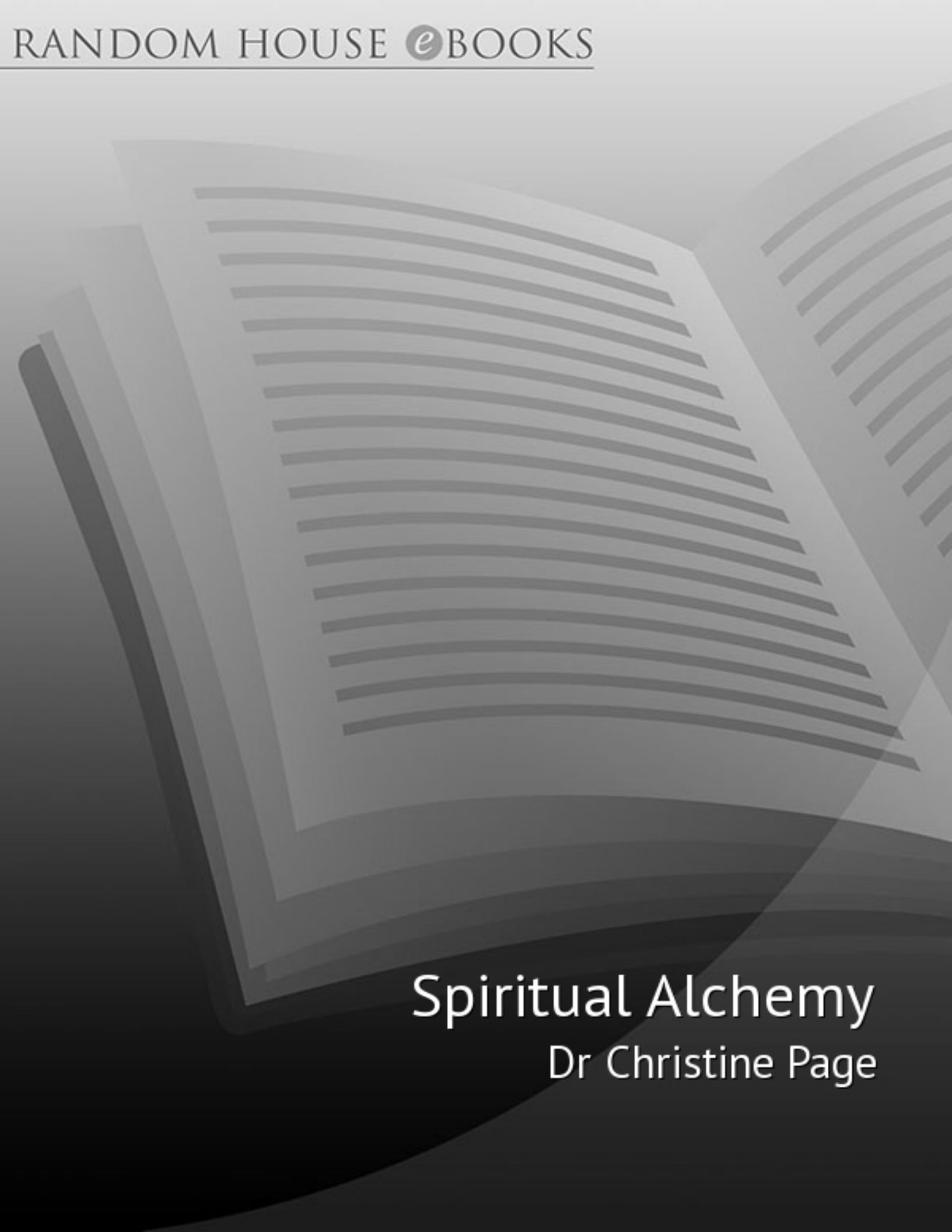


RANDOM HOUSE  BOOKS



Spiritual Alchemy

Dr Christine Page

Contents

Cover

About the Author

Also by Christine Page

Title Page

Introduction: **The Time to Remember**

*Chapter One: **The Purpose of Our Lives on a Soul Level***

*Chapter Two: **Cycles of Energy***

*Chapter Three: **Alchemy: The Marriage of Opposites***

*Chapter Four: **Stepping into the Hologram***

*Chapter Five: **Sacred Geometry and Sacred Sites***

*Chapter Six: **Healing the Divide***

*Chapter Seven: **The Power of Intention***

*Chapter Eight: **Becoming Present: Living in the Now***

*Chapter Nine: **The Liberation of Energy***

*Chapter Ten: **Maintaining Energy***

*Chapter Eleven: **The Passage of the Serpent***

*Chapter Twelve: **The Elements***

*Chapter Thirteen: **Cycles of Change - A Brief Study of Astrology and Numerology***

