

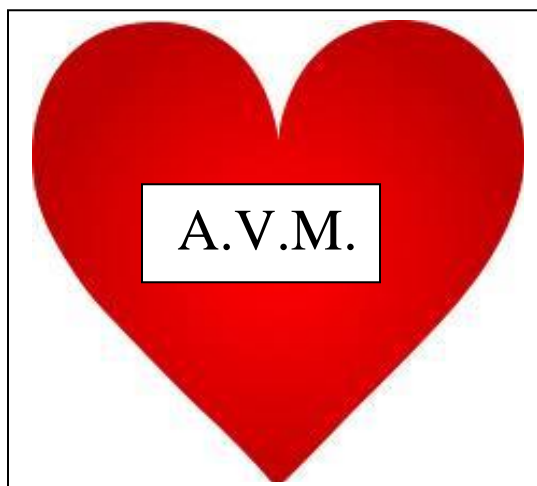


THE OPEN WINDOW TO MY SOUL THE INNER SANCTUARY.

# **THE OPEN WINDOW TO MY SOUL**

**MY INNER SANCTUARY**

**BY**



My name is Cynthia and this is my story a continuation from the open window to my soul the lost road. These two poems were from one of my angels.

Life is a gift that  
when lived it becomes a jewel  
of its highest form.  
Under no circumstance  
Cynthia give it up, nor give up  
the right to live  
your life according to your essence.

Cynthia do dream of life and make it a living poem.  
Do become awaken as you live your life.  
Glide with ease through your experiences.  
Catch them not. Let them go after you had a taste of them.  
Learn from what they have to offer.  
Let your heart rejoice in the beauty of life.  
Rather than letting life pass you by.

Like the wind in your face, as you walk along each day.  
So are the feelings that guide you  
along the journey of your life.

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## ACKNOWLEDGEMENTS.

A dear friend of mine, a university graduate was reading some of my work. From the beginning he found it hard to understand and wanted to change its format and the way it was written.

To him it was definitely worded from a child's point of view, which had little knowledge of vocabulary, grammar and especially spelling. "What has this to do with experiencing life and speaking the language of the soul?" I said to him.

Now let's say I go to school and use up endless hours learning how to spell and write as professional writers do. Is that going to assure me this book will have the impact and flavour it needs to have? I asked him one day.

He continued to say it was real junk what I had written. It's utter garbage. I did not know whether to be offended or not, all I could reply was:-

Well, have you ever seen 'engrams', 'blocks', and other emotional situations in a person's character as beautiful, they are disruptive patterns? Are they not? He did not reply then I continued by saying.

You may be right, that perhaps, without very detailed instructions as to the meaning and reason for this book, the reader may also, like you, consider this book childish and horrible.

This I don't know how to fix.

All I know is that my main objective for leaving this book in its explicit raw form is: That I am confident it will bring out of the public, as it brought out in me, all the emotional pain that was covering up my TRUE SOUL, and my real personality. The personality that I was born with and only on rare occasions remembered being unafraid to live up to that spectacular me, that gave me a sense of direction, happiness, and I knew deep down, that my life was worth living.

So let us see whether there is a main purpose for this book?

1. My purpose is to Show the reader a clear feeling of how hard it is for a child or a teenager to find its own direction when the parent has no idea about the child's purpose.

The child is like a tree the bigger it is the harder it will be for it to survive in a different ground when transplanted. During its life he needs fertile soil at all times, the correct guidance and understanding.

It is one thing to travel for experience and growth, and another to begin a new life in a country with laws, culture, vegetation, language and mentality different from the one the soul chose.

When the child is born it knows and remembers why he has come upon this planet, therefore the mission of the parent is to acknowledge such precious gifts and help it reach such goals.

2. The writing of this book was spontaneous and I was inspired motivated to do so for my sake. I wanted to keep a journal. My mind continuously

suggested that I WAS NOT GOOD ENOUGH to do such adventure.  
 Each day I dedicated time to this task of diligence and determination.  
 The belief, of not being good enough was drummed into my mind, by  
 family members and others, right from the early age of five.

3. I continued writing even while the writings made no sense. Only to find that I also constantly criticised the words I wrote and hated their guts. The feeling connected to this failure continued.

What this hate towards myself did as I read and re-read all my scattered words was to bring to the surface a desire to improve my mental condition and to go deeper into the sub-conscious and soul part, to find the deepest level of suppression that existed.

