exist beyond the reach of our five senses) and convert them into beautiful representations of those experiences. This archetype can be a painter, musician, chef, interior decorator, or designer, for example. Artists also excel in coming up with creative and beautiful ways to solve problems. They know that it is important and nourishing for us to be surrounded by beauty, and they get great satisfaction from creating beauty from life. If you have this archetype, ask yourself, what beautiful things do you create that give pleasure to others?

#30: HARMONIZER

The Harmonizer wants everyone to be happy and to be getting along with one another. Because of this desire, the harmonizer is great at working with others in teams and groups, because they help the proceedings to go more smoothly. They do not need to be at the forefront, and are happy to be behind the scenes. The harmonizer is essentially a peace-maker, and will go to some lengths to help conflicting parties reconcile and see their areas of agreement and consensus. Tact and diplomacy are the gifts they possess, along with an ability to relate to others. Some harmonizers like to be in peaceful, harmonious environments, and have a limited tolerance for chaos, loud noise and negativity. The harmonizer gift can be expressed professionally, but more commonly it is expressed through family relations and other relationships.

#31: THE COUNSELLOR AND ADVISOR

The counsellor and advisor creates a space for others where free communication can take place, and where the other can be him/herself, without fear of judgement. The counsellor helps others to sort through their experiences, see the underlying thread and reasons for the experiences, and learn from them. They help you to extract the 'gold' from your experiences and grow in wisdom. The counsellor also helps others to get clear on what they want in the future. This archetype has the ability to remain detached from others' outcomes. If you have this gift, part of your soul purpose will be to use these gifts of counselling with others.

#32: THE CREATOR

Creators are very good at making things happen. They get a real kick out of taking their visions and dreams and making them real and physical. Creators are dreamers, planners and action-takers. They are driven to build things which will impact their lives, and the lives of others. They have a great deal of enthusiasm that can be infectious and inspiring, because they are so motivated and willing to take action. They are also good at helping others to 'just do it', and get past their mental and emotional resistance to accomplishing something. They teach others the value of action, persistence and inspiration in work.

#33: THE STORYTELLER

The storyteller, through stories, helps to reinforce our own lessons and make us think. They also enrich and expand our view of the world. Some storytellers use their stories to make a point and teach. Some storytellers are more concerned with entertaining or moving others. The storyteller combines teaching with communicating.

#34: POSITIVE EXPECTATIONS

Those with this gift possess a very pure and child-like way of looking at the world. This can sometimes be confused with naïveté. They see everything as perfect, and people as good. They have great faith in the universe and in the goodness of God. They also have faith in humanity. In many ways, this gift is not so different from pointing out others' gifts to them, except the gift of positive expectations is more of a worldview rather than an activity. This worldview of faith and positivity can be comforting and affirming for others to be around.

HOW TO DISCOVER YOUR GIFTS

To do this, you use the same dowsing process that you used in the last chapter.

The procedure for asking a question is as follows:

1. Begin by doing the breath-work exercise to raise your vibration. You must raise your vibration before you begin so that you connect with your Higher Self. Here's the exercise again, in case you don't have it memorized: Observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your vibrational/emotional state.
2. Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.
3. Then, go inside again for a few moments and check in with your emotional state.
4. Next read the following prayer:

"I ask that this pendulum relay answers from my Higher Self at all times during the questioning. I also ask that all information be in truth and accuracy, and 100% aligned with my highest good and the highest good of all."

THE QUESTIONS TO ASK ARE AS FOLLOWS:

- *"How many of the soul gifts contained within this chart do I have?"* (Most people have 4–7, and the most common number is 5).
- You locate your gifts by asking *"In which row is my primary gift?"*
- Next, inquire *"In which column is my primary gift?"*
- Then you ask, *"In which row is my secondary gift, and in which column?"* You do this until you have the answer, and so it goes until you have your complete list of gifts.

Once you have your gifts, you can take some time to reflect upon where you might be using them (or not using them) in your life.

FURTHER QUESTIONS TO ASK INCLUDE:

- *"In which area of life am I mostly using my primary gift?"* (For example: in work, romantic relationships, friendships, health, or finances).
- *"To what extent am I using my primary gift in my work?"* '100%/more than 50%/more than 75%' and so it goes on until you find the exact percentage.
- *"To what extent am I using my secondary gift in my work?"*
- *"Which soul gift(s) am I currently not using in my work at all?"*

It is always interesting to see how your gifts complement one another, and combine together to make you who you are. For example, a banner carrier who has positive expectations and the harmonizer soul gifts will be very different from a banner carrier who

has a soul urge to protect others and seek the truth. The second banner carrier will be fiercer, and the first banner carrier will have that fierceness mitigated by gentler qualities. So make sure you look at your gifts in their totality, not just at the primary and secondary gifts. All are important, and make you who you are.

WHEN YOU DON'T RESONATE WITH YOUR GIFTS

What happens if the gifts you dowse don't sound like you? If you don't resonate with your gifts, show them to someone close to you and ask their opinion about it. Sometimes we can have little blind spots when it comes to our gifts.

Another possibility for not resonating with your gifts is when they represent the bigger picture of your soul gifts – and not the more specific aspects.

To give you an example, when I dowsed on my own gifts a while back, mine came up as:

- Communicating and imparting information
- Pointing out other people's gifts
- Improving and maximizing systems
- Harmonizer
- Seeker/upholder of truth

If I had guessed my gifts, I would have said: healing, teaching and intuitive. After all, that's what I'm doing right now. But when I look at my gifts above, I see those are the bigger themes for my purpose. In my Akashic Record readings, I research my clients' soul gifts and point them out. I also impart information through both blogging and teaching. And I am motivated by a search for truth in my spiritual journey.

So keep an open mind about the gifts you got the first time - after all, they have the chance to show themselves throughout a whole lifetime (and not just according to what you're doing now!)

DON'T LIKE DOWSING?

You might like to use claircognizance to find out your own gifts. Were there any gifts that stood out/jumped out at you when you read the descriptions?

Again, you could use the technique in chapter seven for tuning into Spirit Guides, and ask your guides what your primary gift and secondary gifts are. See if any of the soul gifts pop into your head when you ask that question. The claircognizants and clairsaudients among you might like to use the methods in chapter eleven to enquire about your gifts.

In the next chapter, you will learn a technique for reading other people to find out more about intentions, integrity and personality.