Bibliography

Index

Copyright

About the Author

Dr Christine Page MBBS, MRCP, DCH, DRCOG, MFHom is a medical doctor who has been acclaimed as 'one of the greatest living Mystics'. The author of groundbreaking books including *Frontiers of Health*, she is known on both sides of the Atlantic for her teachings and the pioneering ways in which she combines modern science with ancient wisdom. Visit her website at www.christinepage.com

Also by Christine Page

Frontiers of Health

The Mirror of Existence

Beyond the Obvious

Mind Body Spirit Workbook
(written with Keith Hagenbac)

Dr Christine Page
MBBS, MRCP, DCH, DRCOG, MFHom

Spiritual Alchemy

How to Transform Your Life



RIDER

LONDON • SYDNEY • AUCKLAND • JOHANNESBURG

Introduction

The Time to Remember

THE ANCIENT PEOPLE all agree on one thing: we are in the period of the Great Shift. Some would say that it started as far back as the 60s. But certainly by the time of the Harmonic Convergence in 1987 many of us were sensing a change in our priorities as a deeper yearning emerged from within our souls; *it was time to remember and reconnect.*

As we move towards another important date, 21st December 2012, the end of the Mayan calendar, we must wonder what this highly evolved civilization knew of our time and what they would think of their offspring 5,000 years after the creation of their magnificent calendar. Would they have seen that, in the first years of the 21st century, momentous events would shake the very fabric of every society, acting as the catalyst for the transformation that is crucial to the evolution of human civilization and consciousness?

One thing they would certainly say is that these changes will happen whether you or I are ready or not. Because for once this is not about us as individuals or even a particular culture, religion or country. This is about our Earth, a vital being in its own right, raising its frequency to join with the other planets so that our solar system can take its place in

the greater scheme of the galaxy and the Universe; this is its destiny.

As the shift occurs, we can choose to accompany the change in frequency by expanding our own consciousness both individually and as a group, thereby easing and facilitating the transition, or we can decide to stay where we are. Whatever our decision, the train is on the move and it's just a matter of choice whether we wish to make the journey in a comfortable seat or run behind the carriage most of the way.

We are seen to be at the midpoint of a 26,000-year cycle when the axis of the earth is perpendicular to the axis of the galaxy, creating an equilateral cross and signifying our shift from individualization to unification. Within this Great Cycle, our present age of Aquarius heralds in times of greater co-operation, soul opportunities, joy and harmony. But during the transition there will also be those who desire to maintain the separation to protect their own self-interests by evoking fear, poverty and suffering. This is prophesied to be particularly relevant until the year 2025, after which time the old order will start to dissipate, and those who are willing to hold a higher vibration will weave the web of creative harmony for the forthcoming sixth human root race. Some of these souls are already incarnating, bringing joy, remembrance of their divine essence, wisdom far beyond their years and other higher qualities of the human spirit.

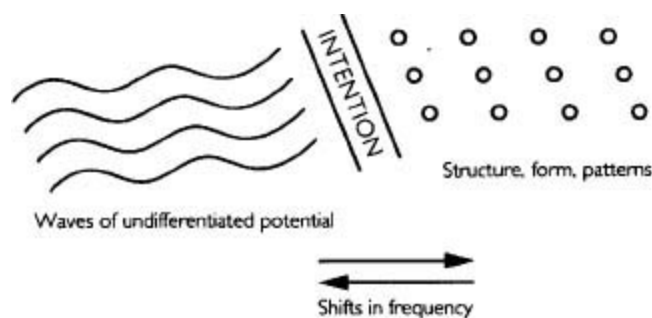
So in essence this is a time for choices, allowing every individual to decide where they wish to direct their attention, and in particular their heart and mind; it's an opportunity to encourage the awakening consciousness and bring to fruition the creation of one's own destiny.

And that is why we need to *remember*, to draw back into our being those parts of the self which have become separated or from which we have become disassociated through fear, ignorance or shame. Only by reuniting these

various frequencies into a force of accord and acceptance will we organize and strengthen our own Inner Light until it becomes a laser-like, coherent power. Then we will become *alchemists of spirit*, capable of transforming undifferentiated collective energy into matter and then back into the collective again and hence establish our rightful place in the Universe's greater plan.

It is our destiny to be alchemists dictated by the very precise geometric design of our physical form and the intricate interplay of energies between chakra centers, subtle bodies, the meridians and our endocrine and nervous systems. And yet we have often failed to fully appreciate our potential, oblivious of the strength that waits within and preferring to seek security from outside. Yet the *force is truly with us* if we can just remember where we left it!

