

# **Honouring Ourselves**

## **Remembering Who We Are**



**Heather Bruce**

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## Dedication

**To everyone who has allowed this book to be birthed  
- particularly those whose paths have crossed mine,  
who have assisted in my learning by allowing me to  
appear  
to be healing and/or teaching them.**



## About the Author

As a senior acupuncturist who had been working with people already for decades, Heather realised in 2001 that the average person had no idea of how their body ran.

This 2016 edit as an eBook is an updated version of the ‘patients’ manual’ she wrote – originally in three sections, you may have one or all of these below.

Honouring Our Source, Honouring Our Bleeding and Honouring OurSelves.

Whilst some may have an understanding of the bits and how they physically work – the actual instructions given to these bits is not in the physical – for an energy worker or anyone who delves into acupuncture.

To assist in your journey towards health: so you know why when you may be ‘doing everything right’ – especially when you feel that nothing seems to be shifting – there is actually a very good reason.

Your having an appreciation of there being a lot more to be done than just on the physical (reality as medicine and orthodox culture sees it) will then alert you to how you may be actually creating your own pain and ill-health – by ignoring what your body needs you to do.

Often it is the very opposite to what the current medical profession are telling you. Usually it is what your great grandparents would have expected you to do to live well. . thus it is all based on time honoured traditions of East Asian (and Chinese) medicine.

You will notice also of those “old wives tales” that we all may have discounted when young.

**Enjoy!!.**

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## Introduction

Part of the book 'Living In It' written in 2002 for patients to understand how a well body works, "Honouring Ourselves" the final section in the trilogy departs from the standard acupuncture theories and takes the reader into a model that may help them reframe/'make sense' of their lives. That reality we all carry in our heads may not be all there is. Enjoy your journey!

I suggest we widen the 'goalposts' a little, to question the beliefs that run the energies that allow us being here in a body. Please do not expect to sit down, and 'get it' all the first time. You may – it may be as the answer to a prayer. If some of it challenges what you believe – please be aware that I am trying to do this. Reacting to our lives gets us what we have – a need to change.

If we think we can just pay someone to 'fix' us – we eventually come to the realization that we are the creators of our own lives – here is maybe the beginning of your own sense making. After standing and hearing myriad stories, usually from those who could not cope, and in living in my own interesting times as an acupuncture teacher and practitioner, I got to thinking.(I didn't 'get it' overnight, either).

Some parts may totally mystify you initially. Sit back, and just open where you will, and start reading.

'Living In It' written as a reference manual - for when you feel you have tried everything else, done your best, and still nothing seems to work/make sense.

["Living In It"](#) is a sister edition to ["Living as Energy"](#), and is designed to be read in conjunction with it.

Three posters ["Inner Alchemy"](#), ["Unfolding Jing"](#) and ["Reunion"](#) are tied into each of the three sections of this book, and are also available from the author .

A [guided meditation CD](#) (now MP3) was devised to be another step in a searcher's quest to assist themselves.

**(2016 addition)**

We live in interesting times.

It would seem that the voracious novel reading: the science fiction that I consumed as a teenager was to set me up for this life now. We could be forgiven for thinking that we seem to be living in a 'B' grade movie.

This is becoming more of an interesting challenge as parents become less 'at one' with the orthodoxy and less amenable to being controlled. Watch the vaccination bullying/loss of real science into what is essentially a religion, and a form of mass thought control as a great example. This divisiveness - much like the Middle Ages and flat earth like arguments, may set older, wiser parents up against their adult children's need to feel as though they belong to their own 'tribe' of peers.

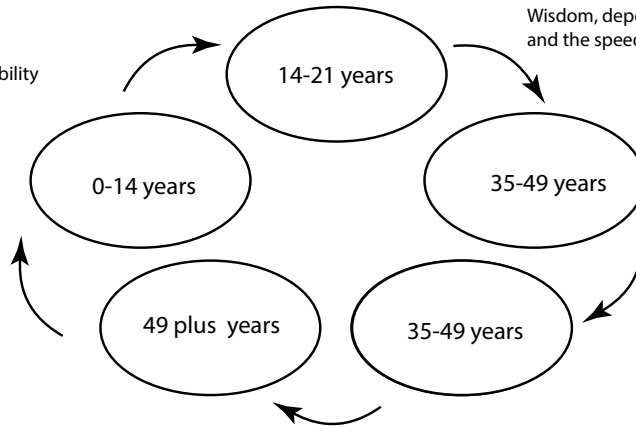
We may discover too late that being 'good' got dangerous/unsustainable.

Here I present a way that the more conscious people may wake up - and light up their own lights.



# How We Play "Being Here"

Lots of Jing potential  
No memory of human  
experience, although possibility  
of much inherent wisdom.



Jing developing dependent upon early life, and inherited potential. Some life experience, though most stored, to be uncovered as the cycle of 'life' unfolds.

Wisdom, dependent upon the calibre of the being prior to entry, and the speed human tasks set, are completed.

Jing variable upon the pace and life experiences. Much life experience gathered.

May still be 'full up' with people and busyness, to appreciate the need to reframe, in order to pass through life's initiations.

The quest for inner knowing may have begun, due to the need to 'make different sense' of life to date. Wisdom may thus be percolating through the past programmes.

Jing becomes exhausted, as the years here in form draw to an end.

Life's tapestry woven, but possibly tangled or unravelled, experiences surround the one as a massive resource library.

Wisdom may be vast, or still the one may have laid unaware, throughout the life passage.

Levels of Jing will be dependent upon how wisely 'life' priorities to here have been managed. Life experiences now obviously thematic, and by now physical complaints are creating the need for change.

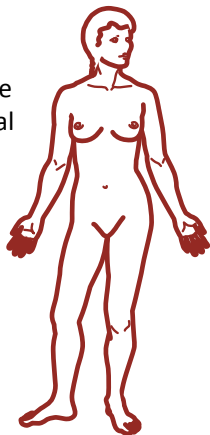
The need for reframing the recent 'life' may still be ignored as bodily complaints are patched up and seen as nuisances rather than gifts, as yet unwrapped, hence for some, seeing the point to their having lived at all may be still mysterious.

START \_\_\_\_\_ FINISH  
of the human race - jing into wisdom

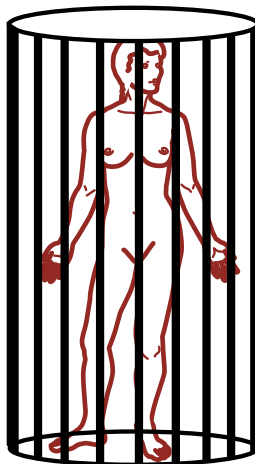


# Who Do We Perceive We Are?

Tangible  
(physical  
body)



Social  
creation



We arrive in form

We are wired into it  
to be able to use it

We learn to be 'here',  
manipulating the  
environments.

We may turn our attention  
inwards, reconnect with self,  
rather than operating at the superficial /  
constructed level.

Coming home to be  
all we really are.

Conception

Birth

10 years

Death

A human being whilst here, still connected to all we are outside this game of 'life'.

## Who Is "I"? -What Is A Person?

ASPECTS OF SELF

POINT OF PURE CONSCIOUSNESS

HIGHEST CENTRES OF THE BRAIN

EARLIEST PARTS OF THE BRAIN



**SPIRITUAL  
(SOUL FAMILY)**

**SOCIAL  
(TRIBAL PLANE  
HUMAN)**

**BIOLOGY  
(HERD)  
(MAMMALIAN)**

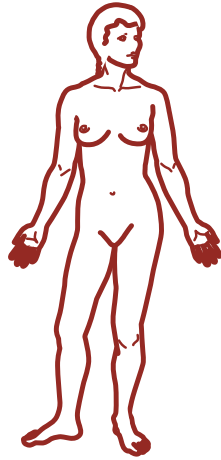
GUIDANCE FOR TEMPLATE

**Inner knowings/** personal script that is encoded to be triggered, and emerge at a specific point

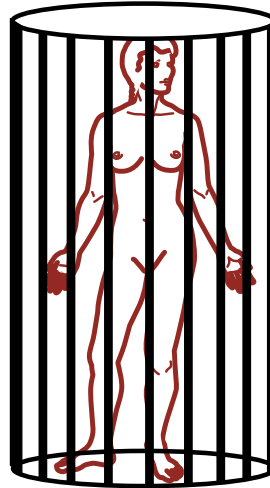
**Rules** - Taught how to be "a person" in this place/time, as a part of role of family, extending into ever widening influences as we master each level (pass through time, and expected concurrent developmental phases)

**Body reflexes/instincts** – are general at birth, and baby could probably be socialised/taught to live within any human context.

# How Do We Perceive The Externals?



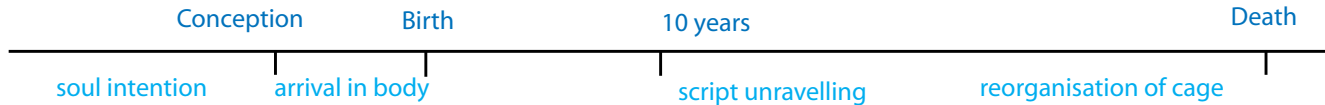
senses



what we were told  
(expectations/meanings given our  
inner library of experiences)



inner knowings percolating up.  
(different sense made)



PHASE TWO.  
Living as a connected being.



