

Carpe Diem
Or
Bust

Cherie Roe Dirksen

Copyright © 2013 Cherie Roe Dirksen

Cover Design and Photograph by Cherie Roe Dirksen

All rights reserved.

ISBN-13: 978-1482793369

ISBN-10: 1482793369

DEDICATION

*To my husband, Michael, for always supporting me. To all my family
and friends whose help, guidance, listening capabilities and belief helped me
to trust myself — thank you.*

CONTENTS

	Introduction	i
1	Section 1 — The Big ‘Clean Up’	Pg 8
2	Section 2 — Sowing the Seeds	Pg 86
3	Section 3 — Sucking the Marrow out of Life	Pg 124
4	Section 4 — Empowering Life Strategies	Pg 148
5	Section 5 — Motivation and Action	Pg 166
6	Section 6 — Probing the Concept of God	Pg 179

INTRODUCTION

I'm going to make this short, sweet and very much to the point. I compiled this as a quick-access handbook to some of my most well-received, self-empowerment articles on the internet — either on my site or on one of the resplendent sites I guest write for.

For those of you who don't know me from a bar of soap — I like to tell it like I see it but I also like to inject a bit of zest and humour in with the mix. You really can't take life too seriously, for what is life without a few giggles and guffaws?

I hope that this book helps you on your journey to get the most out of your life and yourself. Just remember, a life well lived is a life where there are no 'should have', 'could have' or 'would have's' in your twilight years.

So without further ado — Carpe Diem — seize the day or bloody well die trying!

Cherie Roe Dirksen



SECTION 1 — THE BIG ‘CLEAN UP’

In order to grab life by the short and curlies, we need to get a wee bit dirty and air out our soiled laundry. We’re going to plough our way through some gargantuan obstacles that have been so neatly laid out on our path to overcome. We’ll get good and wet as we try to paddle through the watery depths of emotional hang ups until we start to see the light at the end of that seemingly all-evasive tunnel.

Roll up your sleeves and come muck out with me...

Is Your Past Tripping Up Your Future?

Living in the past is a very common condition for most. Can you acknowledge that you may be living in times of yore, rehashing past traumas, relationships and situations? Do you feel like you want to let go but just can’t?

So many people live this way and can’t seem to move on. When you find your mind wandering too often to situations or incidents that have happened — you are living in the past. Whether you are experiencing regret, sorrow, guilt, shame or a number of other lower vibrational anxieties, you need to let go and detach.

Detaching from the Outworn and Outdated Past

Sometimes we find ourselves in uncomfortable ‘quiet moments’ where there is nothing to do but face the possibility

of ‘inner reflection’. Whoa, scary! These situations can severely prompt us to slip into complete and utter avoidance. Sometimes so much so, that we will avoid being alone with ourselves for extended periods of time. We will make damn sure that we have some form of preoccupation to busy ourselves with (like reading, watching TV, socializing, playing the radio, etcetera).

*“These issues
that we sweep
under the rug
are lessons.”*

These times should be taken to explore the residue of past reflections. Is there something that you have been burying deep inside? Something that yearns to be re-addressed but you simply don’t feel like giving it an audience for fear of having to ‘feel’ all over again?

These issues that we sweep under the rug are lessons. In order to walk through, or pass, a lesson — inevitably, we must face it. This can sometimes be painful but it is necessary. It may be initially an uncomfortable issue to reconstitute but when you have seen the lesson that you have gleaned from it, you can put it to rest forever.

We are here to explore and experience. Some of these experiences are brought over from early childhood traumas or even past lives (you didn’t think this was your first life, did you?). You are always capable of graduating from the class of karma. You never set up anything for yourself that you cannot handle. With courage in your toolkit, you can search the hidden meanings of your unresolved issues and find the lessons so that you can graduate to the next level of learning.

You are in the Driver’s Seat, Take Control of the Wheel!

Only you can do this as no-one else knows your inner

workings. Never look outside of yourself to anyone or anything to 'fix' you. Only you can do that. You can seek advice and help along your path but inevitably, you do need to do the work.

What better way to start another day than to truly start it afresh? Face your 'demons' with compassion, forgiveness, detachment from past hurts and a yearning to learn from past mistakes and you will be creating a much brighter future for yourself without the need to constantly have one foot in the past. Have both your feet firmly in the present!

Let's get this party started...

Is Fear or Love Winning in Your Life?

There is no more time for unconscious creating. We are now firmly rooted in the dawning of a new age and new consciousness on Earth — believe it or not, take it or leave it.

You taking it? Right, then there is one major topic we need to address – fear.

In the absence of love we are left with fear.

When we no longer trust our instincts we give in to fear. You can see fear as an illusion and it only becomes a perceived reality when you allow it to manifest in your mind and then in your life.

Illusion versus Perceived Reality

To illustrate this point, let's take the erroneous nature of assumption (*I will be delving into assumption in more detail on page 22*).

When you assume something you do not possess all the facts or truth of the matter at hand. When you form an idea of what is happening you are assuming (which is why it is labelled an illusory concept). Then when your assumption has rooted

itself in your psyche as the truth, you give it form and this can lead either to the creation of your assumption or the suffering of your ego based on the assumption.

And all this was made possible by one thought that manifested itself through an illusion.

Let's find Something to Worry About...

Fear works in much the same way. Worry is a form of fear that most of us are altogether too familiar with. When you worry about something you are future-projecting a negative outcome.

Sometimes the situations we worry about never come to pass. Worry is another illusion. 'No! It can't be. I worry all the time and it feels real to me!', I hear you cry. It might 'feel' real to you but it is, nonetheless, a mental construct that does not need to exist without you giving it a reason to be there.

"When you worry about something you are future-projecting a negative outcome."

The Root that Needs Plucking

When we talk about the NOW or present moment awareness, we are referring to the point of acceptance that one arrives at when there is an absence of fear. There are many roads that take you to fear such as worry, anxiety, stress, panic, anger, resentment, revenge, etcetera but they are all rooted in

fear.

So, succinctly, fear is the root on the scale of negativity. The opposite of fear would be love.

Good Ol' *Gushy* Love

The emotions that lead you to love are joy, happiness, elation, bliss, mirth, laughter, etcetera and these are all rooted in love — the ultimate root on the scale of positivity. Love and fear are the light and dark aspects of existence.

Without either of these perspectives we would live a very dull life. We need a basis of comparison, in other words, how would you know not to put your hand in the fire if you had never been burnt.

How would you know just how perfect your body felt if you hadn't had that painful Thai massage?

We need comparisons to ascertain what we do want.

Fear is generally not wanted but it certainly gains momentum — it's a tricky little blighter. The thing is, and always will be: Are you aware?

When you can become aware of your fears you can deal with them. If you are playing the victim role, then perhaps you are quite content to be in a cocoon of misery – the choice will always remain yours.

Do you want this? Is there a better way? There is always choice and we are always co-creating our lives. If you choose to let fear take a back seat you will see the world open up to you in ways you never imagined.

When you can master how you spend your energy and who

“If you choose to let fear take a back seat you will see the world open up to you in ways you never imagined.”

you spend it on, you will not get sucked into the various dramas that people create. When you no longer fear living, you will begin to truly live in a way that embraces every moment and does not fear death.

The Dirty Little ‘D’ Word

Death is probably the biggest fear of all. Death is a gateway to another experience. Experience is the key to existence.

So instead of thinking of death as a finality, think of it as the ultimate experience and see how you can drop the illusion of fear that is encrusted around death.

As I once said to an atheist science teacher, what have you got to lose? If there is nothing after death, then you would never know and would just be snuffed out, with no after thoughts. No problem there.

However, if there was an ecstatic afterlife with a soul group reunion or ten naked

“True freedom can only be found on the path that leads to the root of love — the knowing that all is well and the trusting that the Universe is organized and you are a part of that.”

virgins waiting
with grapes in
hand, my God –
what a bonus!
Now I say that
very tongue-in-

*“Everything you experience is a
manifestation of your thought.”*

cheek but in all seriousness – we are energy, ask any scientist. Energy cannot be destroyed, only transmuted. Maybe life only begins when you die.

Any way you look at it, being optimistic about death and the possibility of an afterlife (regardless of if it's there or not — I, personally, believe it is) is going to vastly improve the way you live. You will ban cynicism and feed your soul the very best that corporeal life has to offer. This, in itself, is worth the pursuit. If you have faith and you are ultimately wrong, you spent a lot of time — leading up to the point of being disproven — in happiness. Ha! A win-win situation.

On the other hand, if you are cynical, you're probably not having such a great time on your path and the quick ego boost of being proven 'right' does not outweigh the void inside.

Fear around death is truly scary as it acts like a net that traps you, tethered to a remote experience in a universal sea of life.

Have you ever noticed how some people transcend this life with a smile on their face and how some leave truly terrified? Which one do you want to be?

Be Free

True freedom can only be found on the path that leads to the root of love — the knowing that all is well and the trusting that the Universe is organized and you are a part of that.

Look out into the Universe. Can you see how there is structure in everything out there? There is the cycle of life, death and even a bit of chaos thrown in-between but there

Carpe Diem or Bust

always seems to be an order and organization to the cosmos.

Planets aren't shaped like bananas or cubes, they are round (or at least they were when I wrote this). Most of them are in orbit around a sun.

There are, of course, some free-for-all planets that do not have a star to orbit and drift through space but what a wonderful metaphor for how some of us feel! You know, the macrocosm reflecting the microcosm and vice versa?

Bashing Fear on the Nose

Fear is something that we all deal with daily. No matter what label you put on the emotion – if it is negative or coming from a lower vibration, it boils down to fear. We now need to march straight up to it and bash it on the nose.

There is no more time for unconscious creating in this world. We all need to have our eyes wide open to what we are manifesting and creating on a day-to-day, if not, minute-to-minute basis.

Everything you experience is a manifestation of your thought. Everything from the bird in the tree that is singing, to the cup of coffee that sits next to you steaming merrily away.

Most people just think about manifestations as being on the bigger scale. 'Oh, I know I manifested that really needy relationship' or 'Yes, I acknowledge that my anger could have caused the accident' but do we really consider even the smallest of creations?

If not, you should – because there is no chance in our world – everything is co-created and manifested through collective or individual consciousness.

Hard pill to swallow? Good! Nothing worth knowing comes to you on a silver platter.

Fear not, all is well.

Some Helpful Techniques to Stop the Worry

Why We Worry

When it comes to concerns about life's uneasy or potentially disastrous issues, we start to worry. I don't think there is a single person in this world that hasn't experienced a copious bout of the collywobbles in their lifetime — but why do we do this?

There could be a number of reasons, some being:

- *You feel you need to 'prepare' yourself for the worst*
- *You are a 'glass is half empty' kind of person and just expect the worst to happen*
- *It is in your experience that disaster always strikes, so worry is a necessary coping mechanism*
- *There are so many things that could go wrong and you feel you need to focus on each one to embody it or try to find a possible solution for it in the event of it happening.*

Now, if we actually look at this list from an outsiders point of view — in other words, we take ourselves out of the equation and are impartial — these worries are not only a waste of precious manifesting time but they are a reinforcement of unconstructive potential timelines.

YOU ARE WHAT YOU THINK (Capital letters for extra emphasis, my dear readers!)

Just remember you bring about what you think about the most. This is not meant to scare you, it is a preparation tool so that you can steer your thoughts to more positive neurological pathways. When you reinforce encouraging scenarios in your mind, as opposed to harmful circumstances (aka worrying), you are creating potential for a more fruitful future.

Easier said than done? Sure, but it is possible.

Answer this: *Has worrying ever solved your problems anyway?*

I'm going to take a stab in the dark and say 'no' it probably hasn't, right? So what can you do **now** to alleviate any future concerns you have?

Eckhart Tolle has pointed out three memorable and straightforward options that you can apply here, either: remove yourself from the situation (in this case, remove the worry), change it (transmute the worrisome thought form), or accept it totally (surrender to any future possibility). But let's go into it a bit more:

Here are 6 simple techniques you can turn to when you find yourself in a state of worry:

"Make sure your thinking is pointing you in the right direction to manifesting your ideal destination."

1. Do Something —

swap worry for doing. Can you actually do something about it now? If the answer is yes, take those first steps and you will begin to lighten the load off your mind. Even if it means writing the problem down. Just getting it out of your head and onto paper can be a relief. You can then burn the paper or trash it symbolizing your new stance on worry. Tell your troublesome thoughts who's the boss!

2. Find a Solution — map out a possible solution. Again,

it is always helpful to write it down so that your mind is free of it. When you can look at some achievable solutions, you may gain a better perspective of how you can change or alter the course of your quandary.

3. Acceptance — if there is absolutely nothing you can do, then try acceptance of what is. If you cannot change what is, you need to let it go and find peace within your situation.

4. Meditate — solutions will present themselves when we quiet the mind. There is a wealth of information just waiting for you to tap into when you are in a meditative state. Clearing your mind of what I like to call ‘mind-static’ (continuous loops of mind chatter) will help you to excavate that diamond of truth and gain a lucid perspective (*I’ll delve into some quick and easy meditation tips on page 92*).

5. Positive Thinking — remind yourself that what you think, you attract. Do you want to attract more of what you are worrying about? If not, then switch to thinking about what you do want to manifest in your life and let all negative outcomes go.

6. Affirm Happy Outcomes — practice positive affirmations and visualize your best outcome to the situation at hand. Keep reaffirming, every morning and evening, this ‘happy outcome’ and truly *feel* the emotions of having it in your life right now.

The mind can be trained to think differently — you are 100% in control of your destiny. You have a choice to rewire your thought process to align with what you want to manifest — don’t let anyone tell you otherwise. Don’t fall into the trap of being a ‘**victim of circumstance**’ — this state doesn’t really exist as you create everything and only you can give it the necessary potency. Playing any kind of victim role is a disempowering position that you should try to *not* take part in.

You are the powerful creator of your reality and you are in the driver’s seat — where are you going? Where do you want to go? Wherever you see yourself in the future just remember,

worrying never got anyone anywhere — so...

Hakuna Matata* all the way!

**a Swahili phrase that is literally translated as "There are no worries"*

A Trio of Bizarre and Unreasonable Motives to Stay Alive and Kicking

Why should you even bother? If you are one of the lucky ones whose mind never entertained such a question, well, good for you. If you know what I'm talking about, you've probably been down that road of doom and gloom and 'woe is me'.

*"Life is the biggest trip ever!
It can be so damn chaotic on
one hand and then so
delightfully dreamy on the
other..."*

If I had the answer to life on Earth, or life anywhere for that matter, I probably wouldn't be writing this book — I'd most likely be jet-setting all over the world giving my seminars to world leaders (or having high-tea with Oprah).

So what do I have to say on the matter? Well, what I think and what you perceive are probably going to be different as we all have our own special and unique take on things. But let's get down to some brass tacks...

I Want Proof!

While I have a theory about what life is about, I can't give

you that 100% surety some ask for.

A friend of mine pointed out that if I didn't know the answers with 100% certainty, I shouldn't be waffling on about them. With which my answer was simply; that I don't know the answers to your life with 100% surety but I know the answers for my reality and life with...well, let's say 99.99% surety (I'll give myself some leeway for error).

The point of incarnating with people is to share, learn and be there for each other regardless of whether you are right or not — it's a matter of growing together. I think it's rather dangerous to claim you have the answer anyway, seeing that the nature of the Universe is change. Change being the only constant — even a methodically proven study can be turned on its head tomorrow.

Now if my banging on about my life experiences helps you to see your situation with a bit more clarity, that's what sharing is all about! Nobody has all the answers and that's probably how it was designed to be.

What I Do Know (with 99.99% clarity!)

- **Exiting is Not Easy** — we seem to have an inbuilt chip that prevents us from leaving, or at least not departing without a LOT of premeditated thought and examination of options. Why is this I wonder? Some will call it 'survival instinct'. Be that as it may — we are animals with an aware consciousness and that, in itself, should give us the ability to over-ride this 'survival' mode. I sense there is something else that prevents us from slipping out of the stream of corporeal life.
- **Living Drives You Mad** — the other splinter in our mind is the inability to 'figure out' what the hell we're doing here. Or at least, not to an extent that we are ever satisfied. So you can't exit without a

bloody good reason and you can't live without driving yourself insane. Great combo, thanks for nothing, God!

- **Life is Dichotomous** — life is the biggest trip ever! It can be so damn chaotic on one hand and then so delightfully dreamy on the other — this alone keeps us in a constant push and pull tug-of-war. We get so frustrated with our lot in life that we erupt into bouts of cursing and swearing, bursts of enraged tears and, in a feeble attempt to get our way, we shake our fists at the heavens. When we are exhausted from this display of contempt for living, we lie crumpled in a heap and then look up — chest still quaking from the sobs — and bear witness to a spectacular sunset and our heart melts. Suddenly we are propelled into bliss and we just love it here (conveniently forgetting about the drama that just took place 2 minutes ago).

What Tomorrow Brings

So why should you contemplate staying here and living out your lives? I haven't got a clue, but if you don't have the balls to bugger off I suggest you then take the bull by the horns and truly live. Live with 100% conviction (*see page 148*). Live like you mean it.

If I had to hazard a guess to the point of it all I would say it's to enjoy yourself, better yourself and help others to do the same.

Tolerate the downs and relish the ups. Seek out the beauty and enjoy the ride. Surf on the storms and pass them off as experience. Don't waste this time, you came here for a reason — you must have had a really stupendous plan for coming here, why else would you have put yourself through all this?!

So turn on that CD player, dust off your Bee Gees Greatest

Hits and pump out 'Staying Alive'. Shimmer down and get your groove on.

Enjoy yourself, you silly goose!

Is Assumption Killing Your Relationship?

One of the Most Poignant Taboos

I would like to delve into the ‘spiritual taboos’ – maybe you’ve heard of them, maybe you haven’t. Either way, they are significant enough to address (or re-address as the case may be).

These are concepts put across through the masterful words and teachings, derived from Toltec wisdom, of Don Miguel Ruiz.

He sweetened them up by calling them ‘The Four Agreements’ whereas I have used the word ‘taboo’ as mere benevolent trickery to attract your undivided attention — did it work? As shameful as that is, I did it with the noblest of intentions. We need to hear this – over and over if that be the case.

Before we start with these tantalizing taboos, I want to address what it means to sin. To ‘sin’ is to go against your self or to ‘miss the mark’. So, go easy on yourself if you see that you have been performing or have been lured into the web of some of these sticky concepts.

Guidelines Along Your Path

You are on a path to enlightenment (consciously or

*“To assume
is to not be in
full command
with the truth
or fact”*

unconsciously — preferably the former) and when you embark on such a journey you need a basis of comparison.

You have chosen this particular journey into the realms of the soul, so acknowledge your choices and correct them if it suits you. These guidelines are merely a way to steer you to counter balance your integrity if you do ‘miss the mark’.

The key is to be aware at all times and to realign when you need to. Oh and did I forget to say FORGIVE yourself if you slip?

These taboos are difficult to master but they can be mastered. When the seed has been planted as to what they are, it will be up to you to consciously water them into fruition.

The Deal Breaker!

Let’s look at the dangerous, shark-infested waters that is ‘assumption’. It is a much overlooked and yet one of the most predominantly adopted characteristics of modern-day society.

To assume is to not be in full command with the truth or fact. When we assume something we try to interpret, through sometimes limited knowledge or resources, what the truth might be. We then run with this perceived outcome, sometimes even starting to believe it to be factual without any proof. It sounds ridiculous doesn’t it? It is.

A more light-hearted look at this word sees the word ‘ass’ ‘u’ and ‘me’. How succinct, seeing as assuming does normally make an ass out of one or both parties.

Alas, all humour aside, it is something we do too frequently without much thought of the consequences of our mind’s presumptuous actions. This is not only dangerous but it is a detrimental factor in limiting us in relationships and with life in general.

Our minds are powerful, this is something most of us know and are starting to quantumly comprehend, so when you mentally construct a truth and play it out over and over in your mind you can either;

(a) Entirely convince yourself of its truth or (b) bring that scenario into play in reality – in other words, give form to your thought (Law of Attraction).

Assumptions cloud our discernment and play on our fears. When we assume we are potentially shutting a door to further knowledge or clarification.

Assumption at Work

Let's say you assume your husband is having an affair because he has lipstick on his collar. You do not confront him, fearing the truth to be what you imagine. You start to treat him differently, as if you are positive that his activities are dubious. He has no idea why you are acting this way.

Cold shoulders and snide remarks rule the roost. This could go on for days, weeks or even, God forbid, turn into years of total distrust if it goes unchallenged. There could be so many reasons and outcomes to this situation but let's take a look at just three potentials:

1. He was having an affair.
2. A lady bumped into him whilst he was travelling in a lift leaving a trace of her lipstick on the side of his collar.
3. If the latter was the case – you could have irreparably alienated your husband and driven him into the arms of another through your assumptions and unfounded suspicions.

“Any situation can be resolved. You never choose any experience in this life without there being a solution. The only thing standing in your way is your perception of what you want the outcome to look like.”

Carpe Diem or Bust

So in this case, you have actually given form or materialized the original fear based on an assumption that was not the truth. You have forced the undesired outcome.

Don't assume. You will undoubtedly pay the consequences.

Communication Destroys Assumption

Always ask. Communication is one of the keys to living in your integrity. Always steer yourself towards the light of truth, no matter how hard the truth may be. Burying the truth will always lead to more pain eventually.

Any situation can be resolved.

You never choose any experience in this life without there being a solution. The only thing standing in your way is your perception of what you want the outcome to look like. Sometimes only time can tell whether something serves us or not.

Assumption can lead to a lot of unwarranted unhappiness — ever heard of 'stewing in your own juices'? Don't do it! Rather get to the core of the situation — the source, the truth.

What's the Solution?

An exercise to try out would be to identify and stop yourself when you are assuming something (big or small). See if there are any alternatives to your assumptions. In other words, we often tend to gravitate towards being more negative with our assumptions.

An example would be:

Your friend hasn't called you in ages, she normally phones you regularly. You assume she no longer likes you or you have said something to offend her when in fact there may be several reasons for her lack of communication — none of them even involve you!

So, try to either get the facts or quell the desire to reach an

assumed conclusion. When you go into this more deeply, you will begin to unravel a lot of ‘baggage’ that your mind sets up through the act of assumption. You form ideas based on it and then your neural pathways fix and that idea becomes your ‘reality’.

Harmful ‘Petty’ Assumptions

Let’s say that you see your neighbour shouting at his children. You assume that he has anger issues and that he is a bad father.

“If you can just come to the realization that you are assuming you can begin to change it...”

The truth of the matter may be that you

have just caught him on an incredibly stressful day. He could be father of the year for all you know but there you have made a mental construct — not through years of getting to know him — but through a momentary reaction that has now tainted your view of his personality and parental skills.

You may even do further damage and air your opinions about him to others, leading to an even greater adverse effect on his reputation based on your unfounded assumptions.

Now, how often do you do this? If you can just come to the realization that you are assuming – become conscious of this behavioural pattern in yourself – you can begin to change it. In doing so you can save yourself a lot of anguish that, more often than not, leads to so much heartache and misunderstanding.

So, the solution to assumption is awareness. Identify when you are assuming and do something about it. Get the facts

straight before your mind twists a contrived truth.

Even if the truth hurts, it's more useful to the progress of your soul to know, to then grow and to ultimately move on than to be stuck in falsehood.

Do You Take Things Personally?

Here's another 'taboo' — taking things personally. Oh dear, where to begin?

When you take something personally or are offended, you are, in a nutshell, agreeing with what has been said about you.

Does this ring true or are you still having a hard time grappling with this concept?

When you feel offended you are agreeing with the offender because it has touched a nerve.

Nerves Weren't Always Twisted

If someone tried to hurt you, or perhaps even inadvertently, says something to you that you don't agree with — no problem — you usually shrug off this kind of 'offense' because it really doesn't bother you.

For example: You are happy with your appearance and feel you are a fine specimen, someone passes by in a vehicle and shouts out 'hey, freak!'

Here is your moment; do you agree with that or not?

If you are 100% confident

*"True beauty
and
acceptance is
in the eye of
the beholder."*

that you are a perfectly chic human being then you would most likely shrug the comment off and have a good laugh. Why? This is because you don't agree with the statement.

Now, if you think you are 'okay' looking but there could be room for improvement, or, in the extreme, if you are someone with downright low self-esteem, this statement would be devastating because a part of you, or perhaps – most of you, agrees with this. You are shocked that someone else has found you out! You thought if you could keep your head down no-one would notice you but here someone has clearly seen your faults. This feels like a low blow and you become all knotted up in your stomach (solar plexus area).

The Illusion of Appearance

This is actually rooted in fear – the fear of imperfection and/or of not being accepted, which is, of course, an illusion. Who gets to be the judge and jury on what is deemed beautiful, accepted or hideous? The tabloids? Hollywood? Just spare a thought as to who you give your power over to, that which dictates what beauty and normal is, and try to see that it is all fake. True beauty and acceptance is in the eye of the beholder. So anyone claiming to know what beauty or normal definitely is needs very close examining, especially if they are not including every member of the human race in their synopsis.

To agree with anyone over anything stemming from feelings of lack would be disempowering.

The same could be said over someone slighting your

*It is the slights that leave us
feeling wounded that mean we
still have a program running
within us that wants to be closed
— a cache that needs clearing.*

Carpe Diem or Bust

intelligence. If you don't feel stupid then any snide remark over your competence could be easily overlooked but if you are worried about what others think, a dig at your IQ could mean the world to you.

You are Partly to Blame

This is not only the fault of the insulter (and remember, they will have to deal with their contribution via their karma) – it is also your fault. Sounds harsh and it is — if we are going to get real about this we need to dive right into the core of the problem and bring it up for close inspection.

The person doing the insulting is only reminding you of something that needs to be taken on within yourself to have a good, long and hard look at – and to set it right. Although you probably won't want to give them a gold medal for their efforts at the time, I assure you that some people are in this life to push your buttons, in a seemingly unloving way, to actually give you the opportunity to reconsider your belief structures – this may be on a level that even they are not even aware of.