In simple terms, we exist within an ocean of undifferentiated potential or consciousness known as the *Quantum Hologram*. This becomes organized into patterns or form through the power of our intention or thought. The more conscious our intention, the more pure the form that is created. Every time we take an idea and bring it into manifestation and then allow it to dissolve again, we generate energy which slowly but surely increases the force and brilliance of our inner light, drawing us inexorably towards the state of enlightenment which is our birthright.



We are given a hint of the power of transformation upon our planet when we admire the exquisite beauty of a butterfly as it emerges from the cocoon or appreciate the gift of oxygen provided by the plant kingdom during the process of photosynthesis. And yet we must know that man is capable of so much more. However, at present, many of our creative endeavors are unconscious or poorly defined, motivated often by insecurity or fear which has a short-term gain and limited long-term collective planning.

As events unfold on the wider stage, we are being guided towards greater global consciousness which inevitably will bring greater peace. Already, I and many others are meeting the future in the guise of the *crystal and indigo* children who reveal an unshakeable connection to the Source, a true sense of their own mission and an intolerance of anything that lacks congruency. My heart sings when I hear stories of their compassion, wisdom and intellectual brilliance, presented without arrogance and in a straightforward manner.

For my part I'm here to act as a navigator to the extent of my ability. For as we expand our consciousness we come to realize that things are not as clear cut as we previously thought and will perhaps appreciate a friend who walks alongside holding a lantern. I will attempt to speak to as many levels of awareness as possible, recognizing the importance of each whether it involves practical solutions, emotional conundrums, stubborn thought patterns or the all-knowing eye of spirit.

Levels of awareness

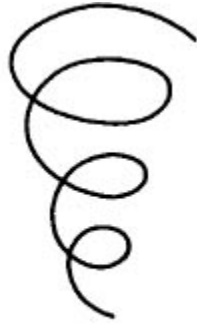
As we take these thoughts a little further, let us create a framework on which to build. On one level we are living a ***linear lifestyle*** where thoughts lead to action which eventually leads to results; we go to work, make money, enjoy life and then die. Such linear thinking is successful

and relatively uncomplicated, demanding little personal contemplation but requiring continual repetition of the process, as it is associated with few tools for memory and growth and rarely inspires the individual to extend their boundaries beyond the comfort zone.

$$\longrightarrow \mathbf{A + B = C} \longrightarrow$$

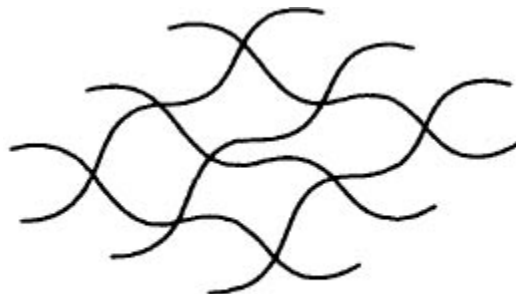
Linear Awareness: "I AM "

As we expand our awareness within the three-dimensional world of space (length, breadth, depth) and time (past, present, future), we start to appreciate the tapestry of life in which we live. We reconnect to higher vibrations that wind through and around the linear life, characterized by ***cycles*** or ***patterns*** which naturally repeat themselves and are reflected in the cycles of the body and the seasons of nature. Such a design linked to memory, the senses and our emotions permits us to learn and grow without the need to constantly repeat a situation, thereby bringing a deeper sense of rhythm and security. Habits such as riding a bike or driving a car are examples of cyclical thinking, allowing us to learn through feelings rather than merely by rote. Even the method of teaching words or numbers in a *sing-song* fashion has enabled millions to remember long passages of script or the times-tables well into their later life, as the arts are strongly allied to rhythm and memory.



Cyclical Awareness

A third level of awareness which expands beyond the confines of time and space is now being validated by EEG and MEG (magnetoencephalograph) recordings which show a steady ***stream of energy***, the *Quantum Hologram* passing across the brain at about 40 hertz and is seen to reflect our interconnectedness to all dimensions. This waveform of energy extends beyond the physical form and is associated with the subtle energies found within the aura and whole-brain thinking. Higher frequencies of energy have also been recorded and are still to be investigated fully but are thought to relate to extrasensory perception and intuitive insights. This stream of consciousness is believed to underlie the *hundredth monkey* phenomenon where, once a hundred monkeys learnt to peel and eat a potato on an isolated island, every monkey achieved this knowledge anywhere in the world.



Collective Awareness

At present there is an alarming increase in the number of children with Autism and ADHD (attention deficit, hyperactivity disorder). Although each of these illnesses exhibits different pathology, there is a common theme that suggests that these children relate strongly to this third function of awareness i.e. they are able to see in pictures, merge easily with their environment, and often express telepathic tendencies. Most of these children find linear thinking and learning difficult, causing them to feel ungrounded and challenged to fit into the social norms. And yet, I sense we are being offered an opportunity to expand our consciousness through these souls who are asking us to meet them in their telepathic, whole-brain thinking rather than insisting on breaking everything down into a language that makes no sense to collective thinkers.