## Those We Select to Guide Us Through

Please realise that this is a 'what if it were so' version of 'life'. As though we were here temporarily to learn and then to be elsewhere as a Self /being - not only here as a 'human animal' and that is all – ever.

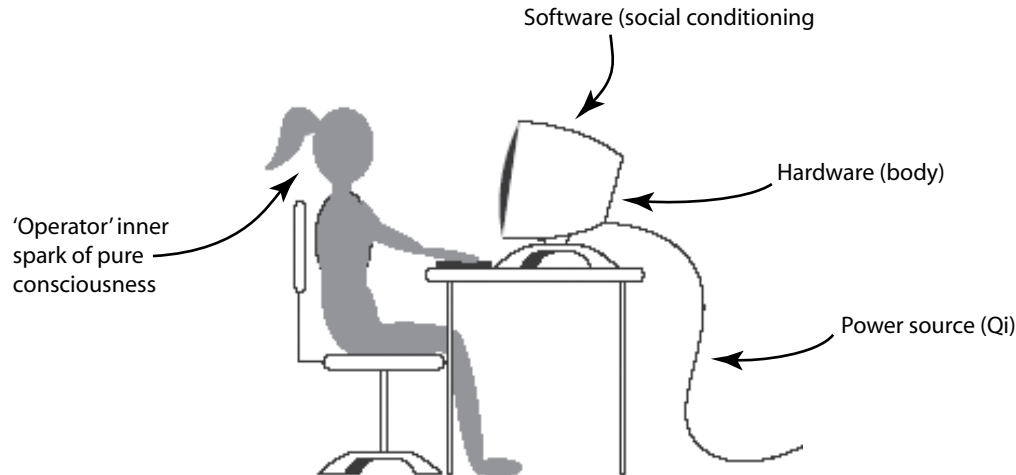
Parents initially are actually specially qualified. For the 'branding' that you need to be here in this now, and in this form. AI contracted already elsewhere. Please do not judge. Undo. They do their assignment to the utmost of their current restrictions (all pre set) thus and abilities. Who are we to judge this, from within the 'problems' they 'gave' us, as not being exactly what we (elsewhere) ordered?



## Becoming Human

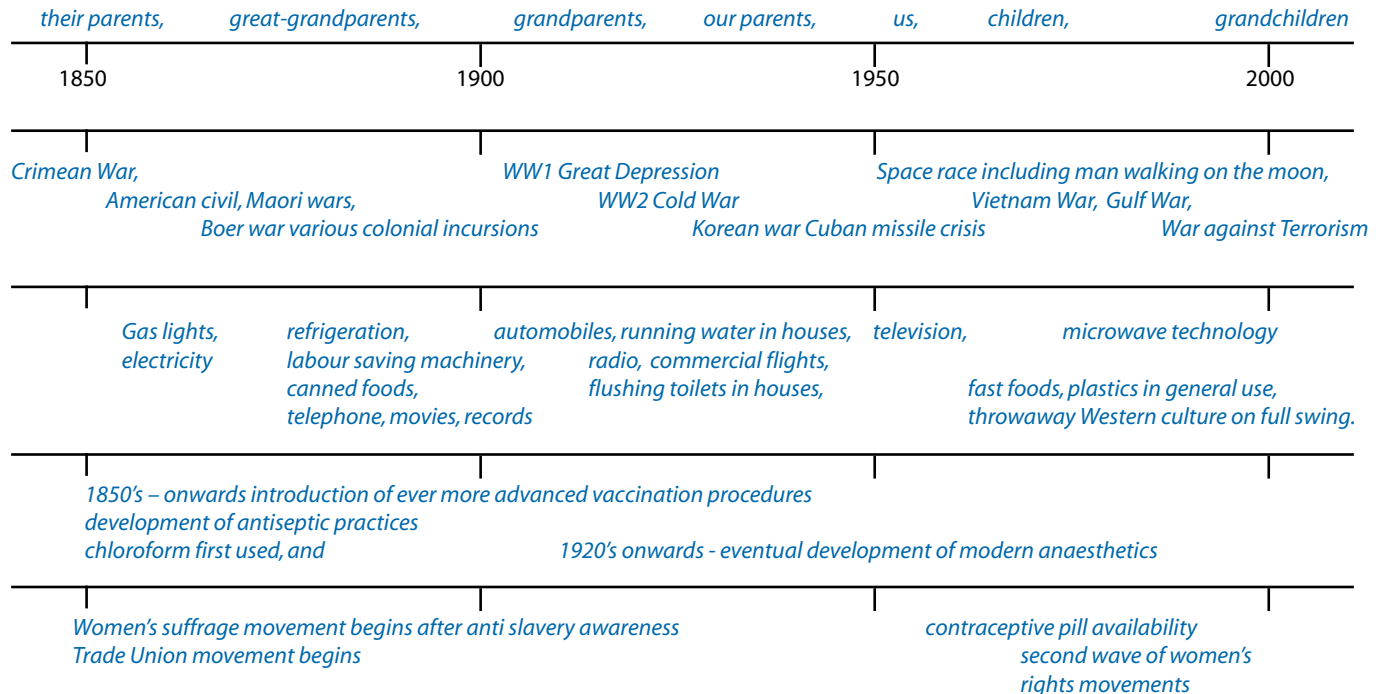
### /Laying Down Our Personality Webs/Orbits

As we are more than the physical shell that houses us 'here', more than just a consciousness carried within in a flesh and bone wrapper, we may recognise that we exist within a complex system of energy circuits running through and around the more tangible components. These energy lines, vortices and centres that provide the 'oomph' for our physical to function - much like the hardware of the computer requiring electricity to work. Our software is laid down in part by the psychological programmes that are lovingly installed from the moment we are born, providing us with the template with which to use.



As we emerge in form, we merge with the computer, eventually seeing self as others seem to – living within the screen, rather than playing its game.

## Where Did the Programmes Come From?



## A Cosmic Board Game

(Major entry qualification – forgetfulness of anything other than this ‘here’/‘now’).

**What if** our personality’s identity was based on the likely reactions of experiences that were chosen and monitored from another place/time? (Why do we listen to the tapes/scripts imposed upon/within us?)

**What if** our main goal was to learn that we are playing in an outsized board game? (What is ‘reality’?)

**What if** we can either choose to continue to play the game in this here/now as we have been brought to think the rules are, or discover different ones? (1st assignment on ‘waking-up’, - deconstructing “self”).

**What if** we already hold the key to learning what these new rules are? (Start by reframing ‘self’s’own ‘history’).

**What if** we are rewarded by ‘life’, by stepping out of the box we thought we were within? (Explore/grow)

**What if** it were a measure of how far we had travelled prior to entry this time around, that some of us are not able to live by the rules we are given? That the mismatch between the inner set we hear within and those written on the side of the accompanying box [life script](our acquired rules set in motion through the “growing up” process) is too great? That whatever the price, we can’t play this game/life, that way?

That we have, as players, ‘here’ at this time, been granted ‘free will’ to continue as though the life/ game taught after birth/entry were “real”, or to question all aspects of ‘self’, and thus what we believe to be “the game”.

### **Which pill do we swallow/reality do we run when made aware of our own Matrix?**

**What if** another aspect of Self has set all of this in motion, establishing through careful discernment, a perfect ‘life’ placement to ensure what was required to be experienced would be? (End of the ‘victim’ game. Take back the reins that Self intended in the object of this self responsibility section of the game).

**What if** ‘life’ here was also an exercise in frivolity, and we have become so serious in doing it right, that we have forgotten to enjoy it? (Lighten up and play life/self, rather than work the process).

**What if** some of us chose triple multiples of some characteristics, (via astrological, numerological, family configurations), thus ensuring we hear very loudly that which is only a whisper in other’s ears?

**What if** we are unaware of this pre-programming? (And assume our ‘reality’/rules are standard/‘right’).

These make for an interesting ‘life’/game – much like playing “Scrabble” with everyone speaking a different language.



## To Play The Game

### (Entry Requirements)

Please look to what is also [online here](#) – and the [guided mediation](#).

**The state of forgetfulness.** Of only being conscious of that which has been installed within the confines of the dimensions we believe to exist. As though that is all there is. All there will be. To have only the myths conceived within the game as guides for that which is outside this place.

**The illusion of separation from source.** Each one forgetting that all have sprung from the One. That all are on a journey to eventually be One again. That all are thus precious beyond measure, regardless of outer wrappers, regardless of apparent story-lines and seeming nastiness of circumstance/“luck”.

**From separation, the illusion of difference.** Within the context of duality, separated arbitrarily into “good” and “bad”. Having forgotten the nature of Self-divinity, each living in the belief of discreet human identity – perhaps here look to this site. All as Soul infused personality structures, each calling themselves “a person”. ‘Here’ separate within the duality game. Each exploring a part of their own (Soul) journey, from a state of deep Self forgetfulness. Each one uncovering in its own perfect time and sequence, that which allows the spark of soul force to be strongly imprinted with the next piece of the puzzle. (Maybe see this in [visual representation/creative expression](#).)

What puzzle?

**How to reunite with the totality of the original spark** - step by step, ever reaching further aspects of Self, to return eventually to the source - within the One.

The thirst for knowledge of all aspects of every form of existence and expression of self, until then. Schooled in the illusion of differences. Being attracted to one’s apparent complement, as a completion, a homecoming.

Similarities and differences alternately highlighted, depending whether ‘falling in love’, or ‘falling out of love’ is the phase of being. Light and dark appearing to be on different sides. Often other expressions of the One being seen through ignorance of the grand plan, and the connectedness of all, as somehow less than self.