If there are no buttons to push, then you can walk away head held high knowing that it is something you have overcome or never had a doubt about in the first place. It is the slights that leave us feeling wounded that mean we still have a program running within us that wants to be closed — a cache that needs clearing.

What Offends You?

What is it that you are always dreading might come up in conversation? You have to be cruel in examining these beliefs in order to be kind to yourself. We all face difficult, dark moments of self-realization, when we see the agreements we have made about ourselves and have to try and turn them around. When you can out these undesirable contracts you can begin to repair them. We have to discover why we felt the lack

*“We sometimes
tend to disregard
the ones who
encourage us,
leaving only
space in our
thoughts for the
ones who hurt
us.”*

and how we are feeling now about the same issue. Then we must align it to our higher self by breaking down the agreement piece by piece and offer it up to the light to be cleansed.

What do I mean by this?

This simply means to shed light on a problem. When it has come to our full attention we can disassemble it and make a new beneficial agreement about ourselves. We need to look at ourselves and find the beauty inherent in us, not always trying to fish out our perceived faults. When you treat yourself with loving kindness and nurture your self-esteem with positive thoughts, you will begin to

shift into alignment with your higher self.

Some of these agreements we made at a very young age. When we were young we had no inhibitions and sang at the top of our voices, danced our hearts out (whether someone was looking or not) and thought we were princesses and superheroes. Then one day someone came along and made you feel less than what you felt about yourself. You may have paused to take it in – then you made a crucial decision.

Making the Agreement

Either you agreed with what they said or you didn't. That is why some of us can still dance freely and not be bothered whilst others cringe at the thought of dancing in public – this

could be due to an earlier experience of being made to feel like you were ‘no good’ by someone who was only giving you one piece of the puzzle.

What Puzzle?

*“Without diversity in hair
colour, body shapes, talents,
voices, tastes, etcetera we would
be tantamount to sheep running
around in a field day in and day
out – bah-bah-boring!”*

When I said that the person was only giving one piece of the puzzle I mean that they have a preference based on their version of reality. That is one person’s perspective in a sea of other

possible candidates – ones who may have loved your form of expression. This person could have also been a child, an acquaintance, a stranger or it could have been someone you trusted and loved deeply. The latter is often the case and can make the hurt twice as strong.

However, we must consider that some things are said in the heat of the moment and not really meant by the offender, so we really need to see why we made the agreement.

Remember that you will never appeal to everyone out there. You or your talents may not be one person’s cup of tea but what about all the other people in the world who will resonate with your particular brand of uniqueness?

Neither being of definitive importance though because it is ultimately you who needs to please you.

When you do this, you are immediately accepted by *you* and no outside influence can make you feel anything other than what you know yourself to be.

We sometimes tend to disregard the ones who encourage us, leaving only space in our thoughts for the ones who hurt us.

Why is this, I wonder?

Everyone has the urge to be liked and accepted for who they are. This is normal. But what we need to redefine is what is normal? Every soul is special and has equally unique attributes, abilities and ways of expressing themselves creatively. There should be no judgement.

What do We do About the Judge?

When there is judgement on this, we must question the one doing the judging. Without freedom of expression this world would be a very dull place. Without diversity in hair colour, body shapes, talents, voices, tastes, etcetera we would be tantamount to sheep running around in a field day in and day out – bah-bah-boring!

Love your difference, embrace yourself. Begin to discover, on the deepest level, who you truly are and what you have done – not only in this lifetime but in the countless life experiences you have had. Draw on the wealth of talents you have in your akashic records that you need to begin to extract from your

*“Empowerment
comes from fearing
no-thing and
facing every day
with courage and
love in your
heart.”*

being.

Know Your Ins and Outs

As the oracle in the movie *The Matrix* had written above her kitchen door: ‘Know thyself’ (a long-established ancient Greek aphorism).

When you do, there is nothing anyone can say or do to you that would ever hurt you because you will be resolute as to who you are and nobody can take that away from you, unless you allow them to.

When you are living with the statement ‘be the best you can be’ and you are doing this with all your integrity and might then you have nothing to fear. Empowerment comes from fearing no-thing and facing every day with courage and love in your heart. Strive to be the best and do the best you can in every situation and you will be living in your integrity and you will know yourself. Then words or energy that does not fit with your frequency or vibration will not even penetrate your field of self. You have become the master of your life and your reality.

Something worth looking into, wouldn’t you say?

Letting Go of Opinions that Taint Our Lives

Taking a Closer Look at Confidence

As I have just addressed, if someone tries to hurt you, or perhaps even unintentionally, says something to you that you don’t agree with – no problem – you usually brush off this kind of ‘offense’ because it really doesn’t bother you. Like I said, it could be an area in your life that you are 100% sure you have waxed.

So for instance, you are a rocket scientist and someone calls

you stupid, the chances of you having a wobbly melt-down in the public lavatory are going to be slim. But let's take another example, perhaps one that we all have had to deal with in one way or another.

Vanity Fair or Foul?

Let's recap on appearance. Say you are happy with your exterior and feel you are a fine specimen and someone insults your look.

*"...anyone who hurts you
is usually hurting inside."*

It all boils down to you agreeing with them or not.

If you are 100% confident that you are a perfectly dashing human being, just as God intended, then you would most likely shrug the comment off and have a good chuckle about it.

Why?

This is because you whole-heartedly disagree with the statement.

However, if you are someone whose confidence peaks and troughs daily, you will probably instantly go into depression. The nerve that has been struck is your internal agreement about yourself, not what the other person has said. All they have done is ignited the spark on the BBQ that you are going to make sure you roast on. It is a form of self-torture.

So, what can be done to let go of the opinions of others? Let's pick this apart so that we can better understand the unsatisfactory nature of self:

Smoke and Mirrors — the fear of imperfection and/or of not being accepted is, of course, an illusion. Who gets to be the judge and jury on what is deemed beautiful or hideous — successful or stupid? As I pointed out previously, it is usually the tabloids or magazines, possibly Hollywood to the catwalks of Milan. Spare a thought about who you give your power over

to. The various outlets that dictate what beauty and normal are seem to be pushing fake, in my opinion. There are moments where true beauty can shine through these channels, but those flashes are few and far between. Remember that true beauty and acceptance is in the eye of the beholder.

Self-Realization and Repair Kits — when you can out these undesirable contracts you can begin to repair them. We have to discover why we felt the lack and how we are feeling now about the same issue. Then we must align it to our higher self by breaking down the agreement piece by piece and offer it up to the light of awareness to be cleansed.

Inherent Beauty and Perfection — we need to look at ourselves and find the beauty inherent in us, not always trying to fish out our perceived faults. When you treat yourself with loving kindness and nurture your self-esteem with positive thoughts, you will begin to shift into alignment with your higher sense of self.

Dissecting Agreements — try to find the trigger point where you made the agreement to think of yourself as ‘less than’. When you find that moment, go in there and fix it. You can do this through meditation and timeline regression. This just means that you see yourself at that moment and you visualize a different outcome. Truly embody and feel the

*“Be impeccable
with your own
words and show
kindness and
full awareness
of how you
verbally or
energetically
carry out
conversation,
debate or
opinions.”*

change in agreement and then take yourself out of that time period and shift yourself into your present awareness. See how you feel. If at first it doesn't anchor, try it again and again until you can firmly root that new agreement and replace it in your history. You can actually change history by altering it energetically to align with the greater good.

Piecing Together the Compassion Factor — can you see the insecurities in others who may have verbally or physically hurt you? This is a fundamental principle in being able to forgive and let go of them. When you can acknowledge the hurt and anger they may have caused, you need to dig a little deeper and find the compassion for them in order to truly release them from this agreement. In other words, anyone who hurts you is usually hurting inside. The smoky mirror that reflects their own faults will be projected outwards and you may have fallen victim to this. A person who is 100% satisfied with who they are does not need to bring anyone else down. It just wouldn't happen.

That Tricky Enigma Called Universal Appeal — you need to know that you can never have universal appeal. You need to please only you. When you do this then you are immediately accepted and no outside influence can make you feel anything other than what you know yourself to be.

Acknowledge the Good — remember that we tend to disregard the ones who encourage us, leaving only space in our thoughts for the ones who hurt us. Try and encapsulate all the positive influences in your life and show gratitude for them. Be impeccable with your own words and show kindness and full awareness of how you verbally or energetically carry out conversation, debate or opinions. Be that which you want to attract.

Identify the Judge — when judgement pops up, we must always question the one doing the judging. Tell that judge that you are in love with your differences. Viva la difference! Consider that this world would be a very dull and boring place without diversity.

Know Thyself! — only then will you begin to discover, on the deepest level, your true identity and all that you have accomplished. When you stand in your integrity, there is nothing anyone can say or do to you that would come close to hurting you.

“Try to be the present awareness and witness how your perspective changes. You will be able to be in the world but not of it.”

Work on these traits and you will start to see a shift happen within yourself and how you perceive others. It should give you a firm footing on how to uproot your weeds and make space for planting the flowers to grow. When you can place your awareness on how people make you feel, you can start to take a deeper look at the causes and make the necessary shifts in consciousness.

Always take out that smoky mirror analogy when you are baffled as a lot of people reflect their own insecurities onto innocent bystanders. It's your job to identify that which you need to address and that which is not your garbage. Discernment will see you either resonating with what has been said or it leaves you cold. The latter is indicative that this is not your battle and you have just been the vessel of reflection. However, don't disregard every unpleasant encounter as merely the other persons 'stuff', they could be mirroring something that is within you too. Always take these moments to look deep within.

Close Encounters of the Relative Kind

Being within close proximity to certain family members

over vast amounts of time can lead to disputes and invariably, altercations — and, yes, I am putting it mildly! We have all probably experienced our fair share of family squabbling at Christmas time or any holiday or ‘get-together’, for that matter.

Remaining calm and peaceful at family reunions is no small feat. It requires a lot of internal reflection and non-reaction.

Help is at Hand

Here are some key points to staying focused and grounded whilst you are in the throws of a chaotic encounter:

Non-Reaction — ask yourself if you need to contribute to a potential argument. Mostly, unless you have something incredibly significant to say, you will only be adding fuel to the fire in these situations. See if you can be the still presence.

Remain Grounded — this is another way of saying ‘be the still presence’. When you are quiet and calm and non-reactive, you move into the space of still presence where you can become the observer. Being in the world and not of it, so to speak. I can assure you it is a much more rewarding approach to being in a room full of tumultuous energy than contributing your two pence which is probably not going to be ‘heard’ anyway.

Use Discernment — do you have an opportunity to help someone or are you contributing to hear your own voice? If you can help, then by all means do. If you are being swept away in a tide of chaotic energy and shouting, you have the choice to remove yourself from the room — use your discernment and protect yourself against being sucked into drama. You will lose your own vital energy this way and come out feeling drained and depressed.

Send Love — we all love our family and friends, but if you find yourself in a situation where you truly cannot contribute anything but loving them unconditionally then do just that. Send them love. Remain calm and balanced and focus on the

Carpe Diem or Bust

love you have for them. Build on that and project it towards them. Remove yourself from the room if needs be and then do it in privacy — even if it means locking yourself in the bathroom for a few minutes to gather/centre yourself. I guarantee you will have helped them more by doing this than by rising to the bait of drama and argumentative behaviour.

Go on, try it out next time you are faced with a disruptive situation. Try to be the present awareness and witness how your perspective changes. You will be able to be in the world but not of it. You will feel an opening within you that will allow you to remain calm in any situation. You will, in time, be able to build upon that feeling and draw on it more and more.

You Always Have a Choice

The choice is always yours to engage or to detach. What will your choice be at your next family soiree?

Just remember that if you don't succeed this time, don't throw the whole concept out the window — try, try again.

Letting Go for Your Own Good

What is Detachment?

Detachment is letting go of worldly dramas and living in true peace.

To still be able to love your 'neighbour' unconditionally but to not get involved in any kind of drama whatsoever.

Every emotion you experience in this life is a choice. As soon as you feel resistance to someone or something or a pull to engage in conflict, you have re-entered the world of drama.

How Can I Truly Detach?

There are two different types of detachment that I know of.

1. Detaching with Love

When you detach with love you have a feeling of being in exquisite peace with the world. You bear NO resentment, anger or aggression to anyone or anything. You are in a state of allowing and you are working with your heart centre.

When you work with your heart centre you see the Divine in everyone and everything. You can see past the ‘drama’ of circumstances and situations. You can see right to the very core of conflict and feel compassion, even for those whose opinions and actions differ from yours severely.

To detach with love means that you are in the understanding that there is always more than meets the eye to any given situation.

You are only observing a surface reality to a much deeper library of events that have lead up to this scenario.

‘Scenario’ in this case could be a life situation or even a certain person. You see, we have no clue as to another soul’s path. You can make assumptions and piece certain bits of information together but, ultimately, you are not seeing the entire multi-layered picture.

Never assume to know the ins and outs of another souls

“To detach with love means that you are in the understanding that there is always more than meets the eye to any given situation.”

Carpe Diem or Bust

journey. This must be respected and a person who is truly detached in love, knows this and lets it be. Even if this soul is someone very close to you. Every soul that incarnates here has their own life lessons to learn in their own chosen way.

We all come into this life with freewill and the ability to choose what we want to experience, even if this means we make the wrong choices. Sometimes this has to happen for you to learn and grow.

Some people don't learn their lessons in their current lifetime but you have to respect that soul's journey and choices — everyone gets there in the end.

You are not responsible for any adult human being but yourself, all you can offer is your unconditional love (even if it is from afar) and your support when it is needed.

Judgement is never wise, always try to find the compassion in any situation.

2. Detaching out of Fear

The other form of detachment is that of letting go out of exasperation.

You feel cornered and frustrated, so your reflex is to detach to protect yourself from further hurt. This must not be mistaken for detaching out of love, which is heart cantered. Detaching out of fear is a lower chakra energy.

*“Going within is not easy
but nothing of true
importance ever really is.”*

You may even be experiencing negative lower chakra symptoms such as constipation (not being able to let go) or stomach upsets (solar plexus signal of anxiety/worry).

If you feel that you are detaching out of fear, then it is best to go into it.

Give yourself some space and time to meditate.

The worst thing you can do is carry on and sweep whatever is bothering you

under the rug. Going within is not easy but nothing of true importance ever really is. You need to do this inner work to truly gain closure for yourself. Without this closure you will not be ready to move on to the next stage of development. Sometimes just verbalizing your frustrations can get you to reveal the lesson. You can even write it out and see if you can pick up on anything that was not apparent before.

“There is a simple truth to life. We can create heaven on earth but we can also create our own personal form of hell.”

Forgiveness

A lot of the time, people tend to hang on to their past hurts. This is not self-serving. To forgive another for something will not only affect that person positively (and if you don't want them to be affected positively, this is another sign that you need to see the Divine in others to be able to detach with love) but it will liberate you.

I have devoted a whole chapter in my book *Divine You — Redefining Love in the New Earth* to forgiveness. If you are having trouble with letting go then I suggest you read it.

Trust in Divine Order

So if you feel that you are clinging onto something or someone, isn't it about time to let it go?

Trust that the Universe will cushion your fall into the void of unconditional love. You are the only one responsible for holding yourself back.

Don't Let the World Get You Down!

How to Be in the World but Not Of It

Here we are on a planet called Earth. We all seem to be in the same boat, paddling around in circles, struggling against the current or drifting out to sea. How can we be in this exquisite paradise but not let the quagmire of everyday life get us down?

I have referred to the saying 'be in the world but not of it' quite a few times already. Let's take a closer look at this phrase.

Calling a Spade a Spade

Let's face it, there is a lot of stuff that can, and does, lower our spirits and dampen our whetted desire to be on this planet. But then, when we look around, we see that this planet is an exquisite paradise, filled with beauty, intrigue and adventure.

Why is it that life can be so damn tough when there is also so much fun to be had?

*"You do not
have to get
involved and
bogged down in
drama if you
don't want to."*

Heaven on Earth?

There is a simple truth to life. We can create heaven on Earth but we can also create our own personal form of hell. When you live in fear you are perpetuating fear.

*“Think of detachment like
Switzerland — the
neutral zone.”*

Our very thoughts and actions will determine which destination we end up in.

Let’s meet our two life contestants as we try to unravel the mystery of creating realities with our thoughts and actions:

Are You Living in Fear? Meet Jack Soap...

If Jack Soap listens to the news constantly on the radio (which primarily reports bad news and how terrible the world out there is, along with all there is to be fearful of), he will be in a conscious or even unconscious negative frame of mind. His preset to life will be tainted with a neuro-linguistic programming of doubt and fear.

You may even find that Jack has a preconceived idea that he should trust no-one. He may not like to venture outside his own home, let alone comfort zone, for fear of being attacked. He may even cringe at the thought of an overseas holiday, he’ll think you mad if you were to suggest such nonsense, what with all the potential terrorists’ on-board planes these days!

Poor Jack may not even realize that there is a sunny and bright side to life. It is as if he could be living on a different planet to John.

Are You Living in Love? Meet John Doe...

Meet John Doe (yes, alright! I know my pseudonyms leave

Carpe Diem or Bust

something to be desired). He enjoys listening to uplifting music rather than put on the news. He enjoys walks in the park and getting in touch with nature.

He sees the beauty that the world has to offer. He smiles at people as he walks along his path and they smile back. He is certain that there is goodness in everybody because that is his experience.

John is living in the world and enjoying it. He is not letting the world dictate his experience, he is dictating his own experience. He is detaching from potential drama because he knows he has the choice to only focus on the positive aspects of life. When John does this he is in control, he is mapping out his destiny according to what he wants to manifest. He is not a victim of circumstance and he is certainly not an unconscious creator.

Jack versus John

Jack, on the other hand, is in the world and of the world. He is getting trapped in the lower vibrational frequency of negativity and he is letting the world dictate his experience.

He is unconsciously creating an undesirable life. He may not even be aware that he can change this at any time if he so wishes. Jack was blessed with freewill, just like his joyous counterpart John. Jack, however, can't seem to see it. He can't take responsibility for his life choices because he feels he hasn't made them.

But he has.

Whether he chooses to accept that or not, he has made his bed and he is tossing and turning in it.

Can you see the message behind the metaphor? Be in the world not of it.

Freewill and Choice

Choose your experiences. Choose what you expose

yourself to. Choose to engage in drama, or choose to love from afar and lend your support whilst creating strong, effective boundaries.

You do not have to get involved and bogged down in drama if you don't want to. You can always help those in need but you can do it with detachment. This means that you can still help in this world but you are fully aware that it is not required that you get involved with a problem — most certainly not to the extent that it captures you in a sticky web of drama.

Neutrality in Detachment

Detachment is not a word that describes the state of not caring — quite the opposite. As I have addressed before, you care enough to help and you care enough about yourself to remain neutral.

Think of detachment like Switzerland — the neutral zone. You can lend a hand but you are not getting hooked into anything.

You can live in this world, enjoy it and be mindful of the 'drama' and/or the negative aspect of life. This will give you the freedom to pick and choose your experiences and know when to help and when to say no.

Tools to Lift You from Depression

Get Me Out of Here!

We are smack bang in the middle of tumultuous, chaotic and confusing times.

“No-one likes a sour-puss, so make sure your face is creased with laughter lines.”

Carpe Diem or Bust

With that kind of energy flying about, we have to take what goes with it — the many peaks and troughs in our day-to-day existence. How does one draw on positivity when you feel like you've been sucked through a black hole and just got spat out the other end?

Yes, we all have these days. You wake up and you, for no really good reason, feel like thumbing a lift off the planet and onto the next passing UFO (if you do decide to do this, remember to take along your hand-towel, Hitchhikers Guide to the Galaxy manual and eat lots of salted peanuts).

But seriously, how does one ride out these lows and push through the storm? The first thing to remember is that you are not alone. There are many people out there experiencing these highs and lows, just like you. Enlightenment or awareness does not automatically present you with a 'get out of jail free' card. No, you just need to know how to ride the tsunami when it hits.

Second thing to bear in mind is that 'this too shall pass'. Sometimes when we experience the dark night of the soul, we feel like we are in an emotional abyss and nothing will ever be the same again.

This is just another wave that needs surfing, you will ride it out and you will live to see another day. Just hold on tight onto that surfboard and apply copious amounts of sun block (metaphorically speaking).

All jokes aside, eat chocolate — that usually does the trick! No, not just because it's delicious comfort eating. Wholesome organic or dark chocolate releases happy endorphins and a friend of mine recently told me that it also has grounding effects — a win-win situation.

Stocking Your Cupboard Full of Happiness

Okay, so we all have our dark moments, but what can we do to get ourselves back on track besides stuffing our faces with choco-licious treats or sumptuously sipping at a glass of

merlot?

Gratitude is important and heart-centered living is the future. So with this in mind, how do we expand our feelings of love and gratitude?

Build up reservoirs of things that make you happy and grateful by remembering:

Loved Ones — think of all the people in your life that make living a joy. Picture their happy, smiling faces and feel the effect of their love in your heart centre.

Play Music — from Bach to the Beatles, we all have our favourite songs that cheer us up and get a spark lit under our backsides. Dust off those LP's or plug in your iPod! Have a dance around your

living room floor, shake that booty and kick up those heels! Or you can drift off to Debussy and have some quiet, reflective and pensive moments of sheer bliss. Don't underestimate the power of frequency, let music be your bridge to aural ecstasy.

Precious Memories — bring out that old scrapbook of magical magnificent memoirs. Remind yourself of how many moments you've had in your life that were full and extraordinary.

Encounters with Animals — for those of us lucky enough to have had or currently have pets, you will know what I'm talking about when I say that they have the most remarkable way of lifting your spirits. Go spend a bit of time with them. If you don't have any pets, go take a walk where you know people hang out with their pets. Most animal owners don't mind a bit if you stroke their animals. Cats also have an astonishing talent to balance your aura with their

*“Gratitude is
important and
heart-centred
living is the
future.”*

purring — it has a vibrational resonance that heals any ‘leakages’ in your auric field.

Nature — I like to hit this one home every now and again, it’s just that important — go be in nature! It is calming, grounding and balancing. If you are depressed, it is the most inexpensive cure to your quandaries and it sure beats any anti-depressant pill your doctor is offering you. Did I mention that being in nature is free?

Count Your Blessings — do you have a roof over your head? A comfortable bed to sleep in? People who love and support you? Clothes to keep you warm? Food in the fridge? A functional body? These are all things we take for-granted but are wonderful markers to realign us with all there is to be thankful for and can be the very push you may need to get you out of a melancholy hole.

Laugh Your Head Off

— another inexpensive cure to all dis-ease. Put on some side-splitting comedy, something that you know will boost your morale. A good pant-wetting episode every now and again is the best remedy for being on this planet right now. No-one likes a sour-puss, so make sure your face is creased with laughter lines.

*“We are human beings
not human doings.
Don’t forget that.”*

Go forth and make merry!

What Thoughts aren’t Paying Rent in Your Headspace?

Digging in Your Garden

Look at that pretty garden over there. Do you see it? There are beds of colour-splashed pansies and wild red

poppies, daisy bushes of every hue and a beautiful shady tree with a bench underneath it. The lawn is freshly mown and there is not a weed in sight!

Now, let's take a look at your headspace. Is that an orchard of loveliness too? Do you have beautiful flowers sprouting everywhere, or are there patches of weeds taking over?

Why is it that most of us can keep our gardens weed-free but not our minds?

In this metaphor, I am using weeds as negative, debilitating thought streams. Those thinking patterns that keep on repeating past dramas or inventing worst-case scenarios that, more often than not, never comes into play.

Don't Let the Weeds Take Root

When we stop that irritating and instigating voice in our head – that endless loop of extremely unhelpful mind buzz – we can put an end to the perpetual torrent of things to fear or worry about.

When this happens we have more space in our lives to accept the beauty of life and then, ultimately, to love the very space you occupy. This can be likened to that wonderful, tranquil garden I spoke about earlier. Wouldn't you rather sit in a well-tended garden than try to find space to relax in an over-run and out-of-control messy allotment?

“When we stop that irritating and instigating voice in our head, we can put an end to the perpetual torrent of things to fear or worry about.”

Cutting Back the Dead Bits

My friend and I were out walking one morning around the neighbourhood when we noticed some magnificent landscaping and flower beds to die for! We were also, funnily enough, talking about having foggy, congested heads (physically and mentally) because of the amount of time we are spending on our computers. We both happen to be writers.

I found that looking at these spectacular gardens really opened up my heart space and led me to think about this concept of the mind/garden metaphor.

If we can just give ourselves time in our own gardens (minds) to prune back, weed and cut off any dead branches and scrape up old leaves off the grass, we would be able to temper that stuffy headedness.

Back to my morning stroll...we then went on to discuss how meditation, exercise, getting out into nature and yoga work to unclog this tightness and tiredness in the head.

So, some good practices to follow when you feel your thoughts aren't being honourable paying guests in your head are to:

- **Gift yourself some time for space and clarity.** This doesn't have to be for very long stretches (however long you want) but make sure it is at least 10-15 minutes of down-time. You can sit in your garden or in a comfortable quiet space and reflect on your thoughts. Realign them to what you feel comfortable with. Then simply let all your thoughts dissolve and sit in stillness. Observe what comes up and then put it aside. Enjoy the space of just being. We are human *beings* not human *doings*. Don't forget that.
- **Assess yourself.** If you are having a lot of negative, worrisome thoughts, ask yourself if they are really necessary? Is worrying about it going to change anything? How can you steer them onto a different

more nurturing path?

- **Go for a walk or do some yoga.**

Any kind of exercise can actually give you a huge boost. I

“Worry never solved a problem but clear thinking and planning has.”

know a lot of people that are tired and worn out from a hard day’s work don’t particularly care for physical effort. Perhaps you think it is the last thing that can help but it really can. Just 20-30 minutes can really get you to shift stagnant energy and get your system up and firing.

- **Breathe properly.** Take a few good and hearty breathes. This is a wonderful grounding tool and can get you into balance very quickly. Most of us breathe very shallowly, not allowing for the body to become fully oxygenated. Try to take a deep breath that fills your lungs and spills over into your stomach (you should look like your pregnant — that is an indicator that you have got in enough air). Proper breathing enlivens and awakens your mind — try it, you’ll see (*see page 90 for more benefits about breathing correctly*).

