

Barrie's Angel Journal



Barrie Hudson

Barrie's Angel Journal

The Daily Journal of a Spiritual Journey
Guided by his Guardian Angel and other
Spirit Guides
To Inspire and Encourage You

First Edition

Barrie Hudson

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Introduction

Barrie's Journal contains records from his journal of his daily meditations. These are inspired by the Angels selected for each day, and guided by his Guardian Angel and other Spirit Guides. New entries are added most week days, to inspire and encourage you on your own Spiritual Journey, leading to transformation.

The entries cover from 3rd November 2004 until 5th January 2005.

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Daily Journal Entries

Wednesday 3rd November 2004.

Angel ~ Creative.

Blessings ~ Adventure and Continuity.

I'm fed up with creativity because I've had it a lot. I do not see myself as being very creative. I associate creativity with art and having a family. Neither ART/FAMILY do I have.

So where is the creativity? In my work I could be very creative when counselling or transforming people. In setting up the Transformation Centre I have tried to be creative. In going out and trying to get customers I have tried to be creative. My creativity does not seem to generate customers so perhaps so perhaps I need to try and find some more creativity from somewhere else in my personality.

Life is an adventure and I'm just going on an adventure to the USA. Everything about the coming 4 days will be one big great adventure. There is a looking forward and excitement but it also contains some fears and anxiety about the unknown. My fears/anxiety are all about the small stuff i.e. the need to go to the toilet when travelling, how much to tip money for service in USA? How secure am I likely to be in the hotel or out in the streets? What is the food going to be like in the hotel? I'm sure sweating the small stuff. Where's the joy of the big picture, the big adventure. The small stuff anxieties are all down to the archetypal of survival.

Continuity means to continue on a given path. I am trying a different path but it makes me nervous. Staying on the spiritual path, having faith, and going with intuition is not easy. Where can I get help for these problems? Prayer may be one answer. Affirmations like 1). It's all for your greater good, 2). The Divine will look after you, 3). I have the skills and power to handle my anxieties, 4). Face your fears and do it anyway.

I was also upset by last night's dreams. They seemed very pessimistic. People seem to be stuck in situations without much hope of salvation. The people were in situations they couldn't escape from but also in situations they had to endure. There was not much light at the end of the tunnel. I think those situations reflect your current circumstances with your life and the Transformation Centre. It's about ENDURING a very difficult situation of following your dream.

Tuesday 9th November 2004.

Angel ~ Faith.

Blessings ~ Adventure and Acknowledgement.

On the way to the office, I stopped at Stokes Bay. Got out of my car and walked down across the beach to the waters edge.

The first thing I sensed was how still every thing seemed. There was no wind and the sea was flat calm – it was still. There was no appearance of energy - no wind and no waves and no rushing clouds. ALL WAS STILL.

Then I came to realise that I could stillness within me. My spirit was truly connected to all that stillness around me. Yet although I was still, I was also full of energy or rather the energy was there in my energy bank and waiting to be used. Here was a parallel STILLNESS = ENERGY.

A lot of my time I don't feel and use the energy unless I'm using it all the time. I do a lot of things, I am an energetic person – just resting is difficult for me. I can understand resting when I'm physically exhausted, but to rest and allow myself to be physically still is a new experience. In stillness I connect with the faith that I still exist. I no longer always need to be doing something to sense that I exist or to sense my energy. Stillness or the belief that stillness can enrich me by allowing that stillness to bring me closer to the Divine.

Today I have been blessed with ADVENTURE. Perhaps going into real stillness is going to turn out to be the greatest adventure of my life because it is going to connect me to the Divine. That adventure has all the qualities that literal adventure have in life and on earth; except that it's the richest adventure that anyone can ever experience.

Today I have been blessed with acknowledgement. I have the opportunity to acknowledge that stillness is a blessing (along with all the other blessing I have to acknowledge) and that I have to acknowledge the Divine and have FAITH that I am on track to complete my sacred contract. Have faith that you can learn or see

the symbols in everything that happens to you. Also, do not forget that your faith will be tested by the shadow of your Archetype of physical survival.

Wednesday 10th November 2004.

Angel ~ Delight.

Blessings ~ Beauty and Vitality.

I am a delight and God is a delight. People can be delightful and let their inner beauty shine. A delightful person is one who is a pleasure to know. In their company you feel energised and happy. They are happy and energized people. Delight means that you are light. You move lightly; your tread is very light. But although you are light, you leave a lasting impression on everyone because of your delightful personality. Lightness means that you hold an image of the person lightly in your mind. You don't have to think hard about a delightful person, they just zoom out of your head the moment you think of their name. The mention of their name makes you smile and feel good.

Delightful people have a feel good quality; they are good to be around. Their delightfulness attracts people who are delightful. Maria was a delight to be around all the time. I was therefore a delightful person – both of us together made our lives even more delightful. We sparked off each other, we delighted one another, it was effortless fun and pleasure to be in each others company. The delight in being around each other was enough in itself. All we needed was to be in each others LIGHT. That in itself was happiness and ecstasy – we fed and grew in each others delight. Nothing more was wanted or given in the relationship, because we delighted each other. Material things were of no importance because they had limited delighting abilities.

Vitality means very important, it means energy. What gives you vitality – being in the light (certainly not the dark). When do you feel vitality – when you are around delightful people and when you're around beauty. How are you vitally moved? – When you feel energized/active/ready to go. How does it show itself? – When you feel open and loving to everyone/everything in the world. Where do you become in touch with your vitality? Anywhere that brings out the best in me. Places and people that are warm, loving, gentle, and compassionate.

What is the blessing of beauty other than we sense its affect on us by making us delightful and exude vitality. External beauty is transformed while internal beauty is eternal. Inner beauty just radiates out of the person. Unlike physical beauty that has to be managed and worked at – see beauty industry. External beauty can be exploited – where as inner beauty cannot be touched. However, inner beauty is of great value and is very delicate.

A delicate beauty was Maria, as my father said in a letter to me. I knew that it was priceless and of great value and I always took great care around Maria's beauty. It brought out of me the most caring of qualities because I could appreciate what a fantastic quality it was that Maria had. It was very precious and I did not want to do or say anything that would damage that delicate beauty. – because I knew that when it was damaged it could be lost forever and I and everyone who knew Maria would have lost its priceless benefit in our lives. Maria would also become a sadder person once her delicate beauty was damaged or destroyed.

Inner beauty is connected to your soul and as Paul Schofield says in 'A man for all seasons', "when you hold a person's soul in your hands, you hold it very gently and with great care".

Thursday, 11th November 2004.

Angel ~ Release.

Blessing ~ Ideas and Purification.

How often do we say “that was a release” accompanied with a sigh? We let go of negative ideas, feelings, attitudes, behaviour and beliefs. What are the benefits of release? Firstly, we stop wasting energy holding old stuff inside ourselves; therefore we have more energy for the positive things of life. Secondly, we make space in our lives to allow new things in – thereby we enrich our lives and give ourselves the potential to grow, to change, and to get in touch with new parts of ourselves. Finally, we get in touch with our spirit and soul.

We often do not realise that our spirit has become musty and squeezed up because we have been holding on to so much rubbish in our lives. Once we have released the rubbish, we have let in the sunshine and light to polish and warm up our spirit. Why, you may ask, is the spirit so important? Basically, the spirit animates us. We say “the person is spirited” or I’m in high spirits”.

Other occasions when the spirit is seen and experienced, is when you observe two people who are deeply in love or when you observe the radiant expression on a mothers face when she is holding her new baby. At these moments their spirit is released out into the world and everyone benefits. We the observers pick up on the wondrousness of the human spirit. It’s nothing less than our spirit being blessed by the release of others spirits. Long may we continue to release.

I have a plenty of ideas. I will release my ideas into the world for the benefit of all. Just as important, I will release all of my negative ideas I have about myself and others. Some good ideas are pure gold and could lead to abundance in my life. Ideas can be more powerful than armies, the cross National boundaries and once released, they are powerful. Once the genie is out, it’s out. That is why some people in certain roles in all countries will feel threatened by ideas.

Purification is something I need to explore. I need to purify myself of all and every negative pattern in my life, however it manifests itself. (Manifest in terms of thought, ideas, feelings, belief and attitude). The process of purification is hard; it's not easy. Purification means to make pure, to burn off the dross so that's what's left can shine out into the world. The shining is the spirit being given a route in my life and allows others to benefit from the shining. The newly shining object will deflect all dull negatives forces and attract other bright shining objects – what you put out, you get back.

Why do I say that 'dull forces' will be deflected? Mainly because dull objects/people/things/ideas/beliefs like the dark. The dark shadows are where the negatives in life feel at home, they like to suppress, they like to hide, and they fear the light because the light will kill them. That is why we say, "let the light in" or, "let's shed some light on the problem/issue/situation". Light is purifying, it drives out the negatives in your life and allows your light to shine. Don't forget, "don't hide your light under a bush", and always keep the process of purification going in your life.

Friday 11th November 2004.

Angel ~ Abundance.

Blessing ~ Hope and Recognition.

The left-overs from yesterday were, 1.) The water element in the 4th Chakra combined with the film "Whale Rider". 2.) Also yesterday, I was thinking that my journal writing could be used as the basis of a column in 'The News' newspaper – what a coincidence when I am working on the 5th Chakra of communication. 3.) Part of my dream last night concerned removing rubbish or redundant objects from the land.

Once the rubbish/objects had been removed, I set about transforming the land into a more spiritual place. How? - by anointing the ground with 'copper' and burying Bibles in the ground. My interpretation of this was that I have started the process the clearing rubbish from my life and starting to lay strong foundations in my spiritual life.

At the first level, it is easy to understand the abundance in our lives because that comes in the form of stuff, i.e. your personal possessions, house, car, clothes, holidays and all the rich variety of things our society produces for our consumption. On the second level, are found all those gifts, talents, skills we are born with or have acquired along the way. This level of adventure is our true store of riches because they remain with us in good and bad times of our lives.

Often we are unaware of what gifts and talents we have inside ourselves, until we meet certain people in our lives. These special people have the ability to enrich us as people because they make us aware of certain qualities that are hidden away in our unconscious. When we interact with these special people they either give to us or bring forth from us these hidden gifts and talents. For the first time perhaps we are truly aware of our gifts and talents. These special people may only be in our lives for a short time, yet, have a profound affect upon us.

At other times these people stay around us for a lifetime and we call them soul mates. Isn't it interesting that our most profound

relationship we have or look for in life should have the name of soul mate. In these relationships with our soul mate, we implicitly experience the spiritual nature of our nature. How about taking the next big challenge of making your relationship explicitly spiritual, by undertaking together a more spiritual focus in life. The How, What, Where, When of your spiritual journey is for you 'to discover'. At this stage all you need remember is the Chinese proverb, "that a journey of a thousand miles begins with the first step".

Further support for our spiritual journey comes from the blessings of hope and recognition. We always live in hope. We hope that we are able to rise to any challenge and give of ourselves in any situation that life brings to us. The opposite of this is that we hope we are good enough and deserve the things or people that enter our lives. We often say, "I hope he/she appreciates whatever gift is offered", or, "I hope I get this or that".

Unfortunately, we so often turn these wonderful expressions into negative expressions by saying, "I don't deserve this", or we are unable to graciously accept the gift we are offered by saying "thank-you, I really appreciate this or that". Also, try to avoid placing a value on the gift given or received. Some gifts are priceless, like the word "Sorry" or the friendly smile.

"Hope springs eternal", we always say when confronting difficult situations. It's no accident that the word eternal has such spiritual overtones. Hope and spirit never dies so long as you acknowledge eternity. I see eternity as life force. However, be aware that hope and spirit can die and then life ceased to be a life but an existence. Always try and keep the flame of hope alight. Keep hope alive by staying open to internal and external abundance in your life.

Finally, let's spend some time looking at the word recognition and how it supports our life journey. When you recognise something, you acknowledge it and make it real for yourself and for others to see. If you don't recognise something, then you are in deep trouble. How often do we say to someone, "When you're in a hole, the first thing you do is stop digging". Most of the time we don't recognise that we are in the hole. That's what friends are for. They

can objectively see the situation, whereas, from your subjective position, you don't recognise the hole your in.

Once you are out of the hole, spend some time reflecting on how you got there. This is a marvellous opportunity for you to gain wisdom from the situation. Did you even recognise it as a marvellous opportunity to learn or did you just think how lucky I was to get out of the hole? Recognising anything takes time, so take some time to recognise that your life journey might have a spiritual component.

Monday 15th November 2004.

Angel ~ Birth.

Blessing ~ Contribution and Originality.

Births are a time of celebration and joy but not without a measure of pain and anxiety. "The tears of joy and sadness come from the same well", as Cahill Gibson wrote in "The Prophet". Before the birth of anything occurs, there is a time of pregnancy when the baby or the idea is growing. This is a time of expectation and doubts. You look forward to the birth but this is accompanied with self doubts about your ability to cope with the demand of this new infant or idea.

During the pregnancy, many things will happen in a logical and progressive fashion and often without much input from ourselves. However, that is not to imply that we can sit back and be passive. For we have an active role in generating the environment for growth. Firstly, by what we do physically in terms of food and how we take care of ourselves and, secondly, by what we think.

Our positive thoughts about the baby generate our positive future and the future of the baby will be born into. On a similar fashion, ideas before they are born need to be actively worked on. Some ideas have an internal logical growth process but at the same time we have to be proactive in nourishing these ideas with other thoughts and energy from the environment. We have to stay focussed on the original idea and give it what it needs in order to grow and survive, before we give birth to the idea into the external world.

The time of birth is not without pain. Some of the physical pain can be relieved by drugs and by the presence of loved ones. Bringing an idea or project into the external world can also be a painful experience because there are physical and emotional obstacles to overcome. Anxiety and self doubt cause their fair share of physical and emotional pain.

Once the birth of a baby or idea/project is completed, there is time for joy and a time to celebrate the potential of the new arrival. There is also relief that at last the pregnancy period is over and the

baby or idea has finally arrived safe and well. Joy and celebration doesn't last long because the new infant/idea needs continuous attention in order to grow and survive. However, we can always gaze at this wondrous thing we have given birth to and feel our connection to the infinity of life.