See [how we are constructed in energy](#) and then overlay this with experience – that then leads to reactivity.

## How We Play “Being Here”.

What if we are more than a physical body, and a social creature of habits?

What if the entry qualification to being here, is to forget that there is any other “here” or “now”?

What if, once here, we forget we choose the assignment, the course content, sequence of events?

We learn separation, initially as discreet physical beings



We learn to run the same programmes,  
however uncomfortable we found them to be.

Then as separate from our apparent source – mother.

We learn how to stay within the safety afforded by following their expectations,  
or incurring their conditional love/acceptance.

We learn to be part of the tribe.

We try to live out the rules.

Possibly an inner collision begins,  
as our pre terrestrial encodings are triggered.

Using the tools we gave ourselves – astrological/numerological etc  
flavours of personality, life experiences to allow the awareness to  
sink through – we question and reframe who we are.

Breaking out, to begin a different  
version of the same game, different rules.

## Picking Up Energy

Other more arguably civilized cultures ([in the etheric ways](#)) may have ceremonies, traditions, and apparently 'quaint' beliefs - all to ensure that the trappings and glammers of others are not taken board as our own.

In our cars and houses, when the mirrors and windows get grubby, [we clean them](#). Yet we in a body, we all go through the days, weeks and years of our lives, washing our clothes and physical bodies, yet ignoring our energy fields, allowing the merging of our purity with all manner of pollutants, eventually owning them as ours, by default. Over time, **the scene outside, viewed through the overlay, looks different to what is actually there.**

Through the personality interpretations, what is said and meant is often only what we can acknowledge. We act on the distorted material and our resultant perceptions, just as we can't help but misjudge distances and colours through filthy glass. We all become as though **we were** the smears and stains on the windscreens of our souls. We forget we are only visiting, and may take off **that** persona, and put on another, any time we choose to explore the fastenings.

**Our energy layers protect us.** They also attract and repulse similar and different frequencies, and in turn pulsate with the colours and feelings, the vibrations of all that we have experienced. If we choose to continue to carry all the shocks and traumatic reactions of ourselves and others, misconceptions and blockages to acknowledging our own truth, we will be responded to by others, through their own cloaks of worn out and reactive energies.

**We then all play the game of being 'people', rather than beings of light, visiting 'here' to experience the lenses only forgetting our true selves, and setting the duality game can give us.**

In possibly never cleansing our energy fields, we may gradually become unrecognisable as our true inner light spark, eventually merging with the density of this 'here'. We may ourselves forget our inner purity.

The (temporary) personality can become so wrapped up in being busy, being 'right', and being virtuous through the seduction of material acquisition, that stopping to listen to Self may seem to hold no value.

Seen from the ego filters, pausing to reconnect with Self, removing all vestiges of every 'before' and starting each new day, in fresh energy is a waste of precious (limited) time.

## Construction Of Personality

### (Webs Of Being Human)

A basic personality framework gets laid down, as we as babies learn the ways to elicit responses from the others that seemingly control our lives here.

By ensuring we stay within the boundaries they set, we are allowed the freedom to be who they wish us to be.

We need the personality web/cage, as it allows us to know how to be a person as expected in the social context of this set of space/time co-ordinates.

Our parents, as our soul choice for this rerun, are /were exactly as required, to ensure the exact type and shading of filters and lenses were laid down, in the right sequence.

This allowed maximum adherence to the recipe we chose, prior to the physical conception of the vehicle we currently inhabit. So too, the incidents, accidents, one events, that irrevocably altered our everything – were they 'accidents/horrible/or on time, to ensure we deviated sufficiently to end up as we find ourselves?

**We can pretend that these things are now "behind us", yet usually this means as a shadow.**

Shadows always appear, once light is present.

Perhaps if we brought out all our wounds/hurts and grievances, and like tidying a long abandoned house, went through all the contents of our inner cupboards, we may discover the gifts. we thought elsewhere (different time/space co-ordinates) to give ourselves.

To sort through the panic/terror/shame and guilt and undo the energy we created/distorted we may begin our true healing.

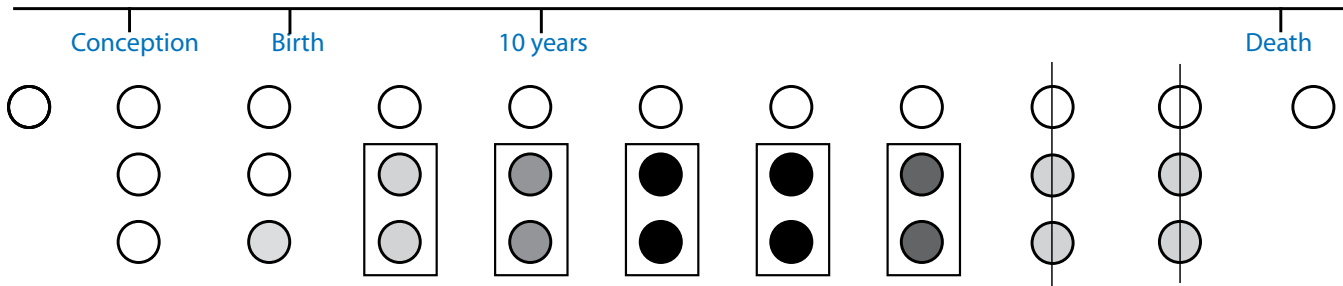
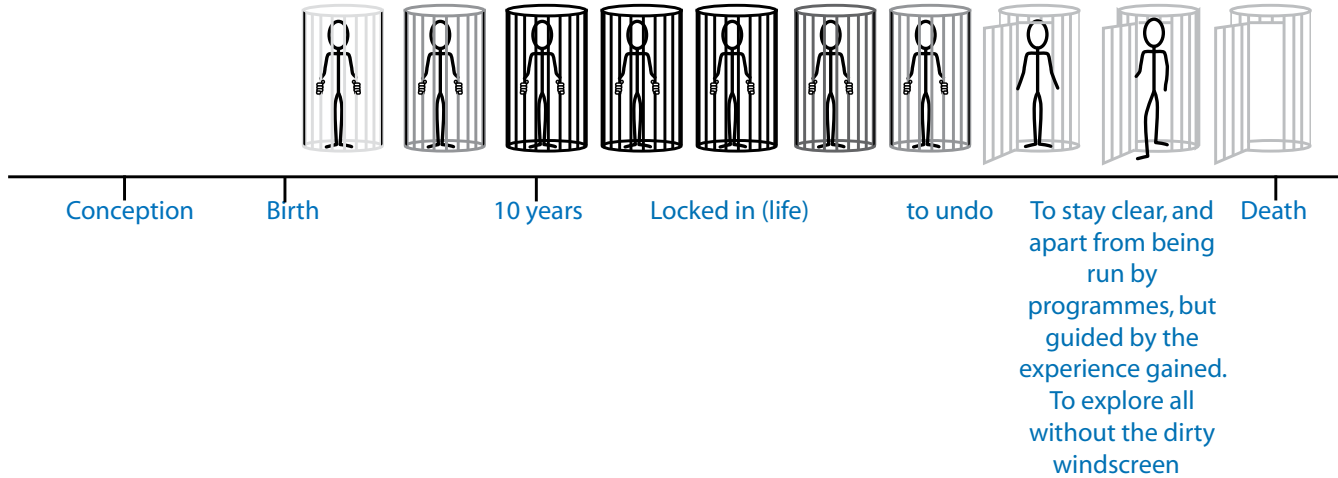
We then COULD move on, with the insights gained as the gifts they were always to be.

Always planned, perfect timing, and perfectly sticking us to the people and situations only we can release,

**when we ourselves uncover just what we set the experience up for.**

# The Web Can Solidify to Become a Cage

If We Never Sift Through to Re-Sort



## How the Cage Operates

Our language, behaviours and expectations are all stored in this. These are also evident by the continual unconscious self-talk we set up, and with this, the judgements we must carry, in order to continually self harass.

The rules learnt are installed with emotional charges, as original pain/pleasure responses, and later as good/bad sides of the account balance. We discover these as they unexpectedly pop up – often when “things were going so well”. The meanings we have made of these in turn are re encoded with energy in the form of more emotional charges. We get totally immersed in living as though we were bodies and minds, rather than points of light within energy fields.

### FEAR-BASE

Sense of helplessness and impotence as there is less we seem to be able to negotiate, without inner reactions, and censors, and saboteurs.



SOUL  
GROUP

Anger – thwarted beliefs

Uncover underlying fear



TRIBE

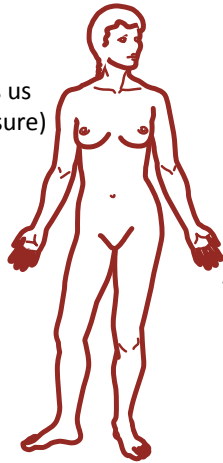
Judgement - including self doubts possible through the inner programmes, intersecting with the outer ones, others give us. it clinging to us – we do emotionally and psychically all our lives.



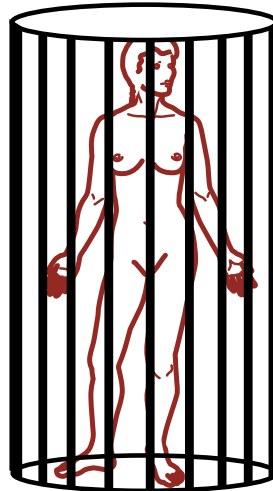
HERD

# How We Sift Through the Experience of Being

Body tells us  
(pain/pleasure)



We can sort out  
how to respond -  
we feel safe, as  
we are part of the  
rules.