Kick out fear, worry and drama to finally start renting your headspace out to positive, nurturing and creative thinking — the paying guest.

Quick Ways to Alleviate Stress Now

Mapping Your Way Out of Stress

We live in really hectic times. If you don’t take a moment

Carpe Diem or Bust

out of the ‘rat race’ it can consume you.

If you feel like you are running around on a hamster wheel or wonder when the light is going to be seen at the end of this future tunnel — then please read on...

Practical steps to take:

You cannot be fully productive if you are running on empty. There are a few things you can do immediately that will relieve you of any immediate pressure.

- *Breathe*
- *Drink lots of water*
- *Fresh air*
- *Exercise/stretch*
- *Write out a plan or strategy*
- *Take frequent small breaks*

Now, let’s take a closer look...

Breathe — as I said before, it is very important to breathe correctly. When you breathe properly, you are breathing into your diaphragm and better still, to really oxygenate your body (which will make you feel more awake and alive) — take a deep breath into your stomach as often as you can (*see page 90*).

Water — drink lots of pure, clean water. This will flush out unwanted toxins in your body and

*“You cannot be
fully productive if
you are running on
empty.”*

keep you flowing. You will be able to have more clarity of thought and the health benefits of drinking water are too numerous to go into. Suffice to say that you have nothing to lose and everything to gain in doing this. Too much coffee intake can do more harm than good, so instead of reaching for the java juice — have a glass of water.

Fresh Air — we were not meant to be crammed in doors all day, especially if you work in a shop or office. Go outside, when you can, even if it is for a minute or two and do the breathing exercise. Even better, whenever you can, take a stroll in a forest or on the beach (if you don't have access to any of those — go find yourself a tree to sit under). It does wonders for the body and mind.

Exercise and Stretching — I know those of you who are most stressed probably feel you don't have time for this step. But even if it is for a couple of minutes — something is better than nothing. Get up and stretch — if you know a few yoga stretch moves then do that. If you feel too embarrassed to do it in front of your colleagues then go to the bathroom and stretch. Stretching releases built up energy and allows it to flow through your body in a balanced way instead of accumulating and becoming stagnant. You will feel brighter and more alive. You should take at least 30 minutes of daily exercise. Go for a walk on your lunch break. You need to plan for exercise, especially for those of you on a strict schedule. If you plan for it, you will allow it to happen. There is always time for something important.

Strategies — if you are stressed out, the likelihood is that you have far too much on your mind. One of the best techniques for de-cluttering the internal mind chatter is to get it out of your head and onto a whiteboard or diary/notebook. This way you can see what needs to be done. You can prioritize it and then you can start to implement it. When you do this, it will give you a sense of relief because you will not be stressing over things that you might have forgotten. All you need to do is consult the board or notebook and then tick it

Carpe Diem or Bust

off once it is done. This really helps to keep your sanity and a clear vision of what needs to be done and in what order of importance. You will truly start to see the light at the end of the tunnel if you do this.

Breaks — you were never meant to be glued to a computer screen or to be shut up in any environment, so, when you can — get up and take a break. Go walk around the office or walk to the water cooler (don't forget to have a cup!) and back. Even little breaks can mean greater success. They can lessen your chance of developing migraines and headaches and they can reduce your stress when you take a break from a problem. Sometimes taking a break can even allow you time and space to sort out a problem that you would not have done if you were never removed from it.

Life is for Living not Stressing

Finally, I would like to finish this off by saying — life is for living and not stressing out. What can be done — do. What can't be done should not be stressed over. Worry never solved a problem but clear thinking and planning has. Shelve the worry and create a space for solution by following the above steps.

Tame the Ego and Become Instantly Likeable

"If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. Make a decision to relinquish the need to control, the need to be approved, and the need to judge." ~ Deepak Chopra

What is the Ego?

I remember having a conversation with someone once, we were talking about Eckhart Tolle and the ego identification.

*“When you
feel yourself
either inferior
or superior to
others — you
have ego
issues.”*

The lady I was talking to piped up with, ‘well, I don’t have an ego’.

Let me make this perfectly clear: Everybody has an ego. Here is the dictionary definition of this tangy little word:

e·go - the “I” or self of any person; a person as thinking, feeling, and willing, and distinguishing itself from the selves of others and from objects of its thought. The part of you that reacts to the outside world and thus mediates between the primitive drives of the id and the demands of the social and physical environment.

egotism; conceit; self-importance; self-esteem or self-image; feelings. The enduring and conscious element that knows experience.

Aligning with Your Awareness of Ego

Are you a prancing show-pony or a shrinking violet? Either one has an imbalanced sense of self.

Now that we have cleared up the myth of the ego being only a definition of the strutting peacock itching to get recognition and praise, we can move on to ways of coping with your ego.

Do you get that an ego is the identification you have with your self and who you are, what you do and how others perceive you?

So even someone who is timid and an introvert has a problem with ego identification. It is just in reverse but the principle remains. When you feel yourself either inferior or superior to others — you have ego issues.

Disidentifying with the Ego

The ego is an inseparable part of you, it is not the enemy. It is how you let your ego use you that can be detrimental to the quality of your life.

I am, in no way, saying that the ego needs suppression or containment, just proper management and understanding — it's as simple as that. Your ego identification is an integral part of you, and like the universal concept that we are both yin and yang/light and dark — you need your ego in some ways too. You are a unique individual with irrevocable personality traits in your toolkit — this is the part of ego that can be embraced. The key is to see this beautiful quality in every other soul.

Here is the pitfall of the ego — it wants to be separate from the whole, better than the rest and put itself somewhere untouchable. This is one of the downfalls of our current society, it is a separatist mentality that pits people against each other and keeps them in an 'us against them' mental construct.

This is the dangerous side of the ego — the total takeover and manipulation of the authentic self. Unfortunately, most of our world's cultures are primarily caught up in the subconscious identification of the ego.

So how can you disconnect and tame your ego?

*“Be at peace with what
other people think of you,
even if it is not congruent
with how you see
yourself.”*

Let's Spring Clean this Concept

There are 7 fundamental principles to keeping your ego in check. Let's explore them now:

Water Off a Ducks

Back — don't take things personally — a concept we addressed earlier in this book. When you do, you are subconsciously (or consciously) in agreement with whatever you have taken offense at. This can leave you in constant need for validation from external sources which is the need of the ego. Be at peace with what other people think of you, even if it is not congruent with how you see yourself. You are never going to have universal appeal, there will always be someone out there who doesn't like you — get over it now and save yourself any future distress. Accept *what is*.

Think Before You

Speak — honour the power of your words and you will honour not only others but your sense of self. Choose your words wisely. You will be in control instead of having a hurtful motor-mouth. People will pick up on this and return it in kind. Practicing the integrity of your words will result in a better quality of life for yourself and those with whom you interact.

Hold Your Tongue — the ego loves to make itself right. A common trap to fall into is trying to make someone else see

“When you do have control, you will never feel the need for superiority nor inferiority to anyone else.”

Carpe Diem or Bust

that you are right. Really? Is it that important for you to force someone to see life through your eyes and perceptions? No, that is your ego trying to justify itself. Masters know when to speak, when to be silent and when their words will be like farting against thunder. Control over your mouth is like having control of your nether region's sphincter muscle at a dinner party. Exercise it and you will notice how easy it becomes to have total control of outbursts or having to explain yourself constantly.

Don't Buy into the Labels — get in touch with who you really are and reconnect to your source or core being. Look past the labels and identifications that society plasters you with. You are not your profession, you are not the role you play in your family or community. You are a special individual spark of the Divine that is nameless and authentic. Get to grips with that through meditation.

Quit Comparisons — learn to be comfortable in your own skin. There is no-one in the world like you — from your individual fingerprints to all the exclusive experiences your soul has accumulated. Comparing yourself to others is another trick of the ego — don't fall for it. Fall in love with yourself.

Count Your Blessings — instead of complaining about all the things that are wrong with your physical appearance and situation, try to see all the positive aspects of your life and body.

See Divinity En-Masse — don't try to elevate yourself above or bury yourself below others. You are part of a collective consciousness of Divine souls here on Earth. See the divinity in yourself and see it in others too. The ego won't be able to do this. If you are finding resistance, you need to go into why you can't accept that your fellow human beings are just as much a part of God as you are. To see the internal beauty in another will put you on a level playing field instead of comparing yourself and others and passing dangerous judgements.

Why Will This Guarantee My Success?

When you tame the ego, you are paving the way for a smooth and easy life flow. You relinquish judgements, comparisons and the need to be or feel superior. This is a frequency that you will project and I guarantee that people will be attracted to you. People standing in their truth and integrity are like moths to a flame — be it in your personal or professional life or both.

Your ego won't go away but you can have control over it instead of letting it run amuck whenever it gets an opportunity to strut.

When you do have control, you will never feel the need for superiority nor inferiority to anyone else. You simply *are* — a state of grace, least resistance and an inner knowing of peace.

Now isn't that something worth going after?

Does the Sun Shine Out of Your Bottom?

An age-old question that has plagued mankind since the dawn of the ego...

Ego or True-Nature?

*“There’s nothing more
exciting in this life than
embarking on a new
creative adventure.”*

The truth is that the sun does indeed beam out of your backside, but not in the form of any ego-based identity. No, it's all about your creative flare — what are you doing to beautify your world and inadvertently

Carpe Diem or Bust

affect the lives of others?

Your ability to shine is linked to what you have to share in this world and that can take on many shapes and forms.

Boredom is Boring

I can't bear not being creatively active in some form or another. Nothing bores me more than boredom itself!

It can sometimes be really cool to be a couch potato for a day, but come on, really? That can also get a bit tedious.

There's nothing more exciting in this life than embarking on a new creative adventure. This can be anything from:

Decorating

Crafts

Writing

Composing

Gardening

Reshuffling the home or office

Playing with entrepreneurial ideas

Inventing

Painting/ Drawing/ Doodling

Designing

Woodwork

Styling to

Building Lego castles!

Creativity brings out the best in human nature and affords us the opportunity to have fun and to share our innovativeness with others.

So, get that ass off the couch and let your inner light shine through every orifice (well, you know what I mean!).

Mirror, Mirror on the Wall...Who's in the Most Denial of Us All?

The Smoky Mirror

This is a concept that most people at first feel a strong repulsion to because they do not quite understand the concept. I discussed it briefly in my book *'Divine You — Redefining Love in the New Earth'* but, for those of you who have not read it, I will recap:

Our Actions Reflected — the Good, the Bad and the Ugly!

When we find ourselves annoyed or upset with someone it is usually because we are mirroring the same behaviour in some way. It doesn't have to be wrapped in the same identical package but it is something we have to look out for, then go into when it is necessary. If you don't, you could be fudging or avoiding a certain issue within you that needs to be addressed.

Deep Cleaning or Surface Cleaning?

Just remember, when you sweep your rising issues under the rug, you are not solving the problem merely postponing it.

The choice is yours whether you would like to finally look it in the face or save it for another day. However, be aware that when you shelve it, it tends to grow and start manifesting as dis-ease in your body.

We all came to Earth for personal growth and to walk through our karma. You chose this. When you own up and take the responsibility to steer your life in the right direction, you will find that life becomes a grand adventure.

When we continuously do a 'patch-up' job or play games of dodge-cars — we are side stepping our problems or issues and

Carpe Diem or Bust

this will never solve them.

This is why, in our present-society especially, there is so much avoidance on the rise.

**What's on the Telly? Who Turned the Radio Off?!
Where's my iPod?...No! Not Silence, Please...**

We have so much to distract us. When we don't want to face the silence, which usually gives upswing to inner questioning, we turn on the TV, surf the internet or put on the radio.

This has to be curbed in order for us to evolve to the next level of human design. If you choose to stay in the current paradigm of white picket fencing and two and a half children, then that is your decision to make. You must face the consequence that you may be left behind in an evolving world.

*“When you own up
and take the
responsibility to
steer your life in the
right direction, you
will find that life
becomes a grand
adventure.”*

Time for Reflection

So, with the mirror, we gain reflective insight. Notice how you feel when someone gets your back up. Is there something in them that you may not be addressing in yourself?

Be honest with yourself.

For example: there is a certain someone who seems to

trigger anger in you because they always assume who you are and what you are about.

- Are you assuming something about them or others?
- Are you judgement free?
- Do you seldom see things from a different perspective or point of view?

When we can be honest with ourselves, it means the world to our personal development! When we can look at our own behaviour, without judgement — just assessment — we are on the path of least resistance.

Be Honest, Keep Assessing

The next time you feel this emotion arise within you, you can take a step back and assess why it is that you are still feeling this:

- Is there still room for improvement?
- How can you better stop yourself from taking the same action with another?

With this knowledge in tow, you have the ability to notice when you are stepping off course with your new form of discernment.

Close that Book and Study Yourself

When you are aware of your own flaws you are better equipped to notice it when it rears within you.

Even if you have already done the deed but noticed it afterwards, this is a step in the right direction. You cannot change something if you are still not accepting or acknowledging that there is a problem.

Every person that engages in this dance of life with you, has a teaching for you.

Remember this and accept the teaching next time it is presented to you — no matter what package it comes in.

When you practice this it will enhance your life with the addition of peace in any circumstance. You are in control at all times. Reaffirm this daily.

Social Networking — Can it Stifle Your Real Life?

If you are one of those rare people who don't have a Twitter or Facebook account, you're off the hook with this section. You can skip straight through to ***3 Silver Bullets that Eliminate Fear*** (page 71).

For those of you squirming in your seats, read on.

I'm not going to do any social networking bashing here or shouting from the rooftops that it's from the devil. No, I find it an extremely helpful, if not detrimental, modern-day tool. I utilize it socially — to stay in touch with friends and family — and I use it for my business. There is no doubt that it is a great way of getting yourself 'out there'.

Social networking is a great device for spreading information and touching base, I can hardly remember what life was like without it. However, it can also be

*“Hone down on
who and what you
give your energy
to.”*

subtly abusive to a real social life.

All too often I see people with their noses stuck to their iPods, even when they are publicly with someone else. Doesn't anyone else find this extremely rude? What is it that keeps the populace stuck to other people's dramas

“How many moments do you waste scouring news feeds only to find that 2 hours have passed and you have not really found anything of true value?”

or, in some case, tedious actions? Are we craving attention?

Is it the need to feel connected? Is it that ugly ego rearing its head and wanting to be seen or to compare?

I feel these actions can inadvertently drain our inspiration and drive. However, if used properly, they can be great tools of motivation and a source for new ideas.

Let's Get Real

I think we will all have different reasons for using social networking but if you are finding it hard to keep those nimble thumbs off your key-pad, then let's dive into a bit of introspection — answer these questions honestly:

- **Control** – do you have command over how much time you spend on social networks such as Facebook or Twitter, or does it have an irrepressible hold on you?

Carpe Diem or Bust

- **Breaks** — can you go without it for a long period of time and not be bothered? Have you ever tested yourself on this?
- **Loss** — do you feel disconnected if you don't 'plug in'? Are you just itching to be updated again? Are you feeling like you are missing out on something?
- **Time** — how many moments do you waste scouring news feeds only to find that 2 hours have passed and you have not really found anything of true value?
- **Question** — how are you using it? Is it benefitting you in some way? Or is it serving as a distraction? Or both?
- **Limits** — can you set yourself boundaries and time limits?
- **Trimming** — hone down on who and what you give your energy to. Are you wasting a lot of time on engaging in a drama that really doesn't involve

*“The friends
who are willing
to meet up with
you in the flesh
are the ones that
will be there for
you when you
need them. Give
them your
undivided
attention and
respect.”*

you? Are you helping or fuelling the situation? Or are you just filling empty space?

- **Clarity** — are you using Facebook for friends and people you actually know? Or do you befriend any Tom, Dick and Harry that requests your precious time? Get clear about which social networks are for what. In other words, use Facebook or Twitter to stay in touch with interesting people, friends and family and sites like LinkedIn and Facebook business pages for your associates, promotions and dealings. Be clear about the reason you are using these sites and don't just give your time and attention away willy-nilly.
- **Allocations** — assign specific time slots to go on for personal and business use and be liable for those periods — keep to that schedule.

Rudeness Concealed as 'The Norm'

At all costs avoid whipping out your iPad in real conversation with bona fide friends and colleagues – nobody appreciates this and you may end up losing a tangible friend or business deal for one moment of digital gratification.

The friends who are willing to meet up with you in the flesh are the ones that will be there for you when you need them. Give them your undivided attention and respect.

If someone has taken time out to be with you, they should take precedence over any electronic device that is crudely beeping for your attention — learn to turn it off if it's a distraction.

Take the Test

If you find that social networking is controlling you and

you can't let go, try this out:

- Alert your connections that you will be taking one week (or however long you feel you need) 'vacation' from the net.
- Hold yourself accountable for it, no matter what juicy adventures you want to share – be present with that *urge to splurge* and be at peace with telling no-one.
- Observe how remaining silent makes you feel – do you feel a certain tranquillity or are you chomping at the bit? Really question yourself — do you truly need to share that photo of your dinner last night? Do your friends need to know how long you were at the gym this morning? Possibly not.
- If you are experiencing more calm and ease without social networking, then this exercise has worked. You will be more aware of how to limit your time dedicated to it in the future. Work out a viable timetable and stick to it.
- If you are edgy and feel anxious, then this exercise has also worked and you need to go into why you are feeling this way. Social networking has a hold over you and there is something there that needs

“Use social networking to see the beauty in life, to get inspired and to spread good vibes...”

addressing. Dig deep and follow the thread of answers to this question: ***Why do I feel the need to be distracted?*** You will be taken to the core of your inability to ‘let go’ of being in the loop about every little detail, or keeping people in the loop about every endeavour you undertake.

You are the Centre of Your Own World

When you take a break from your social networking sites, I can bet that you most likely will not be missed — however, this will not be from the lack of love your friends and associates have for you.

The reason is, in all actuality, you are not going to be the centre of their worlds and they will most likely have many other diversions and activities to keep them busy. Don’t take offense at this — it is helpfully indicative that everyone has a ‘life’. You are at the centre of *your* revolving world and they are conducting their version of reality too — learn to honour this and be grateful when your worlds collide for the greater good.

This can give you a clearer perspective of how you identify what is important and hone down what you feel you need to distribute that will benefit others. It will aid you to ascertain what needs to be shared and what can remain private.

Action Time

I want you to work out approximately how much time a week you spend on social networking and then compare it to your new timetable. Now use that time more creatively!

Use social networking responsibly and you will have the best of both worlds.

Use social networking to see the beauty in life, to get

inspired and to spread good vibes — don't let it use you to become a slave to that lower vibrational world of gossip, drama and bullshit.

3 Silver Bullets that Eliminate Fear

Shooting Straight from the Hip

Fear is a mighty, malevolent and strong emotion. Why does it have so much potency in our lives? The media, governments and big business corporations galvanize us into believing or buying into so many illusory reasons to fear the worst case scenarios (as made up by them). They usually claim to hold the answer to all your problems too – not in the least bit suspicious, right?

*“Every time
you give into
fear you feed
negativity and
give it more
power.”*

We also need to take responsibility for giving credence to and creating our own fears, literally stifling ourselves with things to worry about.

Every time you give into fear you feed negativity and give it more power. In fact, you give away your own power in the process. Fear is a choice, like it or not.

There are, of course, many different types of fear but they are all grounded in the act of giving your power away.

When we come up against any fear, we are actually being

presented with a chance from the Universe to be brave and face up to it. It's our opportunity to get to the nitty-gritty and uncover the truth about why we are so afraid or uncomfortable.

Stripping Fear

Let's get to the core of anxiety. What is fear? In order to work this emotion back into the light, we need to find its polar opposite. This, simply put, is love — as I have previously divulged. When you inject love into fear it dissipates. It has no stronghold in the presence of love. But how do I start projecting love when my knees are knocking?

“A shift is occurring, not to totally disregard our thoughts but to channel through the heart and then process through the mind.”

Well, let's address what is called heart-cantered living — I'm sure you've all probably heard that phrase by now. People are talking about it a lot and as airy-fairy and lace-clad as it may seem, there is a solid foundation of truth in it.

Heart-Based Quickening

When you work through your heart, based primarily upon how you are feeling about something (as opposed to working through your mind and how you think about something), you

Carpe Diem or Bust

are guided by a more truthful resonance of picking up subtle nuances from your surroundings rather than being directed by what reason dictates.

So even though we are in need of our minds and pensiveness, we have been dominated by left-brain thinking for centuries. A shift is occurring, not to totally disregard our thoughts but to channel through the heart and then process through the mind. In other words, not just to go straight to the head and bypass our hearts or how we are feeling intuitively.

Rationality can be useful but it has, in some cases, left our instinctive abilities to wither in its heated presence. Sometimes our 'logic' has actually hindered and held us back from following our bliss because 'society dictates otherwise' or 'the norm is to...' — be careful of whose 'norm' you are conceding to.

It's that age old conflict between science and spirituality (left-brain versus right-brain) — the solution to which is using both in balance.

3 Key factors to transmute fear are remembering that:

1. **Fear is an illusion.** Don't buy into it. Think of all the things you have feared in the past — did any come true? If yes, did you survive it? I take it you did if you are reading this. The energy or vibration of fear draws that which you worry about closer to you. Have you ever been with someone who is not afraid of dogs but you are. When a dog comes running at you both, it goes for you, my sweaty-palmed friend, not your companion. Animals, as you probably know, can sense fear — so can the Universe (and the Universe is impartial). It acquiesces to what it thinks you desire via your frequency output. Are your emotions pointing towards fear? Expect life to become frightening then. The only thing you should fear is fear itself.

2. **Love is an absolute.** Get used to being tuned into your feelings and steering them to safer shores. When you are in fear, inject some love into your aura by thinking of someone you love, your favourite pet, the infectious chuckle of your child or grandchild or a blissful memory. This is how you get to expand on the feeling of love in the face of fear. Show fear that you have too much love in your heart. Fear is a mental construct in the absence of love. Trust your instincts.
3. **You are in control.** Short, sweet and to the point. If you want to be self-empowered then the first things you need are awareness and the ability to take responsibility for your actions. These two fundamental principles are gateways for you to realize your inherent potential. You are a co-creator, take responsibility for that and take control.

Are You Playing Russian Roulette with Your Cause and Effect?

What is Karma?

If we are to dive into the deep end of the slippery abyss that causes us emotional flare-ups, we need to begin our journey with that tricky little boomerang energetic signature called karma.

So what exactly is karma?

In a nutshell, it is an action or deed that starts the cycle of cause and effect. This can be carried over through many lifetimes (for all those who don't believe in reincarnation, fret not — you have my permission to just roll your eyes at these parts) or it can have the light of awareness shone on it and be resolved in one corporeal sojourn.

We are all in the process of learning and expanding our selves, karma is a way of balancing out any lingering dualistic energy. It is not a form of punishment — I believe it is just a realigning or rebalancing of your soul.

The Uncomfortable Truth

*“...you are
looking for clues
to unravel the
tapestry of your
life...”*

Karma can be a great source of discomfort and why? Because it demands that you go within yourself for answers. Introspection is always difficult and most of us squirm at the thought of delving into our own psyche, akashic records or past life experiences for fear of what we might find there — this is perfectly normal.

However, the truth to any situation is found at the core of your being and one of the most effective ways to get at that core is to meditate (I'll be going into meditation further

on in the book). Another great way to identify your karma is to look for triggers.

What are Triggers?

Triggers can come in the shape or form of things, situations or people that push your buttons. So let's throw in a few examples:

- **Things** — let's say you are afraid of snakes. You may come up with a few reasons why you are. One being

that it is a rational fear — some snakes are poisonous and can be deadly. However, there are many animals that are dangerous that you may not be frightened of — so this cannot be the only reason for your phobia. This could very well be a karmic attribute that you have stumbled upon.

“... ‘a stitch in time saves nine’, make a timely effort now and prevent more work later on.”

- **Situations** — you could be someone who absolutely abhors going to a fairground. You don’t know why but it gives you the willies. Or, it could be that you can’t bear to stand on top of a high building or mountain. These can all lead you to childhood or past-life traumatic events.
- **People** — I’m sure this is the one you can relate to the most. Yes, you know the ones I’m speaking of. Those button-pushers, the instant reactivity conductors. They could play a major part in your life lessons. Go into why they trigger you so much and see if you can release them.

Dicing with Your Demons

If you do not address your causality then you will suffer the effect until you do take it out to scrutinize. So, like the old proverb ‘a stitch in time saves nine’, make a timely effort now and prevent more work later on. My advice: Get stitching!

You have a choice to do the work now or later. Though

Carpe Diem or Bust

don't kid yourself, it will have to be done at some point — postponing the inevitable only leads to greater suffering and denial.

I don't want any long faces so let's lighten this up a bit...

Play with a Fun Perspective

If you can look at it more optimistically, it is like a treasure hunt – you are looking for clues to unravel the tapestry of your life and its microcosmic theatricals to unveil the macrocosmic self and its journey's.

This, if looked at in the light of consciousness, can indeed be an epic adventure. You will come across many synchronicities and pointers that will amaze you. This Divine matrix of life works its wiles to weave its multidimensional graft of art and all of it is for your benefit. As Yoda might say, 'honoured you should be!'

Banish the Inner Judge

Hold back any judgement you may want to pass on others and yourself. Just let what has happened rise to the surface to be examined, appreciated (i.e. give thanks for the lesson that you have learnt) and then let it go.

I can hear you say, 'this all sounds fantastic but what can I realistically do to take the first steps of releasing karma once I have found it?'

You do the Ho'oponopono.
Ho'opono-what?

It's a remedy I got from a

*"You are the
still presence
that is the
walking
example,
guiding others
to their inner
knowledge."*

Cherie Roe Dirksen

dear friend. It is a prayer from the ancient Hawaiian practice of reconciliation and forgiveness. Give it a try:

*I am sorry
Please forgive me
I love you
Thank you*

Now let's get to the juicy bit...what comes after karma?

Dharma Without the 'Greg'

When you can release your karma you are able to step into Dharma (and I'm not talking about that sitcom from the nineties). Dharma, in this sense, is simply getting back to basics and being present with the natural law of the Universe – it is a state of nirvana, that 'inner peace' we all search for.