To me that was reason enough to believe in what I was doing. I was actually listening to the internal voice which prompted me to write, so as to become the power of my inner being that was missing.

This is what I did:-

- Wrote and read
- Cried and spat
- Got it all out, until the sun shone  
     inside my soul once more.
- I listened to my internal dialogue
- Watched for information that was coming to the surface, through  
     my daily experiences and was ready to be recycled.



- Chewed a small section at the time, without judgment or regurgitation. I allowed it to be, part of the emotional body until it was all gone.
- Then moved on to the next phase. There were many phases some went as far back as ancient and race wounds.

I did this because I wanted to clear out the spider webs that were created around my true self and were causing constant upheaval and unhappiness in my daily life. I was determined to find out, what my truth was.

Reaching the essence and core of my own Soul was the goal.

This meant dropping the sophisticated artificial beauty attained through the teachings of my parents and society. I wanted to keep only what matched my inner being and remove all the rest.

This was the road less travelled and I was on that road to obtaining and remembering the Authenticity of the essence and energy of the Soul.

That is why this book originated.

I could see so many people including myself stuck in a rut called comfort zone of daily routines and habits.

I kept asking myself "Is this all there is in life?"

"Is there life before death?" Each day I was asking myself more and more questions.

Are you, the reader, angry with your present life?

Or are you happy in the situation you find yourself that nothing matters?

Life itself has a way of getting us off our butt and sending us into ACTION towards becoming the individual God created, and you, the SOUL wants to be.

I sincerely dedicate my entire life helping humans reach this heavenly potential. How about you?

Do you desire to become healthy, wealthy, happy and much much more?

Can you see your potential and the special life that is only yours?

Listen with your heart rather than your ears. LOVE for the self, is the key towards your personal individuality. Criticising my abrupt way of handling life without understanding the meaning of how Spirit works and stimulates the individual in order to achieve results, will only hurt yourself.

*I feel compassion towards individuals like my friend that miss understand the purpose of a SOUL.*

I offer you the energy of my inner self as a drop of water capable of opening the waters of your beautiful ocean, which are the natural way of clearing out your heavy baggage, blocks, spider webs and much more from the conscious and subconscious you.

Be an angel and allow me to give you this gift as a thank you for purchasing this book.

Hug my energy or place it under your pillow, allow it to cleanse the immediate issue that is present in your life right NOW. I give you this with all my love.

As we know, each human has emotions that immobilize the passion and radiant joy. These are carried around day in day out unless you consciously decide to make a commitment to change.

As Jesus said "Why do you look at the speck of sawdust in your brother's eye and fail to notice the plank in your own? How can you say to your brother, 'Let me get the speck out of your eye', when there is a plank in your own? You fraud! Take the plank out of your own eye first, and then you can see clearly enough to remove your brother's speck of dust."

FEW are ready to admit they have past memories inside themselves. Even fewer want to actually change their state of consciousness.

I wish you all the best in your adventure towards the soul. Just remember when in doubt, that others before you have reached such goal.

## ONE SACRED RULE.

Go for what you want in life, no matter what it is as long as you WANT IT and it MATCHES your soul purpose.

This way we will start moving towards a more realistic world rather than an artificially man made one where illusion, tradition and governmental issues are the major carrying force of our lives.

*When you live for something or for someone  
then you create a division.*

*When you live like a flower.  
releasing your fragrance, your essence,  
just as it is, you will be living  
according to your inner purpose.  
Then you will be at your centre.*

*When your purpose is to serve someone  
you have selected your centre  
to be outside your inner shrine.*

*Your attention will be divided,  
split, and in time weakened.*

*Eventually you shall be  
a moon around  
the earth rather than the sun itself.*

*Come ....from your centre  
Come ....from your own feeling.*

*Give of your essence  
and of your inner wisdom  
so that your light  
can continue to be a part  
of this process of life.*

*For all to see and to  
Enjoy.*

GREETINGS FROM CYNTHIA.  
FOLLOW YOUR VOICE TO THE END OF TIME.

Only on rare occasions do I remember being unafraid to live up to the real me.

The pioneering me, the adventurous courageous me with leadership qualities. These are only some of the qualities of my Soul. Qualities, that when followed would lead me into being successful at all times.

Now, the man-made programmed me acted shy, incompetent, wishy washy, and every time it nearly realised success was just around the corner, turned around and destroyed the lot by going onto another adventure, because the power of my inner being was missing.