We uncover the game we call "life"  
Inner knowings



Cage tells us (good/bad)

As part of 'growing up' that is, into being here as human, we learn the duality rules – everything must be sorted into one or the other side, of good or bad. Once we know – like how to respond to a baby appropriately – first question – boy or girl? we feel safe, as we know what to do. To assist us in staying on 'the right side', emotions are resorted to, and we store reserves of memories.

These unattended, retain the intensity we felt at their beginnings, regardless of how irrational they would appear now.

In order to hide these, more and more layers of self/qi bury them  
Eventually resulting in 'health', and definitely 'life' problems.



## How Our Cage Works - Life Happens

We are wandering about on our particular stage, in our 'life', and someone may say something. Something happens. Something doesn't happen. We are thwarted in what we wanted/had planned. This may set off a past memory – a light of reference switches us out of the apparent present we thought we were in, into another, parallel existence within ourselves - like a train is switched onto a different track at a switching station. Maybe we do not even notice.

We probably look the same. We may however feel different to those who are sensitive enough to pick it up.

We now take on the energy distortions and emotional patterns that have been left in that storage space we just dropped into, within our personal (this time around) library of life. Now though, we may no longer be truly engaged in the 'current' present, (it no longer fits the new consciousness that has become/arrived).

We are now in one that we may have revisited any number of other times, with different dimensional understandings to bring to this 'here' and 'now'. Are we really the one who was a while ago Have we swapped drivers?

Each time triggered down the same slot, into an event that was perceived at its inception as being traumatic. Will we resolve the reason it is still there to fall into? What did we set this up to learn from it? Will we yet again attempt to escape, and lock that door behind us, all the while missing the absolute ease we could have simply gathered the missing part of ourselves, recreate an alternate meaning for the entire episode, and wander out, enriched, enlivened and empowered?

Keeping these moments frozen requires great energy reserves. As we 'age', or gather more of the same, there is less of us to contain them. We may start looking frazzled, stretched, and may even be given the helpful label of having had 'Stress', be it Post Traumatic, or common garden variety. We may be medically offered little pills to help us forget that we have stashed away something that needs airing. Eventually this will 'pong' enough for us to notice.

Like wet clothes on the floor, these important parts of us are getting richer and riper the longer they are ignored.

The longer we try to find alternate ways out of falling back into these rents in our being, (ignoring them) rather than repairing them, and us, the less of us there is to do whatever it was we planned, by having them there at all.



## Waking Up

It may be that these inner rules we personally live by are the very parts of who we believe ourselves to be, that we need to alter, in order to heal our selves/lives. When we rattle some of these walls (or someone inadvertently does this for us), we may feel as though our very existence is being threatened. We may become highly reactive/upset/distraught, and not know why. Please see this [visual representation](#).

We may have forgotten that we are not the hardware (physical body), we are not the soft-ware (human programmes that allow us to go about our business in this here/now), we are not bound to our default settings (emotional charges laid out, as saboteurs and viruses), and we are not stuck in this forever – we have the power to change it when we DO wake up to the game.

We may have lost connection to our template - our spiritual point of pure consciousness. We may be so bound tightly within the fields of unclear energy smears, that we need a total defragmentation. This inability to clearly shift from one frame of life to another, without scrambling, may create the immense pain we feel whenever we get caught again in whatever it is that is judged as being ‘silly’, illogical, and simple to our rational adult minds. Revisiting our sites of emotional blockage, these inner land-mines we all carry, requires us to then release the energy felt at the time of its installation.

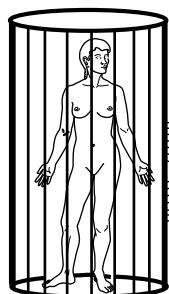
Once we move past blaming another for ‘making’ us feel a certain way – we may start to pay attention to OUR side of the interaction, rather than theirs. We may see that by being responsible for our reactions, we have the power to change them. To help us, others likely stand on these land mines unwittingly, with us often unleashing remarkable floor shows, as we unconsciously revisit and relive deeply held convictions that cloak/protect us from deeper held memories, and the energy stash that has been tied into keeping this locked away, till later. (Now?). Is it time yet to do that which costs nothing but self, but that is most resisted as there is the most to gain/ move/heal/ change?

What is to heal? Why do we seek someone to take the pain away, like a Mum to run to, to kiss it all better? We might go off and look for someone to ‘fix’ us. Or give us a different way of viewing ourselves.

At some point, we may ‘give up’, we may stop and realise that it was us that set the whole show in motion, and as such, we hold the controls, and only need to stop and re-evaluate, to alter life course.

## How the Cage Constrains Us

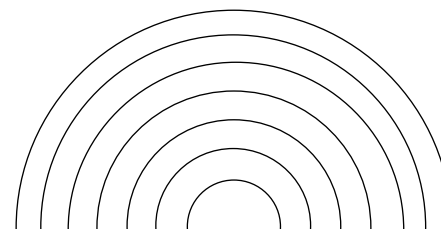
When we get 'triggered'. Please avoid calling it 'their' fault. These are your layers of self to undo.



Direct hit

(Layers of denial  
coverup (side  
view))

Layers of denial



Walls contain  
active sites,  
when buttons  
pushed –  
fireworks.

If very self controlled, may be hidden reaction – the body registers another hit, and energy distorts further to accommodate the shock, eventually altering how the physical can operate. One day making its displeasure known as "a problem".

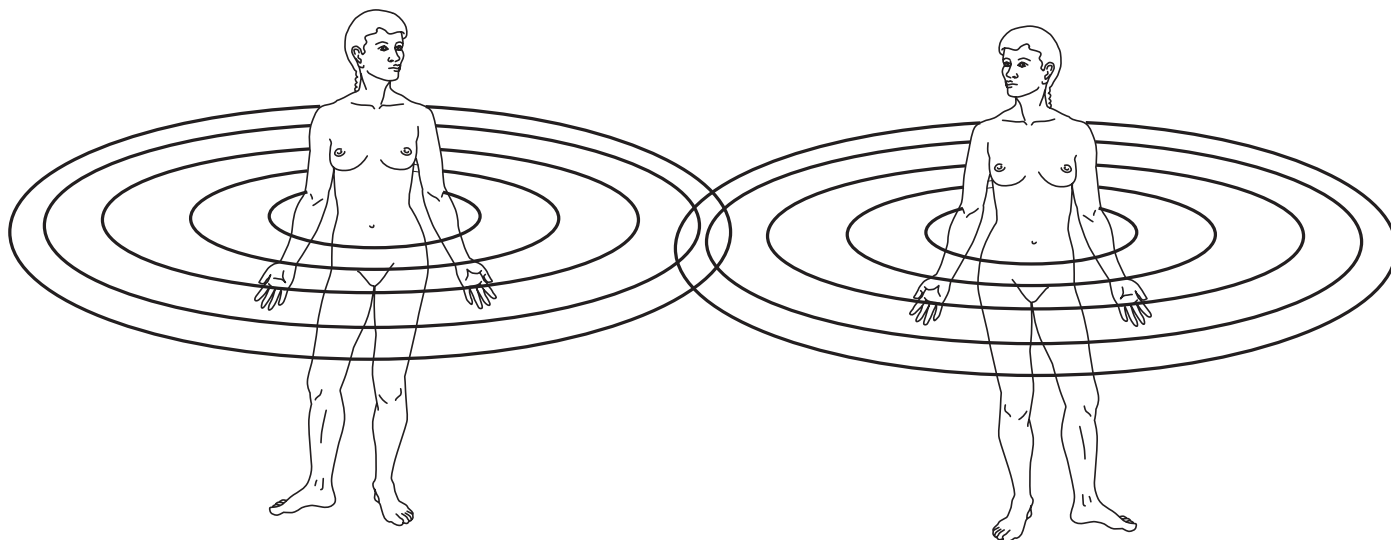
All this control takes energy out of our circulation.

We start registering this as "stress".

We rationalise more denial behaviour – especially as its unraveling will detract from the distracting external busyness.

We run the good/bad number, and try to get patched up, cover up, smother the angst, to do 'our own thing', forgetting that the inner disquiet is trying to wake us up.

Does anyone see that we are here to learn, not just 'live'?



**EXCUSION - FOE**

**Reaction – they appear not to be like us**

They appear not to like us (their own sites have activated, and they are seeing us standing in for someone else also.)

We don't like them

We blame them for our feeling . . . .

We avoid their presence, as it triggers that which we have not processed yet in ourselves.

**INCLUSION - FRIEND**

**Sites intermingling**

**They seem to be like us**

They like us

We feel validated

We feel better about ourselves – someone else thinks we are OK – we must be OK

We stay with them whilst they feed our need for bring filled.

## What If Our Life is Perfect, Just as it Is?

All ready for us to undo it – no judgment, just inner recognition of the need to clean out the inner cupboards.

**What if we dropped the good/bad balance sheet**, and were to see ourselves as covered over with the energy consequences, as yet undone, of our 'lives'? To see ourselves rather than 'broken', 'diseased', 'stupid', 'poor', a 'victim of circumstance', a 'sufferer', but as absolutely where we need to be to start the inner journey we intended this time to be?

