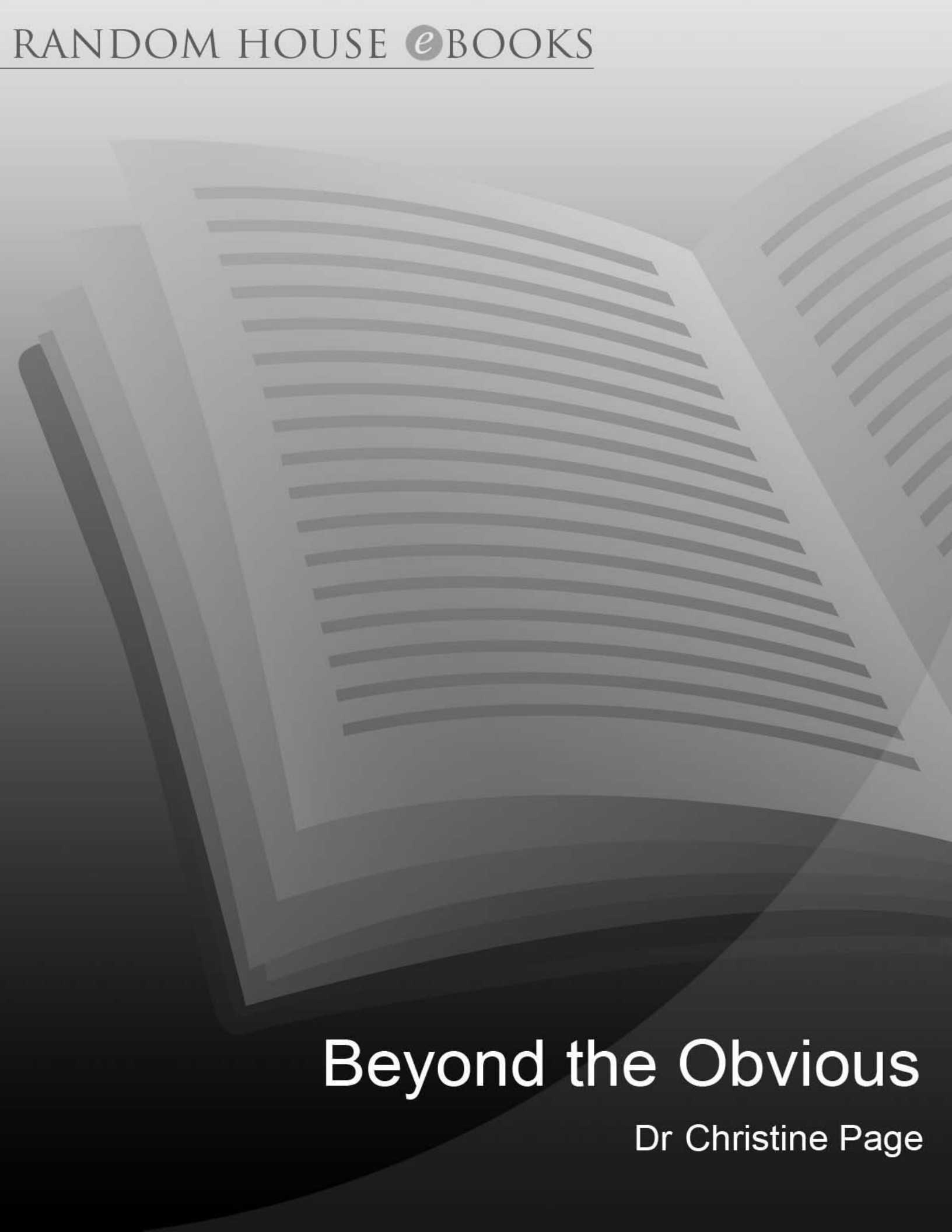


RANDOM HOUSE  BOOKS



Beyond the Obvious

Dr Christine Page



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BEYOND THE OBVIOUS

Bringing Intuition into our Awakening
Consciousness

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THE C.W. DANIEL COMPANY LIMITED