Not any more! .....In 1983, I decided that I have had enough of feeling strong, competent, able, organised, successful and not being able to show it to myself and others so as to feel happy and enthusiastic at all times.

I wanted to go that extra mile.

By eliminating this mental handicap that made me want to destroy myself. As a child I was denied, the natural process of my development.

(The expression of the soul to the fullest. That instinct I knew so well.).

This would have made my life as easy as breathing.

In addition I also mist out on the man-made process of developing, because my school years were interrupted in the most destructive manner at the age of twelve.

(Children are to be seen not herd.)

This has been my handicap in life.

Now the story is different. In 1983 I met the person that gave me the opportunity to start the first process of my clearing. I was so happy to know that a new life was possible, so I diligently did the work with great results. The money was available because I was transforming myself into an openhearted window of my soul. For six years I carried out this work and past on to others what I learnt. Plus the four years earlier with my mother. Then in 1989 the Universe organized another teacher to come into my life so I could move to the second plateau of my Spiritual development. This master changed my life and I am grateful to this man. His majestic, dear soul I totally fell in love with. After ten years of speaking to his soul on a psychic level, faith brought us together and I finally saw his real face.

Two drops of rain that were looking for each other finally met and their souls were fulfilled and the journey continued.

My soul knew he existed only I did not know where he was. I searched for him high and low. Then finally he appeared, and a very powerful soul journey started taking place between me and Andrew. Andrew was able to give me the time and patience and show me how to overcome the barriers of fear, depression and giving up, before the job was completed. Andrew has persevered to this very day 1994 in helping me understand how love conquers all adversities. How angels, archangels and the heart of the Universe loves us and are continuously there to guide us. All we need do is listen. I therefore want to pass on to the reader the magic of his soul, the enlightenment of his mind and the perfection of his ACTIONS, which are continuously connected to the destiny of his soul.

One day when I found myself in a dark emotional state Andrew said to me. "As long as you live do not be afraid again of THE BEAUTY WITHIN YOURSELF."

The secret lays in believing and actually going within, grabbing hold of such beauty and bringing it to the surface. Allowing that magnificent you come alive, expressing and contributing to the betterment of the world, as it grows inside you.

It is easy to say to a person, "you are wonderful, believe in yourself". It is rather different to take that person through each step of the fear as it takes over the person's mind when it comes to the surface and the feeling is so strong that they want to die. This is when holding their hand and with love, kindness and understanding guide them across each step as Andrew did with me.

The traumas a person encounters in life are different for each individual. Each of us has different emotional memories from the past that stop our progress forward in life.

Now when we take the time to stop and help the one in need and go with them through the *fear or concept they are encountering then that is Divine love of the highest form. Giving them freedom of speech and freedom of opinion also is helpful.*

Normally it will be a fear we ourselves have mastered.

When this principal is applied I then can sincerely say,

"I love my neighbour as myself". If I only love myself a little then I love my neighbour to that degree.

Therefore the more I can clear myself the more I can love others.

Sharing my wisdom without imposing my will, or likes and dislikes on to others, that to me is called true love. The love that God intends us to belong too.

The intense love of acceptance of each individual as having the right to live their lives according to their own DESTINY, no matter how ugly it looks in our own eyes. Normally we are tempted to control the situation, that way we don't have to look at our own speck. We need to give the love that gives confidence and motivation back to the other

person. The goodness inside each of us that is called understanding, compassion, empathy and feeling what they feel.

I give you *what your Soul really needs not what I think you need.* I do this because I truly love you, as you are this very moment. The truth at first is hard to take, then in the long run it has a more productive effect on the individual than the constant pampering and licking that goes on in society between husband and wife, parent and child, teacher and pupil and so on and so on. Honesty and love withstands most obstacles.

This is a prayer of gratitude to Andrew.  
 I receive each day, and give only some time.  
 Let me rise with the giver as on wings up high.  
 Let me praise the generosity of God.  
 Let me have God in my heart and open the gates of heaven  
 so that the river of LOVE can flow in me.

Let me give while not asked.  
 For it is in giving through understanding  
 that I receive the joys of eternal life.

I am part of God and God is in me.  
 My heart is full and I am ready to depart  
 towards the freedom of LIFE.  
 Which is the answer of giving to  
 the gratitude I have received.  
 Thank you my love for having  
 come into my life.