You will be tested, however, and karma – even when it is resolved – can, and most certainly will, be thrown at your feet time and time again for you to pick up and be drawn back into the drama.

This is where you, from your calm cantered place of dharma, will rise above the drama. You will be able to detect and single out your karma when you are aware of the programs you have been running and the lessons you needed to learn.

Bring in your awareness to any of these arising issues and recognize them for what they are.

Easier Said than Done?

For sure, but just remember that when you bring awareness to any situation you have already shone 50% of the light on it.

When you can observe the nasty little head of karma, as it seeks to lure you back into 3D reality dramas, you will be able to be the calm, grounded entity who knows thyself. You will be able to say 'no, thank you — I am moving forward in my

Carpe Diem or Bust

life not backwards', and you can simply walk away.

Yes, you can walk away! You are the still presence that is the walking example, guiding others to their inner knowledge. When your friends and family (and button-pushers) start realizing that they no longer have any effect on you, they are going to want what you have.

Guess what? You are probably going to want to give it to them too — because spreading the light is what you do best!

What Freddy Mercury can Teach Us about Detachment

*'Nothing really matters, anyone can see...nothing really matters.
Nothing really matters to me...any way the wind blows.'* - Freddy
Mercury

Beautifully put! Thank you, Freddy Mercury for writing this poetic piece of Universal truth and to Queen for adding the sound vibration and bringing this song alive through Bohemian Rhapsody.

Why am I quoting this?

Well, I was singing it the other day when it hit me, 'this is quite spiritually profound'.

Mastery over Matter

I have been going through a lot of detachment lately — on many different levels. From friendships to career choices, desired outcomes to ego battles and the one thing that keeps coming up for me is 'nothing matters'.

The energy of late seems to be circling around your ability to regroup and ground yourself to what is really important.

No material thing or situation should concern you too much — the lighter the baggage on your earthly sojourn, the less for you to carry (this should be taken literally and

metaphorically). The more at peace you are with the fact that you are here temporarily and no thing or person is a constant, the more likely you are to enjoy your experience.

Now, as I say in my book *Divine You — Redefining Love in the New Earth*, I don't mean that nothing matters in an 'I don't care' sort of way. The art of detaching is just another tool to let you be in the world and not of it. Question yourself:

- Can you be here, in this reality, but not be attached to it?
- Can you dream up desires and outcomes for yourself and not be attached to them if they change or do not materialize as you may have wanted them to?
- Can you detach yourself from drama — be it on a social network, in the office or with your family or friends?
- Can you look at circumstances as if you were hovering above them? An observer, one that is removed from any outcome but still revels in the joys and intrigue of the world.
- Can you be someone that cares and loves everyone and everything but could leave this plane of existence

“When you realize that nothing really matters, you can bend like a reed in the wind and go any way the wind blows.”

Carpe Diem or Bust

tomorrow?

- Are you afraid of death? Or have you made peace with your multi-dimensional, infinite existence?

Who are You?

This is the I AM THAT I AM that people talk about. Being 100% satisfied with where you are and who you are, without needing anyone or anything outside of yourself for gratification. Loving enough to know when to say nothing, or do nothing, to help a loved one. When you are able to detach from drama, you will show others that it can be done. Peace is achievable — one soul at a time.

Do You Find it Difficult to Detach?

Detachment is not hard or cold. It is your ability to love enough to leave a bit of space — some room for peace and stillness where there may be none. You will be that still presence that can ground those around you into the present moment.

What is blocking your ability to let go?

- Your mind or ego? Do you perhaps get a kick out of drama? Can you admit to that?
- Your ‘worries’? Do you think that to detach would leave you looking like you don’t care?

Remember that to detach is a loving act. If you stress or worry about what other people will think of you for detaching or not getting involved in drama, then you need to work on why their opinions matter. If they are close to you, either friends or family, you can still let them know you care but you are not going to interfere with their lives.

If there is something tangible you can do to help, then by

all means do but remain that still presence and have an awareness of your emotional body. If you feel like you are being drained or getting sucked back into 3D drama, then you need to exercise detachment again.

When you realize that no-thing really matters, you can bend like a reed in the wind and go any way the wind blows. You remain whole and unfaltering, present and aware — you are impartial and just. This is true detachment.

Thank you, Queen.

What You Need to Know about Desperation and Manifestation

Travels and Learning's

I always find that my travels around the world are not only inspirational but I also learn so much more about cultural dynamics.

My trip to Egypt was no different.

“When you are desperate for something, your very desperation pushes what you want further away from you.”

I had a wonderful adventure and fulfilled a life-long dream to visit Egypt's many ancient wonders but there was a less positive aspect of my trip.

The Tourist Trap

The most unfortunate of my experiences was the down-right invasive nature of the Egyptian peddlers and vendors at the ancient sites. For those of you who have been to Egypt,

Carpe Diem or Bust

you most certainly will know what I am talking about. For those who haven't visited this spectacular country, let me explain:

The government allows these hawkers entrance to all the major sites — they charge a kind of rent for these vendors to access the tourists. The only trouble is they have absolutely no sense of personal space, what the word 'no' means, a sense of when to quit, etiquette or customer relations and don't get me started on invasiveness!

You cannot take in the splendour of these ancient awe-inspiring monuments because you are being chased by these desperate peddlers. They seem to see you as dollar signs and won't take no for an answer. Even if you agree to purchase something off them, they try to sell you more than what you need and it is hard to get your change out of them.

*“Surrender
to Divine
Flow.”*

Keep Your Head Down and Your Nose Clean

Our tour guide advised us to keep our heads down, don't make eye contact, say nothing — do not engage in conversation on pain of death. This is easier said than done, especially if you are South African. We find it very rude not to greet or make eye-contact, never mind ignore someone if they ask you a question.

But the words of our guide were indeed words of pure wisdom. If you even look one of these men in the eye they can follow you for miles, pushing clothes and scarves on you and sometimes even throwing them over your shoulder and demanding payment. They become very aggressive very

quickly too when things don't go their way.

Surely the tourism board should have picked up on this by now? I watched a Michael Palin documentary the other night that was filmed in the 90's where they were taking the Mickey out of these sellers for doing exactly the same thing. Some things never change.

But enough about me venting this unfortunate tourist pet-hate, this story has got a point.

Desperation Leads to Repulsion

After many hours of deliberating this, I realized that their desperate attempts at making money was actually repelling their own trade.

Our group, as a whole, said that if it weren't for their pushy and annoying way of trading they would actually buy their wares. So, why don't they get this?

Well, it all boils down to the universal law of attraction and repulsion. When you are desperate for something, your very desperation pushes what you want further away from you.

I have the utmost compassion for these traders as I know that their 'rent' is high and they need to make money to support themselves and their families but what they are doing is counterproductive.

But let's take ourselves out of Egypt and apply this to any persons situation.

Lack versus Flow

The more desperately you want something the more your frequency will be that of lack. So, your emotional body is emitting not that which you desire (let's say money, in this case) even though that is what you may think you are primarily affirming, it is not.

Your lack will be what you are sending out into the cosmos and, you guessed it, that is what will be magnetically attracted

Carpe Diem or Bust

back to you. You will be drawing in more of your lack frequency.

So, how do you stop feeling lack when you want something?

Surrender to Divine Flow. When you surrender to your circumstance and trust that all will be well, you no longer are fighting against the current — you are allowing yourself to be gently carried by the stream of Divine Flow. This does not mean that you do nothing to realize a goal, do what you can and let the Universe take care of the rest.

The least resistance will allow you into the slipstream of flow whereas desperation will see you struggling against the current.



SECTION 2 — SOWING THE SEEDS

Now we can move on to the more exciting process of creating that new life and living to your fullest potential. We have covered some ground as to what may have been holding you back, so let's start digging in the garden of manifesting your ultimate life. Come on, get those gardening boots and gloves on and pick up that packet of seeds — we've got sowing to do!

12 Things Successful People do to Excel

In a world where almost everything seems to be competitive and the yearning for success is rife, take heart in knowing that you can benefit greatly by learning from others and how they manage and maintain success in order to establish a winning formula for your life.

First things first, what does success actually mean?

Success can vary according to the individual. It can be measured in relationships, love, money, career, purpose, spirit, attitude

“Aim to encourage, motivate and inspire all you meet including yourself.”

Carpe Diem or Bust

and the list goes on.

There are some simple qualities you can take onboard to excel in all of the above. If you know someone whom you or society deems as successful and they don't quite make the grade with the many attributes listed below, you may want to question their overall success — they may have the money and career in the bag but success in life should tick all the boxes.

Let's take a look at what sets some people apart from the rest:

Talk Positive — successful people always communicate confidently to others and themselves. You can't thrive on a negative dialogue. Aim to encourage, motivate and inspire all you meet including yourself.

Move On — never dwell on your mistakes. Failure should always be used as feedback. Being stuck in the past only ensures that you will not be able to effectively work in the present. Take your blunders and learn from them — there are always hidden gems to be found in boo-boos.

Look Out for No.1 — efficacious people know that they need to take care of themselves first and foremost. This is not a selfish act; it is an action of necessity. Besides, no-one appreciates a self-declared martyr — there's no brownie points in it for you, believe me. Acting the martyr will lead you to harbour resentment and will alienate people around you, especially those of you who do everything with a mumble under your breath. When you take care of your own needs first, you will have the ability to help others with a gratified smile on your face.

Set Boundaries — don't be a pushover. Know your limits and draw the line in the sand for others when you need to preserve your energy and time. Learn how to distinguish what you need to address and what you need to leave.

Philanthropy — the Buddha mentioned that one should tithe a percentage (Judaism stipulates 10%) of their earnings to benefit their community. This is a no-brainer. You want to

see your society thrive because you are a part of it — it's a symbiotic relationship. You wouldn't take a dump on your own doorstep now would you?

Remain Grounded — remember your roots and always practice humility in the face of any position. Be a lone, content stallion rather than a prancing pony — ponies get ridden at fairgrounds. Strut and you're likely to stumble, be humble and you'll always be firmly footed.

Be Open to New Ideas — bend like a reed in the wind. When you give in to complacency, you stop listening to others and their thoughts — big mistake. You don't know everything, no matter how old and experienced you are. The Universe is ever-expanding so what gives you the right to stand still? Nothing ages you like rigid conceit — your passport to entropy.

Own It — prosperous people own their lives, where they are, how they got there and what they stand for. Embody your experience and live your truth. Be an original and not a copy. There's nothing worse than a cheap fake. Everyone has something unique to offer the world — your job is to uncover your diamond.

*“Use your
time on this
planet wisely,
there is a hidden
microcosm of
treasure in any
situation — you
just may need to
view things from
a different
perspective.”*

Admit to Mistakes — successful people aren't afraid to acknowledge they're wrong. True courage lies in integrity — your ability to recognize the truth and concede when appropriate. To err is human.

Think Creatively — fruitful endeavours are usually sparked by thinking out-of-the-box, stretching beyond what is the norm and testing the limits. If you want to play it safe you're going to be average.

Pushing boundaries is where resilience leads to triumph. Inject

colour, passion, vitality and true-grit into everything you do and you will succeed.

Exercise Criticism Immunity — success lies in your ability to detect constructive from destructive critique. When you can master the skill of not taking things personally, you will be able to clearly see what opinions you can take aboard your ship to steer you in the right direction and which thoughts need to be left on the dock lest they sink your ship. Discernment is one of your handiest tools for gauging the worth of alternate views.

Enjoy Life — finding joy and fulfilment in everyday activities is another sign of a successful person. Can you take any situation and turn it into a gift? Can you find the beauty in the chaos? The delight in the mundane? If your life is a bore, you need to take a long hard look at who's making it boring — let me give you a clue: Go stand in front of the mirror. Boring is as boring does. Use your time on this planet wisely, there is a hidden microcosm of treasure in any situation — you just

“Success is a state of mind, if you let others dictate to you what it looks like then you are doomed to failure.”

may need to view things from a different perspective. A recent study just reported that adventure and travel (another activity you see successful people adhering to) seems to lead to longevity. If there is just one thing you must take from this list let it be to enjoy your life.

The road to success needn't be a difficult one; your perspective of your given obstacles and victories will determine how you use them to free yourself. The moment you get out of your own way, you will find the happiness you seek.

You can supplement the word 'happy' with success — they are one and the same as the definition of success is merely to have a favourable or desired outcome.

Ultimately, everyone just wants to be happy.

Success is a state of mind, if you let others dictate to you what it looks like then you are doomed to failure. Strive to be happy and content right now and you will be on your way. Take action now to live with the conviction to be happy and you can only be prosperous.

Next stop — success!

Are You Breathing Correctly?

Why is My Quality of Breath Important?

Breathing is the first thing we do when we experience this life in biology and the last thing we do when we exit. As physical beings, it is our life – we cannot function without it.

But what has this got

“Breathing correctly enlivens your mind, invigorates the body and helps you to find clarity.”

Carpe Diem or Bust

to do with manifesting your ideal life? When you can learn to stay calm, grounded and present, you will have the edge to many a situation on your path to empowerment.

Breathing correctly is just one of those tools you are going to need in your awareness cache.

In meditation, breathing is our link between the noise of our minds and the approaching silence. It is our pathway to stillness, to present moment awareness. Breathing correctly enlivens your mind, invigorates the body and helps you to find clarity. Your quality of breath will determine your quality of life.

Breathe deep, let your stomach fill with air, breathe out and know that you are alive, feel the tingling sensation in your body. Your cells are alive and bursting with energy.

Deep breathing will help bring balance to your body. Try to consciously breathe, even if it is every hour.

Most of us breathe shallowly the majority of the time which restricts oxygen to the brain causing fatigue and lethargy so, whenever you can, put your attention on your breath.

Try this breathing exercise:

Breathe in to the count of five – really fill your lungs and let your stomach expand like a balloon. Hold that breath to the count of five and then release it slowly to the count of five. Do this 3 times. Try to do this as many times a day as you can, especially in the morning, when you awaken, and just before sleep. It will give you an added kick to the day and induce restful sleep at night.

Mindful Breathing Soothes the Soul

When you engage in mindful breathing – putting your mind on inhalation and exhalation — you form a bridge to the quiet place in your mind. When a thought arises, brush it aside. You will need to do this a lot as the mind and ego loves to

interrupt this process — it's like an incessant child that needs to be disciplined a few times before backing down.

With time and practice, you will be able to cross that bridge a little easier every time you engage in the stillness or meditation.

Don't judge yourself or get upset if your mind just won't shut up — this is normal and takes a lot of practice to get to the point where you can achieve full stillness without that constant internal rambling.

Easy Steps to Meditating (No Lotus Position Required)

Why Do You Need to Meditate?

The most important reason why people have been practicing meditation since time immemorial is that it swiftly brings you into alignment with your core being.

“...meditation will help you to de-clutter your thought processes and align you to your higher self.”

This is where you will find balance and true peace.

In our modern-day culture, however, meditation is most commonly practiced to alleviate stress.

Both reasons are as good as any to start practicing meditation. If you do already meditate — good on you. If you are thinking about it — now is the time!

What Exactly is Meditation?

Let's cut past any preconceived notions about meditation. It ***does not require*** that you:

Carpe Diem or Bust

- Sit in any position that you find uncomfortable
- Need to chant or repeat a mantra
- Need training or classes
- Need to belong to a specific religion or faith

These things are optional and entirely up to the individual. The most important thing about meditation is...

The art of being still and quieting your mind.

It is the ability to bridge the gap between the thinker and the thought-less. You are offering your self a chance to still the mind-chatter (you know, that continuous loop of ‘*what ifs*’ and ‘*don’t mind if I do’s*’). I like to refer to this as mind-static — just like the white noise you see on a TV screen when there is a disturbance with the reception. Our minds can be on a continuous buzz, enough to drive us to the brink of insanity.

This is where meditation will help you to de-clutter your thought processes and align you to your higher purpose through contact with your higher self.

Sounds good but how do I go about this?

*“Thoughts
create
everything ~
have
clarity of
thought and
you can
achieve
anything...”*

Simple. All you need to do is:

1. **Concentrate on Your Breath** — this easy step

allows you to be more present and centred in your body. It also diverts your attention from thinking to breathing. If you like, use a mantra — this is a common tool used to stop any unwanted thoughts from creeping in.

2. **Close Your Eyes and Relax Your Body** — feel and imagine the stress draining away as you begin to let your vitality blossom.
3. **Feel the Tingle** — acknowledge the prana or life force that is embodied in every single cell. This is sometimes felt as a tingling sensation in the body. Starting from your feet upwards, expand on that tingling sensation. This amplifies the life-force in your body. Notice how you feel when you do this. Are you feeling alive and vibrant? Are you relaxed and peaceful?
4. **Opening Your Crown Chakra** — breathe in and imagine a white light streaming in through the top of your head (crown chakra) and permeating your entire body.
5. **Relax** — the above are only steps to get you into the present moment. When you feel relaxed and peaceful, just be with that feeling for as long as you can. You are now meditating!

*“Meditation gives
you the space to relax
your body and to
recoup your mind.”*

You can start with just 5 minutes of still, quiet breathing a day and then gradually work your way up to 10-20 minutes at a time or even longer, if you're brave enough!

Carpe Diem or Bust

You do not have to stick to any method to get you to your place of inner peace, just do what works for you. The main point of meditation is to relax and take a break from the constant mind-chatter.

Try to practice this at least 1-2 times a day.

What are the Benefits?

Meditation gives you the space to relax your body and to recoup your mind. It is proven to reduce stress.

It is a gateway to discovering your authentic self.

What Should I Ask Myself When Searching for Purpose?

The Burning Question

What is my purpose? The one sweltering question we try so hard to answer and fulfil in our lives but often leaves us cold, feeling confused or frustrated.

There could be so many possible answers. More pressing is the fact that sometimes we don't just have one singular purpose, or, that purpose could change from day to day, year to year or decade to decade. We need to get comfortable with the idea of going with the flow and trusting our innate instinct.

*“Never label
yourself as one
thing or another
— you will restrict
the flow of your
life.”*

Job Conundrums

We could be happily (or unhappily) plodding along in a job for many years when one day you wake up and being a (blank) no longer seems to ‘fit’ into your life anymore.

You scratch your head thinking ***‘what could I possibly want out of life now? I thought I was a (blank)?’***

Never label yourself as one thing or another — you will restrict the flow of your life. The answer could be that you are a quantum, multi-dimensional, layered being. This means that you could be causing change in many numerous ways, even on a subconscious level. We have in built indicators that start beeping when your contract is about to reconfigure or needs to change. This is why I will put emphasis on the fact that we need to learn to trust ourselves and our intuition. You may want to dig your feet into the ground in resistance but you need to entertain the prospect that it is time to move on.

You may either need to professionally pick up and move into another arena or to physically move yourself to another location to shine your light where it is needed more.

Change is the Only Constant

We, as human beings, do not relish change. In fact, for some, it is a frightening prospect. The uncomfortable truth is that the only constant in this life is change. The sooner you can make your peace with that, the better you will be able to adapt to any given situation.

The reasons for change can be countless and I like to refer to these seemingly non-linear events as ‘quantum’. We are navigating in a world of quantum soup, where there are many probabilities layering themselves upon each other. There are so many levels to our lives and the majority of these are unseen or subconsciously being carried out. So if you have a niggling feeling that your life needs an overhaul, it is probably time to start making that happen.

Carpe Diem or Bust

The Universe, Source, Higher Self or God — whichever you prefer — has layered these events to unfold in Divine timing and you will be gracefully cushioned to your next phase with ease — that is, of course, if you don't resist. If you insist

on resisting the process, you will probably still get there in the end but it will be the long and bumpy cart-ride instead of the smooth bullet train.

*“The wonders
that quiet
reflection can
do is
innumerable.”*

From the Horses Mouth

I speak from personal experience as I have done a lot of job hopping and career labelling in my time. I started my young life out being very artistic and decided to become an Interior Designer. Then I hit my early twenties and joined a band. In between remedial jobs I decided to go back to art and became a full-time painter. This

was going well until I got my ‘spiritual nudge’ to write a book. This confused the living daylights out of me because I had labelled myself as an ‘artist’. I was not a ‘writer’! However, I decided not to fight what was coming out and wrote my first book.

I realized that I loved writing — who would have thought? I decided to write and paint but this became very taxing. I got my final nudge to trim back on the art and concentrate on the writing. Now I'm back juggling the writing and the art and loving every minute of it!

What this whole process has taught me is to surrender to the now and to not fear change because that is where your excitement lies.

Try asking yourself these 4 questions:

- What do you feel like doing now?
- What is it you would do if money wasn't an issue?
- What is your gut/instinct telling you?
- Where do the synchronicities or signposts point you?

If you are having some challenges identifying your purpose, a good place to start is in **meditation**. The wonders that quiet reflection can do is innumerable. When you are in this state of centred awareness ask yourself 'what is my purpose?' and just see what comes up for you.

The answer could be immediate or it could take a couple of hours, days or weeks to come through.

Follow those Synchronous Markers

The key is to be patient and follow the signs and synchronicities. They will be there to guide you. You will have your light-bulb moment if you are dedicated to looking for these pointers.

Just remember they can come to you in many ways—through dreams, meditation, the TV/internet/radio, through people or conversation and pretty much any other precursor that is relevant to your particular question or purpose.

But I Need to Make Money

Yeah, tell me about it! We all need the green stuff to pay our bills at the end of the month, right? This is a difficult one because during the transition you may not make the money you need to and this can often put people off pursuing their dreams.

The answer is that if you trust the process, the gates will

open for you but you need to exercise patience and faith. I know faith doesn't pay the bills (unless you have a wealthy and generous Auntie Faith), but you can make a start at your dreams without giving up your day job for now.

Baby steps will eventually lead to you changing tracks permanently and having a solid foundation to do so in the future.

How to Create the Life of Your Dreams

For those of you who are new to the Law of Attraction – read on. For those who understand the Law of Attraction, it is sometimes of great benefit to recap what you already know or to give yourself a chance to glean information that was previously not taken on board or properly understood.

The Law of Fatal Attraction

Simply put — this law states that like attracts unto itself. Whatever you think about the most you attract into your experience. There is no sugar-coating this theory because the time for pandering this issue is over. We have got to get real and face the consequences of our unconscious creations.

I have been practicing this concept for a good few years now and it is *real*.

“You must take responsibility for what you have created in the past so that you can start creating a better future.”

When I look back into my past and ask, ‘what I was thinking creating such chaos?’, I soon find out that there definitely was a train of thought that led to certain events (albeit undesirable events). You must take responsibility for what you have created in the past so that you can start creating a better future.

“The first step to creating the life of your dreams is to get real about your ‘head space’.”

Good Vibrations

We co-create everything in our experience, not only through thoughts but through vibration — what we *feel*.

What we feel sends out a strong signal or frequency and that is mainly what the Law of Attraction works with. It’s quite a scary prospect, seeing as we are highly emotionally charged beings.

This law can’t decipher words as such — only the vibration or feeling behind the words. Do you understand now that to think of what you don’t want only reiterates that which is unwanted?

Huh?

Are You Holding Your Fat Rolls in Discontent?

When you think about losing weight, for instance, you are most likely concentrating on how fat you are not how thin you want to be. You are probably looking into the mirror holding your fat rolls and sending out a frequency of self-loathing and

Carpe Diem or Bust

discontent. Bad move!

What then happens is the Universe picks up on that which you are thinking about — the fat — and sees to it that you receive more. Wish granted!

The Cosmic Menu

This is what I know:

- We are living in a Universe of abundance.
- The Universe holds the building blocks to everything.
- The Universe is continuously expanding to our every whim.
- There is enough abundance for all.
- The Universe is manifesting according to our will but it can only deliver that which it sees as being called into existence by us.
- We need to seriously filter our thoughts and emotions in order to project what we want to manifest in our lives — if we don't do this, we still end up creating our experience through our random, unfiltered thought streams and feelings.

The Tame Mind

The first step to creating the life of your dreams is to get real about your 'headspace'.

- What is going on upstairs?
- Is it a continuous loop of worried thoughts or random streams of mindless pap?

- Can you devote some time in your day (only 5-10 minutes is required to get you started) to meditate?

As I've mentioned (*see page 92*), meditation only means sitting still in a quiet area and blanking out your mind. Not thinking of anything and just being. You don't have to contort into a pretzel or hum and chant if it doesn't resonate with you. Meditation is allowing your *self* to just exist with no distraction.

If you find it hard to meditate then seek help, guided meditations or classes. This is a paramount step to decluttering your mind and clearing the way for positive thoughts.

To Be or Not to Be in the Drivers Seat

When you can halt negative thought streams, you are in control — buckle your seatbelt, the ride is only just beginning! When you have this capability to steer your thoughts to positive territory, you are on your way to manifesting your dreams.

Pick up a glass and toast to your new co-creator abilities!

How to Manifest Your Desires

I'm going to cut right to the chase here and give you some key steps to manifesting what it is that you desire to experience.

Right in at number one is:

- **Setting an Intention** — do this daily and try to follow-up every week on your desires manifestation. You may want to retweak what it is you want. It is perfectly okay to change your mind.

It is important
to bend like a
reed in the wind
and to not resist
change. So, if
you feel like
there is
something

*“Gratitude is a strong
and powerful
manifestation tool.”*

better you want to manifest, then do that and don't stay rigidly stuck on your first desire. It is always a good idea to reassess or rethink what it is you want to manifest so that you can always remain focused and clear on what you want out of life.

- **Visualization and Emotion** — when you have set your intention, visualize what it would feel like if you were already living in that reality. The more you feel the emotions, the more the Universe will line you up with that frequency that you want or believe yourself to be on. We all played ‘make believe’ when we were kids, so don't tell me you don't know how to daydream! This step is literally daydreaming your desire into existence and when you get to the ‘feeling’ part, you have your positive manifesting emotion. Stay with that great feeling of having what you want and give thanks. Gratitude is a strong and powerful manifestation tool.
- **Anchoring** — anchor that emotion! Try to feel that emotion whenever you can. Think about how wonderful it feels. The more you do this the more potent a vibration you are sending out into the ether — it just has to be matched.