The blessing of Contribution requires Who, What, Where, When and How. Who does the contributing? We do some contributing; other people contribute and the Divine does some contributing. What is contributed? Anything that meets our needs or others' needs or the Divine's needs. What, you may ask, does the Divine need? The Divine needs to see us reaching our highest potential in every moment of our lives. Where do we contribute? In as many areas of our lives as possible. When do you contribute? Never hesitate; do it as often as you are humanly capable of doing it. How do you contribute? Find every way and anyway of contributing whatever you have to the situation. Contributing is such a rich opportunity to connect with the flow of life.

The blessing of originality can also be dealt with by Who, What, Where, When and How. Who can benefit from originality? Anybody and everybody can benefit from your originality – including yourself. So get going and surprise yourself. What is originality? Anything that has never been manifested – the world before. We ourselves are the most original thing on this planet at any given time. We have a fantastic opportunity to create or change anything around us – we are truly wondrous individuals just looking for an opportunity to shine. Where can our originality be manifested? Just do your original thing anytime, in anyplace, in anyway you care to express it. When can my originality be manifested? Just do it all the time. Just take the brakes off and go for it. How can my originality manifest itself? Don't worry about how – just do it; let the "how" take care of itself. By that I mean, do not try too hard to manifest anything; just allow your intuition to guide you as to "how" to manifest your originality. You may truly surprise yourself at your own originality.

Tuesday 16th November 2004.

Angel ~ Grace.

Blessings ~ Recognition and Nurturing.

Some people move very gracefully; some people are gracious. Sometimes we say “There but for the grace of God go I”, and sometimes we say a person has been touched by grace.

So what is this thing called grace? To begin with I think we have to acknowledge that this word has subtle meaning. Grace seems quite rare and pretty elusive but we seem to recognise it when we see it. Grace can't be bought, its not earned it can only be given by the spiritual forces of this world. When such gifts are given, it bestows a new quality on the recipient. He or she now has something that definitely transforms some part of their life.

Most of the recipients of grace are unaware that they have it yet everyone else can perceive its presence. So is it luck or good fortune that some people get it and others don't? I think not, I think that such individuals are very carefully chosen by the Divine to show off this thing called grace. The qualities of grace profoundly affect all aspects of a person's life. It is part mystical, part mythical, part magical and yet so simply beautiful.

Can you perfect grace or control grace or give it to another?... I don't think so. Once given, it is given for life with the undoubted capacity to make all observers of it lead richer lives. So what is the purpose of grace? I think it is meant as a challenge. It makes us wonder what the meaning of life is and what is the purpose of our lives and sets us off wondering and exploring in our lives journey.

One of the major purposes of grace is to set off seeking answers to the questions we ask of ourselves. Grace certainly has paradoxical qualities for it promotes questions, yet at the same time gives a potential answer. Long may we continue to be surprised and enchanted when grace crosses our path.

Recognition is a tricky thing because often you recognise the face but can't remember the place, time or context of the meeting. When this happens to me, I often start to search my memory

banks trying to give meaning to the face. This is an example of one end of the spectrum of recognition, because at the other end you find recognition of the familiar. Except that the familiar although quickly recognised is at the same time not recognised. How can this be? Let one explain by saying that familiarity often obscures the recognition of the real and true qualities a person, thing and situation exhibits.

Just stop for a moment and consider your partner in life. You're certainly very familiar with them but how often do you step back and recognise their many qualities. Recognition has the beautiful purpose of starting us off on a search for information about the person, thing or situation. The search can be exciting, challenging and frightening but ending with fulfilment. Let recognition stimulate the internal search for qualities you possess and once you have found them, dust them off and start using them.

What do you recognise, Barrie, in yourself and your external world? I recognise that I have a greater range of qualities that have and will continue to strengthen me. My spiritual self is my richest quality for it is taking me on the journey of a life time. It's required that I develop strength of character; that I fill my highest potential. That I will walk in the light; that I am positive, that my self esteem, self confidence, and self worth is strong. It also requires that I explore and develop faith in the Divine. This is not easy as I am beset by doubts and fears, or rather, that was me not so long ago. Now my doubts and fears are taking a smaller back seat in my life and I will continue to work on their reduction and elimination.

Wednesday 17th November 2004.

Angel ~ Joy.

Blessings ~ Outrageousness and Alertness.

Joy cannot be worked for as an active goal because it comes as a consequence of some action we have taken. It's like the icing on top of the cake. Joy is the added bonus on the gift we are giving. It has a surprise element for it occurs unexpectedly and appears to come out of the blue. The colour blue has two main qualities; it is associated with healing and choice.

Certainly, joy when it comes into our lives is healing for it transforms the ordinary into the extraordinary. Although we have no choice about when it comes into our lives, we do have the choice of whether to acknowledge and celebrate its arrival.

Perhaps that's our problem, in that we so often think and feel negatively about so many things, that we have lost the capacity to recognise joy and celebrate it when it arrives.

Perhaps even that's why it comes as the surprise element to jerk us out of our negativity and say life isn't so bad after all – look at the joys in my life.

Joy is not a singular thing, for it has the ability to touch many areas of our lives at the same time – as do the ripples radiate out when the stone is thrown on water. Let's try and be open to the ripple effect of joy in our lives, let the energy activate our basic positive nature so that we can face ourselves and the world with a warm heart.

If joy is so heartening and warming, then it is indeed a rich gift to receive from the Divine. I don't consider myself outrageous or can even recall doing anything outrageous. Yet from some one else's prospective, a lot of the things I have done in my life are really outrageous – because what I did was beyond the normal expected thing to do. I have made some interesting career moves and undertaken some training courses that some of my friends and relatives thought outrageous, but to me, they just seemed interesting options.

That's the thing about outrageousness, it requires a perspective, what I record as normality for me, is seen by others as outrageous. I never set out intentionally to be outrageous, it just happened. When you premeditate an outrageous action for shock value, then you are drawing attention to your self for not very positive reasons. These people are more in need of help because they are unaware of their impact on others or their place in the world.

The final type of outrageousness is the type of outrage generated by totally inappropriate behaviour. The behaviour or action is perceived as being without judgement, consideration or morality and produces strong responses. This form of outrageousness has a surprise factor and perhaps this is the main purpose, to jolt us out of our complacent lives and give us a wake-up call to our lives.

Being alert in life is important because it prevents the negatives from building up in our lives and making us suffer ill health. Be alert as to what you are thinking because your thoughts determine your daily reality and your future.

Negative thoughts are very clever and subtle and are capable of making themselves at home in our heads. Negative thoughts are very seductive because they promise us pleasure yet ultimately deliver pain. Often, the negative thoughts have been around since childhood and as they have grown up with us, they therefore feel quite at home to us. Finally, the main problem with negative thoughts is that they remain in our unconscious mind. They are therefore hidden in the dark recesses of our head.

Try and develop the capacity of alertness in your life. Be very alert to what you think and say. Become more observant and reflective of your thinking. Start to question your own beliefs and thoughts. See if they remain useful thoughts and beliefs on which to base your life. If they don't serve your life then throw them out. Part of the purpose of life is to grow greater consciousness or the bringing into the light those thoughts and beliefs held in the unconscious mind. We talk a lot these days about enlightenment and empowerment, but this can only come about if we stay alert to what we think and say.

Always remain alert and vigilant in order to feel your individual power.

THURSDAY 18TH NOVEMBER 2004.

Angel ~ Clarity.

Blessing ~ Growth and Gentleness.

What I certainly need is clarity because I need to focus on the here and now issues in my life. Clarity about the past or where you are going in the future is not so important as being clear today. I will put my energy into getting as much clarity on all issues right now this moment – because we live life moment by moment.

The problem is that getting any degree of clarity in the moment is quite difficult. Mostly because past history and past experiences cloud the issues in my life today. I need to find where my bias or prejudice is around today's issues in order to get clarity on anything, I need to clear away all those beliefs that stop me from perceiving everything clearly, without any prejudgements.

Once you know that past experiences are operating in the present moment, you are on the first step towards clarity. Perhaps I could make a list of all those beliefs that operate in that area of my life I need to get clear about. Next step would be to evaluate those beliefs now and determine whether they have any power over my perceptions. Some of the beliefs will no longer be valid and therefore I will reject them or disempower them so that I see things with greater clarity. Other beliefs I will keep because they are still valid and useful and aid my clarity.

Getting clear is not easy, but it is essential to perceiving what is occurring in the here and now.

Another option around getting clarity would be to ask a friend if they see things the way you see things. If they perceive anything similar to you, then perhaps you are clear. But beware that you do not consciously choose someone who will support your point of view, i.e. their prejudice supports your prejudice. A true friend is someone who's wise council is invaluable because they perceive something as differently from you – that helps you to become clear and make good decisions in your life.

Growth, like change, is an ongoing process. Sometimes we are aware of growth and sometimes not. Sometimes we proactively set growth in motion when we realise that we need to grow and move on in life. We often don't like growth when it's beyond our control; an example would be that we all grow old. Perhaps surrendering graciously to the inevitable in this instance would be the path of wisdom.

At times we realise that change through growth is important in our lives. We talk about ringing the changes, because change brings about personal growth.

We have to consider growth in all areas of our personal lives, i.e. the physical, emotional, mental and spiritual. As humans we have developed rich opportunities to grow in all these areas. Physical is represented by the food industry, keep fit industry and the health industry. Emotional is taken care of by family, friends, interest's councillors and therapists. The mental is seen in education and training while the spiritual has all manner of different religious and spiritual organisations.

We are an animal species that is predominately concerned with growth. When we stop growing, then we die on one or more level of life's, be it physical, emotional, mental or spiritual.

It can be no accident that gentleness accompanies the angle clarity and blessing of growth because it is an integral part of both. Getting clear requires that we are gentle towards ourselves, while gentle growth is sublime. I need to practice both in my life. Certainly my growth could be a lot more gentle rather than vigorous and demanding.

Perhaps I should slow down a bit and allow the changes to take root and flourish. I could even stop altogether and from a place of stillness recognise the growth that is occurring or that has occurred and thereby giving myself credit for the changes.

Gentleness is all about time; it has a timeless quality about itself. Take time in my life to be gentle and thereby allow the beauty of the experience to manifest itself. A gentle person appreciates the here and now and richness of the moment. A gentle person is

richly endowed with compassion and caring and appreciates the value of everything. Gentle people live with the angels.

Friday 19th November 2004.

Angel ~ Peace.

Blessing ~ Experience and Risk Taking.

I know instinctively what peace is but at the same time I find it elusive to write/talk about. Peace occurs when there is absence of conflict which can either be external or internal. We want to be at peace with ourselves and we want to live in a peaceful world. Wanting something seems to require energy so perhaps it would be better to pursue peace from the perspective of our needs.

I need inner peace, I need peaceful relationships, I need a peaceful world. First step is to recognise the need for peace in ones life and all the benefits to me that the peace will bring. Second step is to do the work that brings about the peace.

The best attribute that we can bring to the work is a loving and generous heart. Love and generosity brings internal and external conflict to a speedy resolution because these qualities don't look for right or wrong; or someone to blame or to score points off one another.

Love and generosity are capable of melting conflict because they recognise that we are all human in making mistakes; we are all one; and we all act at times for selfish reasons; or we are trapped by circumstances and history; or we are unaware of unconscious forces acting within us.

If peace requires love and generosity, then surrender and forgiveness are soon in the picture. Surrender in this instance means to go the extra mile and realise that our present and long term future can be peaceful if we are willing to let go of our position and move towards the other. Forgiveness in this instance means our enemy needs to be forgiven their misdeed and thoughts because hate and bitterness has no place in the peaceful heart. Peace requires risk-taking and the surrender of old experiences for new experiences. Blessed indeed are the peacemakers for they shall inherit the world. Peacemakers are few and far between and certainly belong among the angels.

How appropriate that we have risk-taking with peace. I live in a culture that doesn't like to take risks because we don't want to take responsibility for the outcomes. In fact we so don't want the responsibility that when things go wrong, we immediately look for someone to blame and then sue for negligence. When someone in our family is about to step outside the door we always say 'take care', we don't say 'take risks'.

Life is full of opportunities to take risks for it is through risk that we often grow, learn and gain wisdom. The outcome of taking risks is not only about getting hurt (which sometimes occurs) but what experience enhances your life. If you want to play safe then stay indoors and hope to die in bed –but that doesn't seem to be much of a life. If life is for living then taking risks is an integral part of life.

When I take risks, it's with the acknowledgement that it might not necessarily work out in my favour; I might suffer some set back. However it does seem on balance worth the risk and let chance and luck or good fortune be the possible outcomes. I am not advocating taking those risks that are foolhardy or where you don't anticipate the consequences of failing and getting hurt. It is through risk-taking that you can come more alive and reach higher potential for yourself.

So what about experience in my life? My life is made like other people's lives with experiences, some of which have been pleasurable and a few painful. Every experience has the capacity either to give you wisdom or woe. There is always choice as to how you interpret the experience. You can choose wisdom and gain enrichment and greater self knowledge and understanding of life. However, should you choose woe, then the experience becomes disempowering because you turn yourself into a victim and open the door to self pity.

I bless every experience in my life because of the choice it gives me to learn wisdom or gain woe.

Pack you life with new experiences because it challenges you to move out of your comfort zone. When you confront the fears outside of your comfort zone you grow. New experiences allow you to get in touch with your own courage to face the fears. Make the

most of every experience because you can engage courage and wisdom along the way – for life itself is one huge experience.

Monday 22nd November 2004.

Angel ~ Purification.

Blessing ~ Choice and Practicality

Purification is something I do for my own good. It's a process that makes me clean; once clean I can face the day and the world. Because contact with the world has the capacity to make me dirty again.

On the physical level I know that as the day goes on I become more dirty – and then a bath is a nice good thing to experience. Also during the day I collect negative emotions and negative thoughts that need to be cleaned away (purified) to keep me clear and whole.

I continue to use Kipling's Who, What, Where, When, and How with regard to negative emotions/thinking patterns. 'Who' refers to me but also who you meet during the day with negative traits. 'What' are the negative emotions/thinking patterns? - can I recognise them. 'where' do they arise within myself; 'where' do they arise in situations; 'where' do they arise in all relationships? 'when' do the negative emotions/thinking patterns arise? i.e. all the time, some of the time; only when you are vulnerable with certain people; in certain situations. If possible avoid these people or situations or take steps that their negative forces do not stay around you – purify yourself of them.

How do you recognise the negative forces and how do you deal with them? Negative forces attack your energy levels so therefore when you feel your energy draining away, ask yourself 'am I under the influence of negatives', if yes then do something about it.