## HOW CAN I DESCRIBE A DEAR TEACHER CALLED ANDREW.

I see a heart that opens up and then is able with its breath to radiate out energy to the other hearts that love. Then together that love is expanded out to all parts of the globe and people with the same vibration are picking this wonder up receiving it and making it theirs. Andrew is a vessel through which this Divine energy is transmitted to others as it radiates out from his entire body continuously, calibrating and aligning our genetic cells.

As it touches our hearts the light transmitted becomes a precious tool and seed to grow by. Even my heart is expanded out as I receive this kiss of life from the teacher I love with immense gratitude.

### *THE KISS OF LIFE*

*As your lips touch mine.  
Our souls merge  
into one unique  
sensation of benevolence  
that transforms its beauty  
into flying angels ready to  
disperse the sun to others  
that want to receive it.*

*The trees are mingling together  
in perfect harmony  
just as our souls are.  
The wind is also rejoicing  
in the beauty that is reflected  
by our love.*

*The whole country side is rejoicing.  
The birds want to take part in this  
moment of manifestation of the kiss  
OF LIFE.*

*The squirrels notice it's wonder and  
power. The grass feels it too,  
and dances in the breeze with joy.*

*The joy that finally these two souls  
are together experiencing the kiss  
OF LIFE.*

*Which fills the air in the forest  
with light and beauty.  
Anyone can be part of their reality  
and the wonderful truth that life is.*

Andrew's energy is of the highest quality and he can exchange energies just by breathing in my life and return his life to me. For together we are life.

The entire world hears our cry of joy as our souls connect and our bodies separate.

The heart aches and tears come out leaving a scar deep and hurtful. We are away from each other; so far away that only love can connect us.

Our wounded hearts see our dimension radiating out and healing other wounded hearts that want to be together.

To desire you I know I sin.

To possess you I know I am wicked

To love you I know I am God.

To comfort you I now I am love

To hold you tight I know I am death

To be near you each day I am freedom to us both.

Give my soul the food it needs and together we will be pure light for others.

Love me how I am. I love you how you are. Together we are free spirits able to give the world the diamond of love we have created in the Cosmos. The shining light radiating down to all humans is there for every one to experience by placing the light into their hearts. Many humans that have left this planet have offered to give their love into the sphere of the diamond. That way the diamond will become brighter and brighter and the changing world that is needed will become reality. More people will join this higher vibration with the intention of a change into a more loving, caring, joyful world.

## ANDREW

There in those eyes of yours  
lay the wisdom of all times.  
There in the smile of yours,  
shines the light of justice.

I look at you and see an angel,  
that gives me hope,  
and life to live.  
Stay some more near me now.  
I see my face in yours.  
Then like an angel in the sky,  
you touch my heart and we  
become oneness in a bonded  
spinning dive.

Because his love is so special to me I pray to God to also make me part of that love  
and to take all fears away.

Cynthia is me in this book and in the first book.

### THE DIVINE

I am sorry my love,  
I have let you down.  
For years on end I looked  
for you.  
I longed for your love,  
I dreamt of YOU,  
only to find that you were  
within me.

How sad to see such wasted time,  
looking for thee.  
How sad it makes me when I look  
back now and see such wasted  
happiness.  
Nothing will ever give me that  
chance again.  
Of having been with you  
consciously all the time.

Please do forgive me for not  
fulfilling our dream.  
For not having been strong  
enough to go within my feelings.  
I love you and place my heart in  
yours to be healed from this pain.

"Cynthia forgive yourself.  
Let go, enjoy life continue on your  
journey of having found me now.  
Embrace, receive the love you are "

---

## **RESPONSIBILITY.**

I want to acknowledge and make public that all people are good. Only circumstances make us believe that the other person is at fault. But in actual fact I am the one that creates the situation and then all I see is what the other person has done to me. Rather than what I have created in order to learn.

This is a very difficult statement to accept and confront by taking full responsibility of what I am creating with my thoughts and affirmations. By consciously awakening to my Divine potential, I naturally align with my greater purpose.

In October I had all I needed, good food, a beautiful house, a car, a job that was more than heaven on earth, people that loved me and more.

Yet it was just a glance into my future. God wanted me to see how magical my future was going to be after I had finally built myself from the inside out. I needed to see how important it was to put myself first at all times without feeling that it was a selfish act. It becomes a selfish act, only when I ignore my responsibility, contribution and commitment to life. Pride or (ego) can make me totally blind to the truth and then keep all the doors to multiple opportunities closed. Those doors that contribute to the reality of life and exuberance of existence.