- **Detach** — the most important (and the most difficult) part of this process is to detach from what you want. This almost sounds like a dichotomy but it isn't. The reason why we need to detach from the outcome is that we don't know the quickest possible way to get to our desires. The Universe does and when you detach you are actually allowing for the speediest route to your desired destination. Know in your heart that your wish is being seen to and that the fruits will come. When you can be in this frame of mind, you have detached and are in the state of allowing. Blank out your mind and stop worrying about how to 'get there'. Don't wish or hope for a successful

*“Don't wish or
hope for a
successful
outcome, prepare
for it. Know
that thy will be
done!”*

Carpe Diem or Bust

outcome, prepare for it. Know that thy will be done!

- **Live it Out** — see yourself always living in the desired outcome. Instead of focusing on the how's and when's of the manifested desire, focus on what you are going to be doing when your dream is met. In other words, if you desire more money, then money is not what you really want — you can do very little with the physical aspect of the money except wipe your bottom with it. What you want is what the money can buy — the vibrational exchange. So picture what it is you want the money for. Is it a new car or a lavish vacation? Now picture yourself driving down the highway in your new car or soaking up the sun's rays in Barbados (hell, even throw in the first class ticket you could afford to get there with!). Let go of how you are going to get there and 'feel' like you are already there — picture yourself boarding the plane and drinking champagne in first class or getting into your new red

*“When we harp on
negative words or
phrasing we are actually
calling them into
existence or perpetuating
their existence...”*

Porsche and starting the ignition. Make the visualizations exciting and pleasant. You can even kick-start your manifestation by playing out smaller versions of your desire; Go window-shopping if you want more money. When you do this, tell yourself that you are making a 'shopping list' for yourself of potentials.

Don't say 'when I get the money I will do xyz', no, just affirm that you are 'ear-marking' what you want in your head. If you want to travel, go get some travel brochures and pin them up on your fridge or vision board (anywhere you will see that location on a daily basis). You can even travel to more attainable places whenever you can. Go for day-trips and then work your way up to weekends away and finally that big overseas trip.

"Tell yourself how quickly you are going to get things done and how much fun it's going to be."

You can do these visualizations and emotion-enhancing techniques when you meditate. All it takes is a powerful five minute meditation to kick-start your desires into action.

I usually do an exercise in the morning over my first cuppa. I set my intention for the day and I see myself easily carrying

Carpe Diem or Bust

out all my plans and having time to spare. I also visualize that I am enjoying myself immensely whilst I am doing it. Go on, give it a try!

You will be amazed how everything falls into place when you expect it to. Think about that. When you whine and complain about how little time you have, or how much you have to do — you usually end up meeting that agreement easily! So try it in reverse.

Tell yourself how quickly you are going to get things done and how much fun it's going to be.

Let the Universal GPS Take You There!

What I know for certain is that if you do not detach you start to doubt, when you doubt you lose the momentum of your desire. When you try to fathom the way the Universe should bring your desire about, you are resisting what can be done to achieve your goal. This can lead you to take ages to manifest what you want instead of letting go and letting the Universal GPS take you there.

Keep focusing on your goal and enjoy the ride! You are always going to want more and want to create more, this is alright as the Universe is ever-expanding. Please don't get me wrong with this statement as I am not advocating being an 'over-consumer' — please co-create responsibly. But I have no doubt that when you are in your integrity you will be a responsible co-creator and you will manifest for yourself and for the greater good.

Lastly and probably the most important step — have fun! The joy is in the journey and not always in arriving at your destination (this is just a momentary bonus until you want to manifest your next creation). Happy manifesting!

How to Get and Maintain that Positive Attitude

Turning a Negative into a Positive

We all know about positive thinking and this incredible Law of Attraction (if you don't, *see page 99*) but do we really put it into practice?

I have so many friends who say they completely understand the Law of Attraction but I find these very same people asking me to join groups on Facebook with very negative connotations, such as 'Stop Child Abuse' or 'Fight Cancer' . They still don't quite get it how this works.

So how do you phrase with positivity then?

It does take some getting used to and it can be thought-provoking but it is possible. Mother Teresa said something very profound to demonstrate this premise, it went along the lines of: You'll never see her at an Anti-War Rally but you will find her at a Pro-Peace Demonstration.

Let's take the 'Stop Child Abuse' campaign, this can be rephrased as the 'Love and Respect our Children' or 'Joyous Childhood' campaign. 'Fight Cancer' can equate positively to 'Complete Physical Well-being'.

What Happens When We Focus on Negativity?

When we harp on negative words or phrasing we are actually calling them into existence or perpetuating their existence. We are feeding the problem, making it recur over and over until we change our mindset.

Let's try to think a little differently and see what a world of difference we make.

When I talk to most people about this they nearly always tell me that it is far too difficult to alter ones thoughts. It is not — it just takes time, awareness and patience.

How to Stop Negativity

The first step is to put your awareness on your thoughts and try to stop the negative ones in their tracks.

At first, some of these thoughts will slip through the cracks and you'll find yourself in a fear induced state of panic of what might be or what has been and might happen again (isn't this conducive to how most of us think?).

This is actually quite a normal state of mind in our society — one could even say a collective state of mind. Don't give up on it though, with repetition things will change and you will find it easier to stop your train of thought when you want to.

One by one, you will slowly begin to eradicate these unproductive thoughts from your mind.

*“Just remember
the ‘what ifs’
usually never
ever happen
anyway — how
much time have
we wasted on
this?”*

Patience is a Strong Virtue

Everything takes time and a bit of getting used to so the best is to be patient with yourself and gently usher in the new positive thought process.

Do not judge yourself if you fall off the track every now

and again – you just pick yourself up and get back on the path. Before you know it, you will be identifying negative thought patterns more and more easily and you will be able to alter the pattern to positivity.

I know this for sure because I practice this and find it to be very effective. It has taken me almost a year to be at a point where I can change negative thoughts midstream and reverse it to a more positive scenario.

What if I Lapse?

Believe me, I also have my lapses but more often than not it can be stopped before one gets carried away in the stream of ‘what if’ scenarios.

I was very good at the ‘what if’ scenario – I’m sure we could all win Oscars for that but how about changing the ‘what if’ into a ‘what is’ because only what is happening now is of true importance. Just remember the ‘what ifs’ usually never ever happen anyway – how much time have we wasted on this?

Easier said than done? Most definitely, but anything of great importance is worth the persistence. Persist with this and, I promise you, you will reap the rewards of a clear and positive state of mind.

You are in Control

Positivity will alter your perception of the world you live in – the choice is, and always will remain, with you.

You create your life experience, you are in control. What you see reflected in your life circumstance is what you have projected — consciously or unconsciously. Be clear about this and move on to filtering your wants and don’t wants.

Live your best life – you can only do this when you take responsibility for your actions and thoughts. Take control of your life and truly live!

Helpful Pointers to Activate the Flow of Abundance into Your Life

We all want abundance in some form or another, whether it is wealth in the monetary sense to being richly blessed with meaningful relationships or even to achieve self-mastery — the wealth of spirit.

“Think of ‘the thought’ as the key in your ignition; ‘the action’ is the spark that ignites the engine and ‘the feeling’ or emotion behind the thought is the gas that gets it all going — the driving force.”

In this past decade, and, even prior to that, we have been introduced to the idea of the Law of Attraction with popular books such as *The Secret* and the Jerry and Esther Hicks series, just to name a few.

Say, so far, you have taken the advice in this book but you still aren’t seeing the fruits of your labours.

Why am I Still Finding it Hard to Manifest Desires?

We hear catch phrases like 'Be in the Flow' but what does that practically mean to you? How can you step into this flow and apply it to your situation or reality?

Wishful thinking just isn't cutting it for some. Here are some fundamental reasons why it may not be working for you:

- **Patience** — I have to get this one out of the way first because it is a simple yet integral principle when you are applying deliberate manifestation. I’ve spoken about it before

in this book but it's a really important aspect, so let's dig a bit deeper. You need to learn the art of patience. Think of a seed — it gets planted but it still needs time, rich nutrients in the soil, sunshine and water to blossom into its full growth potential. Any hint of doubt (or drought, in the case of our seed) will hamper its chances of reaching the surface and begin its graceful climb towards fruition.

• **Action** — once you have ascertained what you do want to create in your life, have you taken the necessary steps to get the wheel in motion? If you think that 'couch manifesting' is going to take care of everything, let me tell you now — it isn't. You need to actively participate in bringing about your desire. Set yourself realistic goals and hold yourself accountable to them.

*“...the more elated
you feel about your
current situation,
the more joy you are
injecting into your
energetic field.”*

• **Mindset** — if you are having thoughts of lack about what you want to see in your life then that is what you are calling into existence. This is like wanting to lose weight but only concentrating on all the most fattening foodstuffs — this kind of thought-stream is counter-productive. Instead of thinking the worst, think about the way you will feel when it does come into your life. How will it change your life? Does it feel good when you are in that space of living out your fantasy? If the answer is yes, then that is the emotion or feeling that you need to fertilize, in your mind, whenever you are practicing co-creation.

• **Vibration** — as I addressed in the last point, when you

truly allow yourself to feel the desired outcome emotion, it enhances your power to manifest tenfold. Think of 'the thought' as the key in your ignition; 'the action' is the spark that ignites the engine and 'the feeling' or emotion behind the thought is the gas that gets it all going — the driving force.

• **Alignment** — you need to regularly align to what it is you want. Set yourself that weekly goal and check in with yourself. Has this week seen you get any closer to what you want? If not, why not — what could you have done differently? Sometimes we have to assess that what we are trying to manifest is still truly what we want. If you change your mind then that is fine, just don't kid yourself. If you change midstream to another outcome it is better than plodding along with a manifestation that you are now uncertain about. Your emotional potency will also be lacking if it is not what you want anymore, so, as the old adage goes, it will be like breaking wind against thunder (slightly euphemized here).

What Can I Do to Bring Abundance into My Life Now?

Well, now that the blockages have been outlined, let's take a look at what you can do in this moment and in the near future to bring about the expediency of your manifest will.

The energy behind any deed needs to be from your genuine source. Any fake or compromised gestures will be meaningless in the pursuit of true abundant living.

Metaphorically this is like taking a flat battery and expecting it to work in your camera. What goes around comes around, the intent you put out into the Universe will come back to you, so, if you are handing out 'empty' words or actions, your boomerang effect will be just as hollow and meaningless.

Acting with true integrity is the key to manifesting the life of your dreams.

Here are a couple of tips to get you started:

1. **Tokens of Unconditional Love** — when you visit someone or just bump into them, bestow a gift upon them. This could be a silent blessing, well-wish, compliment (make sure it is genuine), a heart-felt hug, a flower or a small gift. With this action you are giving freely. Do not expect anything in return, that will be taken care of energetically in a way that you may only come to realize when it happens.
2. **Gratitude** — list all the things that you have in your life now that you are most thankful for. This could be from the smallest thing to the largest thing. For example, you may feel immense joy sitting in your garden — give thanks for that. You may have a pantry full of food and a roof over your head — give thanks for that, and so the gratitude ball starts rolling and we start to have a clear insight as to how much abundance already exists in the present. When you start this exercise, you will find more and more things that you can be grateful for — from the air that you freely breathe to the limbs that operate at your will. It is a truly eye-opening experience for those who think they are lacking in some way or another.

*“Put into this
world what
you wish to
get out and
you will be in
the flow...”*

Why Should This Work?

The reason why this does work is because the more elated you feel about your current situation, the more joy you are injecting into your energetic field. This doesn't just get lost in space, it is a frequency that you are emitting outwards and it is going to be matched.

“Life isn’t going to just randomly happen to you anymore — you are always in full control of your life and can guide it in any direction you choose.

You always have a choice, never forget that — our freewill is our greatest asset.”

This is how our lives really work in the subtle field of energy. Your energetic signature or emotional frequency is what you are setting yourself up to attract. You are like a magnet, attracting that to you which you are putting out via your emotions or feelings. This is why it is imperative that your thoughts are steered towards being more positive, which will then allow your feelings to be in alignment with what you do want.

You cannot bring into your experience joy if all you are feeling is sadness. You cannot be wealthy if all you feel is lack. These are basic principles that, unfortunately, too often get overlooked when we try to view our own lives and how they

are turning out.

It is often hard to face the truth that what you put in, you get out. But if you are to make any headway in this life, you need to face the core truth of what you are creating consciously or even subconsciously. This is actually good news!

Always Look on the Bright Side of Life

Life isn't going to just randomly happen to you anymore — you are always in full control of your life and can guide it in any direction you choose. You always have a choice, never forget that — our freewill is our greatest asset.

This isn't to say that your life is going to be all cotton-socks and pink roses from now on — you may very well have your fair share of everyday mishaps. What will change though is how you view these obstacles and what you choose to do with them. The world isn't going to change, it is how you perceive it that will make the change you desire.

Put into this world what you wish to get out and you will be in the flow — you will be creating the life of abundance that you deserve.

Exploring the Gravy Train of Gratitude

Make Every Day Thanksgiving Day

Now for those of you wondering what a South African has to say about Thanksgiving — this is not about the American holiday, it is about the art and practice of gratitude.

Why is Gratitude Important?

Gratitude, like everything else in the Universe, is a workable energy. On the scale of polarity, it is a positive energy that

when used will attract more of the like back to you.

What Does this Mean?

This means that the more you give thanks for the things in your life, whether they be your family, friends, your health, roof over your head, food in the fridge, your clothes, car, etcetera — the more of that energy will be returned to you.

Whether it be through appreciation or just the Universe giving you more of what you are grateful for.

Gratitude should be given for everything and anything. Try to see all the positive things, people or situations you have in your life. Make a list, if you can. You will be surprised at how much there is to be thankful for. Then keep on reminding yourself when you are feeling lack — pull out the list and read it!

We often only tend to see the lack we are experiencing. When this is the prime focus you are attracting more of that energy into your life. This is how energy works.

Like Attracts Like

So when you are putting thoughts out there of lack or longing, your energy is that of lack and longing and that is what you will continue to draw into your life.

Change your thoughts by simply altering your energy from lack to gratitude. There is always something to be grateful for. We take too much for

“Practicing the art of gratitude allows for you to start experiencing your life the way it was meant to be lived.”

granted.

When you alter your energy you will ‘feel’ it. When you experience the ‘not having’ you will feel it in your solar plexus (stomach area), this feels like you’ve been punched in the gut. Not a nice feeling at all. It can even lead you to feel nauseous.

An Attitude for Gratitude

When you alter that energy to gratitude, you are moving up on the scale of positivity and you should begin to shift that feeling out of your solar plexus and start to feel a more expansive feeling in your chest. This is commonly referred to as your heart chakra.

As you open to receive, your heart will expand and this feeling is elation and bliss — much better than being kicked in the stomach, eh?

Try it out. You have everything to gain and nothing to lose. Shift your attitude and embrace all there is to give thanks for right now. Your life will change.

Practicing the art of gratitude allows for you to start experiencing your life the way it was meant to be lived.

This is why you should make every day a thanks-giving day!

Are You Giving Off the Right Vibrations?

“Breathe in love, breathe out gratitude.”

Live by these words and you will be in your bliss. But it’s not as easy as that, or is it?

We are complicated beings, we are powerful creators and yet we create extreme lack, dis-ease and poverty for ourselves as well as abundant wealth and well-being.

Why is this?

Some theorize that we are all a part of God and that God wants to experience both sides of the pole — hence why we

Carpe Diem or Bust

are here to experience such risky duality.

A lot of folks still cannot grasp that we create our own realities, whether consciously or unconsciously. Most people are engaged in the latter.

You can unconsciously create your experience by going about your day to day business, letting your random thoughts out into the ether. In this case, the Universe picks up on those random thoughts and your reality unfolds according to what you are thinking about the most. This form of co-creation is what I like to call the path to your fate.

Others have cottoned on to the idea that there may be something in this 'new age' fad of the Law of Attraction and that what you think you become. They are trying to train themselves to filter their thoughts, steering them to positive visualizations and affirmations. This is what I like to call the path to your destiny.

You see, you are either randomly creating your fate or you are mindfully paving the way for your destiny.

Hammering the Role of Gratitude Home

I'm going to recap on what I've just outlined regarding gratitude (*on page 116*). Where does gratitude fit into the scheme of reality co-creation? To be able to effectively create your dream life or a life full of blissful joy, you need to learn the fundamental principal of attracting good things to you. This is why gratitude is important.

“...you are either randomly creating your fate or you are consciously paving the way for your destiny.”

Even more important than the thoughts you are conjuring up in your mind, are the feelings that go with it. If you can visualize something that you want but not actually go into the emotion of having it already expressed then you are missing out on that primary manifestation tool. You need to be able to feel what you are wanting, it is a powerful frequency that shoots out into the ether to be matched.

“When you can feel a connection to every living creature or even to the planet itself, you are on your way to expanding your heart chakra and opening up to love, joy and bliss.”

Get a Feel for the Role of Love

The feeling of inextricable love for every living thing is a miraculous place to start. When you can feel a connection to every living creature or even to the planet itself, you are on your way to expanding your heart chakra and opening up to love, joy and bliss.

When you take the next step and give thanks for the wonder you are experiencing, the very inherent beauty of life on Earth, you are opening up the portal to receiving more grandiose things to experience. So, as I said in the beginning: breathe in love, breathe out gratitude and you will be opening up the floodgates of abundant living.

7 Things I Wish I Knew when I Was a Teenager

Don't you sometimes wish you could hijack the DeLorean from the *Back to the Future* movie and go back in time to give the younger you some swift and sharp lessons in life?

Well, you're here now — older and wiser with experience under your belt — and the pipeline dream of procuring time machines probably just isn't going to happen.

The brighter side of it is that we can at least enlighten future generations of the deeper meanings behind some really profound truths.

Here's a list of things I wish I knew when I was a little know-it-all:

1. Thoughts Create Things — ah, if only I knew about the Law of Attraction at 16 years of age — all the mischief I could have brought about. Well, maybe it was for the best. Seriously though, how cool would it have been to know, back then, that your thoughts are prerequisite to actually manifesting whatever you want in your life!?!

2. You Can Do or Be Anything — yup, some of you may have had hippie parents telling you this but for some of us it just wasn't the case. You needed good grades and to get a job that pays well — you know, the 9-5 job and the white picket fence deal?

My parents, God bless them, probably were only handing down precious information that they had learned from their parents, 'get a steady job that pays the bills, there is no money to be made in mucking about with paint or playing the guitar'. Oh, how wrong they were! The sky is the limit with your dreams — go for it, guns blazing into the setting sun shouting 'Yeehaw!'.

3. You Always have a Choice — life is all about choices, we make them to get in and out of trouble. You never set yourself up with anything you can't get yourself out of — within reason, of course. So a message for mini-me would have been: Try to view things from a different perspective, there is always a solution to a problem if you are quiet enough to hear the inner wisdom that is always inherent. Life doesn't just randomly happen to you if you take responsibility for your choices.

4. To Forgive is Divine — if only I had known back then that to hold a grudge means extra baggage for you. This can even, in some cases, manifest as physical weight.

5. Taking Things Personally is Disempowering — everyone is entitled to their opinion and tastes but there is no 'blanket' rule over what is the truth as there are over 7 billion different perspectives on Earth right now.

I was told, in the younger years, not to 'listen' to people if they

caused me any distress but I didn't truly get that when I am insulted I am actually agreeing with what has been flung on my doorstep. If only I learned to dodge those landmines sooner, I would have a lot less BS to scrape off my boots later on down the line!

6. Conforming is Boring — I wish I could seriously implant this into the brains of the youth of today, it's just that important! Don't try to be who you are not. Everyone wants

“Try to view things from a different perspective, there is always a solution to a problem if you are quiet enough to hear the inner wisdom that is always inherent.”

Carpe Diem or Bust

an original not a copy. Duh! Thinking out of the box is not even an option — burn the box! No boxes anymore, boxes are for things not ideas or people.

7. Being Weird is just so Damn Cool — well, this one just flows so nicely from being a non-conformist. It's just completely stimulating being different. I mean, come on, look at all those Barbie's and Ken's out there — yeah, it's a nice bit of eye-candy, but really? For real?

Nah, I prefer someone with a bit more kick, vooma and soul — even if the facial features are slightly askew, hell, isn't that what makes people intriguing? Give me David Bowie over Ashton Kutcher any day (nothing personal, Ashton, I'm just a girl with out-of-the-ordinary taste).

So, little Cherie from the past, this is what I would have loved to have been able to time travel to tell you about.

“Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.”

~Mother Teresa



SECTION 3 — SUCKING THE MARROW OUT OF LIFE

Let's skip down the yellow brick road of all things bright and beautiful. We've ploughed through so much 'heavy' stuff — you most certainly deserve a break. So, on a lighter note...

The Wonders of the World

When we are in nature, we are in our natural state — you could even say we are in our 'element'. And that is synchronously why it feels so joyful to go for a walk on the beach, stroll through a meadow or simply sit under a tree.

We are being reconnected with our state of inexplicable bliss.

Why is this So?

There is an excellent documentary called **'Dirt'**, which outlines soil's effect on every aspect of our lives, including our survival as a species. The simple truth of this is that we are all made up of the dirt of the earth and will return there some day. We are one and the same and share an incalculable bond with the planet we reside upon.

The very ingredients of our bodies are made up from the food you consume, which comes from the earth. When we honour and respect our planet, we honour and respect ourselves.

The house you live in, the car you drive, the computer you sit at, the ground that supports you is made possible by the world you inhabit.

“When we feel disconnected, being in nature can be the very inexpensive cure we need to re-align that which is out of attunement — which then becomes atonement (at-one-ment), reparation or making amends with your Divine system.”

So what?

Well, this doesn't mean you have to become a tree-hugger (not unless you feel the calling!) — all I want you to think about is your connection to our beautiful, resourceful Mother Earth.

When we enjoy our lives and take advantage of her many wonders, we rekindle that which is innate within us — the connection we have to all life, the oneness of being part of the whole.

There is a bond that is severed when we forget about nature and the true joy it can bring. When we feel disconnected, being in nature can be the very inexpensive cure we need to re-align that which is out of attunement — which then becomes atonement (at-one-ment), reparation or making amends with your Divine system.

Tips to Get You Started

Below is a list of things you can start today to get you into alignment with your true self. They are designed to truly get you back into the ‘now’ moment and to *be present* in your body.

Explore your senses that so many take for granted, and have fun!

Touch — taking a walk amongst trees, touching the rough bark. Get back in contact with your sense of feeling textures and surfaces.

Smell — sitting on a park bench or in your garden, can you identify all the different aromas? Can you smell the sweet scent of the flowers hanging on a gentle breeze? The time has never been more suitable to stop and smell the roses!

Feel — strolling on the beach, letting the water wash over your bare feet. Feel the coarse sand underfoot. Walk bare-foot through a patch of wet grass and feel that freshness seep into your soles (and soul!).

Taste — biting into a freshly picked berry or a sprig of parsley — truly taste the freshness and zing of natural produce.

Beauty — appreciating the world around you — look at how glorious the wing of a butterfly is! There are so many splendours to be taken in, try to keep your eyes open for magnificence — I

*“Take note of all
the sounds around
you, from the wind
brushing through
the leaves to the
birds chirping out a
synchronized
melody.”*

Carpe Diem or Bust

promise you, you will be amazed at how much entertainment is all around you in the natural world.

Hear — listening to the sound of bees buzzing about their business — now when last can you say you stopped to welcome that precious aural delight? Take note of all the sounds around you, from the wind brushing through the leaves to the birds chirping out a synchronized melody.

Vision — marvelling at a spectacular sunset or the dawn of a sunrise — can you remember lying on your back on the freshly mown lawn, just gazing up at the stars or trying to spot a shape in the clouds?

I hope you are clambering for your door this very moment, just itching to get out there!

Spread Joy Around the World

Doesn't it feel wonderful to be the catalyst that activates the pay it forward system?

What is paying it forward?

For those of you who don't know — it is when you perform an act of kind-heartedness with no need for reward, the receiver of that action then pays it forward to someone else.

This creates a cycle of goodwill that can, hopefully, snowball — spreading out into the world at large.

So the question is:

“There are so many times when we think something nice about a person but never actually open our mouths to voice it.”

Do you feel like starting an avalanche of joy today?

How can I be of Service?

Here is a simple list of things that you can start to incorporate into your every day life, scattering those seeds of love and bliss. I guarantee that the pay-off will be huge — just watch how you start affecting people's lives.

Smile at People — especially the ones that look grumpy. They are the very ones who probably need your beam of sunlight more than anything!

Hug People — most people are tactile and appreciate some physical contact. It could mean the world of difference to them if you hugged them instead of just standing there like a great lump!

Genuine Compliments — don't hold back on this one but don't force it either. There are so many times when we think something nice about a person but never actually open our mouths to voice it. Just one little spoken observation could make someone's day.

Practice Kindness — be gentle and giving in all you do. Don't only reserve yourself for friends and family. Treat everyone you meet as if you were long-lost buddies. Do this with animals too; they just thrive on unconditional love.

Be Impeccable with Your Word — think before you speak. Try to filter out your blurbs. Sometimes we say too much or let hurtful things slip that we can't retract, so be mindful of your dialogue at all times. People will notice this and want the same quality.

Thoughtfulness — bring tokens of love and gratitude whenever you visit or bump into someone. I learnt this from Deepak Chopra. He said that this can be in the form of a silent prayer or blessing, a bunch of hand-picked flowers or a poem. It needn't cost anything but the thought. People really do appreciate your consideration.

Carpe Diem or Bust

Greet – always try to say a cheerful ‘hello’ to passers-by, shop assistants or anyone who catches your eye. This is a simple yet effective practice that works because you are acknowledging their existence.

Acknowledgement — ‘I See You’

I would like to share a story with you. I was walking in the streets of Cape Town when a homeless man on a bench asked me for some change.

I stopped and started looking in my bag for some money. While I was scouring my untidy bag for loose coins he started to mumble something like ‘sorry for wasting my time’ to which I replied that he could never waste my time.