Also by Dr Christine Page

Frontiers of Health
The Mirror of Existence



Dedication

*To the heart of Mankind and to those who guide and support
us at this precious time*



Acknowledgement

To Pat Jarvis for her proof reading and loving guidance

1 Introduction

A journey of a thousand miles starts with a single step

From the Tao Te Ching, Lao-tzu, 500BC

THIS IS A story concerning an extraordinary journey, a journey of initiation. It happens to embody many of my own experiences, but it is not unique to me. By changing the characters, scenery and dialogue, you may find that I am actually recounting aspects of *your* own life which are deeply personal and often concealed even from those whom you consider to be intimate friends.

The journey takes us into the very essence of our being where nothing is hidden, where man-made boundaries are unnecessary and where we are immersed within the creative force of all life. Our guide on the path is *intuition*. Our goal is to incorporate that intuition into our awakening consciousness. This ageless friend entices us to discover what, on some level, we have always known; it is the oroborus, the snake which eats its own tail, and where the end becomes the beginning. The human concept of order tends to describe such a journey in linear terms and yet in essence we have already arrived.

Intuition is the compassionate observer. It is the wise part of ourselves which formulates a resolve based on its ability to assimilate all the information available from the various functions of the mind which include the psychic senses, logic, emotions and instincts. It is non-judgemental, recognising the value, at some level, of all things and yet can discern which path would bring greatest benefit to all concerned.

It has therefore been described as '*intellect without fear*' and as '*the synthesis of our instincts, emotions and logic*'. The awareness it brings is not just frivolous fancy but

relies on a firm foundation of experience and understanding as well as the ability to express and release our emotions appropriately. Hence it is important that we become fully conversant with our thoughts and feelings so that they can work in harmony with the intuition and not against it.

As the channel within our mind becomes clearer, the intuition appears to surface from nowhere and fails to observe a logical sequence of deduction and yet it evokes the tell-tale: '*Ah-ha!*'. This '*inner knowing as it essentially exists*' carries with it such a sense of certainty that, when we trust and follow it, nobody can dissuade us from our path (quotes from Alice Bailey; [see here](#)).

This self-assurance is the result of a transformation of consciousness which carries the pilgrim from the dormant state of *not caring*, through the emotional phase of *hoping*, via the logical step of *believing* until the ultimate goal of *knowing* is reached, reflecting pure inner guidance.

Intuition is not exclusive to the spiritually elite but is readily available to every individual and can be compared to radio signals travelling the airways waiting for us to tune into their particular frequency. It is often referred to as a *gut feeling* or *sixth sense* although men usually prefer to call it a *hunch* which they have learnt from past performance is a reliable source of trustworthy advice.

Intuition is present in the very air we breathe, within our deepest thoughts, during moments of creative dreaming and is the enigmatic friend whose flash of insight steers us away from danger and towards people or situations, which we then call synchronicity.

As a medical student of the seventies, I was taught that 80% of my diagnosis should come from the patient's history, 15% from examination and only 5% from tests. How times have changed! In subjects such as neurology, we were expected to reach a diagnosis before the patient sat down by observing their mode of walking, their posture and any other useful, often subtle, clues. In such a highly scientific

training, my professors would never have said: *'We want to improve your intuitive skills'*, but that's what happened.

By the time I reached general practice, I was dependent on my sixth sense to recognise the seriously sick patient whose history was vague and non-specific, especially when seeing over 40 patients per day. I remember being taught *'listen to the mother; she knows when her child is ill even though there are few outward signs'*. This wise advice helped me to recognise more than one childhood cancer at an early stage when treatment was highly successful.

I defy any doctor or other health care professional to deny their reliance on intuition for enhancing their clinical acumen, although I am fairly sure they would say: *'You just know these things'* which usually suggests a large degree of experience mixed with the all-important pinch of inner knowing.