My entire essence wanted to be part of this life, by enthusiastically living every moment of existence from a higher prospective and to make each breath a new reality worth remembering.

I was impressed with the new insight received from my angels, so I happily continued the clearing out of the density through my body so that greater light could shine in me.

How wonderful, the idea of all this beauty, in that moment I became grateful to the Universe that loved me so much and was there with me guiding and arranging these lower densities to be restored to harmony within myself.

Let me give you a small poem regarding responsibility.

The roaring thunder of the sea,  
the dark clouds in the sky,  
all is filled with fear and  
darkness like the colour of my soul.

I want to live,  
I want to cry,  
I know not how,

Is there hope for me out there,  
or will the sea, the wind,  
the thunder,  
devour this dark, dark,  
soul of mine.  
Never to be seen again.

Answer me my God,  
I want to know the truth,  
is there hope for me out there?

Is there a fair one for me  
as well, or am I here alone,  
with my dark dark soul.

This person became a client of mine. For fifty years he had lived life by fitting in with societies rules and regulations. He was totally unaware that he was born a soul in a physical body, rather than a body with a soul, and had a specific purpose to fulfil,

this lifetime. We spent hours talking about the possibilities of clearing that were available. I gave him an energy reading while looking for blockages in his physical body where the emotional energy, due to past experiences was stuck.

We unblocked the energy by changing the vibration so that the soul would be able to speak to him more freely. I then gave him a method as to how to identify the difference between the Higher self speaking and his mind. He paid me for the session and went on his merry way. One month later I rang to see how he was going, only to find that he still had not taken any responsibility in changing his state of consciousness. He was unaware of what life was about, so I sent him this note.

Life is an opportunity to become conscious.

It is a school, a training period where people become centred, integrated and wholesome.

Once you have become integrated, and attained self realization, you will not need to be back into the school of life. You then can become part of Source energy.

We have two parts, one is the Authentic and one is the one we chose to be part of here, upon this Earth. This is called the density of the 3<sup>rd</sup> Dimension.

The energy created by:

You  
Society  
You're Country  
The family

is the false one, the pretender that wants to take you on roads that are for others rather than for you.

The real feels light, joyous, vast, immortal, unlimited, blissful. This part of you has been made confined,( by humans,) and it is crippling and paralyzing itself.



When awakening happens the false ego is no longer in power, only the true Self lives. When this happens you will notice the shift, within yourself .

The Soul will continue to exist even after death no matter how you live life each time you come here. Do remember that you have free will in choosing.

You may ask me.

Is there a soul?

What is the flavour?

How does the ego fit in?

Is it possible to imagine that maybe the soul continuously sets up different situations, thoughts, emotions and knowledge to give us the opportunity to look at life, and then determine for ourselves what actions we need to take in order to make our journey as fulfilling as possible for both the soul, the mind and the physical body? We also have other parts of us that create situations that are valuable towards growth.

What happens to the information we are given by our deepest wisdom?

What are the consequences when actions are taken based on other peoples comments and advice?

The body has an immediate reaction that is either light or heavy. Matching or dysfunctional.

At what point do we learn to identify the voice of the inner Self?

The soul guides us through the right actions on a continuous bases. Each day it is there for us patiently waiting for us to hear, the quite whisper.

What is the language through which our soul talks to us?

Most of the times we see flashes and pictures in our minds eyes and when we are calm and peaceful the answers to our previous questions appear in a flash.

Many times the answer comes through a book or a friend that says the right words that penetrate right to our hearts and we immediately know that that is the correct answer.

God and our own soul come to us in many ways. By being open at all times with the flow of life we can be ready to hear clearly the message of the Soul. Therefore  
are you on track or off.

## **ARE YOU "ON\_TRACK" or "OFF\_TRACK" ?**

Here is an example to show you what happens when an event goes out of line in your life.

Your life and mine has a specific road map

My purpose is to concentrate and point out right through this book what happens to the body and all the other levels of consciousness, how much pressure they endure when that road is disregarded.

The Soul's blue print was clear to me before coming here on planet Earth. It remained vivid in my mind, no matter on what road the minds chatter and societys sage advice put me through. Most situations were off the plan that I had chosen.

This served the purpose to show me clearly the difference between the reality of my plan and the man-made thinking process of life which normally falls down and dies. Every person has a chance to reach wholeness and return home to God.

Let us see what happens when that road is disregarded!

When my inner feeling is ignored and I follow other people's opinions rather than my own, the body immediately sends out signals for my mind to interpret.