He looked quite startled at this and said that I had got him wrong, he had actually said that most people tell **him** that he is wasting **their** time and was really thankful that I had even stopped to talk to him, let alone give him money.

I did manage to fish out a few coins for him, as I handed it over I apologized as it wasn’t much. To this he replied,

*“Do not pass
anyone by,
make sure that
the very least
you give is your
attention.”*

‘It is not the money that has made my day, it is the fact that you even stopped to acknowledge my presence.’

I held back a bit to talk with him and he said something else that I found remarkable but understood him completely.

Don't Judge a Book by its Cover

He said that he was not 'this' as he pointed to his dishevelled clothes — referring that he was not a vagrant.

He said that he was a soul on a journey, just like everyone else, and he has chosen this path to learn something that he still needs to figure out. I found this man to be a truly courageous and enlightened human being who taught me something very valuable that day.

Do not pass anyone by, make sure that the very least you give is your attention — this can be their gold nugget.

4 Easy Steps to a More Relaxed You

Life can literally exhaust our delicate little ecosystems — mind, body and spirit can be put through the ringer.

If we don't give ourselves space and time to recalibrate and reboot our systems, we can easily burn out or have a nervous breakdown.

Relax and Treat Yourself to Some Time-Out

This is just a simple reminder that you need to take time out to honour yourself. This could be taking a few days out to go vegetate in the countryside to pampering yourself with a full body massage. Even the little things like making time to meditate or to sit with your feet up and relax can help you to rest your physical

“Walking in nature is a great way to unwind and de-stress.”

vessel and revitalize the mind.

Pull Your Resources

For those of you who have children and are rolling their eyes at me thinking, ‘what am I going to do with the kids?’ — make a plan! Get a babysitter in for a couple of hours, call in that favour from your best friend or neighbour, got a partner? Strike a deal. Where there’s a will, there’s a way — you will find a way, believe me.

No Money for a Spa Treatment?

If you don’t have the time for a retreat or the money for a spa, here is a list of things you can do right now that cost nothing or very little:

- **Bubble-bath** — is there anything better in this world than to soak in a bubble or aromatherapy bath? Don’t forget to light some incense and candles. Make it a special ‘you’ time — when you do this you are surreptitiously telling yourself that you are worth it.
- **20 Minute Meditation** — never underestimate the power of having a quick meditation session. When you do this you reconnect with your core and/or higher self and give your mind a much-needed time-out from the noisy mind dialogue.
- **Nature Walk** — Stretch those legs and get some fresh air into your lungs. Walking in nature is a great way to unwind and de-stress.
- **2 Hour/One Day Couch Potato** — we very seldom give ourselves the chance to take a 2 hour (or a whole day for the child-free among you) sofa holiday. Sometimes this can be just the medicine your tired body needs to catch up and catalyze

Cherie Roe Dirksen

some action. Put guilt on the top shelf for a day and get out the duvet and bunny slippers — where's that tub of ice-cream?

Go on, pamper yourself — you deserve it!

Simple Food Habits That Will Rapidly Improve Your Well-Being

(Wo)man versus Carbs!

I've always been rather health conscious and have tried to eat the 'right' foods, drink loads of pure, clean water and stick to a moderate exercise regime. I had a blood test about 10 years ago that came back saying that I was carbohydrate intolerant. I ignored this and carried on as per usual. Nothing was going to separate me from my carbs!

Recently, a close friend of mine told me he was on a wheat-free diet, this jogged my memory back to my own blood test result. I always like to follow-up on life's little synchronicities and I decided to follow a low-carb plan — I call it a 'plan' because of the negative

“Vegetating in front of the TV whilst snacking is not conscious consumption— it is unconscious calories!”

Carpe Diem or Bust

connotations that foul little four-letter word ‘diet’ has.

Stodgy Revelations

The difference has been quite shocking. Aside from losing about 7cm off my belly in the first 2 weeks, I am never full.

Huh? Isn’t that a bad thing?

Well, it is unusual at first, but is it actually a bad thing? I don’t think so. It is the difference between feeling saturated or satiated.

Saturate (def) — Holding as much water (or in this case, ‘food and drink’) as can be absorbed; thoroughly soaked (authors note: substitute for ‘full’ or ‘stuffed’...he he — sounds familiar, doesn’t it?).

Satiate (def) — Supplied (especially fed) to satisfaction (authors note: hmm, more like it).

Now do you see that vitally important difference?

Would You Rather be a Slug or a Gazelle?

I feel very sluggish when I eat a lot of heavy, starchy foods and, to be honest, it doesn’t always feel good. I mean, who wants to go around feeling like a lead weight?

I never really gave myself the space to truly go into what it feels like to eat lighter foods but now that I am exploring this wheat-free world, I am literally discovering a whole new feeling and body to go with it!

There are, however, other ways of listening to our bodies needs without having to immediately cut back on wheat or gluten.

Eat with Awareness

Here are my 5 guidelines to tuning into your body and listening to its needs. Find out if these tips work for you:

Complete Honesty — this one can be difficult — be honest about when you are truly full. Listen to your body and don't eat everything on your plate because you feel you have to. I call this the 'Starving Children in Africa' Syndrome. We were told when we were young to eat everything on our plate and to think of the starving children in Africa but, unfortunately, this neither alleviates the problem for the African children nor does it do your body any good to continue eating when you are no longer hungry. Get real about what you are doing.

*"Chew slowly, breath
in between mouthfuls,
savour the taste —
make it a sacred ritual
not a quick fix."*

The Reward System Sham — I used to do this a lot. I had a 'reward' system and it went something like this: If I do this or work hard at that I am going to reward myself with something nice tonight. Big mistake! Those chocolate slabs or crisp rewards end up being a major punishment for your body. Remember, everything in moderation. I'm not saying it's a bad thing to treat yourself to a favourite snack every now and then (not every day!), just be careful not to go haywire on the portion sizes.

No TV Munchies — don't snack in front of the box. Your food won't miraculously gain more calories if you do, but it is the amount of food you graze on when you are unconsciously eating — hand-to-mouth continuously without ever looking down is dangerous to your waistline. Vegetating in front of the tube, whilst snacking, is not conscious consumption it is unconscious calories! If you must have a nibble whilst watching your favourite program, make sure you get a small controlled portion of your allotted snack. Never take the whole packet or box with you to the couch.

Tea/Water — when you feel hungry and it is not a meal-time, try having a glass of water or a cup of tea. I have found this is astonishingly helpful. Most of the hunger signals we pick up on are actually due to dehydration — so drink lots of pure water and throw in some nice steaming cups of green tea or natural, caffeine-free rooibos (I have to plug rooibos, being South African and all).

Conscious Eating — eat with awareness and consciousness. Enjoy your food. Chew slowly, breath in between mouthfuls, savour the taste — make it a sacred ritual not a quick fix. And most important give thanks and be grateful for your food. Gratitude never goes astray (as we have ascertained earlier in the book).

I hope these tips will help you honour your body and fine tune the way your system works. Remember to trust your gut instinct (pun definitely intended) and eat what feels right for you — your body will let you know what it does and doesn't like.

Great Reasons for Getting Creative (No Artistic Experience Needed)

What better way to gift yourself than to spend some quality time expressing your inner feelings and desires?

Creativity *is* for everyone, not just arts and crafters. Look at how the creativity in others

“Everybody has a spark of creativity within—you don’t have to be a master artist or musician to be able to express yourself.”

touches your own life.

Let Me Paint a Colourless Picture

Can you envision our world without imagination? Try to visualize Vincent Van Gogh deciding he was no good at painting and never picking up a paintbrush to allow his perspective of beauty and vibrant energy to spring onto a canvas.

Or, how about the aural delights of a classical composer like Bach lacking the

confidence to grace our ears with his heart-wrenching and evocative rendition of “Air on a G String?”

The list could go on as we venture into the world of artistic genius and magnificence, but I’m sure you get the dreary portrayal of what our lives would be like if we lacked creativity or the drive to be inventive.

“Anyone can radiate creativity and beauty into their surroundings; it is how you utilize your talents, not what your job is, that truly defines who you are.”

But I’m Not an Artist!

Everybody has a spark of creativity within—you don’t have to be a master artist or musician to be able to express yourself.

Creativity can emerge through anyone, from playwrights, chefs, teachers, computer programmers, healers, writers, and homemakers to artisans, designers, gardeners, and street sweepers. All of these people can, and in many cases do, exercise creative flow with every task they carry out, regardless of their so-called “profession.”

Carpe Diem or Bust

I am, primarily, a writer, artist, and musician, but I also try to express my creativity in other forms. This can be anything from experimental cooking to how I decide to dress myself each day—each look and meal is never quite the same because I’m never quite the same. I go according to how I *feel*. This is what adds spice to your life!

I’ve used myself as an example to demonstrate all the vast corners that creativity can be lurking in. It’s your job to show yours the light of day in as many avenues of your life as you can. This is not something that you should be thinking of doing only when you retire!

The time is now.

Inadvertently Paying it Forward

When you find that one thing (or several things) that allows you to express your unique self, it will be felt by those around you. You may even inspire them to rekindle a past passion that they have shelved or invoke them to try something new to bring out their resourcefulness.

Anyone can radiate creativity and beauty into their surroundings; it is how you utilize your talents, not what your job is, that truly defines who you are.

*“Give yourself
that much needed
freedom to
unreservedly
express how you
are feeling.”*

Why is Creative Expression Important for Me?

When you give yourself time out to practice and explore your ingenuity, you are gifting yourself with:

Playfulness — you honour yourself when you allow time to fool around and to tap into that inner child that so many of us have forgotten about.

Imagination — drawing from the resources of the right hemisphere of the brain, which is our supply of creative juice, you create a much needed balance and vacation from the often-dominant linear thinking left hemisphere of your brain.

Relaxation — make time to unwind and craft that creative time into a peaceful, soothing scene of tranquillity—an escape from the noise and looped mind-chatter of the daily grind.

Space — give yourself that much needed freedom to unreservedly express how you are feeling.

How Will This Ultimately Benefit Me?

Expressing your creative sparkle is *priceless*, but just in case you need more convincing, here are some key factors outlining the benefits of allowing yourself the time and space for artistic endeavour:

De-stressing — when you are in the zone, it is tantamount to meditating, where all logical and worrisome thoughts cease and you are taken over by the imaginative current. This will reduce your stress levels dramatically.

Calming — when you are in this state of mindlessly enjoying yourself, you will feel an instantaneous calm come over you.

Personal Fulfilment — the feeling of birthing something beautiful into this world is incalculable, and you feel that sense of achievement and liveliness that creation brings with it.

Inner Reflection — just like the de-stressing point above, when you are in this meditative state, it gives you the time to do a bit of introspection. You can realign yourself with your goals and keep in touch with the core of your *self*.

Enjoyment — when you tickle the inner child that bursts to express joy and ingenuity, you will find that the tasks you do

Carpe Diem or Bust

that invoke such inventiveness also bring elation. Connecting with your creativity will connect you with your joy.

Your Call to Creative Action

Try creating a tranquil, serene place where you can retreat when you feel like you are in the mood for a bit of creativity. Mark it off as your special creative zone.

If you are finding it difficult to tap into your source of imagination and originality, I always find it extremely helpful to take a walk in nature

or to practice daily meditation (you know, that “thing” where you are alone and quiet with no interruptions?). When you get away from the hustle and bustle of daily life, you gain a certain clarity that can only be found when there is peace and quiet.

Free up some space in your schedule to tap into the inner child that just wants to finger paint and get mucky, pick up that pen and write that epic you’ve always dreamed about, cut out colourful pictures and make a collage, take those first steps to learning that instrument that has been sitting in your closet for ten years, or just do some mindless doodling—***whatever tickles your creative genius buds to blossom.***

Sometimes, just giving the intent to find your creative spark is all that is needed to get the ball rolling.

So get out there and give your creative juices a squeeze and bring a little zest into your life!

“Sometimes, just giving the intent to find your creative spark is all that is needed to get the ball rolling.”

Free and Priceless Treasures

Let's explore what life has to offer us, things that are **100% free** — no strings attached (except in the case of playing with kittens):

Friendship — connect with real people (not just social networking), make new connections and rekindle old relationships, if appropriate.

A Smile — dish them out! You have nothing to lose. Pass them around like they're an infectious virus and, who knows, maybe smiling will become contagious!

A Heart-felt Hug/Embrace — it never goes astray, have you noticed? Making physical contact is extremely important for any living creature. Word of warning: Make sure your physical contact is welcome, don't ever force yourself on others.

A Compliment — be impeccable with your words, let only kind, well thought-out words roll off your tongue.

Fresh Air — yes, it is free and beneficial. Be grateful for a deep breath

“...when was the last time you literally stopped to smell the roses? Use your senses wisely and engage your nasal passages every once in a while (be careful of the public lavatories though).”

Carpe Diem or Bust

of oxygen. If you really want to take this a step further, go find yourself a big tree to sit under and do a couple of deep breathing exercises.

Cloud Spotting — this is preferably done on freshly mown, green, lush grass (with lemonade on hand).

Swim — a swim in the ocean or a lake, or even a pool. The feeling of being weightless and carefree — bobbing, floating, surfing, crawling, doggy-paddle...all priceless aquatic acts!

Humour — share a good joke, get laughing — it's the best medicine. Whip out that Monty Python box set and let the laughter rip!

Smelling — when was the last time you literally stopped to smell the roses? Use your senses wisely and engage your nasal passages every once in a while (be careful of the public lavatories though).

Children — watching a baby or a child/children play is one of the most uplifting past-times. It's free and it usually puts a smile on your dial.

Kittens — have you ever watched a kitten or cat play with a piece of string? Another priceless activity that will get your heart-strings all in tune.

Dogs — one of my favourite things to observe is witnessing a dog disembarking from a car to see he is at the beach! Just remember joy is contagious — anyone's or anything's joy rubs off, did you know that?

Mountains — there they are, just standing there looking pretty...go climb one! It's an amazing, exhilarating feeling and you're usually gifted with a beautiful view from up there too.

Walk — strolling through a meadow on a sunny spring morning, watching butterflies dance their way through the sky in front of you. When last did you do that?

Napping — having an afternoon nap in the sun or under the shade of a tree. Bliss! Most of us don't present ourselves with this opportunity to 'time-out'.

Sand castles — building a sandcastle is just terrific.

Getting down and mucky in the sand. It's free, creative and liberating. Go buy yourself a bucket and spade this instant! Pay no attention to those other grown-up children who may be mildly bemused by your actions — ask them to join in.

Stomping — once you've built the sand castle, jump on it and smash it into the ground. Do you remember doing that!?! Pure elation and freedom from attachment.

10 Tips Designed to Keep You on Your Toes

With so much going on in the daily life of the average Joe, it is hard to stay motivated. We sometimes feel beaten down by society and all the things we occupy ourselves with, voluntary or involuntary. This can range from commuting, work, school runs, to housework, helping the kids with homework, cooking and finding precious time to unwind — which usually ends up with us watching TV.

But how can we manage our time better to incorporate the things we long to do but feel we have no time for?

Here are 10 tips to keep you on your toes and excited to live another day:

Quality Sleep — this is one of the most important things you can gift yourself and your family with. Make space in your

“Explore an activity that is tantamount to letting the 'inner child' out to play.”

night-time schedule to start winding down at least 1 hour prior to going to bed. You can light some calming, soothing essential oils, such as lavender and chamomile — this will assist in good, sound sleep. You can have a warm, milky drink or

“It is hugely beneficial to give yourself some time and a quiet space to be creative.”

some herbal tea. Switch off all radios and TV's that are keeping you engaged in noise and 'action'. Instead, you can read that book you've been promising yourself or listen to some relaxing music. All of these things can aid you into an alpha brain wave state, which allows your mind to relax and disconnect. You must avoid falling asleep on a full stomach or, even worse, falling asleep with the TV on. Your mind still takes in everything it hears, even whilst asleep, and having the TV on will not only disrupt your sleep but possibly cause you to have nightmares.

Berry Boost — with a good nights sleep tucked safely under your belt, what better way to start your morning off with than sipping on a berry smoothie? This is quick and easy to make and will give your system a boost of sustainable energy. These smoothies keep me going for about 4-5 hours. They are great for your skin too, berries have anti-aging properties and the calcium is good for your bones, ladies! A quick recipe I use is (for one 500ml serving): Take 2 handfuls of mixed, frozen berries (or fresh if you like, I like the frozen ones because they give a kind of 'crushed ice' effect), 2 squirts of stevia, 4 tablespoons of plain yoghurt and top up with some milk. Blend and drink your way to vitality and well-being!

Time Productivity — use your time wisely. If you commute to work by public service, take this opportunity to meditate or read. Make it 'you' time. If you can, it is great to

shut your eyes in the morning and the evening (could be on your way to or from work if you are travelling by public service) — for just 10-20 minutes at a time — to meditate and clear your mind. This will benefit you in more ways than you can imagine. It also gives you a break from your inner dialogue. This allows more productive thoughts through instead of the useless and incessant worry that can clog up the airwaves.

Breathing — remember what I told you previously (*page 90*), most people are in the habit of shallow breathing. You need to oxygenate your body for optimum productivity and chi (vital force). Try to, at least every hour, breathe in to the count of 5, hold it to the count of 5 and exhale to the count of 5. This will give you a boost during the day.

Let Loose — this is an integral step for you to de-stress after a long day. Explore an activity that is tantamount to letting that 'inner child' out to play. I find it really helpful to put on some upbeat music and have a sing-song and dance around the house.

Get your groove on and invite your family to join in. You can do this for just 30 minutes and it is a really fun way to get moving and to unwind. The best part is you also get a great workout — physically and vocally! Let your inner diva shine!

Keep it Clean — this is a macrocosm/microcosm thing — it affects the inside and the outside world. When you have a

*“When you find
the space to reflect
on your life, your
goals and your
dreams, you can
keep the picture of
your destiny clear
and precise.”*

neat, tidy and
clean home
and/or office,
you are happier.
When you have a
clean, refreshed
body, you are
happier. I have
to tell you about
my dog. She

*“Make sure you hold yourself
accountable for taking action
towards your goals.”*

hates having her bath, as do so many of our canine counterparts, but after she has been through this torturous activity, she runs around the garden like a dog-reborn — smiling, barking and just generally frolicking like a pup. Bath-time also equates to going for a walk (which she does regularly) but when she walks after her bath, she has a spring in her step and a wag in her tail that is much more noticeable. This is a great metaphor for how we feel when our bodies are bathed (make your bath-time a treat too — get some nice smelly soaps and bubble bath and make it an event) and our houses or offices are spic-and-span and organized.

Eat Well — another part of keeping it clean, is keeping the inside of your sacred body clean and invest in a detox every now and again. Or better still, make it a daily habit to eat healthy fresh foods. You know the kind I'm talking about so I'm not going to go into detail. This is a no-brainer, you are what you eat. Keep it fresh, colourful and simple and your system will be alive and vibrant, leaving you feeling energized and ready to take on the world. Have you noticed how sluggish you feel when you've pigged out on a burger and chips? Yeah? Well, you need to get real about what you are putting in and perhaps compare that to what you are getting out! You wouldn't run your Porsche on horse manure now would you?

Creative Space — this is really important so I'm going to recap on what I've said before. We all need to express

ourselves creatively, no matter if it takes the form of art, writing, decorating, drawing, constructing/building, etcetera. It is hugely beneficial to give yourself some time and a quiet space to be creative. If it is once a day, that is great. If you can't fit it in daily then at least allocate yourself a good few days of the week to squeeze in 2-3 hours of creative expression time. You can even make this a family activity where everyone gets time out to do something fun. It will teach you and your family the benefit of taking care of your own needs in an unselfish and productive way.

Gratitude — take time out, especially with your family, to give thanks for all that you *do* have in your life right now. This can be over a meal, as is commonly practiced in the saying of *grace*. I am not a religious person but I do see the benefits of giving thanks. This could also be done in your quiet time in the bath, or whilst you are commuting, etcetera. You can explain the benefits to your family and encourage them to also find a quiet minute or two to reflect on being grateful. This feeds positivity and will nurture your good feelings ratio.

Reflect — when you find the space to reflect on your life, your goals and your dreams, you can keep the picture of your destiny clear and precise. When you don't take time out to ponder and to re-align with your intentions, you may lose sight of where you are headed. You can sometimes slip into a

*“If you catch
yourself falling into
boredom or despair,
simply remind
yourself that you
can make a choice
to re-align to a
more joyful
outlook.”*

Carpe Diem or Bust

stream that does not fit the destination of your dream. Make a vision board where you can pin all the things you desire and all that you would like to manifest in your life experience. Make sure you hold yourself accountable for taking action towards your goals and keep this board somewhere where you will see it every day.

Relish the Ride!

What is most important of all is that you enjoy your journey, this life is precious and special and you can make each day a pleasurable experience. If you catch yourself falling into boredom or despair, simply remind yourself that you can make a choice to re-align to a more joyful outlook. Run through this checklist and see if there is anything you can do or improve on to bring you into a state of balance and fulfilment.

In the wise words of Eckhart Tolle, you can either be enthusiastic about what you are doing, enjoy what you are doing or accept what you are doing. When you do not fall into any of these 3 categories you set yourself up for feeling resentment or frustration.



SECTION 4 — EMPOWERING LIFE STRATEGIES

So now that we've skipped down the sweet-scented lane of assessing, co-creating and enjoying your life, let's go a little deeper into the meaning of life. What keeps us here? What drives us further? What in the blazes is this all about? What on Earth does a blonde African know about anything? You'll just have to read on...

Live Like You Mean It — Live with Conviction

"When you take a stand out of deep conviction, people know. They may not even agree, but they ask, 'Do I want someone who is willing to take a hard stand and someone I can trust to do that when the chips are down?' They want that." — Barbara Boxer

Thumb-Sucking in Society

So many people today seem to be mulling about — scampering hither and thither with no real purpose in life. I'm not implying that you need to have one, two or even three main drives in life, your primary purpose should really only entail the betterment of yourself and, if you can manage it (but usually comes with the package of self-improvement), the

betterment of other people's lives as well.

This does not necessarily mean that you need to don a nun's outfit and become the next Mother Teresa. It simply means to live with

integrity and to let that little light of yours shine, shine, shine.

For want of not breaking out into song at this point, I will swiftly move on.

So many of us 'self-help' writers (including myself) bang on about purpose but let's take a look at another word today — conviction.

“Conviction is a way of taking responsibility for your actions no matter what you are doing. If you can't take responsibility, then you shouldn't be doing it.”

What does it Mean to Live with Conviction?

Simply put, conviction is a firmly held belief. You can start to act upon your convictions today by ascertaining:

- **What is it that you stand for?** Is it love, world peace, justice, having a jolly good time, a particular cause, educating the next generation, spreading your particular brand of creativity, etcetera? Get clear on your legacy. How would you want to be remembered? This can usually point you in the right direction.

- **Then ask yourself how you are embodying this?** In other words, how are you walking the talk in your everyday life? You can either take giant or baby steps to stand in the light of your convictions or you can just talk about them. If you choose the latter, you're not going to be judged by me, but you need to then own that decision too.

Living your conviction, in my tangy opinion, just means to go for what you believe in guns blazing (not literally, of course). For example: if you choose to smoke, then smoke and enjoy every cigarette. Own the fact that you may die from it, own your choice but also own the enjoyment.

I'm sure I'm going to get 100 angry letters for saying this and let me say for the record, I do not condone smoking (I quit in 2001 and never looked back) but this is an extreme example that can work with any case in point. If you are going to do it, own it.

Are You Wishy-Washing Your Life Away?

*“Own it, be it,
do it and then,
when it is your
time to exit —
depart knowing
that you truly
lived.”*

Conviction is a way of taking responsibility for your actions no matter what you are doing. If you can't take responsibility, then you shouldn't be doing it. Chances are that you are going to end up blaming everyone else but yourself for any future repercussions.

Don't be a 'poor me', be an 'I-know-what-I'm-doing' kind of chap/lass.

Own your life, own what you want to get out of it, own that you are still learning and growing, own who you are and what you stand for and most of all own the fact that it won't last forever.

We are in this theatrical production of life together, we will come and we will go — make the most of it while you can.

Hello, Steven Spielberg!

We can write and act out a drama, comedy, romance, horror, sci-fi (if you have the relevant props and celestial connections) or a feel-good script (heck, it could even be a combination of all!) — this is your God-given free-choice. Live it with conviction and your life story will not only make it onto the Top ranking DVD list but could also end up on Blu-ray.

Own it, be it, do it and then, when it is your time to exit — depart knowing that you truly lived. If you leave this plane of existence having touched just one person's life, you have made a difference!

Live like you mean it.

Useful Life Strategies that Playing Chess Taught Me

Being a Rookie

Chess is a game that I love to play with my husband. He is such an enviable strategist. When I first started playing with him, I felt like a complete fool every time he snookered my king and got me into check-mate.

When I let my pride take the back seat, I discovered a

“It (chess) not only takes the grey matter for a stroll around the yard but also teaches you valuable lessons in forethought, planning, awareness and defence tactics.”

remarkable game that I could undeniably learn from whilst enjoying some quiet, reflective, quality time with my partner.

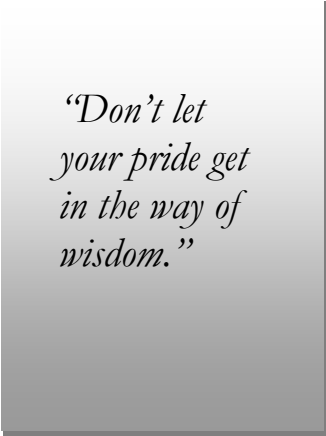
I found it a relaxing pursuit with red-hot moments of intensive brain-stretching — a great way to quantize your thinking. It not only takes the grey matter for a stroll around the yard but also teaches you valuable lessons in forethought, planning, awareness and defence tactics.

Has Anyone Seen the Bishop?

I started to see more spiritual truths in chess the more we played; in fact it was beginning to be a remarkable representation of life!

It aroused me to apply these teaching to my own life situations and, if not why not, to other people's life circumstances too. A lot of people are already either inadvertently or deliberately playing chess with their situations and relationships.