### What if we stopped being the story?

**We chose our family as the perfect setting.** The family itself was part of a wider community. This community itself is placed in a time/space warp, where its own 'reality' is dependent entirely upon the 'now' and 'here' all within it believes to be happening. And life changes. The external world constantly shifts and moves forwards.

The rules to survive and prosper in the wider context are given along with physical and emotional nourishment.

Without a family world view, a cultural heritage that allows us to be anchored in a lineage, a tradition of understand in the nature of birth and death, a 'fairy story' to some – a way to understand even being here as a human – with some form of belief in Higher Purpose, being here may become remarkably hedonistic and not tempered by service, not allowing the potential we all have - that spark within – **to shine past the mire that was added on** to allow us to suffer – to experience to gain compassion and to be lead past reactionary being here.

In our wide eyed innocence, impressionability and vulnerability, we may confuse the three of these, believing that our physical continuance is dependent upon our pleasing and emulating our caretakers. They may also expect this, the intensity of this energy shaping the degree of **emotional charge** we carry, the social programmes/conditioning through time along with us, much like default settings, that trip us up, just when we thought we had it all 'sussed'.

**We choose others** whose inner and outer world views loosely match our own, and within a game, we play living together in this place. The passionately felt 'reality' of our beliefs, determines how difficult it is for us, as adults, to attempt to undo some of the very programmes we run ourselves by. The intensely held convictions, and apparent consequences (all fear based), of non compliance may be found to be what drives us throughout all our human endeavours.

## The “Good/Bad” Stage of the Game

Within of the set of rules we all inherit is a sense of what is appropriate (good), and what is not (bad).

Along with these discriminations are also consequences to be caught on one or the other side. When we were young, if we were considered to be “good”, we were given more of what we felt happy with (pleasure and safety). We all experience conditional loving acceptance. When we were deemed to be “bad”, uncomfortable things happened to us.

We may have consciously forgotten the separate instances, yet have been trained as well as any circus animal, to ‘behave’ ourselves. We were and are constantly being tamed by those around us. As parents we are all aware that we are providing the inner structure that the current societal mores demand for our children to be accepted.

In changing the perspective of “being good/nice” and behaving as our parents thought was expected of us, into an optional event, we may liberate ourselves from a lifetime of pain and torment, as we release what was never ours – like handed down clothes that never fit. The consequences of being naked without these beliefs is also part of our heritage – to explore the fears that bind us, as we become bolder, spiritually.

What would it mean to us, if we let go what was a key assumption?

Lose the pain and suffering you thought was your lot? Let go the dramas and crises that you thought were part of ‘being in love’? Live for whatever the next day brought, rather than salting everything away, for a rainy day?

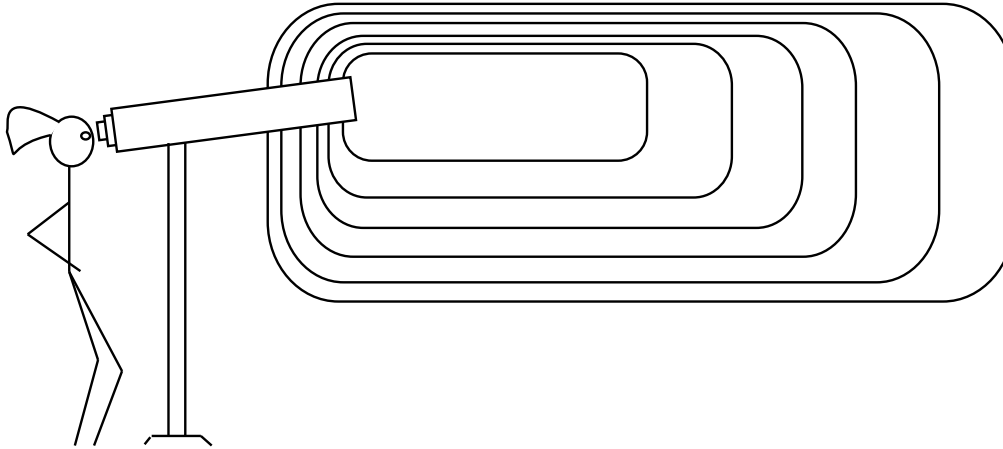
### **What if, we, in acceptance, just let go of these old clothes/beliefs/constraints?**

Allowing our spirit to soar, ourselves free from the ‘should’s’/musts and have to’s, we may liberate self judgment. We all hold our own keys in our own pockets. We just have to recognise that we are in a cage, find the door, then the key, and face what it would mean to us to begin the journey out. Without what has become very comfortable and safe - smothering all light/creativity/joy and sense of freedom and free choice.

By altering our belief structures, the emotions that appear to rule our lives can shift focus. The enormous intensity, with which we judge, (self and others) thus hold grudges, bear an unforgiving, closed heart, and demand retribution, is often the very prison that keeps us locked into our physical pain.

## How to Break Out of This?

Recognise that by our personality cages' existence, "reality" is personal, not general. We all live in our own worlds, with our very own special codes of 'this' means 'that', replicated for every nuance of meaning, every perception, every possible situation – we will take as being what only we can, through our own personalised set of filters and lenses.



One day we may realise that we are viewing "the world" through a telescope, with a fixed focus, and immovable, so we see a fraction of what we have realised is possible on the screen we call 'life'.

How special it is that day we arrive at the point where we know there is more! When we begin unravelling what we thought was true for all. Our life education begins! The cage is perceived, and we know we are in it.

Through persistent efforts, many tears and changes, often fuelled by external people and circumstances that rile us, eventually we may realise that we are the only ones we can change. And that is all a matter of exploring that which we would rather not. Why do we? Because eventually 'life' as we believe it to be is too uncomfortable – and finding a 'fix – it' person/therapy/answer is less possible than changing ourselves.

## What if?

### One magic moment the shutters came off?

Gradually, as each “Aha” moment is uncovered, relished, and integrated into the whole new world, the telescope may move, so we can view any of the screen. With more self-reflection, we may discover that there are also lenses, and beyond that, filters that distort and garble the actual external show. Over time, we may also notice that if we cleaned the glasses we wore, or adjusted the settings on the telescope, we could more clearly ‘get the picture’.

One memorable day, we may discard the telescope, and opt to go naked – viewing the world without preconceived notions, actually being in the absolute now moment, each one as though a new born – no expectations, or desired outcomes – just experience – no good/bad account ledger – all just experience. To just be. Present. Now.

As we continue our inner quest, we may allow the screen to expand – we may realise that what was on show, on the little black and white monitor, can be enhanced by allowing another screen – that of a full size, colour, possibly state of the art model.

Then one day, it may dawn upon us, that the video we see through the television, was actually shot for a wide screen, and then maybe an Imax, and if we are open to sufficient internal reorganisation, in three dimensions.

It may take many evolutions through the cycles of duality before we realise that in fact, it was ‘the directors’ version of what our soul Self wanted to portray anyway, and as such, has been edited unmercilessly – till we ‘get this’.

**That ‘reality’ is whatever we wish it to be.**

That who shares ours, is partly our resonating with their own beacons (beliefs/world views), receptors (magnetic sites that pull us in and/or repulse us), and the setup that placed us exactly where we would be most likely to experience as needed, to grow through the time we all share together.

Possibly we rerun everything in order to finally break out of our soul’s Ground Hog Day, and after a succession of wake ups, become able, and willing to assist others, who are (as we were), are further back along the path we all tread.

## What to Do?

Start with any incident.

(This might sound constructed or false, but it really works.)

Ask yourself what it meant to you (the cage of beliefs/ the part that reacts), when this happened.

Explore how you felt before the migraine/abdominal bloating/back went/whatever physical problem laid you out.

Not the story line – who said, or is what, but under all your responses, how you felt.

Got a word?

Write it down.

Forget how/why you started this process – who/what is irrelevant.

The word/feeling – what does that bring up for you?

Write that down. What would you also have to give up, to let this go?

Forget the context – who and how this started is a huge gift, though not seen so at the time.

Follow the track down inside yourself through all the layers you have secreted throughout the years.

Your body may give you symptoms/warnings. Be brave enough to know that the more distress this causes the more on the right track you are. Our inner saboteurs will do anything to keep us “safe” stuck in our secrets.

Once a major memory, or bottom line is uncovered, start the writing process (see next page).

Complete with a meditative washing/cleanse ([“Reunion - Healing Breath” MP3](#)).

Give yourself the space to explore yourself, remaking a new person takes time, patience and lots of self-care.

Revel in the beginnings of you rediscovering /remembering who you really are/came here to be.



## How Do We Deprogramme Ourselves?

Recognise that it is us that is holding the matrix in its current setting, and it is us thus that has the power to change... To let go that which we resist the most.

**Take A Big Breath** (So much the better if you are feeling put upon, irked, irritated, upset, angry, generally feeling hard done by). These "IT'S THEIR FAULT's" states help the process below, as there is less of the 'nice' veneer to get in the way. If you are feeling calm, at peace with all the world, and have happened to be reading this, you can chose to pretend, or imagine that a person or whole bunch of people who you are attempting to think 'nice' thoughts about have just 'upset' you.