This is my suggestion: for negative emotions clear them out of your system by giving expression to them – shouting while in the car is good providing it doesn't distract you too much. For negative thoughts, the moment you sense them say to yourself 'I'm not going down that road thank you very much'. Negative thoughts are vicious and can lead you into a downward spiral or negative cycle very quickly. You need to 'nip them in the bud' before they have a chance to get going. The path to depression or madness is the

outcome of all sorts of negative thinking. Negative thinking disempowers you very, very quickly – that's why you strike it as soon as it appears, you do not give it any time or space to take root in your life.

Finally we need to look at purifying the spirit. We all realise at some level that we are spiritual beings and have a spirit. All the time you are feeling good about yourself and life then your spirit is OK. However, when you feel low, feel down, prone to fear, doubts or anxieties then your spirit is hurting and you need to do something about it. At these times the North American Indians recognise their low level of existence and 'call back their spirits'.

Anything you think, say or do that brings back your spirit, your life force, your energy, that's what you need to focus on. Just look for one thing and then put your energy behind it. The first step is the hardest, but it's the way back. Never, ever overlook your spirit because without spirit you are dead and living in your own hell. In summery, to stay bright eyed and bushy tailed purification of all your levels is highly recommended.

We are truly blessed with choice. The freedom to do what we like with our lives, with who, where and when. With choice you need to connect wisdom and responsibility. Choose the wise path and not the path of woe. Do things that empower you – that's wise.

We sometimes don't like to choose because we don't want to take responsibility for our choices. Some people end up doing nothing, others looking for someone or something to blame when our choice goes wrong, and some people avoid choice by procrastinating.

Whether it was the right or wrong choice will only be apparent once you have chosen. That's part of the problem because people want a guarantee of success from their choice before they will make it. Fear of failure and fear of responsibility can stop people from making choices. The way to deal with these issues is to say to yourself I'm taking this decision based on this information and I'm trusting that it work out to my benefit. Don't start having doubts or beating yourself up before making the choice.

Furthermore, if your choice turns out badly, then don't blame yourself or sabotage your self-esteem for the way of wisdom would indicate that you reflect on your failure (if that's what it was) and learn from your experience. We always say to ourselves 'every cloud has a silver lining'. Just roll with the punches that perhaps your choice has delivered. Next time your choice could lead to perfect success.

The blessing of practicality is a call to action and arms. You can have the most fantastic ideas but they need to be launched into the world. The launch process is where we ground the idea with practical objectivity. The more practical a thing is, the more grounded it automatically becomes. Being grounded is the focus on the here and now, the reality of life. We often say 'keep your feet on the ground'; by being grounded we have strength and we have balance.

Another advantage of being grounded is that we allow things to take root and organically grow the mere fact that I'm struggling to write very much about practicality would seem to indicate that practicality has a strong bond to simplicity and purity.

Practical processes are simple and pure: they are not complex, convoluted and amorphous. I always say around practical things the monogram *K.I.S.S.* i.e. keep it simple, sweetheart. Other practical sayings that exhibit groundedness, balance, focus, strength, simplicity are 'practice makes perfect' and 'practice what you preach'. Enough said. Q.E.D.

Blessed are the practical for they shall inherit the earth!!!

Tuesday 23rd November 2004.

Angel ~ Delight.

Blessings ~ Order and Realisation.

This is my 4th visit from the angel of delight (others were 28th Oct, 2nd Nov and 10th Nov). The question I am asking myself is why so many visits? What is the significance? Who has sent delight to me? Where will delight show itself? When will it manifest itself? How will it manifest itself? Questions, questions, questions.

So if I get the questions answered, that still leaves WHY.

When events in my life happen (usually not pleasant ones) like millions of other ordinary people we ask the question WHY. The purpose of asking why to events that happen out of the blue is to seek for meaning.

We humans are the only animals that are capable of seeking for meaning in our lives. All other animals exist and complete their natural life cycle. We humans do the same but we ask 'what does it all mean'. We are not capable of living meaningless lives. A meaningless life is the road to madness, suicide and addiction of all sorts, pessimism, anger, resentment and all other negative feelings, thinking and actions man is capable of.

Most of us as soon as the question why occurs will set off looking for meaning; look to our physical survival needs and our tribes offering of stuff. Physical stuff is food, clothing, home, warmth, which soon becomes manifest as lifestyle objects of significance. There is nothing more meaningless than having a lifestyle as opposed to living a life. A lifestyle is Nirvana, as provided by the business of marketing. A lifestyle is something the marketers have invented to sell you more stuff. The purpose of stuff is to make you feel secure. Other sophisticated stuff includes money, power, status, sex and the National lottery.

If our lives are so meaningless (because of the question why) then it makes sense to believe in luck and gambling. Meaningless says why not give over to random events in your life and believe everything is down to good luck, bad luck. But even here we can't

escape the search for meaning because what do you mean by good luck or bad luck. The question predisposes us to say who or what is behind our good or bad luck.

Who decides whether we get lucky or not? If it's all down to the luck of the draw; who designed the draw and who made up the rules of the draw. At the practical level we know man designed the draw and made the rules but who works the principle of luck. Who is behind the philosophy of luck?

For me the answer lies in spiritual forces operating in the world. It's our spiritual nature that seeks meaning to our lives. Just living on the physical, emotional and thinking levels is not enough – there just has to be more – that's when we acknowledge that meaning comes from our spiritual level of existence. It doesn't matter what, where, when or how or with whom you do your spirituality, as long as you just do it.

Meaning comes from the spiritual world into our lives and thereby makes our lives a delight. Worldly stuff gives a passing delight because it fades, whereas where-ever and when-ever and who-ever and how-ever and what-ever is spiritual will always remain a delight. Perhaps this is why I have had delight four times in order for me to recognise its spiritual significance. QED.

We all need order in our lives so that our lives run with the minimum of energy. Order comes out of chaos or disorder. We need to recognise that things would run smoother in our lives if we had some order about the place. We order things into groups and classes so that a pattern emerges.

Once we have identified which object belongs to what group, we can then pigeon hole it. This is the advantage of sorting through the qualities the object possesses. However, this is also a disadvantage when we pigeon hole something or more often someone on having some of the qualities of that particular group. When it comes to people having some qualities of the group, it is not a good reason for putting that person in that particular group. You may want to pigeon hole the person but metaphorically you could also be trying to put a round plug in a square hole.

Because our mind likes order and society needs order, we need to be aware that people be treated as individuals rather than ordered into groups. In this instance, one size does definitely fit all. We have to look for our uniqueness and celebrate it. As marketers would say, 'what is your UPS i.e. your unique selling point? In the spiritual world (in Gods world) you are accepted as unique and don't even have to bother to find and promote your UPS to the spirit.

Isn't that another TRUE DELIGHT, that we don't have to work hard at our uniqueness – its just there and spirit thinks and knows you are a pure delight. That's not to say that we often feel, think and do delightful things. Sometimes we are way out of order and need some correction for our own good before we press that self destruct button. So, order can be a process (noun) as well as a verb and both are important.

Spirit can give the orders but we have the choice whether to see its wisdom. It is a great advantage to be able to take orders before placing yourself in the position of giving orders. Few people like it; some rebel and resent order and orders. Perhaps that's why so few people take 'Holy Orders' because of the demands of receiving spiritual orders that can radically change your life. With order comes obedience, another word that touches either our immaturity button or our anti-authority button. Perhaps this is because of our experience of people using power in our lives.

Parents and society and organisations and groups all need to know how to use power. I only wish that my immaturity toward order and requirement of obedience are resolved before I am given any power – because I certainly would not be able to use that power effectively.

It is so easy to be seduced by power, that most spiritual masters get away as far as possible from worldly power. Indeed the meek shall inherit the earth because they have the profound wisdom to know how corrupting power can be. And I believe all forms of power can take you away from a spiritual life. Look at our sayings of power – 1. 'All power corrupts and absolute power corrupts absolutely' and 2. 'Who guards the guardians?' Human history is littered with the misuse of power – look how the super power of

America has such difficulty in using power. Look how far we have come from order. Except that we can see that order gives you power over your life – and perhaps or ‘maybe’ (maybe it is or maybe it isn’t) by bringing order into our lives that we can begin to comprehend the use of power and how to use it.

The blessing of realisation. The noun is real and we all know that things are real and accept them as real. However, when we use the word as a verb, then the process of realisation is upon us. Realisation has a time element attached to it. You often slowly realise or become aware of or slowly awaken to something or other.

The thing was always there (it was real) except we couldn’t perceive it. This is never more true than the individual spiritual journey. The spirit is real and always existed yet we are often asleep to its reality. However, the spirit always does something that awakens us to its presence and significance. I don’t want to go into the who, what, where, when and how of the awaken process because that could be a very long story. (Think of your own awakening Barrie).

So why do we need to be awoken? I will state that we are awoken by the spirit to our spiritual nature because we need meaning in our lives without meaning we become dis-spirited and our lives become an existence but without spirit. I can’t imagine a more hopeless, terrible ordeal than to live without my spirit – a truly living death. Once the human spirit is dead, to all intents and purposes, you are dead.

So the gift of the spirit is to animate your physical, emotional thinking and spiritual body the animation gives you energy and vitality for life. Realisation of your spirit and your spiritual nature and your spiritual journey gives you the will power to pursue your life with vigour and celebration.

Wednesday 24th November 2004.

Angel ~ Balance.

Blessing ~ Power and Peace.

Balance: - Dictionary (n) weighing apparatus, (v) weigh two arguments or compare debit or credit, make to entry to equalise them.

I believe there must be some force that automatically brings us back to balance. If you are out of balance, then you fall and possibly hurt yourself. As hurting is something to be avoided, then we will take steps to get back in balance.

We much prefer a position of balance because it gives us stability and strength and the capacity to perceive where we are in the world. We are also quite likely to detect those thoughts and feelings that will take us off balance – fall and receive pain.

It is definitely more comfortable to be balanced although maintaining our balance is difficult because situations, information, feeling, thoughts continue to try and knock us off balance. We seem to get plenty of opportunity to practice staying balanced.

Having good self esteem keeps you balanced, strong and able to stand your ground and define your boundaries and who you are in the world. Self-esteem is the route to empowerment and that's a very popular word in today's society. We all want to be empowered and have the ability to use our power wisely.

When you apply wisdom power, you will remain balanced. This is a chicken and egg type situation i.e. if your balance you can be wise and when you use wisdom you are balanced. So if you want to stay balanced, use your wisdom in every life situation because it builds up your self esteem (and self esteem keeps you balanced). However, if you make the choice of woe when reflecting on happenings in your life then you will suffer low self esteem and remain unbalanced.

It's surely no accident that we sometimes refer to mental illness affecting a person so that we say 'they are unbalanced'. You

become very unbalanced by taking the woe path when dealing with negative thoughts. The negative thoughts will generate negative feelings and the unbalanced position it soon reached.

Can you recognise and stop the woe choice? Do you have the courage to face fears? Can you stop yourself taking the easy option or sell yourself out? If you can then your self esteem will be good and you will remain balanced. Real empowerment is all about taking the right choices in life i.e. the route of wisdom. The bad choice of woe leads absolutely know where for you in your life.

What a lovely co-incidence that the Angel balance is accompanied by the blessings of Power and Peace. Certainly when I feel balanced I am at my most powerful and also most peaceful. I feel that when we do not feel self empowered as people, we look outside of ourselves for symbols of power in society. We look toward money, status, sex, authority figures, jobs to boost our egos and build up our low self esteem. We can also mask our self esteem using drugs, alcohol, smoking, gambling. These negative activities make us temporarily feel strong and powerful, but because they do not last, we keep going back for more of the same.

It seems a paradox that when I feel most powerful, I also feel at peace and when I'm peaceful, I have no need to show or use my power. Perhaps it's not a paradox because peace is the most powerful force there is. It requires the least amount of energy and resources and is eternal. Whereas the use of power consumes vast amounts of energy and resources and never lasts for long once you stop using energy and resources. 'Blessed are the peace makers', for they have found enduring power. It's a power that does not frighten people, it's a power that beguiles and endures.

As Caroline Myss says, it's the innocent and peaceful that have the greater power to effect people e.g. the baby Jesus. Herod instinctively knew that and wanted to kill all the babies. The peaceful and innocent have the capacity to get under our powerful defences. They intrigue us and we are curious to discover more about anything that has peace /innocence. That's the meaning of

the wooden horse in Troy. The wooden horse was peaceful, innocent and beguiling, it posed no threat.

Threat and force will always be met by powerful force or appeasement, certainly not peace. Peacefulness or peaceful people are warm, soft and incredibly strong/powerful.

The Quakers follow a peaceful approach and call their venues 'friends meeting houses'. They certainly have achieved lasting changes in our history and yet they also invoke very violent feelings and actions in some. Those that attack Quaker ideals and property are those that want some of that Quaker power. They recognise they are weak and want to destroy the powerful Quaker because then they will feel strong. Such is an example of the path of woe. The wise route would be to recognise your weakness and then to learn from Quaker principles how to empower themselves.

Thursday 25th November 2004.

Angel ~ Balance.

Blessings ~ Hope and Reassurance.

I get balance again because today I feel unbalanced.

I am unbalanced because the Bournemouth Psychic Fayre produced no new business. Secondly, Peggy got up early and I felt she got in my way. Thirdly, although I got out of bed at 6.45am to do yoga, I still seemed to take a lot of time before getting to work i.e. it was 8.45am before I left the house. I don't know where two hours could have gone except that yoga took about 35 minutes.

I really feel unbalanced because I feel angry at Peggy and even angrier at myself at not getting out of the house earlier. Perhaps I have a false expectation of myself, in that I don't realise how long it takes to get organised in the morning.

Why not allow the same amount of time in the morning but if you want to do everything (like yoga and bath) then you will have to get up early (like 6am) and then you will be out of the house by 8 o'clock. Or get up at the same time and miss the yoga.

Either way, you need seven hours sleep so you need to get to bed by 11pm to make an early start to your day.

When I'm unbalanced, I get really ratty with myself and other people. This form of unbalanced ness has come about by having too high or misjudged expectation of myself or expectation of what I can achieve in a given amount of time. I was also expecting at the Psychic Fayre in Bournemouth to get Cherie to play the Transformation Game. I had some expectation that the mind, body, spirit Psychic Fayre would generate interest for the Transformation Game and other things: but this was not the case. Still, the ladies putting on the Psychic Fayre were helpful in pointing out that I need to be in front of table, but also that people coming to the Fayre are in a FOG and need an arm out; whereas my game is not for people in a FOG but for those out of the FOG who need to do some work on themselves. Also, what is the game

about? – I need to explain more about it. Even Sue Bruce said, “What are you about?”