As we journey towards an intimate relationship with our intuition, it is not uncommon to distrust its messages believing that they will appear illogical to others, be the source of ridicule or rejection, separate us from those we love, mimic mild insanity or lead to pain and failure. These concerns are not unreasonable and indeed may surface along the journey and yet, when we look beyond these fears, we recognise the profound gifts that this *still small voice* offers:

- Enrichment of life experiences
- The opportunity to look beyond the obvious
- Clarity in decision-making
- Greater ability to connect with others on a soul level
- Increasing insights into the Greater Plan
- The knowledge that we are contributing to this Plan
- Accelerated soul growth and fulfilment

- The ability to be in the right place at the right time
- The chance to know ourselves and hence to know our Creator

As you can see, development of the intuition is not concerned purely with enhancing personal prowess, increasing psychic abilities, being able to '*read other people*' in order to stay in control or expanding creative skills so as to achieve success in business. These are bonuses which are gained along the way but we limit our full potential when we consider them to be the goals on this sacred journey.

Intuition possesses the feminine qualities of connection linking us, in varying degrees, to:

- The core of our Being; our soul
- The soul of every person upon this Earth
- All other life forms usually through a group soul
- The world of Spirit
- The Creator, God, the Universal Life Force, or the Eternal Light

This inner knowing is channelled mainly through two of the energy centres, or *chakras*, within spiritual man; the first being the place of soul resonance, the Heart, and the second, the seat of wisdom within the mind, the Third Eye.



Meditation

One of the main keys to developing a steady state of intuition is through the practice of meditation which

facilitates the ability to calm the mind from the normal state of *hyper chatter* and allow it to become settled in the moment. Techniques such as using a mantra or an image, concentrating on the breath or creating a vacuum within the mental arena, all aid the experience and have been used for thousands of years by those who recognise the demanding nature of our highly developed intellect.

Although allowing the body to come to rest assists the creation of a sacred space, it is well established that a meditative state can also be successfully induced through rhythmic, physical movement such as walking and dancing, as seen in the *whirling dervishes*.

Meditation grants us the time and space to be still. Here we may receive guidance through images or words or find ourselves within a place where we can resonate with the tone and frequency of our pure spirit. The mind and body rejoice when they are given the opportunity to dance to this eternal music, allowing them to reject all other notes which are disharmonic to the soul.



Looking back over my life, I can recognise the various stages of development of my own inner knowing and although still a traveller, can see the tremendous changes which have occurred over the decades especially when I remember emerging into the brilliant sunlight from what appeared to be a dense fog, which for years had caused me to feel confused, disorientated and helpless.

I doubt whether there is an end point to this journey for each apparent completion takes us to a higher or deeper dimension in the spiral of life through continual cycles of order and chaos, build-up and breakdown, in-breath and expiration. On this earthly plane we see this succession of creativity readily reflected, with much of nature recognising

the need to allow some part of itself to die before the next level of growth can appear.

Even in the darkest moments of our life or when we are deeply entrenched within the world of matter the inner urgings of the intuition persist, sending out their signals and providing a lifeline to the soul who takes the time to stop and move its focus from dense gravitational images.

As the eternal light penetrates the shadows, we become aware of an engaging serpentine path which makes its way through a variety of challenges and opportunities all of which entice us to hone our skill of inner knowing until it becomes *a state of being* rather than just *another function of the mind*.

This is a shamanistic pilgrimage where the individual experiences themselves in all their glory, facing their fears and their joys, and moves through the worlds of ignorance, limitation, illusion, glamour and pride.

There are many *sirens* on the path attracting us towards different horizons and yet they are in themselves a gift, strengthening our inner resolve to stay on track. In reality there is no time and therefore even though we are held by their haunting song for months or sometimes years, it is the decision to return to our path which is so soul enhancing.



The journey towards integration of intuition consists of seven stages:

1. **The Awakening:** Stepping Out
2. **Expansion:** Taking on One's Own Power
3. **Thought liberation:** Clearing a Path through the Mind
4. **Harnessing the will:** The Power to Direct Energy

5. **Taking a stand:** Making Decisions from One's Inner Truth

6. **Letting go of the result:** Detached Compassion

7. **True connection:** Merging the Ego with the Soul

We rarely meet these stages in isolation from each other and may find that we have completed stage 5 in our work environment only to be struggling with stage 1 in our relationships. At other times we may not even notice passing from one phase to the next as it was so effortless.