### # Very Important -Please Do Not Miss This Step

Surround yourself, and others involved, with love and light, so that your outpourings will in no way effect the ethers. Energy fields are as powerful as the physicality we believe to be 'reality'. Sit quietly, and say to yourself "I ( YOUR NAME ) AM IN A BUBBLE OF LIGHT, AND ONLY LIGHT CAN COME TO ME, AND ONLY LIGHT CAN BE HERE It may also be a thought to repeat the process on behalf of the 'recipient' of your angst) "YOU ( whoever it is ) ARE IN A BUBBLE OF LIGHT etc

#### Letting Go/Giving it Up/Forgiving

**1 -Write A List** of all the people who are in some way incurring your wrath.

**2 -Chose The One That At This Moment Stirs You Up The Most**

(do not do this exercise with them in your physical presence, or if you are severely pre-menstrual).

**\*3 -Write A Long Letter To Them** Go into as much detail as possible.

Get all the energy you have store up on this issue, down on the paper. It is then out in the open. You can see all of it. Do not judge it, or yourself. By starting releasing what was stuck, you are beginning to let go that which in time could initiate a series of chronic ill —health states in your body/mind. This is about YOUR healing. This is not about them 'getting what is coming to them'. This is not a retributive exercise. This is a journey of personal and private self-discovery. This is not to be disclosed to anyone.

**This is private.**

The point of unleashing the “icky” bits is to discover what lies underneath. Uncovering the anger is the first step. If you can not access anger, and think this is all a “head trip”, go through the motions, just to clear the air for yourself. You may tap into that which is beneath the menstrual/digestive/headache/neck and shoulder tension that has been plaguing you recently.

At some point in all of this, a feeling or realisation may come up. We may have a core belief that has been set off (and we react massively, as someone has just stepped upon one of our inner land mines). If we can give ourselves the gift of a question that lies beyond the reaction/hurt/justified retributive action, and answer it, probably in awe, then, we are beginning the journey home. The whole point to this exercise is not to heap vitriol upon another. We have lovingly and very carefully found the most perfect people to assist us in our own self discovery journeys. They would respond far better to thanking, and releasing rather than abusing.

#### **\*4 - Once Written, You May Feel Emotions**

If you start to cry, know that this is likely to really be frustrated anger. Acknowledge that the energy needed to be ‘good’/put on a brave face, or continue to look well and happy in the face of chronic and debilitating illness, may be the every energy you need to activate yourself.

Once written, you may spontaneously feel a release. If you decide that it is time to go forward in love of life, in light, the release of the self-righteousness is as good a place as any.

You may feel is anger. WOW Is this energy! DO something with it. Run, if that is your thing. Clean all the cupboards/floors.

Roll up a towel, get down on your knees and beat the floor, find a punching bag, and go for it. Yell.

There is nothing ‘enlightened’ about hanging onto your stuff. It has a tendency over time to merge further with who you are, making the eventual release that much more eventful. Hopefully, in the process of lifting some of the residue, and airing your vulnerability, the voicing of who you are and what you want may become spontaneous in the real life occurrences. Perhaps watch some of [Dr Gabor Mate’s work](#) (When the body says ‘no’!)

Once the anger begins to lift, the joy IS underneath.

**\*5 - Re Read The Letter**, or start another.

Add bits you forgot about. Next day, or after an emotional response, reread it. Add more. Put it aside, rewrite. Repeat steps \*4 and \*5, as often as necessary, until you either can no longer see the point, or are ready for Stage 2. (see below ).

### Step Two

**\*6- Throw All Evidence Of Your Release Work Away**

Maybe burn it ceremonially, imagining the energy trapped within taken forth to the Light, and dispersed.

**\*7 – Listen To Track Two Of “Healing Breath” Meditation CD** To enable the accumulated released emotional charges and other debris to be cleared away, leaving your outer energy fields cleansed and renewed, as you now see the patterns, the gifts and the clarity offered through the reframing process. Clearing our side of the tangle may give them the freedom to move on in theirs.

**\*8 Write A Gratitude List** Write a list of all the benefits that have come from interacting with the person you have just focused upon - their contribution in having being in your life. If this were the last day in their lives — possibly run over by the proverbial bus, gunned down in a shopping centre, by a random hoodlum — what would you regret not having said? What stops you from saying it now?

In the understanding that all we really have is this minute, possibly a card of appreciation or a phone call to let them know that you value their presence in their life may completely alter the tide for both of you. Synchronicity being as it is, it may be that at that moment, they were at their lowest ebb, and this token of appreciation may be the one thing that unlocks, for them, the next chapter in their lives.

As part of the clearing process, the thankfulness of the effort put into our lives by others, regardless of whether we at the time acknowledged their input, or not, at the very least will give them a warm feeling.

What does it cost? What does it impart?

Would we not feel warm and fuzzy that someone had taken the time to respond to our input in their lives? What if we all started making the first move? What if we all started to ‘pay it forward’, rather than waiting for the other? What have we got to lose, by freeing the old ‘wounds’?

## Need for Space

As we travel along the journey through the different life cycles, time for private reflection and contemplation, to allow the sifting through, and re-cataloguing would ensure we retain and review our sense of self.

To spend all of every day doing, rather than being, busy every second, unravels our inner harmony.

Regardless of the calls upon self, studying the hours available in a day, week, year and life, and planning their expenditure affords the luxury of purposeful and enjoyable living.

Giving the first hour of every day to Self, allowing nothing to interrupt Self, regardless of the hour you must arise to have as your own, will immensely enrich your whole day/life.

Sitting in quiet solitude, with a journal, recording the events of your sleep cycle, the dreams, feelings you awoke with, plans that were there when you became conscious, will very soon show in your experience of your daily life. Become important in your own life.

Setting aside private time again in the middle of the day, even if only ten minutes, to centre and realign as all of who you are, rather than all everyone sees, and reacts to and with, will grant you an inner peace that will give rich rewards.

Purposefully become aware of the part of you that is precious, the essence of Self, and consciously realign, particularly when feeling yourself being thrown up against old self beliefs, yet to be reassessed.

Inner land-mines and cage walls may reverberate around Self.

Coming home within will allow you to connect with the inner aspects that set this 'life' in motion.

The keys required to loosen the past's bondage are held within the library contained in the energy fields you radiate, the time lines you can access, and the other aspects of Self that are able to communicate as you shed your tightly held convictions.

Through your increasing shedding of the notions of separate self, you will come closer to self-connection.

Perhaps also see the story that you carry does NOT define you, but shackle you.

What comes up when you think of letting it all go?

## How Precious is Your Time?

Get a piece of paper and divide the page into eight columns - one for each day of the week, the extreme left hand one for the twenty-four hours of the day. Or of course you can do a spreadsheet . . .

Place each time, hour by hour down the page.

Get different coloured fluoro pens, and colour in each activity, according to the time spent. . .

In sleeping, driving, working, shopping, food preparation, self grooming, housework, washing and ironing, whatever. . List the things that you wish you had time to do - more quality time with children, spouse, meditation, leisurely walking rather than power striding for exercise. . . .

If with a partner, either get them to do the same exercise, or do it for their life, as a comparison, especially if you feel as though you are holding too much of the sky up.

See the discrepancy of each ones' 'free' time.

See, maybe for the first time in your life, the race that living has become. Take a deep breath, pause to make a calming drink and a protein nibble. Is this how you wish to continue?

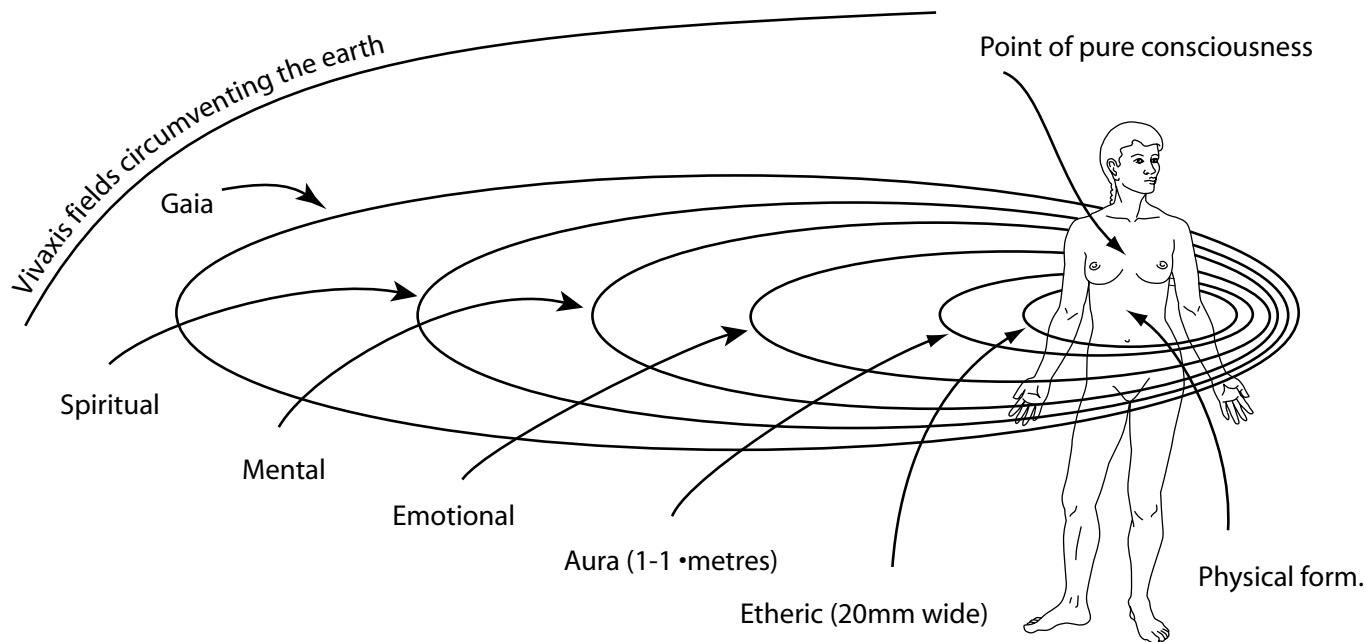
What may be shed/reorganised that you may create a balance more as you would wish to spend your time here.