So the conclusion is that expectations can take you off-balance so therefore be careful what expectations you set for yourself or what expectations you have for others. If I fail to meet my expectations, then I will be disappointed and will become unbalanced. Set realistic expectations.

When unbalanced, the blessings of hope and reassurance will help. “Hope springs eternal”, so they say. So in the unbalanced situation there is always hope to cling to.

Hope is the optimistic stuff that tomorrow will be better or that when you have become unbalanced that you apply some wisdom to the situation to make it if not better, then a learning situation. Rather than expectation, hope for a learning situation. Because in the learning situation you can only learn and apply wisdom or woe.

Whereas with expectations either the expectation can be met or won and you feel happy or the expectation is not met and you feel disappointed, unhappy and a loser or a victim. Learning situations require that application of wisdom or woe.

When you expect something you have a big investment in the outcome. You can expect to win or expect to lose or expect something to happen or expect to get or expect to be asked or expect to do. Expectation has a definite focus and a big investment in the outcome.

Whereas with learning situations, all your investment is in what you are going to learn from the experience, situation, and relationship – learning is the application of applying wisdom or woe to determine what you have learned. In this sense, hope is easier to keep alive in learning situations than when expectations are applied to the expectation/experience.

The Chinese proverb/story of the FARMER: maybe it is good and maybe it isn't good i.e. maybe its wisdom or maybe its woe. Let's hope that we choose for ourselves learning situations rather than expectations.

Who, what, where, when and how can we get reassurance. Firstly, we rely on the Divine to reassure us that everything I do and experience is for my own good. However, most of us do not resort to the Divine and therefore look to our own inner resources to find reassurance. Then we look outside ourselves for reassurance either from friends or stuff. Stuff comes last but in today's materialistic society, it often comes first as a statement of reassurance. How daft and misplaced can we be!!! My security is in stuff!!!

What is the reassurance I need? That my life has meaning and what I do/experience is for my own growth/good. I am looked over by a guardian Angel who has my best interests at heart even though I'm unaware of the fact.

Where do I get my reassurance? This question is linked to the 'who' question, for those who practice some spiritual way of life will get reassurance from Spirit/Divine. Where will they get reassurance but from their spiritual practices. Others with no spiritual practice will get reassurance from wherever they can get it i.e. friends or stuff.

When do you need reassurance? Whenever you need it is when you need it. I need reassurance when things go wrong or when I'm low. I never seem to need reassurance when everything is going fine in life.

How do I/ you get reassurance? If you follow a spiritual path then you wait for the signs and hope that you don't miss them. Other people can rely on how their friends respond to their need of reassurance – it's up to the friend show they respond. It could be words, asked over for dinner, go out for the day etc, etc. those that rely on stuff can try retail therapy and acquire More stuff.

Friday 26th November 2004.

Angel ~ Gratitude.

Blessings ~ Celebration and Stability.

Upon reflection, I have a lot to be grateful for and grateful to.

At first gratitude seems a strange word, something that belongs to the past, even an old fashioned sort of word belonging to an old fashioned sort of world.

Firstly, I have a great deal of gratitude towards my parents. They gave me the best childhood they were capable of giving me. I say capable because it was not always wonderful or greatly material but they did their best for me and my brother given the internal and external resources at their disposal.

I feel a great deal of gratitude for the opportunities they gave me and the support they have given me throughout my life. I was always welcomed at their door, given food and a bed for the night and they took delight in the things I was doing with my life. They gave me the best start they could in life. I

In later life, they gave me financial support when I needed it and never asked for the money back, although they might have mentioned it to other people. Money was important more to my mother than my father and was always because it was in short supply and was earned by hard low paying work. So gratitude towards my parents I have a bundle.

I also have gratitude towards the people who have influenced my life and there have been many. I also have gratitude for the opportunities that have occurred in my life and there have been many. So gratitude is giving thanks for all those people, things and experiences that contribute to who I am today. It's my history.

Gratitude makes you aware of the debts you owe in your life. Its not that you have to pay the debts or be obligated for the debt – you are merely being asked that you have been given many things for which a show of gratitude would not be out of place.

It's a realisation that you are where you are today through the contributions from people and experiences. You have not arrived where you are today all by your own efforts – many people and experiences have helped you along the way.

This process of giving gratitude to what you have received in some measure might engender a feeling of humility. One of the purposes of humility is to stop you from feeling so egotistical and pompous about who you are and what you have achieved in life. We have all arrived by standing on other peoples shoulders and our gratitude is to make our shoulders big enough to help others coming along behind us.

The blessing words celebration and stability add to our understanding of gratitude. Certainly gratitude gives us the opportunity to celebrate all the people and events in our lives.

We all like to party and celebrate birthdays, anniversaries and public holidays. Most public holidays have a religious significance and when we celebrate at these times we are unconsciously acknowledging the significance of our spiritual nature.

It is through the spiritual side of life that Angels guide and look after us. When we celebrate the Angels and spiritual forces celebrate with us. – It's the unknown inclusively that makes celebration such as joy and delight. When we celebrate we can give a nod in the direction of our spiritual selves and give thanks for all the blessings that spirit gives to our lives.

You can give thanks and celebration to the Divine for everything you receive everyday. Its no wonder that grace was said before meals, but these days we think our food is courtesy of Tesco and our own farming endeavours. It's probably why farmers being close to the land, nature and weather give thanks to the spiritual Divine each year at the time of harvest festival.

Its only 250 years since the vast majority of us left small farming communities, moved into the towns and started our industrial society. The industrial society has bought many benefits, but has also in recent years awoken us to our environment and interest in organic farming. We have rediscovered our agricultural roots and

before too long we will rediscover our spiritual nature. Now that will be a great occasion to have a celebration.

I am glad I have so much stability in my life. I feel grounded and sure of who I am and my place in the world. Do not confuse stability for boredom. People may be stable but that doesn't make them automatically boring.

My stability comes from the values my parents gave me. I was lucky to be brought up in a stable family – that's not to say everything was perfect. People who are brought up in unstable families and situations are more prone to face difficulties in their lives. Some will deny it has affected them but you will always find that they use more energy being stable.

Stability, if it comes naturally results in you having plenty of energy for life and at the same time allowing you to take risks (becoming unstable) with the ability and knowledge of how to get back to the stable position. Stability gives you certainty, presence and clearness. Stable people can easily see chaos around them; they can also easily avoid chaos. Finally, I think stable people have greater faith in the Divine. We are always advised to build our house upon a rock and not sand. The Divine says stable foundations are everything (Peter the Rock).

I am tempted to say that until you are stable, you will not have any faith or be capable of experiencing faith and spirit in your life. Stability is where you put down roots and grow. From the stable position in life, you can develop a spiritual nature and belief system. That's not to say your stability/faith will not be tested because actual and metaphorical earthquakes occur.

I suggest you get as much stability in your life as you can. Fragile stability, when tested, is likely to end in disaster. The foundations of stability are built upon truth, honesty, integrity, humility, compassion, love, courage, forgiveness, gratitude and surrender.

These are the values your parents can give you – but if not, then it's down to you to get them from those individuals with whom you have a sacred contact. A sacred contact is a relationship with a person who is capable of awakening these values within you. They

are special people who enter your life at special times to do this very special job of making you whole and complete.

Monday 29th November 2004.

Angel ~ Beauty.

Blessings ~ Integration and Calmness.

Beauty, they say is in the eye of the beholder.

My mirror tells me that I do not have film star looks or am hunky or tall, dark and handsome, so therefore, my beauty must be within.

Not that I have been able to see my inner beauty because there was a poor level of self esteem and many negative thoughts and feelings parading around inside of me. Certain inner thoughts and feelings make you feel ugly, freakish and unlovable.

It has taken a tremendous struggle to turn this internal situation around. Firstly, I have used my determination or will power to struggle with my inner demons. Second, I have stuck to the task. Thirdly, I just hung in there using as much hope as I could find.

Somewhere there was a belief that things could be better and all I had to do was to keep looking and keep searching for answers. What a long hard struggle it has been for there have also been some very personal and painful setbacks along the way. The death of Maria being the worst setback of all.

But even there, I have found the wisdom, although it's nearly taken 20 years. I have always been a slow learner but like the fable of the tortoise and the hare, I have come home a winner. I have done the work and now celebrate my inner beauty. I feel at times, when talking with people that my inner beauty is in full flow and absolutely glowing. It enables me to connect with people at a deeper level and enables me to see their inner beauty.

This inner beauty has so much energy and definitely has a sensual quality about it. This inner beauties sensual quality is far more superior to external sexuality. The sensual quality belongs to the spiritual quality of the person and makes them even more attractive to be worth and be around.

You do not easily connect beauty with sensuality of the spirit, for some beauty is seen as chaste and pure, while other beauty is

perceived as sexy. The inner beauty lacks nothing and totally enriches the individual and their relationships with people and with spirit.

I know what integration means and how it works for me but still I'm unaware how other processes lead to integration. In particular, I have lately found how journaling can help me integrate so many of my thoughts.

What has been quite amazing is that I have started at a given point, and along the way have discovered rich thoughts that I have just integrated into my system. I could not have foreseen these thoughts before I started writing. Most of these thoughts have enriched my original thoughts and brought me closer to eternal truths and to my spiritual nature. That in itself has been quite amazing for I would never have connected journalism (or writing) with spirit quality.

It just goes to show how the spirit works and how processes that on the surface are complete neutral (without any perceived spirit) end up as profound spiritual truths – with evidence of your true inner spirit. Perhaps it's part of Hamlet's 'to be or not to be'. For me it looks like 'being' has become intimately connected with my journalism. Hamlet presents the choice whether to be integrated or not integrated. The choice to be integrated now comes for me through the rich process of journalism.

Certainly one of the outcomes of integration is calmness. Calmness is complete stillness from which you can witness energy patterns around you. We talk of the 'eye of the Hurricane' or 'the eye of the storm' which is a physical manifestation of what I was talking about.

You have the stillness/calmness of the eye yet around it you have energy. It always presents me with the paradox that calmness has such power. Calmness attracts me; I am just waiting for all the power within the calmness to be released.

This latent power is so incredibly powerful because it has been generated or distilled from such a quiet place. When the power is released it has just the right amount of energy to do the job and is directed to a specific target. Nothing is wasted, its pure power.

Perhaps that's why spiritual power is so effective and efficient. Spiritual power is generated from a point of absolute calm and is released to enlighten human consciousness. Although its source releases spiritual power, it does not always carry the visible designer label for it often is manifest in many different ways. So much for calmness. It's exciting!!!

Tuesday 30th November 2004.

Angel ~ Spontaneity.

Blessings ~ Self-esteem and Common Sense.

The angel of spontaneity is coming into my life today.

Being spontaneous means doing, feeling, thinking something in a moment. It is something that is immediate, something that has not required any planning or steps in the decision taking cycle.

Spontaneity requires taking risks and that is why we are not often spontaneous because risks could have bad consequences. We spend most of our lives avoiding risks because of the dangers so it's nice one in a while to be spontaneous and risk that it will turn out all right.

We have four areas of our lives that we can be spontaneous in. They are our physical life, our emotional life, our thinking life and our spiritual life. Do not confuse being spontaneous with being reckless or careless. The last two could easily result in very bad outcomes for you. Whereas when doing things spontaneously, you have done a very quick evaluation and decided that it's good to give it a go.

Spontaneity has built in goodness, whereas recklessness and careless emotion, feelings and thoughts will have seriously damaging consequences.

In our physical life we can do something away from our usual routine like taking up a new interest or hobby or trying a new sort of meal or a new form of exercise. In our emotional life we can commit ourselves to follow our feelings rather than hold them back e.g. I felt happy and therefore I spontaneously said or did something for myself or someone else. In our thinking life, we can spontaneously follow through on some idea we had. In our spiritual life spontaneity reaches its highest potential – because anything done spontaneously is beneficial.

We have already connected spontaneity with our own good and therefore being spontaneous with our spirit is truly going to double

bless ourselves. Do not limit yourself by thinking that your spirit is located in religion or spiritual practices because your spirit is around all your daily activities, feelings and thoughts.

Every time you do some good either for yourself or someone else or the wider world, you have grown your spirit. The more times you perform these actions feelings and thoughts spontaneously, the richer your spirit will become. The more spontaneous you can operate for good, the greater your life becomes. Even the spontaneous actions taken in the physical, emotional and thinking areas of life can strengthen your spirit base.

The only time spontaneity will be bad for you is when you choose the route of doing, feeling, thinking something that's bad for you, someone else or the wider world. Then you will damage your spirit!!!!

It's good to connect spontaneity, goodness and self-esteem. So what is this thing called self esteem, or better stated as, what esteem do I have of myself. In what regard do I hold myself. What are the values that I consider important?

Let's also consider self-worth and self confidence. What are you worth or what price can you be bought for. what price do you sell your values for – what level does your prostitute kick in. is your self confidence low or high – or are you confident of what you stand for, what your values are, what your price is, what is the level of your integrity.

You, Barrie, can cross examine your self esteem, self worth, self confidence by the usual who, where, when, what and how questions. Who do you show your self-esteem to? The external world, myself and God. That could make you value yourself very highly and unable to be bought by anyone and also make sure that before God, you are strong, pure and with integrity. What is your self esteem? – What are your core values and how much work have you done on them?

Also, what are your beliefs around your values and how relevant and strong are they? I value honesty, love, truth, integrity, hard-work, compassion etc. etc. Do you want to give them up? – answer 'no'. Do you want to develop them? – 'yes'.

Where does your self esteem show itself? In trying to reach my highest potential, in the here and now. Is that easy? No, because it requires hard work, vigilance and care. When does your self esteem kick into your life? It kicks in every moment in the here and now. It is always an integral part of what I do, think and feel and I hope that it shows in my dealings with people, the world and myself. 'To the oneself be true',

Hamlet seems very appropriate here. However, beware, because Peter denied Christ three times before the cock crowed. Also Caroline Myss said that after every period of growth, you will be tested – to see how strong your will is, how strong your self esteem is. How much self esteem have you? A lot, a little? This is the quality question.