It opened my eyes and taught me that there is usually either a way to slip out of trouble or to catch yourself and your opponent by surprise with your brilliant and calm manoeuvring capabilities.



*“Don’t let
your pride get
in the way of
wisdom.”*

Be Your Own Knight in Shining Armour

Just when things start to look hopeless, you view your game from a different angle or perspective and you move to the side and allow danger to pass. What a great allegory for life!

Here are some of the life strategies chess has permitted me to comprehend:

- **Multi-layers** — there is always more than meets the eye in any given situation.

- **Patience** — slow and steady wins the race.

- **Side-Stepping** — there is usually either an evasive move or a counter-action you can take when in the face of danger. Don't lose hope.

- **Shifting Views** — when things are looking dire for you, all you may need is a shift in perspective that can open up new doorways.

- **Positive Outlook** — always try to stay optimistic and you will habitually figure out a good move to make.

- **Acknowledgments** — congratulate your opponent on good moves — you can learn from them too. Don't let your pride get in the way of wisdom.

- **Grace** — be a good loser because you never really lose in life, you just start a new game and learn from the previous one. So hone in on your skills by learning from your mistakes — nothing is ever in vain. Be a gracious winner too, there is no room for friends in your life if your big head is taking up all the space!

- **Always Have Fun** — enjoy the process, the game of chess (life) is exciting, invigorating and challenging — all of which keep you feeling alive, vibrant, polished and motivated.

Metaphors and Metamorphosis — from Pawns to Kings

I love painting life experience with intriguing metaphors and feel even more elated when such an analogy becomes a bald-faced truth.

When we can become the

“There is never failure, only feedback.”

observers of life's smaller things, like an innocent fixture of chess, and transform it into a fresh perspective of life — it changes us. We start looking all over for these spiritual growth sign-posts and we usually find them in the strangest of places.

Chess is the ultimate sport of existence and even though I know the strategies have been used in more negative life experiences — such as war and devious corporate obliteration — they can also be used to your advantage in co-creating your reality.

Give yourself a game plan and be flexible enough to discern inherent dangers whilst on track, this way you will be able to metaphorically duck and dive bullets (just like Neo in *The Matrix* movie). Be cunning and graceful and you will never be caught off-guard. When you are, don't give up, learn from it and reload your experience as ammunition for the next round.

There is never failure, only feedback.

The Fine Balancing Art of the Yin and the Yang

Tried and Tested — A Tale of Two Countries

In the past 2 years I have experienced the delights of visiting Thailand and being bowled over by their inherent sense of beauty and creativity to their humble way of life and their desire to please. I have also journeyed to Egypt (as I have mentioned previously) and have encountered, firsthand, the very friendly yet domineering patriarchal way of their culture.

Both cultures are clearly trying very hard to make their way in life off the tourism trade and I felt like a walking 'dollar' sign (if they knew I dealt primarily in Rands — South African currency — they probably wouldn't have bothered!).

I do, however, understand this and hold no judgement for them, in that respect — we all need to make a living.

The difference however was that the Thai people came

across as being very gentle, artistic and what I would like to call matriarchal people. The Egyptians left me with an impression of being aggressive, zealous and patriarchal.

Balancing the Yin and Yang

I only figured out, some time after both of these excursions, that they each reflected the opposite side of the scale.

I saw massive potential in both cultures and met and made wonderful friends both in Thailand and in Egypt. I have to say that most of the Egyptian youths certainly show the most signs of growth and thinking out-of-the-box. My encounters with the more belligerent Egyptians were definitely steeped in 'old energy' thinking and customs. This is something I am obviously not used to, so it affected me quite deeply.

However, both these cultures lack something. They are missing the balance of both left hemisphere (linear, structural, orderly, etcetera.) and right hemisphere (passionate, artistic, expressive, etcetera.) thinking, the marriage of Divine masculine and Divine feminine — the coming together of the yin and yang.

When either one of these attributes is out of alignment or missing, there is unbalance.

*“You need both
masculine and
feminine
energies to
complete a fully
charged and
functional
system.”*

Creativity versus Order

In the case of the Thai people, they were extremely creative and inventive yet they were incredibly submissive and this leaves them open for exploitation.

With the Egyptians, they had a system of order and controlled interaction that would not budge.

It was either their way

or the highway. With the obvious lack of female energy (as it is tradition for their women to be at home and not in the workplace), you had a definite sense of escalated anger over small things. They could go from 0 – 10 in a matter of seconds. As friendly as they were at times, they also lost their cool very quickly. This is because there was too much masculine energy and no feminine presence to temper the storm of emotions that arose.

You need both masculine and feminine energies to complete a fully charged and functional system. This brings me to dimensions.

Harmonic Dimensions

I'm not going to go into too much detail here, because dimension talk can be a little taxing. Suffice to say that there are even and uneven dimensions. The even dimensions can be seen as structural and orderly. The uneven dimensions are creative and expressive.

We live in a world that is deemed as 3D, however, it is very compartmentalized. This is a true reflection of the statistical

*“It is okay to have
organization and order as
long as you also have an
even balance of creative
expression.”*

mindset of the world at present. What we need is to incorporate the uneven trait of creativity and sensitivity to balance out this equation.

It is okay to have organization and order as long as you also have an even balance of creative expression. The world is coming into this balance as more and more people are seeking to express their imaginative flare. When we reach a tipping point, you will see how fast love and happiness are spread on a global scale.

Can you see how this dimension theory brings in the concept of left brain order and right brain inventiveness?

When humanity realizes that all we need to do is to direct ourselves creatively amidst the structure, we will have stepped into the new paradigm — a New Earth.

The Dummies Guide to Awakening

We have a plethora of information being pumped out at us from every channel — be it media, religion, government or our social groups.

You must be this, act like that, live like us — you know the story but you are feeling overwhelmed and a definite sense of lack. That pit in your stomach that tells you something is not quite right.

The truth is that when you filter through all this garbage and sift out the gems, you are.

Hey! You left that sentence hanging — you can't do that!

Yes, I can and I did it for a good reason. You just are — the 'I am that I am', nothing more, nothing less. Everything else that is external and trying to tug at your attention is a mere distraction to the call that comes from within.

That feeling of:

- Being alone in the world
- Not being understood
- Not even understanding yourself
- Feeling depressed
- Emotional swings
- Always struggling to be happy
- Or to have enough
- The need to be recognized or acknowledged
- The fear of not being good enough

Do these attributes sound familiar?

Welcome to Planet Earth, the Galaxies no.1 Classroom for Misfits and Lost Souls!

What is worrisome is that the medical profession starts to label all these conditions and you are now marked as ‘chronically depressed’, ‘ADHD’ or ‘bi-polar’ (yeah, aren’t we all! This is the realm of duality), the list goes on. Then the medicating starts and what is treated is suppressed and the little emotion we have left is dulled-down to a drip.

Does Medicine Come Cheap?

It should but alas it doesn’t, especially not if you are in the business of making money from illness. If the drug corporations and governments truly had

*“You are not a
human being
having a
spiritual
experience, you
are a soul
having a
corporeal
experience.”*

people's welfare at heart, medicine and healing practices would not literally have to cost you an arm or a leg.

Keep 'em Sick

The more illnesses recognized by the profession the better — the more money to be made. Have you ever looked at the contraindications of

“The world is experiencing what the spiritually inclined would call a consciousness shift and what science would refer to as evolution of species.”

medicine? It's a laugh! And it's all 'legal'. I especially love how most medication warns that this may result in death — no shit, Sherlock!

Be careful of labels when the condition is emotional. Ply it with drugs if you want to sweep things under the rug, maybe we'll see you back here in another life to work it out, or maybe you can deal with it today.

I'm not suggesting you throw away all your pills right now. No, just look into what you really need and what can be replaced with a good eating and exercise plan (never mind a good 'thought' plan).

Modern medicine has given us value, a bridge from illness to wellness in many cases. However, sometimes the training wheels need to come off so we can realize our fullest potential. To continuously take drugs is not going to do your body any long-term good. Use medication sparingly, if at all.

The Real Good News

The upshot of all this is that there is a non-expensive cure to any disease, mental or physical. It's called AWARENESS.

Awareness or enlightenment doesn't automatically conjure up a cloud for you to float on and dictate gospels to your scribe. You are still going to have the odd bout of anxiety, depression or ailment — the difference is you are going to be able to identify it immediately and start to work on the remedy instead of having a pity party and feel helpless.

You Are the Captain — Steer Your Ship!

You are always in control of your life circumstance. You are not a human being having a spiritual experience, you are a soul having a corporeal experience. You are a master of matter, you have just forgotten.

The world is experiencing what the spiritually inclined would call a consciousness shift and what science would refer to as evolution of species.

We are being upgraded, if you like. Humanity have been sleeping sheep for centuries (no wonder we count sheep in order to fall asleep) and the time is ripe to WAKE UP! Can you hear the galaxies alarm clock going off?

The alarm has been going off for quite some time now,

“Your thoughts and intent dictate the unfolding of your life — this is why positive thinking, prayer, meditation and affirmations are potent and can also heal many aspects of your life — body and soul.”

unfortunately, some have continuously hit the snooze button. Fret not, the galaxy is readying a pale of ice-cold water and is swirling the bucket as we speak — best to wake up now rather than wake up cold, wet and in shock.

What Can I Do to ‘Fix’ Myself?

Oh, thank heavens! I thought you’d never ask. The answer is simple: *Remember.*

To remember means to re-member — to become a part of the whole again.

More specifically, you need to remember that:

“Love is the only way forward — it is going to mend the past, present and the future.”

- You have a spark of the Divine that lives within your sacred temple you refer to as your body — treat your body with reverence and respect.
- You are in control of your destiny and not a victim of your fate.
- You came here to experience the great shift of consciousness and to be a part of it.
- You are not only whole but a part of the whole, see the Divine en-masse — in your brothers and sisters all over the world.
- Fear is an illusion meant to suppress and contain.
- You were never meant to be contained or suppressed.
- You can rise above any limitations.
- If God is omnipresent, then you are also a part of God (this is especially for those of you who have been or are indoctrinated).

- Your planet is also a part of God and she holds the cure to any ailment in lost traditions — look to plants and natural, wholesome foods to cure your sick bodies.

- Your thoughts and intent dictate the unfolding of your life — this is why positive thinking, prayer, meditation and affirmations are potent and can also heal many aspects of your life — body and soul.

- Love is the only way forward — it is going to mend the past, present and the future.

Break free of your limiting beliefs and join the uprising of the soul — become a part of Awakened Humanity.

The Baboon and the Butter — A Tale of Possession and Madness

I live in a beautiful part of Cape Town and one of the great blessings of staying here is the indigenous flora and fauna. We have guinea fowl, ha-de-dah's, squirrels, cranes, porcupines (although I have never been so privileged as to see one yet) and most poignant of all – baboons.

Baboons are so amusing and so human-like but they can also be quite frightening with their long fangs and alpha male supremacy squabbles. Most of which turn into amateur roof acrobatics when they fight and chase each other from rooftop to rooftop. This is especially daunting as I have a tin roof. I will leave the noise up to your imagination...

But besides this, I love the baboons and find them fascinating. So much so that I have even been on a 'baboon walk' – this is where you get to 'hang out' with them in their natural environment (run by the Baboon Matters Conservation Group).

During my baboon walk I was even groomed by one of them — an honour I shall never forget!

My story begins not so long ago in the sticks far, far away...

The Show Begins

After seeing my husband off to work one fine day, I found that I was not alone in my house.

There were 2 baboons in my open plan kitchen raiding my reserves. One had my choc-chip cookies under his arm and the other my tub of butter! Now, casting all practical knowledge of how to deal with this situation aside (basically get out), I saw red and charged at them shouting (in the most terrifying voice I could muster) ‘RAAH-RAAH!’ (yes, just like Nicole Kidman in ‘Australia’!).

This baboon had my butter!

For some reason, unbeknown to me, I had a connection with that tub of butter and was willing to risk my life (or perhaps not so dramatically, loss of limb or fingernail) to get it back from the thieving hands of this rude mammal.

After startling the 2 fiends with my fierce war cries, I ran after them, out of the house and down my driveway into the road — all the while shouting at them to ‘give it back!’

Finally, the butter thief stopped to try consume his prize on my neighbours’ lawn. I stopped running and stormed up to him with a finger wagging in his face, demanding that he give it back to me this instant!

To no avail, he looked up at me — with mild amusement, and to my mind, complete arrogance — and hugged the tub of butter to his chest in a gesture that would have translated a bit like this:

‘When hell freezes over, crazy blonde lady!’

A Little Practical Advice About Baboons

Once a baboon grabs something, he doesn’t let go. Another interesting fact is that baboons are not scared of women (a fact that got lost by the wayside with me). So here we have a baboon that isn’t letting go. Is this the same for humans? Why can’t we ‘let go’!?

Hmmm, I'm beginning to smell a moral to this tale.

Back to Bedlam

I started to see reason (and danger for the first time) and began my ascent back up the driveway in defeat.

I suddenly realized that there was a raucous commotion coming from inside my house. I heard glass crashing and panic set back in.

Carnage!

More baboons had slipped inside my house as I was pursuing my perpetrators. This time I grabbed the garden hose, turned it on and ran into my front door 'guns blazing'.

Another Jet-Blasting Fact Regarding Baboons

Baboons don't like getting sprayed with water (a small God send). They took one look at the hose pipe and made a run for it without me even having to start spraying.

Relief!

I ran around my house making sure the windows were all closed so that no more monkey business could ensue.

The Big Clean Up

To cut a long story short, my house was in a shambles. They had trashed my kitchen. If I hadn't been so adamant to retrieve my butter I would have saved myself a lot of money and trouble.

After cleaning up the mess (which took me close to an hour), I sat on my couch — head in hands — thinking

*“Don't let
your
possessions
possess you.”*

Carpe Diem or Bust

about the pandemonium that had just taken place. I saw several blatant lessons in what had just happened...

The moral to this story for me was the realization that I am still attached to ‘things’. I thought I had conquered my worldly attachment in my pursuit of spiritual enlightenment. But this day showed me that even a tub of butter could spark off a suppressed ego — this was certainly food for thought.

A Lesson Learned

We can all fall off the bandwagon but the real trial is to get back on.

I learnt that it was alright to lapse and make mistakes (even if this did mean chasing a wild animal without fear of consequence and putting myself in very real danger). The key is to see and be aware of the lapse and to make every effort to not let it happen again or even just to laugh at it when it does.

So let go of material attachments as everything is unstable and situations are changing constantly. I felt that I had paid good, hard-earned money for that butter and it was mine! But what was even more precious than something I bought at the store was my life and safety. I put myself in danger over a petty ‘issue’ that I constructed in my mind and followed through on and I hope that never happens again.

Sometimes we need to detach from these ‘worldly’ things — after all, we are free spirits and should remain that way.

Don’t let your possessions possess you.



SECTION 5 — MOTIVATION AND ACTION

Time to step into your new role as superhuman! Let's journey forth into that crazy, exciting wonderland of owning your life and who you are. Shall we kick it off with a couple of fibs you may have been told?

Don't Believe These 2 Commonly Accepted Lies!

Lie no. 1. You should fit in and be normal like everyone else. You know the story, white picket fence and two and a half children, 9-5 job, etcetera.

REALITY — Do what YOU want to do with your life, be who YOU want to be and live under a bridge if it makes you happy!

Lie no. 2. Following your dreams will not earn you enough money to support yourself or your family.

REALITY — It takes time to build the foundations of your dream life — Rome wasn't built in a day — but taking baby steps towards your vision will see you reaping the rewards for the rest of your life. Just remember, when you do what you love, you will never work another day in your life (according to Confucius and I happen to agree).

This world would be a happier, brighter, more peaceful place if we all plucked up the courage to flaunt our deepest,

inner-most creative expression. Live your Truth!

Why Being Weird is the New Cool

Destiny, fortune, luck, kismet — are these all words you associate with ‘weird’?

Well, believe it or not, the actual meaning of this repudiated word ‘weird’ is all of the above. As an adjective it suggests something uncanny or supernatural and as a noun it is a person’s destiny!

The original word stems from *Wyrd* which can be traced back to Germanic, Anglo-Saxon and Old Norse etymology — all meaning ‘destiny’. In Old English it is also a verb meaning ‘to come to pass or to become’.

Yes, my friends, you have guessed it — it’s totally cool to be weird!

If someone now calls you weird you can retort with, ‘thank you, I rather pride myself on my supernatural and mysterious ability to become who I was meant to be and fulfil my destiny’.

That should keep their mouths shut.

It’s a Kind of Kismet

Kismet, better known as luck or destiny, is a much spicier word than fate. Fate has a certain doom and gloom about it.

“Don’t give in to fate — grab destiny by the horns and start believing in your innate power of fulfilling your calling.”

Fate conjures up imagery of having no control over your future, being left to chance or just handing over your power and feeling impotent in its wake.

Banish Fate and Give a Warm Welcome to Destiny — You Weirdo!

Don't give in to fate — grab destiny by the horns and start believing in your innate power of fulfilling your calling.

You are either consciously co-creating your life experience by taking responsibility for your choices and where your thoughts and actions are taking you, or, you are randomly plodding along the path that is leading to your so-called fate.

The latter being a route that you feel you have no choice over and that this hocus-pocus balderdash of 'creating your own destiny' is just a new-age farce. I have no problem with that and good luck to you.

However, what if there was just one iota of truth in the ideology that you can create your future? I would say it's worth a try, wouldn't you?

In fact, I have tried it out for myself and I can honestly say that it works.

However, my life experiences are not going to convince you of its validation; only you can take charge of your life and make those changes so you can see for yourself, firsthand, that there is legitimacy in the claim.

Alarm Bells and Wake-Up Calls — Have You Been Hitting the Snooze Button?

What's that buzzing noise? Oops, my alarm clock is going off!

Wake up because millions of people are doing this and are exercising their rights to become successful co-creators of their reality. They're having a ball finding out how this life fits together like a giant jigsaw puzzle when you are out looking for

those synchronicities and pointers that slot your desires into place.

Why don't you join them and see where it takes you? You can officially be weird and proud!

The Secret to Excellent Living

You want to know the secret, right? You're itching to know what this underground, hush-hush truth to living a brilliant and fulfilling life is, don't you?

You may initially be disappointed to know that it is not:

- money,
- good looks,
- fame and fortune or
- bending over backwards in philanthropic or selfless pursuit.

Now, although there is no judgement in having any of these features in your life, there is but one simple attribute you can muster up in this very moment that will bring you into alignment.

The many masters, that walked the Earth, did so with peace and content in their hearts because

“Love is what binds us, respect is what unites us. To have love and respect for all life forms guarantees you an excellent quality of life because you will be walking around in sheer reverence to all you come across.”

they knew this secret.
Something that is so
ridiculously obvious to some
but not so apparent to others.

‘Oh what is it!’ I hear you
cry.

You’re just going to have to
bear with me a little longer.
Something as fruitfully juicy as
what I am about to reveal,
deserves a big build up!

The Here and Now

Here we are incarnate on a
planet called Earth. Humanity
in its apparent prime — a
species so trumped up with
itself that in our pursuit to
strive for greatness we miss a fundamental principle to life and
existence.

A principle so far out for some that it is overlooked and
brushed off as bohemian nonsense — the right to life and a
reverence for existence.

The what to who and the who to what?

Imagine a world where everyone had the exact same
amount of love and respect for EVERY life form as they do
for their own self (assuming that you have mastered the ability
of self-love, that is). But, ah, here bares the rub!

Self-Love or Bust!

When you attain that love for self that I’m speaking of, you
usually automatically begin to love and respect others as well as

*“Find that
humour in life,
find the
peculiarity of
oneness with life
and find the love
for being a part
of this unique
system — life.”*

Carpe Diem or Bust

every other form of life you encounter. I am even including what is deemed inanimate objects here. Everything on this planet has a presence, from the rocks, plants and animals to the soil, worms and the very core of the Earth itself.

If you cannot see or feel this to be true, this body of text will not resonate with you. If you feel just one scrap of truth in this, please read on.

The Secret Revealed

Love is what binds us, respect is what unites us. To have love and respect for all life forms guarantees you an excellent

“See yourself in everything and everything will reflect the wholeness of your being.”

quality of life because you will be walking around in sheer reverence to all you come across. There will never be a dull or uninspired moment. Why?

Because when you bump into even a stranger, you will see God in his/her eyes. You will look upon a flower and see the cosmos within the fold of its petals. You will sit up against a tree and feel its life energy resounding through your core and you will sit upon the Earth and feel her heart-beat pumping out the rhythm of all life.

Hippy Thinking or Revolutionary Insight?

Some of you may be thinking that I’m some deranged and dangerous hippy, you know, one of those people that doesn’t even want to eat a vegetable because they feel they are killing the plant.

No, not at all.

What I am suggesting is that no matter what you do, do it with love and respect. If you want to eat an animal, consume it with love and gratitude in your heart for its life and sacrifice. When you press a ripe and bursting strawberry to your lips, give your utmost attention to its life force and presence (the sunlight that made it grow, the water that gave it its succulence, the earth that housed it).

You see nothing ever truly ‘dies’, it is transmuted.

Whether You or the Animal is Lunch

The animal becomes a part of your biology as does the strawberry. You become part of the earth again when it is your time to move on (or in the unusual circumstance that you decide to go on a rather unsuccessful safari, you may become a lion’s appetizer and therefore be at one with the lion and eventually come out as the fertilizer for the earth). Life really has got a sense of continuity (and humour), no matter which way you perceive it!

Find that humour in life, find the peculiarity of oneness with life and find the love for being a part of this unique system — *life*.

See yourself in everything and everything will reflect the wholeness of your being.

Feel the life force in everything and shift into unity consciousness. Do this and you will step into love and bliss.

This, my dear friends, is excellent living.

What is Meant by the Saying ‘Love and Light’?

This is an interesting conundrum. It is a saying that has become a standard greeting in the spiritual community but what exactly does it mean?

I touched on this adage in my book *‘Divine You — Redefining*

Love in the New Earth' but never really found a satisfactory answer. But, hang on, do I see a light at the end of this tunnel?

I was listening to Deepak Chopra the other day and he was discussing light in the context of photosynthesis.

Science and Light

Can you believe it, science rearing its technical head in a spiritual book? Actually, the bridge between spirituality and science is closing in rapidly.

Let's put this simply because I don't want your attention to wane. Light creates form. There you go, in a nutshell!

Ha, but what does this have to do with spirituality?

Everything!

We are spirit having a human or 'material' experience. We are incarnate, in form, in a dimension that requires atoms (which are pretty much free-floating molecules) to coagulate into matter to make up 'stuff'. I know, my scientific prowess is amazing — I'm surprised *New Science* magazine hasn't lassoed me to write for their journal yet.

Suffice to say that we need this 'stuff', or, more eloquently, solid matter to navigate this third dimension of physical, material reality.

Okay, now I know you're an intelligent bunch so you're still with me...

*“Even the word
‘photosynthesis’ is
profound — it is
derived from the
Greek photo-,
‘light’, and
synthesis, ‘putting
together’.”*

The sun's rays are transported to Earth through the ether and provides organisms with light energy which they convert into chemical energy — a process otherwise known as photosynthesis.

“...love is what keeps us on this planet.”

Even the word ‘photosynthesis’ is profound — it is derived from the Greek photo-, ‘light’, and synthesis, ‘putting together’.

Without light plants won't grow and without plants, herbivores would die and without herbivores, then carnivores and omnivores die — you get the picture.

Are you beginning to put things together here? Light = putting together.

Right, so where is love in all of this?

Love, although it can't be proven in a laboratory, is the glue that binds existence together for us spiritual beings. It's what makes life interesting and adds to our staying power here.

Without love, what would be the point, right? Ergo, in my humble opinion, love is what keeps us on this planet. It is what holds the form together, the egg to our cake — the binding ingredient of all biological life.

So light provides us with form and love keeps us in form — interesting, huh?

Let's Put This Together, Shall We?

In conclusion to this waffle, I'd like to sum this up by saying; there is another wise saying in spiritual circles — Namaste — which means ‘I bow to you’ — it's beautiful and shows respect. And now, if you like of course, you can say ‘love and light’ and actually mean ‘may you be held in good form’. Okay, that sounds ridiculous. Let's see...how about:

‘May love always keep you tethered to the One of all that is and light grace your being’ or simply put, ‘love and light’.

Finding the Magnificence of Your Soul

“You do not become good by trying to be good, but by finding the goodness that is already within you.” — Eckhart Tolle

Where is My Pluck?

To have pluck is to be spirited with a determined courage. Its very definition is inspiring — bravery, nerve, valour, guts and heart — but how can we truly embody this deliciously tantalizing trait?

If you feel you’ve lost your pluck or, perhaps, never had it in the first place — a good place to begin to look for it is within.

It cannot be found, with any sustainable long-term results, at:

- The gym
- The latest copy of ‘Heat’ magazine
- The TV/gaming console or any other distracting electronic device

“There’s a bit of magnificence in you and it shines like a diamond, however, unlike a lump of coal enduring vast amounts of stress to produce a diamond — yours is innate.”

- The bottom of a bottle
- That new nightclub around the corner
- The mall (note to self — especially the shoe shop)

Don't get me wrong — there is a certain amount of nerve that comes from wearing shoes that elevate you a couple of inches.

I'm not saying you need to stop doing any of these things if they make you truly happy, I'm just pointing out that the things on the list above can be titanic distractions if you are seriously trying to pursue better living.

There's a bit of magnificence in you and it shines like a diamond, however, unlike a lump of coal enduring vast amounts of stress to produce a diamond — yours is innate. It just might be covered in layers of soot.

Fight-or-Flight Syndrome

We Homo sapiens have an inbuilt radar system called 'fight-or-flight'. It can be pretty useful in dangerous situations.

Say for instance, you are being chased by a lion (it surprisingly doesn't happen often, I know — not even in South Africa, where I live) but for the sake of a good metaphor, I'll use it.

The chances that you stick around to face your foe and brave out the storm are slim. It would be far more prudent to take flight (preferably up a very high tree). This kind of scarpering in the face of certain death is essential for survival.