What is really important to you, and what is being done out of habit, or because another wants it of you, and you feel obliged? Freely given, or conditional upon what you get in return?

Now you can see how you can feel so pent up and resentful over not so much . . .

People are busily spending your only 'free' 5 minutes. .

## We Live Within Fields of Energy



All of these fields pulse in response to our thoughts – constricting when we are unhappy and downcast, and expanding with our elevated mood.

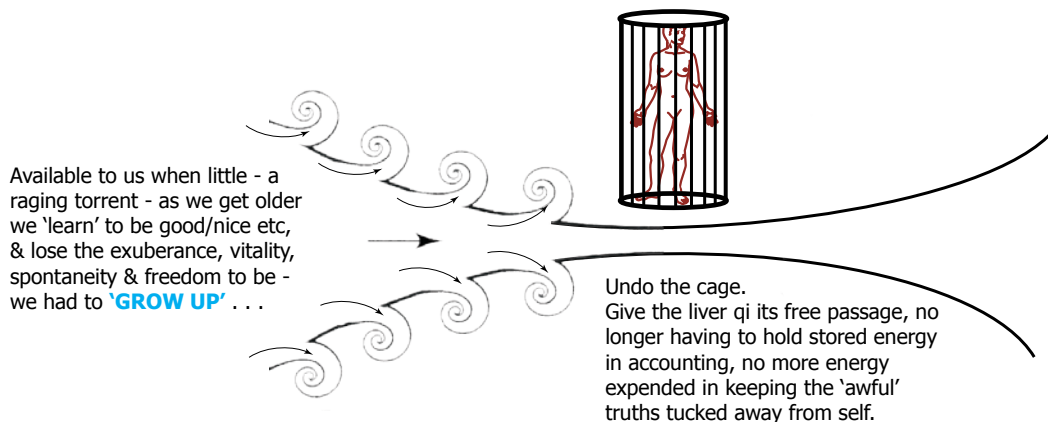
## We are Energy

The Qi, or prana or energy that flows in, around and through our flesh and bones is that which the Eastern martial arts, yoga, and acupuncture, all utilize - tapping into it, strengthening and thereby enhancing our perception and sense of self.

Our energy fields are affected by what we eat, by how we live our lives, and by how we resolve, or hide, our emotional and spiritual dilemmas.

We thus hold the keys ourselves to completely alter how our physical being presents itself, by altering our own 'software' – the self-beliefs, our environment, our interactions, and thus, our limitations. We, by taking self-responsibility, can change (heal).

### We could start by releasing ourselves from our cages.



Energy stuck – little to mark time in one spot, let alone propel self forward.

## Blockage of Self, as Eventual Stuck Liver Qi

Stops the free flowing of any sense of individuality, freedom and joy of being – there are consequences tied to any action, and our inner landmines are too reactive to let us do anything in peace – we forgot to clean ourselves off after every encounter.

Not that we would walk through mud, and leave it on us . . .

### Washing Our Energy Fields to Gain Clarity and Self Sovereignty

(Rather than being run by what happened . . . what might happen). General lack of faith of abundance, born of judgement of the existence of a 'good' and a 'bad' outcome, hence the need to stay on the "right" side . . . or else.



Person with inner 'stuff'



To allow . . . recataloging, and washing away



Action time aside each day –for self reflection/contemplation  
To allow the events of life to randomly arise to our outer screen, for revisiting.



## How to Deconstruct the Cage/Personality?



**Perhaps drop all judgment.** See that “good” and “bad” in ALL instances depends on the values of the one observing. By judging we are trying to guess the finished picture of a jigsaw puzzle by looking at just one piece.

Connect with your Self, your essence.

**Connect with your soul star.** Centre within, unite with your Soul Star, to activate your higher self.

Connect with your Earth Star to ground you.

**Allow the silver cord, the Antakarana to flow unimpeded through your physical form** via the soul star, straight through ‘you’ to the centre of the planet via the earth star below your feet.

**Allow the light to stream through,** to cast Light upon the inner shadows, to activate aspects of self that lie beyond who ‘you’ thought you were.

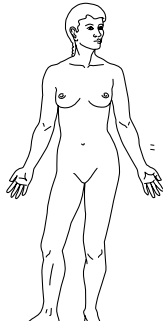
**Activate a series of spiritual vortices to flush out** all that is ready to leave you, and take it all down to where it can be purified and re-circulated.

Now, merged with Self, play with the walls (beliefs) that allow your specially constructed, perfect cage (personality) to fade into the light to

**truly become the light that is all of who you are.**

# Attraction

Self ignored by outer persona being too busy keeping up appearances.

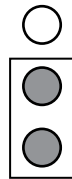


Mask deployed to ensure we present 'our best foot forward' – as if the inner self was unacceptable.

The magnetic attraction of the other, whose wounded sites fit into ours, giving both a sense of wholeness/completion (can't live without him/her)

ARE WE JUST THE FIELDS AND SITES WE HARBOUR?

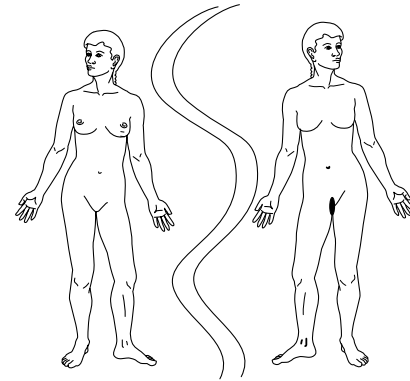
Who is "I"?



or



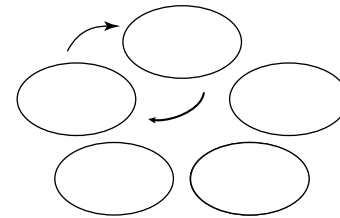
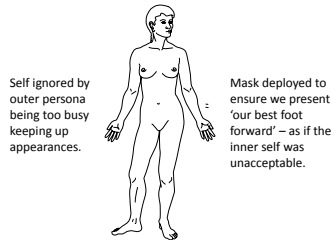
# Repulsion



Their sites set ours "on edge"  
We can't stand them.  
They make us feel . .

# Falling in Love

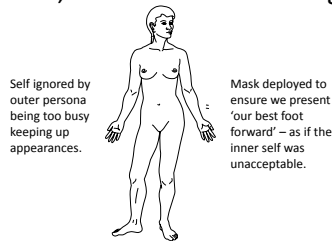
(please see 'How the Cage Constrains Us' again first)



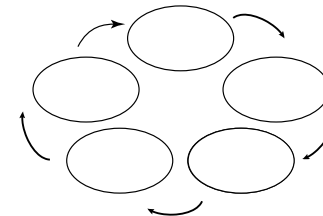
We are drawn to another whose presence (sites in resonance).  
 They are delicious.  
 We live and breathe connection.

Over time (unless we are on a path of self-awareness) we see the warts and find another one who is irresistible.  
**Incomplete: no growth.**

We cannot resolve, at present state of self. We have to look inside, not out there, for answers. No blame, but we all stuck until someone makes the first move (inside themselves, this matters).  
 We may have previously set up shared property/territory/children to ensure we have to continue to revisit our own stuck sites, as nobody does it for us quite like them. We may spend large chunks of time stuck at these inner battles. Later, we find another. Go again. Forgetting why we have attraction – to transform.



They are delicious.  
 We live and breathe connection.



**We choose to grow within presence of another: inner transformation as intended**

## Landmine Trodden On

There we were, (apparently) minding our own business  
 Inadvertently someone, (for best results – previously believed to be ‘safe’), stands upon a sacred site.  
 Waiting for the unwrapping, to return the energy needing to separate it out from consciousness, and the revisiting  
 and dusting off new meanings and new possibilities for the original incident

**(What treasure did we bury below?)**

### Reaction:

***Deeply rebury – judge self ‘beyond’ the need to reframe, as this was in the past.  
 We get swamped by the feelings and charge that is released.***

We lose the sense of the previous “now”,  
 as we grapple with the surge of sensations/memories, and possibly body symptoms encountered.  
 We may blame the person who uncovered the site as being the cause of our distress.

### Response:

#### ***Becoming more in denial***

Become more ‘busy’,  
 Leave that job/mate/friend/family that trigger you so well.  
 Take tranquillisers/antidepressants/sleeping tablets/alcohol/another cigarette/more drugs to escape self We may  
 realise that they were the perfect one to go where no one else could.

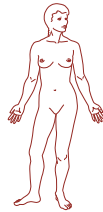
***We could chose to stop and defuse ourselves.***

***Before our own volcano blows***

## What Do I Do With My Anger?

Do you even feel it?  
Is it a myriad of body problems, known as  
STUCK LIVER QI?

Perhaps in recognising that you are feeling depressed/trapped in your life,  
**you** may realise it is you that holds the keys,  
just as it was **you** who set it all in motion.  
**(Who do you believe yourself to be?)**



OR



CHANGE

At some point of a dilemma, it might pay to stop to re-evaluate.  
What if the 'unthinkable' happens, and I do not get what I want?