There is also an increase in mental illness reflecting, I believe, more than merely a chemical dysfunction but a change in the functional capacity of neural pathways to accommodate greater inter- connectedness and moving us steadily towards our inherent multidimensional existence. Rather than seeing this shift as a problem to be fixed we need to appreciate the magnitude of the change it heralds. We can accelerate its integration by paying greater attention to the value of the arts which enhance creative inspiration and by increasing tolerance for those who live by a different creed.

It is also important to restore rhythm in our lives similar to the rhythm of the heart finding time to rest, play and work in tune with a deep inner impulse.

At the same time, the future asks that we should re-establish a healthy co-operation with the planet and, with respect and honor, touch her gently with our hands, feet and humble hearts. It is only when we root ourselves within this world will we be able to withstand the winds of change, for the willingness to go into the depths of our being is directly proportional to the heights we can attain.

* * *

The irony is that, as we associate with multidimensional awareness, we're struck by the fact that the only time is *Now* and there is nowhere else to go except for *Here*. We also come to appreciate the ease by which we can move between the dimensions, for there is no separation except within our minds. To the linear thinker this lack of detail is seen as *chaotic* and to be avoided at all costs. However, the multidimensional thinker perceives this collective world as *real* while perceiving the linear framework as one of *illusion* and *limitation*.

This trinity of awareness has always been recognized by the ancient people and by those in fields of psychology who accepted the spiritual component. However, there has been a tendency in modern writings to demean the physical, linear existence and see the continuous flow as more important and more spiritual. The paradox is that such a view is a product of linear thinking, as it maintains a hierarchical system and seems to ignore the fact that we created this 3-D world for a purpose. What is important to remember is that, as spiritual human beings, no one dimension is more important for our journey than another. We are here in physical form to experience a style of spiritual growth that cannot be accomplished away from this planet. During this major shift, we are being encouraged to live in, move through and utilize all three paradigms of existence simultaneously which I agree is not an easy task. And yet, surprisingly, we have already been doing this for some time.

It is against this background that I will weave the words that will hopefully encourage you to repossess precious parts of your being that may be hidden in any of the dimensions and will hopefully set you free to experience a life far beyond your wildest expectations.

* * *

Who are you?

I recently experienced a moment of remembering as I walked along a beautiful, sandy beach with a dear friend on the east coast of America. The warm sun was glinting off the water as I expressed my frustration at a particular pattern of my work which after 20 years was no longer bringing growth and satisfaction to my soul. I was surprised by the strength of my emotions and knew that something had to change before I descended into a well-known pattern of blaming others for my feelings of restriction! At that moment I looked down and saw that my name label had fallen out, leaving an empty holder. However, not particularly perturbed, we continued walking.

About 30 minutes later we were returning along the same stretch of beach when my friend asked me what I really wanted to do. I became very animated by the question and said, *"I know there are parts of me that I'm not embracing because they don't fit into the model of acceptability and I'm not sure how to explain them clearly. But it feels as if I must express what's going on inside for the sake of my soul's sanity!"* This statement was very real to me because, all my life, the one thing that has brought me inner security has been the ability to take new and somewhat esoteric ideas and translate them into a language that brought some understanding to my listeners. However, now I was having difficulty understanding them myself as the ideas were so multidimensional that they lost their viability as soon as I tried to label them or squeeze them into the box.

In the seconds that it took to say these words, I saw myself standing in front of a doorway with the door fully open, beyond which was a world that was so expansive that I was awestruck but knew without question that it was time

to walk into my own destiny, fearless that my logical mind couldn't feel the sides of the container and that I may not make "sense" to others, even my friends and family.

"*This is who I am!*" I exclaimed and, at that moment, I looked down and there was my name badge, lying face down in the sand revealing a virgin surface waiting for me to design my own identity.

Now is the time to remove the veils of separation, dissolving the myths that to be human is to belong to a lesser race or that each of us isn't in a position to know Divine consciousness. So I ask you, "*What part of your soul is waiting in the shadows to be acknowledged? What dreams, aspirations or beliefs about yourself have you carried from childhood but now lie dormant, marginalized by a busy schedule or, in my case, because they don't make sense?*"

It takes courage and a well-developed and integrated ego to step up to the line for oneself but it's worth the effort. It's so easy to remain asleep, hypnotized by those who know how to seduce you into a false sense of security whilst denying you your birthright, which is the opportunity to become a truly spiritualized human being. Interestingly, the very word human can be broken down into symbols that describe our Universal purpose: *hu* meaning *creative energy*, and *man* meaning *mind*. We are to use the creative energy of the mind, our intention, to become masters of the art of materialization and dematerialization and truly perform spiritual alchemy.