How have you been building up your self esteem? Firstly, I think my self esteem has been growing since I started my spiritual journey. It was there before but it didn't seem to work for me or I didn't know how to activate it or keep it well maintained.

Now my spiritual journey and my archetypes keep it well tuned. I now feel it strongly around me and I know how to keep it activated and well maintained. Spirit seems to have made it grow and become stronger. I now call back my spirit and that kicks in my self esteem.

Common sense belongs alongside the words common people and common ground, because common seems an archetype or rather the archetype is common to a whole class of understanding.

To say understand is to acknowledge being supported i.e. here I stand and under my standing are solid rock foundations that support me. Common ground means land held in share of legal title. Common refers to the people collective and ground can mean land by it and also means grounding. When you are grounded you stand on firm foundations.

How do we therefore get the meaning of common sense? Firstly, we now know that common refers to community collective and that could extend from a village to the global community. Sense means to use our five sensory systems to perceive something. While another use of the word sense means thinking and logic – we say

something makes sense. So common sense is a logical thinking pattern that is shared and understood by a collection of people. Common sense is grounded and strong. Common sense is the counter balance to the academic or the higher ideas of the mind.

We all know people who are bright and academic yet have very little common sense. Because these people are not grounded (literally meaning to keep your feet on the ground) their ideas can go off on fanciful journeys that have little relevance or practical application in everyday life. Whereas although common sense may not inhabit academic circles or be very intellectual, it does have great practicality in keeping people grounded and in the here and now. In fact, having no common sense puts you in considerable danger because you are not grounded. However, all collectives need their academic and high thinkers but surround them with people with common sense.

What are the transformational qualities of common sense? I can see that it can act as a guide in providing wise council in various situations. We know it keeps you grounded in the here and now and it connects you to other members of your tribe. It therefore provides a level of security and facilitates debate about what actions to take. Probably the greatest asset is that common sense was the first and only way that we can experience and acknowledge that we are spiritual creatures –we all share a spiritual life and destiny.

Wednesday, 1st December 2004.

Angel ~ Spontaneity.

Blessing ~ Receptivity and Consistency.

The who, what, where, when and how of my receptivity.

Who is responsible for my receptivity? – Obviously, I am. To who am I supposed to be receptive to? I obviously need to be receptive on my personal, physical, emotional cognitive and spiritual areas of my life.

How well is my receptivity tuned into these areas? I can sense when things are not right with my physical body, I believe I'm good at detecting signs that something is wrong or not quite right. I am well tuned into my emotional system and can detect my emotional state and the emotional state of others. I have become much better at being receptive to my cognitive thinking patterns, although I still need to work quite hard in this area.

However, when I come to the spiritual area of my life, I feel and think that to some extent I'm a real beginner. I didn't start becoming receptive to my spiritual life until a few months before my 60th birthday. That's not to say that I wasn't receiving signals from the Divine, it was just that my receptivity wasn't tuned in.

Furthermore, although, I was receiving signals, I didn't know how to respond. Mostly, my response was either to ignore it or offer to deal with it later. Part of the problem for me was that I had not received much training in processing the receptive messages in the spiritual dimensions of my life. I had training in physical receptivity, acquired it for emotional receptivity, became self taught in the area of cognitive receptivity.

What are the spiritual messages I need to be receptive too? Firstly, I need to focus on my spirit and realise that my spirit needs attention as in the same way my physical, emotional, cognitive areas need attention.

Spiritual receptivity is not easy to begin with, it's very illusionary and difficult to recognise. It comes from the hidden depths within

you – its very intuitive and usually beyond the five senses. You get ‘gut feelings’ or ‘can’t quite put your finger on it’ sort of feelings and thoughts, usually associated when seeking meaning in your life or when seeking answers to questions you start asking of yourself.

It certainly has mysterious qualities about it because you end up asking yourself ‘where did that come from?’ and ‘what’s its significance?’ and ‘what do I do now I’ve received the message?’

The next question is when do we become receptive to spiritual messages? We all have a spirit but that doesn’t automatically model ourselves spiritual. You need to be receptive to your spiritual wake-up call; and that can come at any age. This is not an accidental event because I believe that the Divine knows when you are ready to receive the messages and wake-up to your spiritual potential. For very many people the wake-up call to their spiritual nature comes when things in their lives are challenging or not going very well i.e. the set backs of life.

Finally, where does receptivity of the spirit take place? The answer is very easy and simple because spirituality is around us all the time and everywhere. All we need do is use our receptivity to tune into its existence.

Consistency makes me think about patterns. Something that’s repeatable, logical, reliable, predictable or unchanging. So the benefits to me are that consistent behaviour and thinking patterns are quick and easy to implement. They do not require large amounts of energy. They are good for solving issues and problems in my life. They provide security and stability in my life.

So what are the disadvantages associated with consistency? There is not a lot of room for spontaneity, creativity, evolution or as business circles like to say ‘of thinking outside the box’. The secret is to be able to differentiate those situations where consistency is very appropriate and those where its not. Some situations require a consistent approach while others require imagination and spontaneity. So every situation requires wise judgement i.e. do we apply the consistent approach or the imaginative approach.

When I review the principle of consistency to my physical, emotional, cognitive and spiritual life then it’s in the latter that I

experience consistency. The Divine is always consistent for me and I endeavour to be consistent in my spiritual practise and journey.

More than anything I require and expect consistency in this area of my life - it provides an anchor point. To find the angel of spontaneity two days running is a bit daunting. Am I being told to pay attention to your spontaneous thoughts, feelings and actions? Do you appreciate your spontaneity enough? Are you spontaneous enough in your life?

Practise being more spontaneous today. Let go and enter the flow. Perhaps I need to be more receptive to my spontaneous uprisings within me. Perhaps there is too much consistency around me and my judgements are suspect and they need more spontaneity.

Friday 3rd December 2004.

Angel ~ Spontaneity.

Blessing ~ Rejoicing and Assertiveness.

Spontaneity – 3 times in a row.

My brain is connecting spontaneity with intuition. There is no point having or getting intuitive thoughts unless you act on them. You can think and ponder some of your intuitive thoughts, other times, be spontaneous.

It sounds strange to be spontaneous around my intuition because it's risky. In my situation of taking risks, that will bring in 'F n F'. Its not so much fame as fortune that's needed – fame can wait. Perhaps I am being tested at my intuitive level, e.g. how much do you trust it? How would you like to live your life by it? How much will you act on it? How spontaneous can you be with it?

I need right now, two forms of intuition 1.) Work intuition and 2.) Spiritual intuition. Spiritual intuition will come when required but I think work intuition is saying along with Caroline Myss' how much more do you want'. Its not that you haven't got work intuition, but you're not acting spontaneously around it when you have it. Get your finger out – just do it. How many times do you need to be told?

So you have been blessed with assertiveness and rejoicing.

What better to build up my spontaneity than assertive? It's the energy push you need at the moment to kick start your spontaneity. I need to learn the lesson to be more assertive and in particular around being spontaneous to my intuition.

All three things are supporting one another i.e. Intuition, spontaneity, assertiveness. When I use all three then that's a time for rejoicing. To rejoice means to celebrate, to give thanks, to show gratitude, to enjoy, let's actively look for something to celebrate and getting some fortune will do absolutely great.

No one should pretend that it's easy to trust your intuition and then act spontaneously and assertively. But, hell, if you don't try, you

will never know Barrie. Now's the time and the place and your intuition is saying go, go, go, and you are even being blessed with assertiveness and rejoicing.

How should I rejoice? Worry about that when you have something to rejoice. Just rejoice spontaneously once the task has been done. Go on, do it now!!! Well you made the phone call; got the person you wanted and got more information about your volunteering to do the Transformation Game at the Rowans Hospice. That was reason to rejoice by punching the air in celebration. So your intuition was right and backed up with spontaneity, assertiveness and rejoicing.

What is the wisdom in that experience? Trust yourself more, follow your heart, feel your own empowerment, have your spirit recognised and celebrate/rejoice that you're on track on your own spiritual journey.

Any more wisdom around assertiveness and rejoicing? I have a choice to assert and I can use judgement when to assert but where is the intense wisdom in asserting. Perhaps wisdom comes to be seen in assertiveness when you realise that the process of assertion is about expressing and standing up for your spirit, yourself, your self esteem. In a similar way, rejoicing is a process that allows your spirit or self esteem level an opportunity to celebrate its existence in a joyful way. The wisdom in assertiveness/rejoicing is found in the process by which our spirit and spiritual dimensions are made manifest in the world of physical reality and meaning.

Monday 6th December 2004.

Angel ~ Birth.

Blessing ~ Confidence and Curiosity.

Starting a new book so I am giving birth to another new journal. However it is not totally new because there is some prehistory recorded in the first pages of this book.

It's a bit like the birth of anything; it comes with genetic make-up and the hope and desires of its parents. Birth is the survival of the species where at the same time a completely original opportunity to start again with a clean sheet. For wild animals just to survive is enough, where as although we are concerned with survival, we are also concerned with passing on our personal and social culture.

Some of the personal culture of the parents can either give the child a magnificent beginning or can handicap the child's growth. Either way, what the parents pass out the child in terms of belief and values has consequences for their adult lives.

Birth is a moment of vulnerability which creates fear and anxiety in all. It's a moment that involves trust and risk. We trust that all the preparations are done; we are well trained and trust that every thing will go alright. We work hard at keeping our fears in check and somewhere in our conscious or unconscious mind we make a prayer for mother and baby.

To pray at such times connects us to our spiritual nature or alternatively we realise that birth and death are major spiritual passages in which the spirit either enters life or leaves life. We readily recognise and accept that all babies have different personalities when they are born. Whereas every child is born with the same quality and quantity of spirit. The parents then have a great choice in how to develop the child's personality and spirit.

Birth is a time when great responsibility is placed on the parents and some of those responsibilities are shared with family, friends, institutions and wider society, because we all have an investment in the new baby. Babies can appear innocent and powerless, but

to others, an extreme threat to established order and survival for all new births have the potential to change the world as we know it.

Confidence: I can feel confident of my abilities or I can feel unconfident. It all depends on the situation. The greater the area of uncertainty, the greater my confidence is put to the test.

Confidence is somehow connected to physical, psychic and spiritual survival. I need to activate my level of self-esteem and self worth and will power in order to deal with the situation.

If my self esteem, self worth and will power are high, I shall have a high degree of self confidence that I can handle the situation. If all these measures are low, then my self confidence will be low and my ability to function in various situations will be impaired. Will power is about determination / character and the choices you make i.e. wisdom or woe in life.

Self worth is what your value system is and how important it is to you. Whereas self esteem is dependent on your level of integrity, and your ability to stand up for yourself. You can stand up for yourself by making sure you don't undermine yourself (saboteur) and you don't give your power away (victimise yourself).

So who, what, where, when and how of spiritual confidence? Who needs spiritual confidence? We all do although we are reluctant to acknowledge this fact. What is spiritual confidence but the faith that every thing is for our own good and growth and that we can always depend on it? The unshakeable belief that our spirit is being taken care of eternally. Where is our spiritual confidence? It is seen in the choices I make from moment to moment. The wisdom or woe and the reaching the highest potential. When do we need spiritual confidence? All the time; but most in need when surrounded by doubt, fear, anxiety, negative thoughts and troubles in our physical and emotional areas of life. How do we experience spiritual confidence? By tuning in to our intuition, our gut instinct, our small inner voice (that in fact, is not so small because of its power). It may be small but it sure is powerful.

Do not forget that part of how comes from prayer. When you pray, you send out the message that your spiritual confidence needs a shot of courage or an energy boost. It will always be answered; all

you need is the active attention and vigilance of your intuitive receptors to get the message of support.

Curiosity: Curiosity may have killed the cat but for us humans it is part of our essential nature. All animals have curiosity to help with their physical survival, but we humans are also emotionally curious, cognitively curious and spiritually curious.

We are constantly asking questions, looking for answers, searching for meaning and generally have a dig and poke around our environment. We just can't help ourselves, constantly exploring in the past and the here and now so that we gain some idea what the future may hold for us.

By being curious, we learn more about ourselves and fellow human beings and the world around us. We don't seem to be able to stand still, our curiosity is limitless and nothing is considered out of bounds. If we don't find answers or meaning from one approach, we don't give up but try an alternative strategy until we obtain what we seek.

The whole of human history can be said to be our curiosity in action. The questions then seem to be who, what, where, when and how did we become ourselves that love to wonder and wander?

It seems to me that as soon as man/woman started to both wander and wonder that the only answer was that someone (good), or something (Divine), or some force (spirit) was behind everything. It makes us feel very secure to know or believe that someone or something organised our universe. We find it to logical and to mysterious to think otherwise. Such human thinking gives our respect to forces greater than ourselves.

We can also feel a degree of humility at our own limited endeavours when compared to the output of the Divine. We as humans can only be in awe of such as presence behind every thing we say and do. We come and go but the Divine is always there. We have a need to get close to these other forces because they have an enormous attraction and fascination for our somewhat limited minds. We believe that our spirit comes from this universal force when we are born and returns when we die. Our

spirit is therefore eternal, just like the force or forces that constructed our universe.

The Divine (the force or forces) in making us curious creatures, knew that it wouldn't take us long before we discovered our spiritual nature and would start showing reverence and awe. Perhaps one of the purposes of our curiosity is to keep our human egos in check. We need to remain grounded in order to lead successful lives. Curiosity has transformed existence and continues to transform our relationship to the Divine and spirit.

Tuesday 7th December 2004.

Angel ~ Grace.

Blessing ~ Optimism and Expectancy.

Grace is not easy to understand as it is given to us by the Divine. It is not easy to see, not easy to use, not easy to spend and not easy to identify and talk about.

Grace seems to be beyond the five senses and beyond emotion and thinking realms and lives predominantly in our spiritual area. Grace, is not, as far as we are aware something that we can earn – it is something given. Furthermore it is often experienced as not being deserved. It therefore comes quite arbitrary with out rhyme or reason.

So how do you know you have been given it? So what does it look or feel like? In what area is it found? Where can you see it? Where do you sense it? When do you know you have it? When do you know it's gone? Who do you show it to? Who gets to see it?

Optimism is about travelling through life with hope. It would seem to be the path of wisdom because that of woe leads into pessimistic belief and attitude – and where can you go from there? Optimism also requires openness because you are keeping yourself ready for whatever comes along. You have your antennae out for those vibrations of optimism.