There will be many *awakenings* throughout life as we come to accept and integrate those parts of ourselves still in the shadows. The journey is not a competition but rather an initiation process which provides us with infinite opportunities to learn, grow and enjoy life whilst being able to contribute to the Universal consciousness. Although the goal is to function from our inner knowing, it is our willingness to take part which is more important than completion of the course.

As I describe the various phases, I shall offer insights from my own life which will hopefully clarify the message as well as act as a mirror for your own life's experiences. So before we progress further, let me tell you more about myself.

During a recent visit to my mother, I was shown an old family photograph album which was crammed full of sepia pictures of my ancestors posing for the camera in the manner of the times. Amongst the photos was one of my mother's grandmother who, with her hair tied neatly back and wearing a velvet dress with a high neck and puff sleeves, could have been any age. She looks out into the distance and for a while I become lost in her thoughts and dreams.

For someone who lived long before the Great Wars in the picturesque border lands of Scotland, I wonder what she would make of the hustle and bustle of this highly technological age. As I study her face, I suspect that she would have rolled up her sleeves and attended to the practical needs of the moment whilst imparting words of wisdom, which are probably as relevant to the people of today as they were then.

She was a woman ahead of her time as was her daughter, my grandmother (whom I never knew on this physical plane), and my own mother. My mother recalls that during holidays spent with her grandmother, the latter was often called by the vicar or the doctor to attend someone who needed help. Archetypically, she was the wise woman of the neighbourhood with an eclectic job description which required her to move from midwife to counsellor, to social worker and even to being the one who laid out the dead. She was nobody's fool and believed in speaking her truth although this was always delivered with compassion and generosity of heart.

In her work she encompassed the inherent female ability to appreciate the mystical process of birth and death, daring to enter the interdimensional space where the will of the individual merges with the will of the Source. Earlier in history, women who attended births and deaths were considered to have supernatural powers and many were persecuted and lost their lives because they chose not to abandon those who needed them at this time of transition.

Thankfully, by the time my great-grandmother was born, in the middle of the 19th Century, thinking had changed and she was allowed to pursue her work undisturbed. When she retired the town honoured the service she had given by presenting her with a walking stick topped by a silver lion's head.

It seemed natural for my grandmother to carry on these traditions. The family had by then moved to the outskirts of

Edinburgh and it was common practice for my mother's childhood home to be open-house to all those who required sound advice, encouragement or the warm hospitality which was being offered, especially at hogmanay! As with her mother, her common sense and opinions were sought by many and it was not unusual to find the *laird* of the manor, the minister of the church or a neighbour sitting at the kitchen table discussing the matters of the day.

I feel honoured to have inherited these precious gifts from my mother's lineage and recognise them to include wisdom, integrity, honesty, curiosity, compassion and generosity. It is easy to see these same qualities in my own mother who has lived her life with an unshakeable yet uncomplicated faith, a generosity of spirit and as a constant seeker after the truth.

Each of these women had the ability to look beyond the obvious, to know things which had not yet taken place on the physical plane, to be compassionate though objective and to offer help beyond their own personal needs. As this book will reveal, these are requisite ingredients for working with the intuition where we merge our consciousness with that of another whilst keeping our feet firmly on the ground and our heart connected to the eternal Source.

So as not to perpetuate the myth that intuition is mainly a female prerogative, let me add that my father possessed complementary qualities which helped me to navigate the waters of life. He was sensitive, compassionate, totally committed to his work and family, diplomatic and, most important of all for a young child, great fun. He told the most awful jokes which were usually met with groans and still continued undeterred. He saw life as an adventure and would be the first to climb a mountain, enter unknown waters or attempt to speak a foreign language when travelling abroad. However, he never expected the same initiatives from other people, delighted if he met a fellow pioneer but always content to go it alone.

His relatively sudden death when I was 17 years old, turned my life around and yet I never felt anything but extremely privileged that he had imparted to me his inspiration, encouragement and love during the most formative years of my life.