This at first may sound complicated. But let me assure you that you're already well-qualified in the subject, except most of your manifestations and their opposites have previously come from the unconscious mind, which then provides little opportunity to recognize and celebrate the skill. In fact the whole principle of *synchronicity* relies on this ability, so that when we think of someone and they call we're impressed with the instant response. Of course,

we're less enthusiastic when we think of someone we prefer not to meet and promptly bump into them as we turn the next corner. Then we call it *bad luck!*

As the Ancient People would say, "*It has taken us many thousands of lifetimes to be able to create a physical form through which the soul can live out its journey and now we're working at dematerialization.*"

We are no longer evolving, we are dissolving!

Perhaps a little history would help to clarify the situation. It is said that there have been four root races of human existence on this Earth before our present, Aryan, fifth race. The first two human models were ethereal, that is, without a physical body as we know it, and exhibiting androgeny within a very high-frequency energy field. It was not until the **Lemurian Age**, the third root race some 100,000 years ago, that separation occurred into two genders and the principle of duality began. During this time, the Earth was covered in a fine mist for our connection to the world of spirit via the etheric body of the planet was still strong and we were more comfortable in the oceans than on dry land. The physical body would have looked almost transparent as its energy was still of a high frequency allowing easy exchange of light consciousness and thought between people, the Nature Kingdoms and those of the Spirit world.

It is said that many of the magnificent ancient temples of Southern and Central America were built by Lemurians who were tall in comparison with modern-day man and knew how to use vibration to cut and carry the stones which today appear so heavy. We believe that the main civilization of Lemuria, which reached its peak about 54,000 years ago, existed in the area of the Pacific Ocean encompassing the West Coast of America as far inland as the State of Arizona, the Hawaiian Islands, the west coast

of Central and South America, Easter Island, New Zealand and the Polynesian Islands.

As we moved into the fourth root race, the **Atlantean Era**, the mist began to clear with the vibration of the Earth's energy slowing down sufficiently to allow a world of matter to form and for humans to develop what we would describe as a physical body. You will probably appreciate that the *Big Bang Theory* follows a very similar theme with the physical world appearing as the ejected material cooled down. It's interesting to note that, every few months, scientists have to revise their estimate of the length of man's inhabitation on this planet due to the availability of exciting new data, causing many history texts to become out of date.

The location of Atlantis is still hotly disputed, with some believing that it stretched from Greece to the Azores, others preferring to place it amongst the Caribbean Islands, and some even believing that it is buried beneath the Antarctic Ice Mass.

Wherever it existed it was a highly technologically advanced society with many achievements far outstripping anything we see today, with a profound understanding of energy and light in its purest form. For human evolution it was a time to develop an inner power source distinct from what had previously been supplied by the collective universal well, which was then less readily available. It didn't take long to realize that the elements, fire, water, air and earth, could be manipulated into emotions and provide a powerful source of fuel still used today to manifest desires, i.e. anger, sadness, fear and joy. The Atlanteans also harnessed the elements into solar, wind, wave and crystal/gem power and became masters of creating their reality even though some of their practices and motives eventually became somewhat questionable and probably led to their downfall.

To me, this steady disconnection from the unified field was an essential part of the plan to bring about self-individualization and allow the emergence of human beings who were willing partners in the creative cycle. There was no mistake, failure or error in this carefully organized strategy except in the eyes of those who wished to exploit the situation, calling it *our fall from grace*. Only by slowing our energy to this particular vibration and creating the time/space paradigm could we explore and experience areas of creativity which were unavailable elsewhere.

Now in the fifth root race of the **Aryan Era** we're moving back to the source, using the very inner consciousness that created individualization to now remember and re-establish unity. Unlike the Atlantean Age, which was one of emotional and psychic development, this Age is focused around mental abilities, namely the will, intention and higher intellect, better known as intuition. It's time to gain wisdom from our experiences and to release our attachment to the world of matter that we have spent so many lifetimes learning to manifest.

During the process of individualization, we were like teenagers leaving home for the first time and were given two special gifts to symbolize our journey. The first was free will linked to *self-consciousness*, allowing us to become master of our own thoughts and actions, very similar to receiving a credit card with limited restrictions. However, as you can imagine, using this gift without proper care and attention created its own problems, as many became victim to their own thoughts either tying themselves up in limiting belief systems or becoming lost in free-floating anxiety or *monkey mind*. The other offering was the time/space paradigm anticipated to provide a secure basis for our thoughts to take root. However, once again, complications arose when time became the enemy and space an overpriced asset.