To be optimistic means that you are realistic and use your capacity to judge and evaluate situations. Do not hold unrealistic expectations because that is not optimism but recklessness. Optimism is grounded in the realisation that anything is possible; it does not put its faith in the impossible or highly improbable. In stating that you are optimistic, you express the faith that there is good in the world and some of it might just come your way. To be optimistic is to hold the belief that there is more good than bad around. The fact that you hold that belief makes it more certain that good things will happen to you.

Optimism also requires that we seek meaning when bad or adverse thing happen in our lives - where is the silver lining in the

cloud? Things maybe bad but what good can the optimist learn from this situation. It's our old friend choice coming along and saying that it's going to be wisdom or woe. Wisdom is the path for the optimist for it keeps the individual focused on the overall journey of life. For that journey, your spirit needs to be intact and that is the purpose of optimism.

Expectancy is a good bedfellow to have with optimism, because holding an air of expectancy is sure to bring on optimism. Expectancy requires readiness, openness, optimism, trusting and hope. All these words tend to reinforce one another and come from the choice of wisdom. To hold any level of expectancy is very childlike for children's level of expectancy is one of wonder. Therefore, for adults to maintain a level of wonder is to maintain the very healthy attitude of the child to the world.

Keeping your inner child active is a sure fire way to stay physically and emotionally healthy in life. What do you hope to get out of your expectancy? Let's focus on the transformation centre. I have a level of expectancy that something will happen to help the transformation centre survive. I have put a lot out with very little return at the moment – so I would welcome return as I wait with expectancy.

Not every thing I do can I expect will produce results, but something must be going on somewhere even though I do not know what is happening, because it is out of my five senses. The stones that I have put in the pond will generate ripple responses far and wide and will eventually return to me multiplied.

What you put out you will get back multiplied. You have put so much out that in a short while you could be overwhelmed with offers of work. Alternatively, wisdom would suggest that when nothing comes back, you might just be throwing stones in the wrong pond. Perhaps the pond is not the transformation game but spiritual healing. Perhaps the pond is the charity sector or consider the publicity route. However, with publicity, we are talking about promoting the same thing (transformation game) by a new and different route. That may provide an answer if you hold a level of expectancy.

But, but, but it could be that the transformation game is the wrong pond and the wrong initial route and we first need to engage the public with something else and then offer them the transformation game. Perhaps they are in the fog and need a hand out before the transformation game means anything to them. Perhaps the spiritual counselling helps them out of the fog and into the transformation game.

Hold a high or good level of expectancy around the spiritual counselling concept. Perhaps you could even have a spiritual counselling corner in the newspaper – and what publicity that would be for the transformation centre.

Wednesday 8th December 2004.

Angel ~ Purification.

Blessing ~ Choice and Trust.

Purification is a process to make yourself or something pure. Sometimes it's voluntary, other times circumstances force it upon you.

It's better to start the process yourself because at some level you have already recognised that your life is not working for you. When it happens involuntary, then it's often linked to drinking in the last saloon – usually the warning signs were there but, we for various reasons decided to ignore them.

Purification is not always an easy process for it can be hard and long. How hard and long depends partly on our determination to clean ourselves up and partly on the length of time the rubbish or dross in our lives has been building up. When we are pure, everything we do is effective, efficient, vibrant – builds our self esteem, self worth and self confidence.

When purity of body, mind and spirit is absent, then the opposite is true and life becomes hard, difficult, boring, dull, meaningless and fragile. In states of purity all things are strong. When people are pure they can easily be understood – they are transparent, uncomplicated, respected and seen as having integrity. For integrity reads that they can't be bought or sold for any price.

When you are pure you can become a channel to help others. You become a beacon or light home that attracts people who need your help. The purified person sheds light which can heal, the purer the person the brighter the light.

Healing can occur on two levels, firstly from the pure state healing is possible and secondly, the process of purification can be a role model for others healing journey. Purification is a healing process because the bad, the rotten, the dross, the illness, the negative feelings or thoughts are blown away. The time to purify is when your self esteem, intuition or spirit is giving you the message that

all is not well in your life. To ignore these messages is to put your physical survival in peril.

How do we create the space to receive these messages? You need to find the time to be still, quiet and engage in some form of mediation. This quality time with yourself will allow you to listen to your many inner voices that contain messages for your survival. The alternative is to make time to pray to the spiritual forces for guidance about your process of purification.

Choice is the twin of life itself. Both are necessary and both are vastly compassionate. Choice is not difficult to understand because it's all about taking the route of wisdom or the route of woe. Wisdom leads to enrichment, enlightenment and high levels of self esteem, self worth, and self confidence; whereas woe leads to poverty darkness and low levels of self esteem, self worth and self confidence.

The choice is not only for the big issues in life, but for every, every, every small choice that you have to make at every moment in your life. If you have to choose, then take time out to think about the consequences of your choice, i.e. will it enrich your spirit or will it make you poor, will it build your self esteem or knock it down, will it give you wisdom or give you woe. Its not rocket science, its simple.

What we fear is that the choice of wisdom carries a price tag. I'm not talking about money (although it could be money or involve money) but the symbolic price tag that says that if you choose the wisdom route than this will change your life. We may have to change our beliefs; we may have to change our lives; we may have to change our jobs; we may have to change our friends; we may have to change our partners; we may have to change so many things in our lives.

The choice of wisdom is simple and easy but it's the fear of its consequences on our lives that we find hard to face. What's more, we often don't want to take the wisdom choice unless we get a guarantee that everything is going to be alright. This guarantee can not be given whenever you take the wisdom choice. At this point you have to face down your fear and take a leap of faith. Wisdom requires faith and facing fear. To quote the often used

phrase 'there is no gain without pain'. The pain is doubt and fear and the gain is wisdom.

To help you along, you need some faith in the form of 'everything in my life is for my own good' or 'even though I'm scared, I trust that everything in the end will turn out ok.' You can either hook faith into spiritual forces or you can opt for a system of beliefs. Sometimes the words of faith and belief are interchangeable but beliefs here are cognitive beliefs without any spiritual dimension (if that's possible).

However, lack of faith or the woe choice could end up saying 'everyone is against me' or 'nothing of any good happens in my life'. Wisdom is the harder choice from the start, and although woe choice looks easy (the line of least resistance) in the long run it leaves us in a desperate plight.

Trust in what or in whom? What is your experience of trusting things and people? If you have a good experience then you will trust again, if however, your experience of trust was a bad experience you are not likely to trust again. Positive experience builds trust and negative experiences builds mistrusts.

This area of experience is often generated in our families. Our biological family can be expanded to include our spiritual family and it's in our spiritual family that we have absolute trust. We trust that our spiritual family will always be there for us. We trust that our spiritual family will support and guide us. We believe that our spiritual family is for our own good, that it will not harm us that it will not judge us, criticise us, mock us or belittle us.

In summery, we have impeachable evidence that our trust in the Divine is absolute and eternal. Such a trusting relationship means that we can feel secure and valuable at the same time. That results in our being open and able to share our good and bad aspects. We can celebrate our wins and suffer our defeats and be consoled.

With trust, for me, comes the words of mercy, forgiveness, uniqueness, bliss, harmony, toleration, acceptance and peace. Trust is such a value word and people I can trust I value highly. Trust means bring into the light, into the warmth, into the

compassion, into the good, into love. Trust is such a connecting word, just look at the connection it makes with other words. It's also no wonder that when trust is missing that people can not make connection with one another. Trust makes for communicating and sharing it like a bonding glue material.

Why is trust so hard going, so difficult to talk and write about? It's an absolute i.e. you can't function on a bit of trust – it's either all or nothing. Once lost, it cannot be easily regained, that's what makes betrayal, deceit and secrecy such destructive forces. They attack our deep core values and prevent us from trusting. Trust is something with maximum honour and integrity and one of the qualities we value so highly.

Thursday 9th December 2004.

Angel ~ Release.

Blessing ~ Openness and Communication.

Release all positive and negative forces. – don't waste energy holding on to them. The negative you don't need anyway and the positives will benefit many others.

Release willingly because soon you will have more positive and negatives to let go of. Never fear that once your precious positives are released that new ones will not reappear. In releasing the old you make room for the new to arrive. Release and make yourself free – you will move with greater energy and your emotions and thinking will be light and vibrant.

Releasing all negative certainly frees you and makes our journey lighter. The heavy burdens of negativity slow you down and keep you stuck in the same place. Release can be such a relief and you are no longer responsible for what you have been holding onto.

Let go, let go, let go should be the cry whether you release good or bad. Wisdom suggest releasing will bring you joy and bring abundance into your life. Woe is always against release, it likes you to stay miserable, it wants you to hold on and become more of a victim. 'Misery loves company' so the saying goes.

Even when we see people suffering illness and they die, we often say 'it was such a release for that person'. Death can release a person from their suffering. Death releases us from our physical, emotional and thinking life yet also releases our spirit to continue our eternal journey. When we release negative forces we free ourselves to start growing in a more positive way. That's the choice release gifts to us i.e. we can either continue to look for the negative and grow more negative or look for the positive and grow positive.

Release gives choice opportunity a chance to change your life whereas holding on restricts choice and nearly everything else. Releasing the negative gives you back your health and your life.

Releasing the positive only ensures that the positive will return multiplied. 'What goes around comes around' putting out the positive helps everyone to become enriched and ultimately enriches the person who initially released the positive energy. We all have sacred contracts to meet with special people in our lives and exchange or release this positive energy to that person. The purpose of these special meetings is to grow and be enriched and find a greater meaning for our lives. At all times welcome the chance to release and set your spirit free.

Openness stands for what? Being open is supposed to be good for you – why? Because you have no secrets and secrets can result in guilt and shame. A couple of negatives that don't do much for your health. Guilt and shame belong to the dark shadow forces of your saboteur's archetype. The purpose of this archetype is to show you where to undermine yourself or shoot yourself in the foot. Certainly guilt and shame are dark forces that can undermine how you feel and think about yourself. – They certainly don't make you feel good. In fact the opposite is the case and often calls forth punishment either internally or externally.

Bringing such forces into the light (i.e. being open) is not easy or pleasant and is often accompanied with great fear of what the other person will think. The listener needs to show compassion and banish all thoughts of criticism and judgement. As Jesus once said 'let those without sin throw the first stone'.

We all have dark secrets that remain buried within us which take energy to stay hidden. Openness gives us a way out; it relieves us of our guilt, shame and other dark secrets. By bringing these forces out into the light we remove from them the power they had over us.

What prevents bringing forth these secrets is the judgement we have made on ourselves i.e. we are bad and horrible, or we are wicked, or we are nasty and vicious. All of these are probably true of the event in question but that's not our total personality.

Certainly we are not proud of what we have done or thought or said but keeping it secret makes us a prisoner of these dark forces. Not only are we prisoners we are victims because we are

rendered powerless by the fear of public exposure of our dark secrets. Openness is connected to truth and acceptance and forgiveness.

We have to face the truth of the darkness, forgive ourselves and accept that we are human, make mistakes, make wrong choices learn the lesson of wisdom within the dark situation and move on with our lives. Openness is ultimately liberating and empowers us to lead healthy and peaceful lives. Openness cleans the wound and makes you whole.

Communication is the buzz word of the moment. We have mobile phones, the Internet, satellite communication systems, digital systems, cable fibre optic systems and the global village. So we can communicate more often to more people about more things than ever before. So it's making us aware that we are all one; I am my brother's keeper and all is sooner or later revealed. Let us hope that the quality of our communication has kept pace with the qualitative and quantitative increase in communication.

The old British Telecom marketing slogan was 'its good to talk', so what are we sharing with one another? Are we sharing wisdom or woe? Under wisdom comes truth, openness, good values and beliefs, commitment, empowerment, release and sacrifice. Under woe we have dishonesty, manipulation, bias, bigotry, disempowerment, exploitation and selfishness.

It's not the medium but the message that's important. We certainly have today a highly sophisticated communicative system around the world; however, we need to be careful in what is communicated. We can walk the walk and talk the talk but how many of us are capable of walking the talk? What qualities do we wish to communicate and also it's just as important how you say it as what you say.

Further more, we have to be aware of time and make sure we time our communication correctly. For communications badly timed or before their time are never heard. We also have to draft into the communication equation where you do your communicating and to whom you are communicating. The communication has to be at a

definite place and to be directed at certain people. Communication is governed by Kipling's who, what, where, when and how.

Friday 10th December 2004.

Angel ~ Honesty.

Blessing ~ Satisfaction and Attentiveness

Honesty means I speak as I find or call a spade a spade. It implies that you report what your 5 senses tell you, that you do not censor what you say, think and do. It's very much as case of what you see is what you get. Tell it the way it is; let's be straight to the point or let's be blunt; don't beat about the bush. All of these are expressions of how we interpret honesty.

The benefit of honesty is that you can deal with the other person in a straight forward way. You hear what they say and then can respond – it allows an intimate relationship to form. Honesty has the quality of openness, truth, directness – these all form the basis of good communication.

There are three places where good communication is important. Firstly, with ourselves, secondly, with other people and thirdly, with our spirit. Some people think that the Divine has supernatural powers and is capable of reading our minds before we speak – but I'm not of that view. I believe that the Divine enjoys communication from us and therefore looks forward to our honest communication honesty requires that we can say anything that is in our mind. Resort to how, what where, when we honestly talk to the Divine. I don't know much about this topic so I'm closing down. This is a difficult area.

The who, what, where, when, how of satisfaction together with the wisdom/woe of satisfaction and the wider complications.

- Satisfaction leads to pleasure. Dissatisfaction to pain.
- Satisfaction leads to repeat behaviour. Dissatisfaction leads to behaviour coming to a stop.
- Satisfaction leads to attraction. Dissatisfaction to avoidance.
- Satisfaction leads to communication. Dissatisfaction to non-communication.

- Satisfaction leads to intimacy. Dissatisfaction to distance.
- Satisfaction leads to openness. Dissatisfaction to secrecy.
- Satisfaction makes you happy. Dissatisfaction to misery.
- Satisfaction leads to outgoing. Dissatisfaction to seclusion.

Does satisfaction come with a warning? Yes, don't become too self-satisfied or pride comes before a fall. Remember all things in moderation or the seven deadly sins await you. Be satisfied with what you've got, recognise it, and show it some appreciation / gratitude. Do not chase after more satisfaction – wastes energy.

Attentiveness, wisdom/woe and who, what, where, when and who.