To fight it — say perhaps you were armed with a rifle or a kilogram of catnip — may also be wise if there was a high possibility of success (i.e. living to tell the extraordinary tale to your grandchildren).

The only problem with this ingrained sense of preservation is it sometimes gets in the way of our emotional and spiritual growth.

The Human Duress Barometer

The fight-or-flight response is also known as acute stress response.

Essentially, this response prepares the body to either

fight or flee any potential threat — no matter what it is. It is also important to note that the response can be triggered due to both real and imaginary threats.

A lot of us have lost our magnificence and have given into the stress of trying to ‘stay alive’ or play it safe.

“To stand in love is to fear nothing — there simply isn’t enough space for fear.”

In the Face of Inevitable Doom

I was in a discussion where two dear friends, whom I happen to love and respect dearly, were debating what they would do in the face of a tsunami.

I said that it would be more compelling to stand your ground, knowing that you are about to enter a new phase in the chapter of your existence and to face the wall of water with a sense of awe and acceptance — to which one of the gentlemen concurred.

He said it would be better to face your death with love and peace in your heart and to enjoy the power of nature as the water swept you away. What an amazing perspective — to actually enjoy your own death!

The other lad, however, was shaking his head at us, not quite believing what he was hearing. He stated that he would turn tail and head for the hills! He couldn’t quite understand why we would not want to save our lives.

We retorted by stating that if death was inevitable, the only

thing you can do is to truly embody the experience of passing on.

If you can do this with a sense of security about who you are, embracing your divinity, and facing impending doom with reverence and love in your heart — you will die according to your own terms and not in fear.

Uncovering Your Diamond

It wasn't really my intention to get you to accept your death in this composition (although it certainly wouldn't hurt), it's more about finding your innate wisdom and knowing that all is well within you — your diamond core essence, living from your heart centre.

To stand in love is to fear nothing — there simply isn't enough space for fear.

When Mind and Heart Work Hand-in-Hand

We all need our minds to navigate and to add some kind of structure to our lives but, all too often, our thinking carries us away on paths that don't serve us. Our heart, on the other hand, is our intuition — our own personal guide.

If we can process situations through our heart first and then our heads, we would be living our luminosity.

To find the magnificence of your soul is to uncover heart-based living. To truly encapsulate your Divine essence that is immortal, wise and glorious.

You are more than a mammal walking on the face of the Earth. You are more than a statistic on a governmental consensus sheet.

You are a unique and heavenly expression that, with a bit of spit and polish, can radiate and cut through the heart of any situation to get to the deepest of truths.

You are pure magnificence wrapped up in a corporeal vessel.



SECTION 6 — PROBING THE CONCEPT OF GOD

As any savvy writer knows, you leave the best for last — however, in this case, I've left the most controversial to last. We've covered so much ground with regards to personal growth and self-empowerment, let's cast our eyes to the heavens. Or, even better, let's throw ourselves into our hearts as we search for deeper meaning and dig the foundations to build a more palatable picture of God and the Universe.

Finding God and a Reason for Being Here

"I believe in God, but not as one thing, not as an old man in the sky. I believe that what people call God is something in all of us. I believe that what Jesus and Mohammed and Buddha and all the rest said was right. It's just that the translations have gone wrong." — John Lennon

A Non-Religious Point of View

I just want to say from the off that I do not subscribe to any religion and am not pushing any particular doctrine here. I am merely purveying the teachings of which I am most familiar with.

I have a great respect for all the various religious prophets.

From the time I was a young girl I have found the church and religious doctrine a very hard concept to grapple with. My father insisted I attend church every Sunday up until the age of

sixteen, something I resented him for, but now, find to be not only a very synchronistic part of my life but a necessary part of my greater understanding.

Sampling Tasty Tit-Bits from the Melting Pot

*“See divinity
in others and
you are well on
your way to
mastery.”*

When I hit my teens, I started to sniff around gathering insights to other religions and spiritual practices. I found that there is actually a common thread amongst them, one sacred truth to be shared – love.

Although I never liked the power and control the church had over its congregation, I always thought there was some very spiritually sound advice in the Bible. Some things did have their roots planted in truth, but I also

felt that other teachings did not and had the air of control and suppression.

Parables and Prophets

The parables of Jesus Christ always felt like he had a greater understanding of the intrinsic nature of humanity and the way this world should be experienced – especially when he spoke of our innate divinity – being the sons and daughters of God. For more information about your Divine roots, I am going to shamelessly promote and advise you to read my book *‘Divine You — Redefining Love in the New Earth’*.

Back to Jesus...I feel his teachings were deeply rooted in an inborn truth. The meaning of which translates to a profound spiritual morality that addresses 4 fundamental core emotions and practices for humanity:

Carpe Diem or Bust

- Compassion,
- Understanding,
- Non-judgement and
- Love.

If you want to solve all of the world's problems, start practicing this list. See divinity in others and you are well on your way to mastery.

Your Veracity Determines Your Reality

Our truths are buried deep inside, and the whole process of enlightenment is to shine a light on them. When we do, we bring ourselves into complete clarity, alignment and wholeness. This is not done by adding to ourselves, it is achieved by going

within. A good place to start is to adopt a regular meditational practice and to start exercising trust of your gut instincts.

Jesus was a regular 'hippy' spreading the news of love for one another. If you clear all the dogma away around Jesus his message was simple:

“Make peace with where you are, who you are and when you are and you will find your place in this global theatre – where you are the writer, director and actor of your very own stage production.”

‘Unconditional and Unequivocal Love’

We are Divine expressions experiencing the miracle of perceived natural life in the Universe.

This life experience is a journey of self-discovery and should be that of joy, love, abundance, peace, truth and wisdom. You are in the driver's seat of your life – steer it in the direction you want to head for not in the direction someone else programmed into your GPS.

Your life, your choices.

Source Energy and Experiential Life

The Hindus call the eternal, unchanging infinite that is beyond this Universe, Brahman. They refer to this reality/world as Maya – the personification that the material world is merely an illusion. In the words of Albert Einstein, *'Reality is merely an illusion, albeit a very persistent one.'*

This illusory reality world concept can also be seen in the Matrix Trilogy, as humans are literally 'plugged in' to a computer-generated world (God bless the Wachowski siblings for making this movie and giving us such an amazing example of this very difficult theory!).

We seem to have lost the ability to see the forest for the trees. We go around feeling a pit in our stomachs, that feeling that something is missing.

What is missing is your connection to Source. The ultimate illusion is that you are lacking it. You aren't missing anything, you have just forgotten that it exists – and it exists within you. Your heart centre holds the

*'Reality is
merely an
illusion, albeit a
very persistent
one.' — Albert
Einstein.*

Carpe Diem or Bust

vibration and frequency of the Creator's love, the only true building block to your inevitable life's manifestations.

Feeling Lost?

Home is where your heart is means that anywhere you are is your home – this could even refer to the planet you now find yourself upon.

You are never alone, because where you are, there is God. Yearning to be somewhere or to be someone else is a self-defeating and self-destructive rehearsal. Make peace with where you are, who you are and when you are and you will find your place in this global theatre – where you are the writer, director and actor of your very own stage production.

You are the Drop, so *Own* the Ocean!

We are all Creators living out our creation — we seem to have forgotten that. The ripples, that were born of the one drop, changed their size, and eventually went so far out into the ocean they forgot they were the ocean to begin with – the Source.

Enjoy your life and make your home at the core of your being.

Man on a Cloud — Fear Factor or Fiction?

I don't want to offend anybody, but the truth is I probably am. I would just like to discuss an alternative view of God.

With that out the way, we can get on with the succulent stuff...

Our Perception is Paramount

What idiot, with his head firmly planted up his backside,

came up with the all-too-familiar saying “put the fear of God into you”? It seems like an absolute dichotomy to me and here’s why:

“One needs to discern (the act or process of exhibiting keen insight) but one does not need to judge (an opinion or conclusion).”

I don’t believe for a moment that we should fear God — I think that is a very human interpretation. God, as Jesus Christ put it, is our loving ‘father/mother’ (parental analogy). A ‘parent’, nonetheless, that can be viewed from both sides of the scale.

Leave Personified Concepts of God at the Door, Please

I feel that the word ‘God’ has become overused and totally abused. It can come with some unwanted baggage due to a long history of the ‘us against them’ attitude and not forgetting that white-bearded, belligerent old fart dishing out punishment, sitting atop a fluffy cloud.

God, in my opinion, is everything and can’t be solely personified (that is just our human brains trying to grapple with a difficult concept).

Unfortunately, a lot of people still get hung up on the personification of God but for you more broad-minded readers, I will continue...

Is God Love?

Love is the root/prime emotion of the positive scale and fear is the root/prime emotion on the negative scale.

So, if you want to interpret God as something to be feared, I believe, you have the freedom of choice to do so.

However, always remember that you are making this choice and it has got pretty much nothing to do with God and

Carpe Diem or Bust

everything to do with *your* perceptions.

God is omnipotent and you can interpret God as both the yin and the yang, the light and the dark, the fear and the love – but it is all down to your choosing, not Gods’ judgement — I don’t think God would need to judge. You would require an ego for that and surely God does not sport an ego?

Please remember that judgement is different to discernment. One needs to discern (the act or process of exhibiting keen insight) but one does not need to judge (an opinion or conclusion).

God just is.

A Parent Without Unconditional Love?

Let’s take a closer look at God the parent. Would you prefer that your child loves you or fears you?

In fact, would you want anyone to fear you instead of love you?

To want someone or something’s fear is a resounding alarm to your own feelings of insecurity and vulnerability.

As with the school bully – the bully is usually seeking to feel powerful because he/she is being bullied by a parent or older sibling, etcetera. This is not a satisfying way to gain love and respect.

So why do people fear God?

What a slap in the face for this omnipotent entity. We need to take a long and hard look at why we were taught to be ‘God fearing’ people.

But here is where things get a little spicier.

“Our natural state is unity consciousness not separation.”

The Word

Words are our greatest power. We have the ability to sway masses with speech, we can cut deeper than a knife with our tongue and we can make amends with an apology.

We are touched with our hearts and the language of the heart knows only love but when we move out of our heart-space and into our heads — in other words, when we think rather than feel — we can be easily misled by the word.

I am certain that if you put your faith in your heart, you would feel an amplitude of love for God and fear would not feature. But religion has taught us to fear God.

“We are handing our power over to others when we buy into the fear of God.”

For what purpose, you might ask?

To keep you a slave to the system.

Nuts and Bolts

With the fear of hell and an eternity in a burning inferno looming over our heads, we are tethered to God through fear and in order to keep on the straight and narrow we hand over our control to religious institutions and the powers that be.

They in turn — and with the aid of our allegiance, blind faith and money — make sure that our souls are not damned and that we neatly fit into society. Not only has this been the most dis-empowering act of all time on humanity but it has literally kept us in servitude and, for the most part, disconnected from God and all that *Is*.

Unite!

Our natural state is unity consciousness not separation.

This great split among people over religion and whose God is right has divided humanity and kept us in a perpetual state of warring factions. This suits the people 'in charge' just fine.

We are handing our power over to others when we buy into the fear of God.

Turning a Grim Fairytale into a Love Story

The Fear of God Myth Debunked

When you put a stopper in the illusion that is fear, you allow the love to pour through. We are prime examples of how we love unconditionally when it comes to our children/family/friends and how, especially in the case of our children, we would never want anything to happen to them.

Now, how could we even entertain the notion that God would send any one of us, God's children, to hell?

Can you see how silly this is and how thin this illusion truly reveals itself to be?

Can you contemplate the idea of your child being in an eternity of pain and anguish? Now, can you imagine putting them there!?! God is the ultimate parent and we have put our limited and linear way of rationalizing upon this Force.

I feel this is a great insult and we should look towards remedying this repulsive idea as quickly as possible.

Man-Made Limitations

The condition that is the fear of God is man-made. I ask you again to feel from the heart and ask for the truth to be experienced there.

Your child can do nothing to stop the unconditional love

that you have for him/her. This is the framework of the analogy of God as the ultimate parent as this principle of unconditional love for a child works the same way for the Creator.

Your *behaviour* may not be acceptable in certain situations but you, as an entity – a child of God, will never be discarded, as in *sent to hell*. Be very careful though, because YOUR powerful intent, thoughts and will may put you there — in other words, you may create your own version of hell and end up playing it out.

Unconditional Love

Let's take an example:

Your child does something wrong, something really bad – would you want to see them eternally punished for this deed or do you have space in your heart for reprieve?

Would you want to see your child repent and be given a chance to elevate themselves from that particular incident where they slipped into a lower vibration of thought and acted upon it?

Yes?

So, why then do some

*“Nothing is
black and white,
there is so much
gray area in life.
We are so used
to labelling
everything in
this world and
we seldom have
the time or
inclination to
look past the
labels.”*

Carpe Diem or Bust

people expect God not to have the capacity to forgive (as they would) — it's a complete mystery!

Hell is a Grim Fairytale

The vision of hell keeps us trapped in fear, not to serve God's will — you are serving someone else's

*“This truth is found within
— as is God.”*

agenda and it's a battle for power on this planet. Power is not evil, it is the intention behind the power that can be terrifying.

On the one hand, power is a beautiful gift when used from the heart but on the other extreme, if used with the head or ego, it is a destructive force.

The game of power being played at the moment derives its main source from fear — fear of hell is just one example of entrapment in this web of illusion.

The truth is that we are not damned, we are a part of God — a shard of the Divine. Not all religions are necessarily bad, many do indeed touch on the truth in their metaphors of unconditional love but, as with everything, there is a darker side which seeks to control and overpower with teachings of separation and fear.

You can still belong to a certain religious denomination and feel the connection to God and all that is but try to steer yourself clear of any vibration or teaching that induces fear — especially fear of God.

Empower yourself today by choosing love over fear.

Spreading the Light

It is everybody's free will and choice to believe in whatever they will. All I am saying is that when you do subscribe to something, you do it out of love and not out of fear.

Nothing is black and white, there is so much gray area in life. We are so used to labelling everything in this world and we seldom have the time or inclination to look past the labels.

The Every Day Miracles We Seldom See

Try to take the time to see the world as it is – a pure miracle of creation.

A tree is much more than its label as is a flower as are you. When we start seeing the world with a fresh approach we can start to see past the trappings of labels and we will start to rediscover and reform our ideas or concepts of certain things, situations or people.

It is vital to see things from a different perspective or angle as there are many perspectives to a given reality, so therefore a given reality cannot be set as different perspectives mean a variation of what is being perceived as reality.

What this means is, if we all have a different take on something, that thing cannot be labelled as our different views will give it different attributes or meaning.

Alice Adventuring in Wonderland

This always reminds me of Alice tumbling down the rabbit hole and finding herself in a completely different version of reality. A world where the characters seem bizarre, if not completely mad, and the world they live in seems utterly discordant to her.

She can't see past her own labels and finds herself in an enormous pickle until she gains a broader perspective of what is really happening. When she starts to quiet the constant voice in her mind (her ego) telling her what to think and what to 'logically' do (we see a brilliant example in Alice of how one's mind/ego can control one's reality through being over critical of everything and extremely judgemental), she starts to unravel the metaphor of this seemingly parallel reality.

Carpe Diem or Bust

When she ‘awakens’ in her 3D version of reality, she gleans a certain knowledge from her undertakings in Wonderland that she can successfully use in her life to make sense of her experience.

When we unravel the illusion that is fear, we will be cast into great doubt and will go through a process of rediscovery, just like Alice, this will take us on a journey to the truth.

This truth is found within — as is God.

To Truly Love God, You’ve Got To Love Each Other

Here is where I will wrap this up by saying that God as the parent is likened to the human parent in as much as we are more willing to think out of the box with our own children or loved ones.

In other words, we are far less judgemental in the case of the people we know and love as opposed to ‘the others’(the illusion of separation). This is simply because we feel we know them. So we are not judging them rather we are judging the action with a knowing that we all make mistakes and that our mistakes do not always represent the soul behind the mistake.

This is why we always seek to blame another or the situation for our loved ones actions because we think we know them so well. But if everyone thinks this of their loved ones/children, you can now see how God sees all of us

*“You can love
unconditionally
without having to
be the sole
provider or
keeper of the
Truth.”*

in the same light.

There is no ‘us’ and ‘them’ we are all one big family.

When we take this approach and apply it to all our human family we learn what it is to be compassionate and to see things from a different perspective or just from another person’s point of view. When we do this we will move closer to our natural state of divinity.

Do not fear God, question who or what is behind the fear.

Just 1 Simple Truth to Enlightenment — Are You Prepared?

The ‘One Big Happy Family’ Theory

I read an interesting article on the internet that claimed a demographer created a probability model theorizing that a child born in the 1940s in England, if tracing his lineage back to around the late fifteenth century, would have close to sixty thousand ancestors.

When going back further to the early thirteenth century, that same child would find eighty percent of the population of England, at that time, would be on their family tree.

*“...let’s not forget that we
are all connected to each
other and your life does not
require your neighbour to
hold the same beliefs as
you.”*

Can We Really All Be Related?

These claims suggest anyone living in England currently

Carpe Diem or Bust

would most likely be related, if they traced back their lineage through English history.

Can you now imagine what going back some two thousand years would produce? Or even 6000 years? Could it be that we all stem from one race? Or, at the very least, are we all intrinsically related in some way or another?

Perhaps we are all one big global family.

Dreaming of Unity Consciousness


It is my dream that one day we will all be able to live in symbiance with each other and along with all different beliefs and faiths. We will come to a point where we do not judge or dissuade anyone from their place of truth — especially what they choose to believe in.

Messiah Messages of Love

As I have said before, I do not subscribe to any religion — I believe in God or a Divine Source. However, I do have a great respect for all the various belief systems as I have come to realize the underlying current is usually one of love.

I feel every Messiah that has graced this Earth can be clearly seen in these words as they all came in with messages of love, and they should all be acknowledged in the same light.

Whether we are addressing Abraham, Muhammad, Krishna, Gautama Buddha or Jesus Christ, we are painting a picture of an all-encompassing metaphorical concept of the



*“Respect and love
others, respect
and love
yourself.”*

sacred messengers (messiah) of God's Word.

We all come in different packages so why can't messiahs too? They may come in the package of being Jewish, or Indian or Arabic, etcetera — and why not?

Perspectives and Holding Your Tongue

It is an obvious deduction that we may need different cultural perspectives to gain one simple idea. So which one is right and true? Is it so hard to conceive that many masters bring one message?

Let us try to tune in to all these delicious deities as a whole on our quest to unravel these messages of unconditional love and while we are on this journey of life, let's not forget that we are all connected to each other and your life does not require your neighbour to hold the same beliefs as you. You can love unconditionally without having to be the sole provider or keeper of the Truth.

There are 7 billion versions and perspectives of the truth out there and your view is but one.

If you just focused on your own integrity, you would see that there is no need to focus on another's. That is for them to address, not you. Leave judgement at the door and focus on yourself and your own growth — leave your fellow brothers and sisters to unravel their own life's unique tapestry.

What it all boils down to is...

Respect and love others, respect and love yourself. Respect and love all life forms and you will have stepped into enlightenment.

10 Ascension Tips for a Potential Ascender

As tongue-in-cheek as the heading for this was intended to

Carpe Diem or Bust

be, there is something to this biblical concept of ‘ascension’.

To be or not to be...what was the question?

Who Am I?

If this has been your question, then I would like to officially welcome you to the human race.

What needs to be clarified is that you know who you are.

You are the I Am that I Am.

This is not just some new flavour caption or the latest (or possibly, oldest) spiritual declaration of all time. This is a statement that holds no ego, no space and no time. This is your true identity. When you question your identity, you believe that you are less than what you are. You are never this — you are only stuck in the illusion or the dream that you are lacking in some way or another.

Your Personal Spiritual Path

Now to find true meaning behind the saying is your spiritual path — your journey to enlightenment.

To say the

words with no meaning or context is useless and is as effective as saying any prayer like a parrot and not feeling the words being said.

“You incarnated with the intention to overcome the illusion and fear is the root cause of all illusion.”

We so often miss this vital point. Your ‘homework’ is to give juice to this phrase. You do not need to ‘find’ yourself because you were and are never lost. You need to rediscover who you are because you have merely forgotten — that’s all. How you get to this point is entirely up to you. Every soul

takes a unique path to their spiritual awakening and this can be fun and daunting at the same time.

Now, this brings me to ascension – a steaming hot topic.

Don't Be Fooled by the Rapture

Will some be beamed off the face of the Earth (possibly like the Mayan civilization – disappeared never to be seen again) or will we all die and move on to the wondrous 5th dimension that has been promised by so many prophets and soothsayers? Will the religiously righteous be taken up to heaven while the rest are left to fight out the apocalypse? Is this all just one big hoax or money-making scheme?

They do seem like rather strange questions, don't they? But believe it or not, they are being asked. We are looking outside ourselves for answers and we want them fast.

But this is how I interpret this cosmic conundrum.

Love is the Key that Will Unlock the Door

Firstly, fear is the catalyst for being in an eternal drama. I say eternal because if you don't break the pattern of fear, it will lead to the inevitable cycle of karma – cause and effect. You will be doing it again if you don't learn this time around.

This is not some form of punishment – this will come from the will of your over-soul – your higher self. You incarnated with the intention to overcome the illusion and fear is the root cause of all illusion. Love is the reality

*“No-one else
is responsible
for you. If this
is your
mindset you
are in for a
rude
awakening!”*

Carpe Diem or Bust

and love is the terminator of fear — ‘Asta la vista, baby!’

Your job is to examine fear – not to push it aside, like most of us are guilty of doing, but to take it out and look at it. We need to face the fear and walk through it. You can take this literally or metaphorically, the choice is yours and will fit the situation according to your discernment. Question your fears,

sit quietly in reflection or meditation and see what comes through for you. Each individual has

their own reasons for fear, there is no blanket-reasoning covering the fear of any specific thing.

“The ascension is the awakening to your Divine self, the knowledge that you are a part of God and the acceptance that everything has Divine order and purpose.”

You need to find the key answer that fits your lock.

People can help you along your path and point you in the right direction but, inevitably, you are going to have to take the shovel and do the digging to find your diamond.

Trust Your Gut Instinct

Your discernment is the main contributing factor in outing your darkness. Only you know what cobwebs are lurking in the deep caverns of your soul. Only you can dust those corners and expose them to the light.

If some fears need facing head on, then do it! If some need therapy, then do it! If some need deep reflection and meditation, then do it!

No more excuses. If you are making excuses, for whatever

reasons you have, be very sure that you are fully aware that your excuses ARE your choices.

If you choose to excuse yourself from your lessons then you will be in for another round on the karma wheel – your choice. Some people take longer to pull finger than others – this applies to lifetimes too, you know. So it is appropriate that some will not achieve full enlightenment in this lifetime, there will be other lifetimes to iron this out – your choice. If you are a go-getter, then why not make it this lifetime?

As Yoda said, ‘Do or do not – there is no try’.

The bottom line to this bollocking is that you must be responsible for your choices. No-one else is responsible for you. If this is your mindset you are in for a rude awakening! No pun intended.

I Am That I Am

Now let’s get back to ascension. Ascension, in my humble opinion, is embodying your experience here on Earth by:

- knowing at a deep soul level your ‘I Am’ presence (being resolute about who you are),
- accepting what is and always knowing when to take appropriate loving action when there is something you can change,
- understanding that unconditional love holds the answer to all problems,
- finding the compassion in any situation and forgiving freely,
- giving freely with no attachment,
- seeing divinity en-masse, with no exceptions,
- knowing, at all times, that there is Divine order,
- knowing you are a part of the entire system called ‘life’ therefore stepping into unity consciousness,
- honouring all life — in whatever shape or form,

Carpe Diem or Bust

- including self,
- being comfortably in the world but not being of it.

Finding Calm in a Sea of Chaos

We need to face everything with resolution that all is in Divine order. Whatever *is* just is. There is a peace that comes with this acceptance. If you are fighting this phrase you still need to accept that there is Divine order and that you are Divine. If you do feel this then when you are faced with a fear based situation, be the calm presence.

Even if this situation means death — all you have to do is state *I AM THAT I AM*. If you die in fear you will generate a lesson that you will have to walk through again — yup, that good ‘ol wheel of karma!

If you die stating and knowing in your heart that you *ARE* the Divine, you have accepted mastery.

You are in dharma or nirvana.

There simply is no ‘ceasing to exist’ — even if you do leave your body behind. If you ascend with or without your body — state the *I AM THAT I AM*. Your only job is to make sure you know what you are stating and that it is felt in your heart.

Just Call Me Crackers and Be Done With it!

I read an article saying that we need to speak our truths and that really resonated with me. If you don’t speak your truth for fear of what people may think of you, you are not ready. That reverberated within me and I am now fully motivated to stand up and tell it like it is — if people think I’m a nutter, well, why the hell not!

I am proud to stand up at AA (abnormal anonymous — although not quite so anonymous anymore) and say, ‘Hi, my name is Cherie and I am completely abnormal. But hey, I Am

Cherie Roe Dirksen

that I Am.'

The ascension is the awakening to your Divine self, the knowledge that you are a part of God and the acceptance that everything has Divine order and purpose.

In order to do this, you need to also see this divinity en-masse — in everyone and everything. Then have love and respect for all life forms as we are all one.

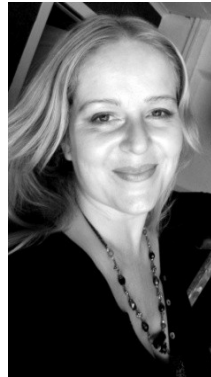
How can peace and love not arise with this attitude?

ABOUT THE AUTHOR

Cherie Roe Dirksen is a self-empowerment author and multi-media artist from Cape Town, South Africa.

Her first book, *'Divine You — Redefining Love in the New Earth'*, hit the shelves in 2011. Since then, she devotes most of her time to 'spicing up reality' with her unique blogs on spirituality and creativity.

She is well known for her forthright ability to tackle issues surrounding self-improvement, co-creative responsibility and living your ultimate experience. She also engages her audience with artistic adventures and details of what inspires her to express herself through various mediums.



www.cherieroedirksen.com

Find her on Facebook @The Art of Empowerment

Find her on Twitter @cheriedirksen