As Alice Bailey said,

***“We tried to fit the Truth into the Hour rather than
the Hour into the Truth.”***

* * *

It takes effort to remain awake and not fall back into the trance but now, more than ever before, the veils between the dimensions are extremely thin, and those of the spirit world who love and support us are meeting us in our dreams and meditations, offering encouragement and guidance at this crucial moment in our evolution.

As always there will also be physical messengers and prophets who will appear to help us with our decision-making, although now in this Age it's more important than ever to listen, not only to their advice, but also to tap into the wisdom of the soul, respect the deeper feelings of the heart, and follow only what resonates with the truth that lies within.

In this way we can appreciate and utilize the gift of logic while recognizing that our thoughts and beliefs can become distorted by fears such as those of change, failure or loss of control. We can also value our emotions for the powerful way in which they allow us to interact with the world, while remembering that when we become their slave and not their master, their *addictive qualities* can lead us into reactive behavior which will eventually undermine our actions.

The pure heart and mind never lie!

As the emotions become balanced and our minds clear and open, we start to remember who we are, beyond our name, nationality and the drama we're playing out in the moment. Indeed as the light starts to dawn and our perception of ourselves expands, we may see that what we considered a safe haven in our life has become a prison

maintaining a false sense of security while denying our ability to experience our soul's full potential.

Once we begin to remember, our confidence rises, spurred on by the encouragement of our own inner self which delights in our awakening. This expansion in consciousness is reflected in the external world through technology such as the internet, which has given great joy to many through the ability to communicate on diverse and often controversial subjects and to hear the dreams and aspirations of others, all around the globe.

It is also time to remember that everything exists in this Universe as energy vibrating at various speeds and that heightened consciousness comes from being able to appreciate our own energetic nature and use the mind and breath to move through the various dimensions. As we move back towards our energetic essence, you will see a shift in interest from the use of dead fossil fuels to those which are more natural and alive, including the use of super-spin gold, the earth's energy lines, solar energy and sub-atomic particles.

We will also see a resurgence of interest in ideas that are an essential part of our heritage and without which we can never fully know ourselves and yet which have been banished to the realms of paganism especially over the past 2,000 years. Such age-old concepts and traditions as reincarnation, astrology, numerology, the world of spirit, subtle energies, the Nature Kingdoms, Earth energies, sacred geometry and the existence of extraterrestrial life can no longer be relegated to the shelves of metaphysics or science fiction but need to take their place amongst mainstream history, geography, physics and medicine.

As we assimilate these topics and others into our collective awareness through daily experience, we'll find ourselves closer to our true being and to a deeper connection with the planet Earth, Universal Consciousness and the multidimensional world of spirit. The only problem

I perceive is that, once we reconnect to our own source of Divine Truth, those who consider their role as an authority figure to society will be required to communicate in a more honest and reciprocal manner based on a true democratic process where no one individual is more valuable than another.

If I look at my own profession I know that, like many of my colleagues, I entered medical school believing, in my naivety, or perhaps arrogance, that at the completion of the five-year training I would have in my medicine bag all the tools necessary to deliver healing to the world. Of course, it didn't take long to realize that not only did I not heal people (I was only the facilitator) but there was far more to a human being than purely their physical form.

I came to appreciate that if I was to become a true scientist, I had to be willing to go beyond the confines of my training and seek the mystery of health where mind, body and spirit worked in unison. I learnt to step back, listen and observe (not easy for someone who was trained to give their opinion and diagnosis) and soon realized that the complexity of health and disease reached far outside the boundaries of one individual. I would watch in awe as situations unfolded because of one person's illness and how the real healing occurred often subtly on an energy level, touching many people including the medical staff.

Sean's life scanned a mere nine days but brought together an estranged family after almost 20 years. He was born with multiple congenital abnormalities and was not expected to live. The young parents were naturally distraught and were comforted by the child's grandparents. However, there was a deep rift between members of the next generation who had ceased communication after falling out over a relatively minor incident.

Somehow the pain of the parents and the courageous efforts by this little soul to remain on the Earth broke through the steel reserve of the elders and one by one they

appeared at the child's cot until the whole family were present. Within an hour, Sean's soul passed over, his mission completed. This story was told to me by one of the relatives who subsequently showed me some of the photos from the funeral. One particular image will stay in my mind for ever, for instead of a picture of the grave and the flowers, all that was seen was a brilliant white light symbolizing Sean's true spirit nature and a job well done.

* * *

So, mindful of the infinite wonder of the Universe, the focus of my work in the past 10 years has revolved around helping individuals to achieve health and hence wholeness through following their own intuition, drawing them closer to living their true life purpose. With intuition as the navigator of the soul, I often find myself as the facilitator of journeys that consistently refuse to stay within the confines of this one 3D existence. Ever trustful of the process, I observe with reverence as an amazing breadth and depth of consciousness emerges from the mind of one single individual.