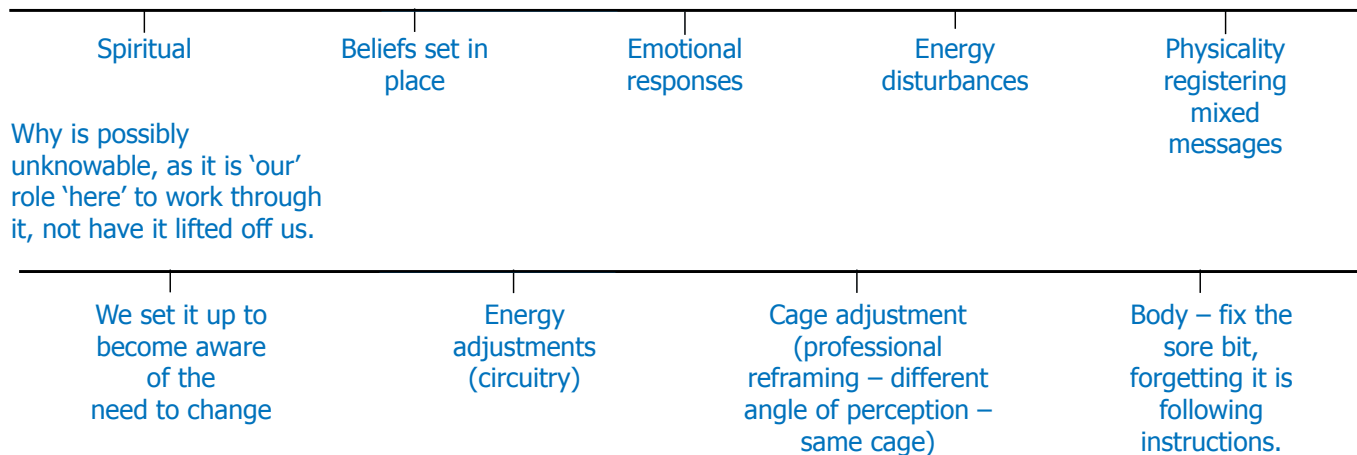
What is important to me?

Do I want to be right or happy?

What is 'life' about?

## Looking For 'Help'

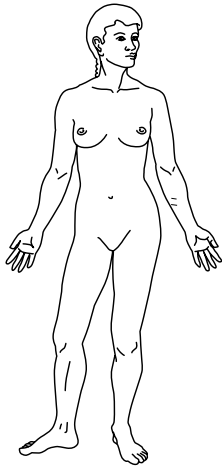
We are . . .



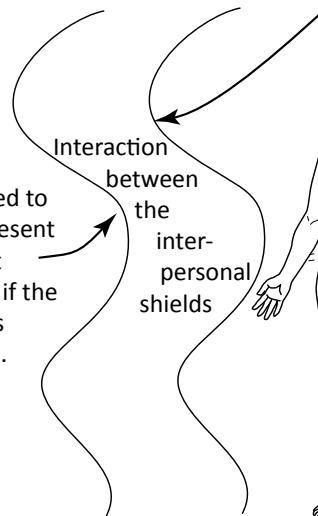
No short cuts to enlightenment, as the journey is the point. The destination is the carrot, to keep us questing.

## We Called the Players into Our Lives

Self ignored by outer persona being too busy keeping up appearances.

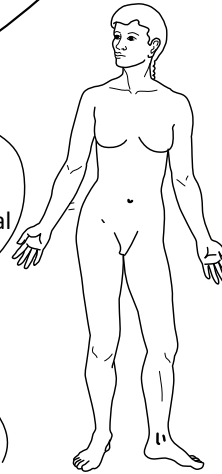


Mask deployed to ensure we present 'our best foot forward' – as if the inner self was unacceptable.



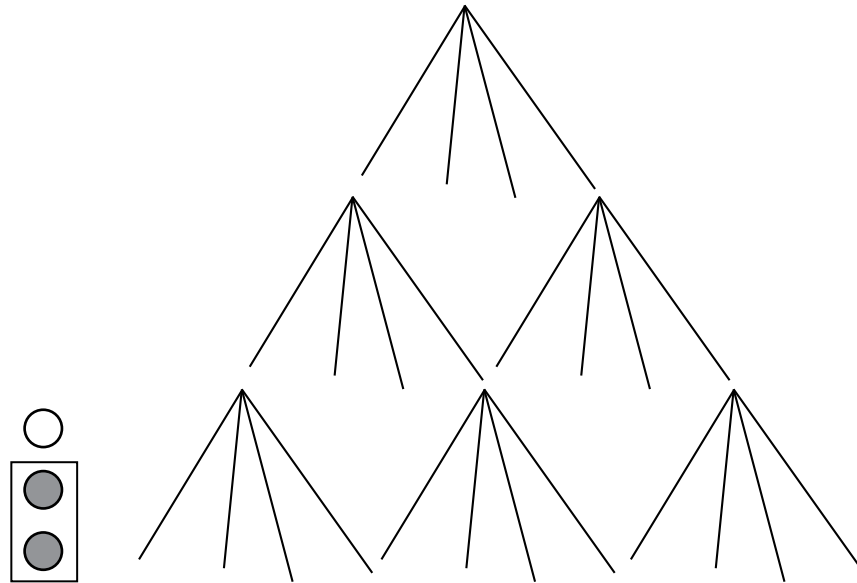
Interaction between the inter-personal shields

We project what we think the other would want.



Inner self alone, not in connection, outer self too busy to pay attention..

## What this Does to 'Us'



We forget that we are not

It all

diverts us, as our reactivity and inner angst blows outwards, and we play the retribution game, usually with a higher source backing us up

– God is a favourite.

We forget that we are one, across all dimensions of time + space, ever seeking experience, ever oscillating across all dimensions, ever expanding and contracting in consciousness.



## What if this Were the Last Day You Had Here in this Form

### . . . no ticket to the endless horizon

If this were your last day here, who would you ensure you created harmony with/for before leaving?

Which connections would you wish to not revisit?

Which situations do you acknowledge now you would handle very differently?

Are the pride walls of your temporary home feeling less important?

Are they stopping you from freeing the parts of you that are stuck to **their** energy fields?

Do you not need them back?

Will you otherwise ensure you set up, relive, and possibly STILL avoid the same lesson, as you and they are now intertwined?

(Think who do you NEVER wish to meet again, and do this process with them first). (Why were they otherwise here in your staged play as your daughter/father/workmate/ rapist /godmother, if not to ensure connection.)

Who would you express gratitude to for their presence, and contribution?

(Not who made life simple/easy, but who always pressed the button that opened the door right back into where you were trying to hide from).

If the one you feel to connect with is no longer in this reality (this 'here' and 'now'), continue as if they were, as you and they are not only dense physical forms, but also beings of light, joined by cosmic gossamer.

As though they were there with you, open your heart, let them in, and share with them all that you were too scared/proud/afraid of, when they were here, "with" you.

Those who are here in form – is the mini war you wage really how you wish to leave each other, were one to depart? Are you so sure that the left-hand (fear based) path was your intention to follow?

## Which Programmes do we Run in Our Lives?

Fear Base

### BETRAYAL

At some level, we feel abandoned/rejected/judged, as being inferior  
Even if it is just a response to the sense of loss of connection, in being here, as a separate unit.



### RETRIBUTION

Retaliation as 'self' identity rejects this.  
Setting up webs of intrigue, all based on the notion that self is separate, and is best suited staying like that. Needing to do and be everything for self, and the small number of others one marks as being special/same enough to share self and resources with.



### CONTROL

Sought by self to keep everything as constant, especially within the confines of where 'safety' is felt.  
Doing whatever it takes to stay there, and to try to keep the outside world, and those sharing one's space, in line also.



(A recipe for lots of frustration, as we are not separate – that is just the illusion played out here.  
We are not alone, and nothing can stay the same, as energy is alive, dynamic, and moves.

When we try to stop it up, we experience within our bodies – STUCK LIVER QI ANGER RAGE  
We are thwarted in trying to control the world.

Doubt/lack of faith and mistrust in abundance enhanced through the fear/mammalian survival programmes  
JUDGEMENT THAT WHAT IS, IS NOT 'RIGHT'/GOOD ENOUGH

Love Base



**CONNECTEDNESS**

As we are all ultimately one, we could drop the belief we are discreet and alone.



**INCLUSION**

We could chose to see and respond to the apparent separate others as though they were all our most favourite people, rather than have them pass tests of likeability (based on our conditionality).

*We may forget that we all bleed when cut.*

We all hurt when invalidated/treated less than we see ourselves.



**RELATEDNESS**

We chose the ones we were born to, to ensure we could not escape their involvement in our every move – we carry them within us. Beginning physically as part of another, though their blood and genetic heritage, we are part of them, and their histories.

COMPASSION for all, especially self , as self plays in the duality game, recognized and set up by Self for the journey.  
In human form Jing transformed into wisdom.

**To go home, back to the One.**



## What next?

See what else Heather has produced for your enhancing your own life

There are so many sites all linked from here <http://heathersays.com/links/>

Look to her natural health problem solving apps <http://heathersays.com/apps/>

Take her home help – self empowerment courses  
<http://heatherbrucehealing.com/self-help-guides/>

Always people knew what to do – granny medicine kept us all alive.

This was based in the garden,

the kitchen

and the wealth of handed down wisdoms that got us all to here.

Time tested.

***Live in your life!!***