Death was never a fear for me and we used to joke that by my mid-twenties, I had more family on the *other side* than I did on this side. My father's passing was helped by the fact that my mother had a rich understanding of the fourth dimensional or psychic world and I personally received valuable evidence of the afterlife which was irrefutable in my mind.

I have always been very fortunate to receive spiritual guidance from my father, my grandmothers and others who have passed from my soul family. My father makes his presence known through a soft touch on my lower back and then I hear his thoughts in my mind. I can remember it suddenly dawning on me that, at a time when most teenagers would rather their parents were not present, here was my father who was undeterred by closed doors!

Despite this revelation, in all our time together I have received only tremendous love and an acknowledgement that I am totally free to live my life to my own design and that he has no expectations or hidden agenda. I've experienced this same detached compassion from those in the spirit world during the 20 plus years of my work in the caring professions as a doctor, homoeopath and teacher.

I recall that on many occasions whilst listening to someone who believes they are totally unlovable and beyond forgiveness, seeing them surrounded by radiant colours of love streaming forth from those who care for them on the other side. Our spirit family's unfailing love, despite any feelings or beliefs we possess about our being, is almost beyond description and I see such an unconditional offering as an attempt to remind us that tolerance, compassion and forgiveness are gifts which we

need to learn to receive before being able to give the same to others.

I recognise part of my task is to facilitate the passage of this pure energy through walls of self depreciation, mistrust and fear which have often been built up over many lifetimes. Through love and respect, I encourage the creation of a sacred space where the dimensions can merge and true healing can occur within the rainbow rays of life-enhancing energy.



*And did those feet in ancient time
Walk upon England's mountains green?
And was the holy Lamb of God
On England's Pleasant pastures seen?*

William Blake, Milton, 1804-1810

So as to complete the setting, I offer some of my own early spiritual experiences which I now recognise as significant signposts on my intuitive journey.

I entered this world in the mid-50s as peace and hope were permeating the planet. In retrospect, I know that I never lost my connection to the Spirit World and, even as a young child, I recall that on falling asleep I would find myself in a warm bright tunnel which offered great comfort although I had no understanding of its source or why it was so important. As I grew older, the same experience started to occur in meditation and I now associate this place with feelings of tremendous love, soul connection and expansion into the multidimensional levels.

I was blessed to be part of a family which was open-minded and where it was not uncommon for our house to be the venue for interesting discussions on esoteric matters, UFOs and *fringe* medicine as complementary medicine was then known. Being born in Britain offered me the opportunity of entering a well-established spiritual tradition

where the mystical was expressed through some of the most dedicated, modest and well-respected individuals in the country.

Through the Spiritual Association of Great Britain, I was fortunate as a child to listen to some of the finest examples of trance mediumship (channelling) and to be present at memorable psychic events. The rather undemonstrative way in which many of these talents were revealed is typical of the British reserve, but behind this shield beats a heart deeply spiritually connected to sites such as Stonehenge, Avebury, Glastonbury and Iona as well as the magical crop circles, and represents the peoples' commitment to being guardians of this *Sacred Isle*.

My mother's friend, Joan, was a healer and I see her as a steady, reliable influence on my evolving spiritual life, especially in the field of health care. She never tried to convert others to her belief system but anyone who knew her could only be deeply impressed by her dedicated service, great empathy and wonderful gift of listening.

During my medical training, my focus was understandably directed towards extremely scientific data which was learnt almost parrot fashion. Joan was my salvation, keeping my inner knowledge alive and reminding me that the true vocation of a doctor is never to stop searching for ways of bringing relief, care and hope to those who seek help. While I was in college she developed a malignant tumour of the breast and was determined to treat it naturally, although she agreed to a lumpectomy if she could be given just a little more time to improve her overall health.

She quickly became an expert on every form of therapy which was available. Her home became a natural healing centre with jars of growing wheatgrass filling the kitchen one week only to be followed by pounds of grapes which she consumed with contentment as part of a different diet. Although she herself had cancer, she saw this as a