I have come to realize that *if it can be thought* then it must exist somewhere in universal awareness and therefore can no longer be confined to the sphere of fantasy or delusion. How often I hear the dying speak of seeing, standing at the bottom of their bed, those who have already passed over such as their mother or loving partner. Even where there is no previous spiritual belief, I rarely encounter doubt in their mind but rather a sense of inner peace, despite the skepticism of a few of the healthcare professionals who prefer to relegate the occurrence to the side effects of the drugs or the disease state. Stories such as these may not be understood but exist somewhere in consciousness in normally sane individuals who just happen

to be releasing the bonds of reality as we know it as they enter a new phase called death.

At the other end of the scale, I studied the stories of children who, unlimited by the conventions of what is acceptable and what is not, share their memories of other lives with great authority and consistency, often using words that belong to another age or at least to the vocabulary of adults. The stories given below were sent to me when I was inspired to write a book on the subject but after a while found that the true purpose was to open my own mind to a place of *innocence*, so that I could experience *in-no-sense* and discover *inner sense*.

I have selected these four tales as they show how such children can move with ease between time and space and even between lives.

Jamie's Story

One sunny morning before he was two years' old, Jamie suddenly said:

"Do you remember when I was a man and was killed?" His childminder, somewhat surprised, still had the foresight to remain silent, and with a look of compassion waited to see what would follow next. Jamie went on to describe how they had both been dressed in muddy green clothes and were chatting while waiting to run across the mud to fight. He spoke of an almost unnatural quiet with only the birds singing in the branches of the surrounding trees until the air was shaken by the explosion of loud gunfire.

Then he described them running and dying with *"bullets in our tummies"*.

"Do you remember my sweetheart who was my wife?" Jamie asked.

"No," the childminder replied urging him to speak more. He continued:

"Remember she cried when we talked in the garden before we left." Then after a short pause he said, *"She's mummy."* (referring to this present life). During the dialogue, he spoke in a very clear and steady manner, different from his normal style. He also used words such as chatting and sweetheart which were certainly not part of his normal vocabulary.

Months later he said to the childminder, *"You know that chatting has more than one meaning."* She looked surprised so he continued. *"It's more than just talking,"* and he ran off to play totally disinterested in taking the conversation any further.

When the dictionary of 18-19th-century slang was checked, a second meaning of *chatting* was revealed: *Chatting* was to remove the lice from the seam of the trousers of soldiers during the late part of the 1800s. A *chatte* was a lice and this information had been known by a little boy living in the 1990s in London, England.

Toby's Story

Children also have stories of meeting with souls who are still attached to the earthly plane but, unlike their parents, are less perturbed by the experience as if it was quite normal. Toby was three years when the family moved from an old Weaver's cottage built around 1750 to a modern 1980's house. His parents asked him what he thought of the move and he said it was a good idea as the *"fat walls (two foot deep)"* were giving him headaches.

Following the move, one night as he was getting into bed he asked what had happened to his sister (Toby was an only child). His mother asked what he meant and he said he was talking about the sister who visited his bedroom in the previous house. When asked where she slept, he replied that her bedroom was the attic conversion. The final part of

the conversation was a strange thought for a three-year-old child. *"Did she go away because she was having a baby?"*

Quite soon, the memory faded and no more was heard of "the sister". However, later, two male relatives confessed to feeling someone touch their arms as they slept in the attic room and that was why they had refused offers to stay until the family finally moved house!

Cameron's Story

This story gives us a glimpse of the life between life as told by Cameron's mother.

'One of his most amazing comments was when he was seven. My husband and eldest child had gone to football training leaving Cameron to cuddle up in bed with me.

"I really love you Mum," he whispered.

"I love you too," I replied. His face then changed: he became still and stared into space as if he had gone into a light trance.

He then said,

"When the men came to show me the women I chose you because I really loved you and wanted to be with you."

I asked if this choice was made before he was born and he answered, impatiently, *"Of course!"* I asked if he remembered what the men looked like and he said, *"No,"* before running off to play with his play-station. I was left to ponder and to be eternally grateful that he chose me.'

Robert's Story

It also appears that we can return to the same ancestral line to complete a phase of our soul's work if we die suddenly as seen in the next story. Robert's uncle died tragically in Northern Ireland, shot in the head in 1972. Before his death he had inherited his grandmother's estate, which was traditionally left to the second son in the family,

and had moved his belongings into the house but hadn't lived there, leaving the place to be taken care of by the old housekeeper.

After his death, Robert's parents found themselves as caretakers of the house and it was here, five years later, that Robert, their second son, was born and named after his deceased uncle.