Pulled by curiosity, pleasure, fun, enjoyment and bathing in Maria's personality. Listening to her, sharing with her, being near to her loveliness. Attentiveness leads to enrichment and happiness. So if it works for Maria, how about the Divine?

Monday 13th December 2004.

Angel ~ Purification.

Blessing ~ Realisation and Faith.

I am purified by the realisation that I need faith now; today and possibly tomorrow and probably forever. I cannot live without faith – today it keeps me pure.

How does it do it? To stay pure I need to keep the negatives out of my life; to do that I need faith that everything is all right. What I need will be provided by faith. Faith restricts the options; it keeps you on the straight and narrow.

Being pure should be easy but it is not – keeping the negatives away is not easy – there has never been a time when it was easy; you always remain vigilant for sneaky negatives. But I'm pure and now that it has already arrived, all the fears, doubts and anxieties are banned.

My God will look after me, I fear nothing, I am whole and complete just the way I am. I am constantly in the process of purification for it makes me whole and complete. How is being pure making you whole and complete? Purity means no negatives to make you dirty or to slow you down or sow fear, doubt, and anxiety with in me. Being pure makes you feel clean, makes you more at the speed of light, makes you travel lightly and prolongs your strength. Being pure means you can achieve more quickly; more spontaneously, more effectively and efficiently. Being pure is beautiful while the impure is ugly. 'Blessed are the pure at heart'. 'Don't look down' keeps you pure because if you look down you might realise that your impure and fall.

Intimacy (in – to – me – see) also makes you want to stay pure because when people look inside you they want purity – pure things have strength and remain strong. Perhaps what keeping the faith is about, is keeping up your strength and keeping you strong, fearless and capable of dealing with things, with courage. Urban warrior 'make the move', i.e. make the move to purify yourself.

Having faith replaces the need for a guarantee. You only ask and look for the guarantee when you have no faith in the product. I have given myself good reasons to have faith and know the benefits, so my realisation level around faith and purification is high and strong. I am purified by faith. Keep the faith and let its wondrous gifts come to me.

Tuesday 14th December 2004.

Angel ~ Grace.

Blessings ~ Understanding and Exuberance.

I would like to know or feel what Grace is all about. I was once told 'you have been touched by grace', Turia Campbell. I don't know what it has done for me or how it has worked out in my life or what my life would have been like if I had not been touched by grace.

I feel that I am ordinary, nothing really special, so why have I been singled out for this 'grace stuff' when I seem unable to recognise it or use it for either myself or others benefit. I also feel quite angry because if grace is around then what is it waiting for and why choose me – go and bother someone else.

I certainly feel it as a burden because it doesn't feel either light or happy. I would really like to tell it to go away and leave me, except that I have some nagging doubt that it might become useful- but I don't know how.

Exuberance again doesn't seem to be me. I'm not flamboyant, demonstrative, excitable, larger than life, super full of myself, showing off, gregarious – I'm more staid, steady, compact, understanding, stable, sure, reliable, predicable. Exuberant means full of beans, fizzing with ideas and energy, going out with a message. I have a message but seem unable to be exuberant about it. It's a very good message but I can't deliver it in an exuberant way. 'Can't' is a word not in Brendan Cole's vocabulary concerning dance. 'CAN NOT DO' exuberance or 'CAN DO' exuberance. I suggest we try some CAN DO philosophy.

Sport is exuberant and animates people to go beyond what they would normally do. That is another interpretation of spirit i.e. its power to transform from quiet to exuberant spirit, picks you up, whirls you around and keeps you exuberant for the rest of your life if you allow it to play on full volume.

Exuberance has such a happy energy to it. It's certainly the energy of the child archetype so let's go with that energy of the exuberant child. I think today's understanding has been fully explored and

demonstrated. I think you understand well the significance of grace and exuberance. Your levels of understanding have always been very, very good.

Wednesday 15th December 2004.

Angel ~ Trust.

Blessing ~ Comfort and Commitment.

Do I trust? Wisdom says it's the best choice – but trust in what? What is there in life that I can trust that will never ever let me down? Answer spirit/God- so what's the problem?

Firstly, I do not have a good, deep or longstanding relationship with spirit. That's seeing it from your view point – how does spirit see its relationship with you – does it trust you to do certain things. I can not answer for spirit because I can not put myself in spirit's shoes or even begin to see the how, what, where, when of its trust in me. How will you trust spirit? I have to have faith that I can trust spirit.

On what is your faith based around trust? I trust that it's for my own good. I have some faith that everything will turn out all right. What are you basing that outcome on? Previously I have had signs and events that happen at certain times that indicate that for my own good I should follow a certain path.

Where is your trust? Good question, I am forced to say my trust is placed with spirit. I say forced as I can not think of anyplace else. When do you trust? When I am full of doubt and woe, when I am not feeling or thinking good. Who do you trust? Forced to say spirit – based on previous limited experience and knowledge that it has not let me down.

Comfort – need plenty of that at the moment. I know spirit and comfort are connected but also seem unable to connect with them or are unwilling to connect or too angry to connect or to dysfunctional to connect.

I am wondering in a mess about getting people to the transformation centre. I feel I have tried and that my efforts have yielded nothing at the moment. I feel despair and anger that I'm under so much pressure and things are not going well. I feel that there is little angelic support or spiritual support for my efforts. Even the volunteering charity work has a poor response. You can

understand why people seek comfort in food, drink, drugs, sex and other escapist pursuits because spirit is so meaningless at times.

Commitment – I have a lot of commitment to my spiritual journey and the transformation centre, but I'm not sure the spirit is committed to me or my project at the moment. I need some big and positive sign or else I will wilt and drift away. Perhaps you are indulging in victim, self pity or hoping for a wish bone in place of a backbone. You have a choice about victim hood and what it does for you. Look for the light in the victim childhood, the age of innocents before disillusionment sets in!!

Thursday 16th December 2004.

Angel ~ Freedom.

Blessing ~ Daring.

Feeling down and angry – no mood to write today.

Friday 17th December 2004.

Angel ~ Grace.

Blessing ~ Strength and Understanding.

Angel book says of grace 'Give up struggle and allow the universe to participate in the creation of your life'. So this is Findhorn new age philosophy talking about the universe in place of God and/or the Divine.

It certainly is appealing to 'give up the struggle', I certainly feel in the mood for giving up the Transformation Centre. No clients, not even the voluntary charity can answer letters. All that output for ZERO return is very disheartening.

The angle grace does not want me to give up the Transformation Centre but to give up being solely responsible for all the inputs. Let the universe have some input. How will I know or recognise the universe input – look to intuition, insight, dreams, occurrences, meetings with people, happenings, coincidences.

When will the universe participate and create my life? Firstly, the universe is already participating in your life but you don't know it. Secondly, the creation of your life is not only about the Transformation Centre – that is your job. The creation of your life is bigger than the Transformation Centre. Don't put all of your energy and beliefs into thinking that the Transformation Centre is the be all and end all of your life. Let go of the intensity around the Transformation Centre. Let the universe decide whether it wants the T. Centre to be part of the creation of your life.

Look at the feed back and what you experienced with the Alzheimer's group. Believe your own eyes, believe your own hearing on the feedback. It was good, very good and positive and they want you again.

Today I am blessed with strength. Strong in what kind of way? Physically strong I don't think so. Emotionally strong - possibly! Do you recognise the strength of your feelings and give them expression – yes. I feel down and disempowered about the

Transformation Centre not taking off. I'm allowing self pity to disempower me (victim).

I wrongly connect the success of the T. Centre to be the overall measure of success in all of my life and that is wrong. **YOU ARE NOT A JOB. A JOB IS ONLY A SMALL PART OF THE CREATION OF YOUR LIFE.**

Is it mental strength today? The choice of wisdom/woe in your thinking patterns - are you going for positive/joyful thoughts or negative/depressive thoughts??? I will connect with strength and use positive thinking today. Is the strength today in your spiritual life? If not, then it should be.

What is a strong spiritual path? Firstly, recognise that you have one and that it's bigger than you are. Secondly, it is vitally important to you, it builds your self esteem, self worth and self confidence. Thirdly, let the spiritual power of the universe connect with your own spiritual power – allow it to grow and influence you today. How do I do that? Be open to anything that comes your way today –absolutely anything, in any size, shape or form. **JUST BE OPEN AND RECEIVE IT WITH GRATITUDE.**

Today I am blessed with understanding. You think you are good at understanding, but do you really understand what is going to happen to you today? Do you understand that **GRACE** is coming, do you understand that **STRENGTH** is coming. Do you understand how Grace / strength will transform your life today?

I understand at the first level but I think I'm not so understanding at the deeper levels. At the deeper levels I don't meet them with open arms and celebrate their arrival. Why? Because I don't pay them enough attention to see their significance in my life.

I suppose I don't value them enough or I don't recognise the power they have to transform my life today. It's as if I'm saying yeah, yeah, yeah, I understand what you're about; but I don't give them sufficient attention or allow them to work their power in my life.

So that form of behaviour is an old pattern that you recognise? Yes and I will try and throw that old pattern out because it is not serving me well. At a deep level I need to develop my understanding of

things going on inside of me and around me. I need to tune into the vibrations of goodness that are around me. I need to give them time and space and weight. For weight, let's say, affect an impact on me.

Today I'm open to Grace, strength and understanding and allow them to create my life in all areas i.e. Physical – emotional; Mental – spiritual.

Monday 20th December 2004.

Angel ~ Birth.

Blessing ~ Passion and progress.

This is the start of the week that ends with Christmas day – how could it be more appropriate to have angel birth and the blessing of passion and progress.

Just over 2000 years ago in a very small town, a baby boy was born in poor circumstances to an ordinary family – and yet this boy was to grow up to become Jesus and profoundly change human history.

Every birth brings forth the potential for that individual to grow, contribute and change the world. We simple people give birth to our own magnificence. The destiny of this new arrival is unknown. Yet fate has chosen a special task for this new baby.

Birth is about love, hope and gratitude. We hope for the best with this new arrival in worldly terms of health, success, happiness, wealth and good fortune. We also like to think that this new person will give and receive love and be surrounded by love through out their life. We feel grateful to life for our lives and in return we give life to another life.

The birth brings forth from us such expectations, desire, wishes which tend to mask our doubts and uncertainties we may be unable to acknowledge. If birth has its light side, then also its shadow side can be glimpsed.

Birth calls forth from parents, family and friends the opportunity to connect with their own life journey. It makes you realise that we are born and that we die and in between is our life journey – we have to discover and struggle to implement our lives purpose.

That's never easy as it depends on our inner journey and how it is expressed in our life. But to help us, certain events and certain people provide part of our inner wake up call to our inner life and life's journey.

It also appears to me that some people do their life journey with style, grace and ease while others suffer and others like me are

struggling foot soldiers. I think that I belong to the biggest group i.e. the strugglers. However, the strugglers have been blessed with all the qualities they need to do their life's journey. For the strugglers there are three things to remember. Firstly, don't quit. There is a famous poem called 'don't quit' which helps your predicament. Secondly, in the struggle, 'what doesn't kill you can only strengthen you'. Thirdly, look for the wisdom and not the woe in the struggle. So to the brotherhood/sisterhood of struggles, keep the faith and take care of your spirit.

Passion evokes the idea of overwhelming commitment to somebody or something. You don't hold back you just go for it. It surpasses any drive or need for it totally consumes your energy. It does not have any rational or obvious limits.

You can have passion for things or events and at least once in your life have passion for another person. I am also aware that you can have a passion for life, for living it to the full. But that is always because it emanates from the spirit – although often we are unaware of its present. I know that it is spiritual because passion has connected to it the idea of surrender, gratitude and compassion.

To give passion its power requires you to surrender; its healing power cannot be contained. You have to give in, to go with the flow, be consumed in the fire and be reborn. To be reborn through the process of passion must be bliss. Passionate surrender is not all about happiness for the alternative route is through pain and tears.

Once you realise the benefits of your passion it's also the time to look around and give grateful thanks for the experience. At the least, you can count it amongst your blessings which lead you automatically to an awareness of your spiritual life and journey. Perhaps the spirit makes us aware though the process of passion that it is behind everything we say and do in life.

To show gratitude and give thanks is gracious for we are returning the grace shown to us. Passion in its highest form is seen in words and deeds of compassion. It is at moments of compassion that the spirit or soul is driving hardest. It is such an act of reaching out and giving expression to the truth that you observe humanity acting in a Divine way. We prove to ourselves that we are capable of reaching

our highest potential. We surpass every rational boundary or category we have established and recognise there illusive quality. This Christmas week is indeed a very apt time to celebrate the passion in our lives as well as to celebrate the birth of Jesus.

Wednesday 29th December 2004.

Angel ~ Adventure.

Blessing ~ Creativity and Honesty.

It's the first day back in the office after Christmas and the cards are adventure angel and blessings of creativity and honesty.

I definitely need to be told that life is a big adventure because I'm certainly in the anticlimax feeling, attitude and thoughts after Christmas.

The adventure angel is giving me a kick start because my energy and enthusiasm is low. Normally after a holiday break I am quite energised and keen to get back into work but this situation has definitely got the post Christmas blues. The weather is very cold and the word news about the earthquake and situation in Iraq does not make for easy reading.

So where is this adventure? Can my spirit raise itself up from despondency? What adventures have I already committed myself to starting in the New Year?

The ones that will most affect my spirit are the spiritual healing course starting in January, together with continued study with Caroline Myss through 2005. There have been plenty of adventures and transforming events experienced throughout 2004 that result in me feeling quite tired at the end of the year. Perhaps 2004 took more energy out of me than I realise and now that winter is here and we are moving out of the old year creates such reflection on all those people who died and spirit moved on.

This time reflection does not feel like adventure or rather it's the post adventure state.

Adventures seem to have three parts; the first part is the anticipation phase full of positive feelings and thoughts. Secondly is the adventure itself requiring energy and commitment? Finally, the third stage of the adventure is its reflective phase, when you review the experience and try to measure its effects on your spirit. It's difficult when I'm in the 2004 reflective phase trying to plan or eagerly look forward to new adventures in the New Year.

I need all my energy to complete the reflective phase of 2004. Reflection is asking me to be still and review all the experiences of 2004 and make some sort of sense of them. How has my spirit changed in 2004, where has it left you? Whatever has happened in 2004 is behind you - try not to spend too much time looking back and certainly don't look down.

Certainly I need creativity at this juncture. The old year is finishing and the new a few days away.