On his third birthday, someone gave him a soldier's uniform as a dressing up outfit and he duly put it on. One of the adults asked him if he was going to be soldier when he grew up. Without batting an eyelid he replied, *"No, I don't want to be shot in the head again!"*

Two years later, the housekeeper found young Robert trying on the clothes of his uncle which had been carefully hidden away. She reprimanded him especially as he slipped his feet into a pair of soft leather shoes, but just as quickly he replied, *"It's all right because these are my clothes you know."*

Robert is now 22 years' old and wears the old shoes regularly. He stands to inherit the estate which should have been his 27 years ago, had it not been for the bullet in the head.

* * *

These are only a few of the many stories which remind us of the vast nature of Universal consciousness still to be explored if we have the courage to step outside the box. Dr Ian Stevenson, a veteran researcher into the past-life experiences as told by children, has logged thousands of such stories. After studying the postmortem reports of the people these children claim to be, he believes that up to 40 per cent of birthmarks can be shown to be the site of an old injury.

He also shows that 40 per cent of the phobias experienced by people every day are connected to past-life

memories, especially those related to traumatic deaths. The fact that *post traumatic stress disorder* can relate to other lives must make all those in the mental health field wonder at the tenacity of human emotion and the importance of clearing such memories if we are to find true healing.

* * *

As the time of the Great Shift approaches, it's important to appreciate the meaning of consciousness which, taken from the Latin word *scire, to know*, asks us to truly know ourselves and our world, not as an intellectual exercise but in a biblical sense, *to be on intimate terms with*. Thus it is by engaging fully with all aspects of Universal Truth that we come to experience total consciousness. However, here is the catch. Since the truth only exists in this moment, consciousness is constantly evolving within this world of time and space and hence there is, in reality, no end point to the expansion of awareness, it just is!

I smile when I hear, "*You're not telling me anything I don't already know!*" because it's probably true: intellectually there is nothing new to be said. Yet the beauty of this life is not to get *top marks*. As for the size of our knowledge-base but for our willingness to step into the unknown, experience life afresh in every moment and then glean the wisdom that contributes to individual and collective consciousness. The first step of the journey begins by becoming intimate with our own section of the universe which includes the reflection that looks back from the mirror every morning of your life.

As we engage with this process, we begin to *remember*, recognizing deep within that there are "members" of the Self which are still disconnected and need to be called home as one would track down missing sheep until the flock is complete. During the journey, serious issues will arise and demand our attention as part of the liberation

process. However, these situations are often sent to encourage us to seek a depth of courage not known before, hidden talents yet unexpressed or a standard of life which existed only in our dreams. Affirmations or positive thinking can help to neutralize strong feelings but it may be only when we face these emotions and hear their message that we truly come to know ourselves and simultaneously release priceless energy which dramatically accelerates our scope of consciousness and sense of inner peace.

Why would we want to remember? Because there is an inherent desire to know ourselves in all aspects of the self and hence to know God. As we increasingly acknowledge and embrace the wholeness that already exists as a blueprint within, we become master craftsmen and women, in other words, alchemists. Then we are able to direct the flow of creation with a conscious mind and loving heart, enabling life to become easier, more fulfilling and abundant!

Some of the phases of the journey include:

- ◁ Enhancement of our Inner Light through remembering who we are
- ◁ Perfecting the skills of the soul's navigator, the intuition, learning to trust its signals and guidance
- ◁ Appreciation of the different phases of the creative cycle and what needs to change to allow an ease of passage
- ◁ Mastering our emotions rather than allowing them to master us
- ◁ Liberation of energy which has become trapped in emotions such as fear, shame and apathy, and turning it into a force to be reckoned with!
- ◁ Cleaning the filters of perception until they become lenses of the soul

- ◁ Acknowledging all aspects of our being to the widest extent of its range

So here are useful guidelines to becoming a successful alchemist:

- ◁ Remember it's supposed to be fun and smile from time to time; too much seriousness is bad for your health
- ◁ Keep things simple!

Chapter One

The Purpose of Our Lives on a Soul Level

YOU MAY HAVE heard a commonly narrated tale that suggests we're here on this planet due to a shortcoming which resulted in the original sin or separation. It goes on to say that only when we reach a specified level of "goodness" will we shed the shackles of human existence, attain pure soul consciousness and unite with the Divine, entering a place, sometimes called heaven, which exists away from this Earthly plane. This yarn has kept many trapped through fear, shame and guilt over thousands of years, unable to comprehend how they managed to become separated in the first place and fearful of honoring their rightful place in the greater scheme of things.

Now in the 21st century, information is emerging concerning these religious writings and how, due to the difficulties of translation, retrospective accounts and official human interference, the truth has often become distorted, buried beneath a mountain of mythology. Over the next few decades, I predict that more disclosures will come to the surface which will demand attention and will dramatically change the face of history as we know it today. Of course, there will be an outcry from those who wish to maintain the status quo but I suggest you examine this new