A new project has to be created for the New Year. The new project is something I have had in mind for a long time and now I need my creativity to make it manifest. I have many creative ideas for this project that I want to put out into the world. I am aware that this project has a spirit and dimension that appears to be getting bigger all the time, and therefore, that suggests that I turn more of this project over to spiritual influences.

I know that part of me can make these steps through meditation and allowing my intuition free expression. But there still seems a need to connect my spirit to the project and how I can achieve that is still perplexing me.

Creativity is the verb that comes from the noun of creation and that word has such power and religious significance. To link my creativity to the Divine is quite a scary thought, and also, because towards the Divine I have awe and humility. So I think the way forward is to go ahead with the project and then offer it as a gift for the Divine to bless.

I feel that the project also has honesty as a main ingredient. I have constructed the project honestly from participants. I honestly feel the time is right to challenge some of the conventional ideas. By being honest I hope to help individuals set themselves free from certain behaviours and beliefs.

Part of my understanding of honesty is that you face up to things that you may not like or find difficult to change. Having to face up means taking on the challenge and therefore calls forth courage, which boosts your self esteem. T

His project also has as one of its aims the development of self esteem. As soon as I think of self esteem, I connect it with the individual's highest potential and how that is developed in the here

and now. Living in the present can be difficult so we need to keep everybody focused on the main task and maintain vigilance. The spiritual area of life can be seen as calling forth these words honesty, vigilance or alternatively, they make you aware of your spiritual life.

Thursday 30th December 2004.

Angel ~ Transformation.

Blessing ~ Honesty and Open Heartedness.

What a surprise to get honesty two days running and along with transformation to which we can apply open-heartedness.

My first concern is try and work out if transformation is about me or my situation and what area of my life or all of it. I also do not feel I have much choice in the transformation that will occur today. Also it has a totality about it.

Although I can deal with transformation in a piecemeal way this feels that it could have a bigger hit in my life right now. That's because my current situation needs the big support of the Divine to get me out of current despair and a deep rut of negative thinking and bleak attitude.

Things are difficult on the work front and my new project, although OK, needs the force of transformation to push it into abundance. I am more than very willing to receive abundance into all aspects of my life but the transformation centre does need to receive transformation as well as give it out.

That's a very interesting point because although I had conceived of the centre giving out on creative opportunities for transformation, it had not clearly entered my consciousness that the centre should receive transformation.

It reminds me of the saying that it is more difficult to receive than to give. Clearly today I need to be very open to receiving transformation. So far I am open and willing to receive but what more could I do to facilitate today's transformation.

Perhaps I could try some affirmations and visualisations, concerning the transformation while at the same time avoiding my limiting beliefs/attitudes by adding anything better is more than acceptable in the circumstances.

Perhaps I also need to give up my need to control the transformation process as was indicated when I started to write my journal today.

Again, I find that giving up control pushes me out of my comfort zone and makes room for transformation to enter. To be pushed also connects me to issues of trust and faith, for I have to trust the Divine and have faith in the Divine to transform me in whatever direction it seeks for my spiritual benefit.

I have a very limited view of my global picture but the Divine knows how to transform my view and has a total view of what it has in mind for me. Today, part of that view will be manifest through transformation, provided I work on openness, willingness, trust, faith and give up my control and comfort zone needs.

I cannot imagine a better blessing than openheartedness and when it is connected to today's transformation, it feels double blessed. When I'm openhearted, I connect to my generosity to the wider world. This is the main means that I can give out love, warmth, help and support to those in need. I am touched and moved by others suffering.

When I'm in a good space, the giving is easy, but when I'm in a bad space, then the giving is not without the realisation of my own pain. However, my pain and the drift into self pity can be stemmed by the realisation that the outside world is suffering a lot more than me. My pain is nothing when compared to the complete devastation and thousands of lives lost through giant tidal waves caused by undersea earthquakes. Perhaps that's the blessing of openheartedness, that it exposes you to love, joy, pain and suffering all at the appropriate time. I

In 'The Prophet', he talks of 'tears of joy and tears of pain coming from the same well'. When the heart is open, it feels joy and pain, but when it is closed it feels nothing. The closed heart cuts the individual off from themselves and the wider world while the open heart connects the individual to themselves and the wider world.

The choice is before each one of us. The open heart is ready to receive hope, help and honesty whereas the closed heart cannot receive anything. Perhaps that is why some people received heart attacks; because their hearts need that kind of wake up call to let

love and pain into their lives. The open heart is the strong position to take but it does not guarantee that you will not be hurt. However, providing that the hurt does not kill you – and it usually doesn't – then wisdom dictates that it can only strengthen you further.

Openheartedness lets in the richness of life; it is ready for communication which is the prerequisite for participation in life. Openheartedness states that I am ready for life and I intend to fully play my part. Openheartedness walks the path of toleration and forgiveness and leads to brotherhood/sisterhood.

Openheartedness calls forth courage to face down fears and a challenge and commitment to make life your oyster. Nothing but good can come from openheartedness for it connects body, mind and spirit. Openheartedness celebrates fun, simplicity, transformation, integrity, sincerity, light heartedness, purity, innocence and well being. Given the benefits of openheartedness, it would be surprising if you chose differently.

To have honesty two days in a row is significant for me. I can see its importance for both openheartedness and transformation.

In the former I need honesty to help my heart open – because lies, deceit and half truths would clog up the life force that my heart represents.

In the later case, honesty impacts on transformation by making it true and real.

When transformation occurs, the last thing you want to do is discount, doubt or fear its arrival. Honesty welcomes transformation because it brings with it integrity, enlightenment and lightness. Honesty is no stranger to the last bedfellows. Honesty is strengthened by integrity because integrity operates in your spiritual area of your life. Integrity provides the backbone in difficult situations.

You may be tempted to sell out on occasion, but your moral fibre is strengthened by your level of integrity. In order for me to get some enlightenment, I need a high degree of honesty because otherwise I could delude myself. I want to know and feel that my enlightenment is built on a solid foundation. That foundation requires me to act and think honestly, it requires that I seek truth

and search for any dishonesty and lies. I don't want to corrupt myself on any level, for that will undermine me reaching some level of enlightenment.

Certainly for me, when I am honest with myself, then I travel lightly and my footsteps are sure. When I am not honest with myself or others, then things become heavy, I'm stuck and my foot steps feel insecure. When I am honest I travel quicker and with less effort. However, honesty does not always make me feel comfortable because honesty shines a bright light into some dark corners. Those corners are those that I fear or would prefer to be kept hidden because of their consequences for me. The consequences would be painful for me or cause others to judge me or come to other conclusions about me.

Total honesty scares me even though I know it's good for my soul. I will no doubt have to carry a few secrets until I am willing to let honesty pay them a visit. I have too much interest in my spiritual journey and need to transform myself with the help of honesty.

Tuesday 4th January 2005.

Angel ~ Forgiveness.

Blessing ~ Breakthrough and Trust.

Again, at the beginning of a new year, I need to spend some time focussing on forgiveness.

I need to tell myself that holding on to negative things only increases bitterness and causes my health to suffer physically and mentally. So I need to forgive other people and situations in the past and also forgive myself for past events.

It's quite surprising how letting go is quite difficult. I find all sorts of justifications for maintaining my position. The last thing I want to do is forgive and be free – I'd rather hold on, thinking about revenge or seeking self justifying beliefs or sanctimonious thoughts. Even though I at times see how much it costs me, I still will not forgive and let go. Its like I'm waiting for justice – turning the other cheek does not have any appeal at the moment.

Moving on from certain events is hard. Its just a matter of how long it takes for you to recognise that really moving on can only really occur when you have completed the forgiveness process.

One way to implement forgiveness is to write down all the negative things you would like to do to the person who hurt you and then burn that piece of paper. When that paper is burnt, you can release that person's power over your life. Once their power is destroyed you are then free, for, although you can never forget, you have forgiven.

It is just as important to forgive yourself in order to set yourself free from guilt, self reproach, criticism, judgement and other negative thoughts that might blight your life.

I often don't find it easy to recognise when I hurt other people or hurt myself. Saying sorry doesn't come easy and saying sorry to myself even harder. I am sorry for the hard time that I have given you today, or last week, month or year. Forgiveness is giving out compassion and love – and we all need as much of that as is possible to have.

Let's not forget that forgiveness is necessary within countries and between countries. There are always minorities, we like a scape-goat and yet forgiveness makes us aware that we are all one and we need to love our neighbour as ourselves. Certainly, a lot of expensive defensive energy is used to maintain countries identity rather than using forgiveness and negotiation from that position. Martin Luther King, in his famous dream speech, made use of the idea of forgiveness as a way of releasing man from his limited past history. To forgive brings healing to our spirit and reconnects us to our spiritual nature.

A good example of a breakthrough is the process of forgiveness. Breakthroughs are connected to time. There will always be the right time for the breakthrough to occur. Often I don't notice it and the breakthrough can occur too late or be attempted too early but with poor results. However, when the breakthrough comes at the right time, the result is joy, comfort and bliss.

Sometimes the breakthrough is spontaneous and unplanned, whereas, other times, I have been working hard towards some sort of breakthrough in my life. The expression is revealed when we talk about either pushing on a closed door or pushing at an open door.

Along with time, breakthroughs consume energy. Sometimes considerable energy is used to try and get the breakthrough, its forcing the pace and determination is applied to get results. A lot of this energy is used to try and overcome the defence of the breakthrough. When the defence has melted away, the breakthrough is accomplished with ease.

One of my defences is fear and the other control. I have a fear of change and I also find it difficult to give up my control, even though I am the main beneficiary. The fears have to be faced down with trust, affirmation and visualisation and the realisation that no guarantee can be given about the outcome of change. I like to be in control and when this is positive, then it's ok. However, negative controlling is defensive and automatically a waste of energy.

Most of my breakthroughs have occurred through surrender – because at some stage, I recognise that I'm wasting energy and that my position is not favourable to me. In the last resort, I am

prepared to admit that something's got to change, so with some hope and trust, I take a leap of faith into the unknown.

Breakthroughs are scary because you don't know what the outcome will be. Even though I know that every breakthrough I have taken has given positive results, still does not lessen the fears of the jump. That's because I still remain a negative thinker and still cannot get used to having faith in the Divine to have my greater good at heart. I still take my faith on approval, I am still not totally committed to faith. It's much too scary and I'm unable to release my control needs. Perhaps that's why I have been given the blessing of trust to work on alongside breakthrough and forgiveness.

For many years I have taken part in trust exercises and also been responsible for running trust exercises. So why do I still have a problem around trust? My therapeutic experience and knowledge tell me that it was events in my boyhood, around my relationship with my mother that lays the foundation of trust. But does it help me to apportion the blame around these events. At times, it provides me with a useful scapegoat concerning my lack of trust.

Also, how can I connect trust with breakthrough and forgiveness? As the passed few years have rolled by, I began to trust myself more and to believe in my intuition and realise that my judgment about people and situations are often spot on. In a sense, this has been quite a breakthrough, to realise my own strengths.

I now approach trust from a higher and stronger position than in earlier years. What this does for me is that it enables me to have greater self-esteem, self confidence, and self worth. Furthermore it opens up for me the possibilities of trusting newer and potentially richer experiences. All these experiences have been positive, so trust is now highly accepted. However, the bigger area of trust concerns my spiritual nature and the Divine.

Given my track record, I will not trust the Divine absolutely. It's safer for me to trust in stages. I will step slowly forward into a space that is scary and to some extent, beyond my understanding. Another reason for this approach is that I need to forgive the Divine for the very painful experiences I have had in my life. Again I have blamed the Divine for things that have been painful and still find it difficult to accept that it's for my own growth and good.

So forgiveness is a big part of trust, together with acceptance of life's events. However, trust embraces openness and I am open to the idea that I can say to the Divine all the negative and positive things I feel about our relationship. So for now, a conditional trust is the best I can give my spiritual life. I am willing to trust more but it will take some time. I don't think that will bother my spiritual nature because everyone's journey takes a different path – at the very least, I trust my journey and path.

Wednesday 5th January 2005.

Angel ~ Flexibility.

Blessing ~ Focus and Sincerity.

Today my angel of flexibility is blessed with focus and sincerity. I bend with the wind and accommodate the day's events and yet, still achieve my goals.

I think the real message here is to avoid being rigid or dogmatic, because when things happen to me, I could become stressed and snap. I know that I have many tasks to get done so it is just as well that my focus needs to be flexible. I need to be aware of what is important and how much time is available for the tasks. Something might have to give, so flexibility is saying to me beware that things you thought were important and had to be achieved could well be dropped from the agenda.

Rigidly sticking to a plan is a good thing but you sometimes need plans B and C when plan A is neither not so important or things start to happen that could not have been foreseen. By staying flexible I will not consume energy fighting the impossible.

I try each morning to do some yoga for bodily flexibility and I also expect that this physical flexibility will also have an impact on my thinking patterns. Certainly a lot of my thinking is linear and logical but I also need to be flexible in my thinking by being creative and also allowing my intuition to contribute to modifying my thinking patterns I also need to focus on my spiritual life and question its flexibility.

To my way of thinking, the Divine is inflexible and that provides me with perfect certainty. This certainty allows me fantastic opportunities, to be spiritually flexible around any number of thoughts or feelings I might have. I can be flexible around how much the Divine plays in my life. I can be flexible about how close to the Divine I will be today. I can be flexible about how much communication I will have with the Divine today.

From my point of view I have maximum flexibility around the Divine and yet I know it's constant. The purpose of the Angel of flexibility is to remind me or grant me flexibility around a constant God. So

where does sincerity come into this equation today? I do not doubt the sincerity of the Angels and the Divine so all I need to do is determine the sincerity as being fixed but flexible; because being flexible in a relationship is to be greatly honoured. Rigidity leads to stress and strains and the possibility of breaks.

All relationships undergo times of tension and strife and if flexibility was absent, then that relationship would finish. Therefore does not fear that under pressure your relationship with the Divine will alter in intensity. That's an example of cause and effect and that is also an indication of what sincerity is about.

Sincerity honours cause and effect because it's about eternal truths. Sincerity is simple and true and at best it also offers a fixed reference point. To make us aware of flexibility, we also need to be made aware that there are fixed points and sincerity is one of these fixed points. So today, we have a balance of flexibility and the fixed points of sincerity and focus. In my life I need both in order to function effectively and efficiently as a human being.