The feeling part of my body continuously wants to bring me back on the right path by sending out, at first, light -hearted alarm signals, that each day become stronger and stronger, until my mind is finally forced to listen and change, or choose to ignore and suffer. Many organs of the body start breaking down and sickness sets in.

This system is accurate and can be seen as evidence all around us each day even amongst the animal kingdom.

## SOLUTION FOR KEEPING YOUR BODY HEALTHY.

Life is a continuous inter-communication with our parents. What we find hard to confront in our mum and dad we find in our friends in a smaller or larger scale, but it is there, no matter where we go or whom we are with.

Until all is cleared out it will continue to appear and be created by our thoughts and emotions. Being vigilant of these small alarms, without blame, the clearing can be fast and without too much pain.

Life is meant to be simple why does man complicate the situation?

When we breathe look and change, go deeper within ourselves without blame, we grow and blossom into our own reality, where life becomes magical.

## **A CHANCE TO CHANGE**

This is another story about a client that came to me for due to fear. Together we cleared out the different levels. Emotional, physical, karmic, mental and cellular levels of his situation. I was able to strengthen his boundaries and energetically look for the triggers. His name is Mathew and he wanted to share with me the fear he was experiencing, inside himself about change.

What do we know about change?

How does it happen?

What is it?

To me Cynthia change is the commitment of a decision and the endurance with the decision. This will simultaneously make change happen. If I gave Mathew positive affirmations to say, instead of identifying and then neutralizing, his fears. The result would have been zero, because the internal energy needs to MATCH the affirmations for the result to happen.

THIS IS A TYPED UP VERSION FROM THE RECORDED SESSION.

Mathew      To me the ward change is a big event, or at least my ego mind is making it look like soaring or rising above great mountains, like the ones that exist in my home town in New Zealand.

In reality at the bottom of my heart I know, change is a simple pain free occurrence that is similar to breathing. When the commitment of the decision to change is made and I actually stick to that decision, as you Cynthia said at the beginning of the session.

Last week, December 1990 this is what happened to me about this topic. The emotion of being a difficult task appeared. The emotions became so strong, that is why I made an appointment to see you.

Cynthia      Please continue, together we will discover and remove the anguish on all levels of your being.

Mathew      I can see and understand what Lisa, my fiancé meant when she said, "I need to discern what is me and what isn't me first then make the commitment to want to change." Unfortunately there are so many inner voices speaking inside myself. There are many different system's of thought suggesting different choices, different ideas. What a continuous confusion existing within my mind. All this just because a situation is suggesting change in my life.

Cynthia      Let us analyse one point at the time. What else did Lisa say to you?

Mathew      "first understand the difference between your own reality and the reality programmed in you. Then committing to the change becomes a breeze."

Cynthia      Lisa is a very wise young lady because change is not the end of the world, it is more of a blessing and as we proceed you will see why.

Mathew      I understand, but my mind and the confusion makes it seem like the end of the world. Deep down, the voice inside myself knows that it is possible to move on to another situation with ease... The voice that comes from the deepest part of me, which is my soul believes in the simplicity of the process. My ego mind finds it hard to acknowledge its reality.

Cynthia      You are doing really well. Let me see. You know you have a soul. Do you know that situations get stored inside yourself at all different levels? When each day you are unable to live your soul qualities with ease, in that moment you have hit a blockage from the past. So let us focus on your fear while we continue with the session, so that we can shift your feeling to a higher resonance, then the energy can move faster. In your mind's eye what are you doing right now?

Mathew      I am looking at the packed boxes ready to be picked up and sent overseas and a great pain invades my body.

Why is this happening?

Why am I so afraid?

Cynthia      Stay with the pain and continue while I strengthen your energy.

Mathew      It would be such a momentous day of liberation. I have been waiting for this day of liberation for such a long time. Why then am I contesting the day when I can actually move to new horizons?

Cynthia      I see this emotional situation having happened before, when you were two years old and your parents moved to Australia. Deep down your soul was against it. That is why now it has resurfaced. I will make sure that you understand the meaning of all this. Please continue.

Mathew      Deep down I know there is a sense of joy and I want to leave Australia and go overseas where Lisa is waiting. My mind is uptight and afraid of this major change that is about to take place.

I realise I am caught up in the fear of success and happiness. It is too much for my emotion to commit and so it is afraid to change for the better.

Cynthia        Mathew take some deep breaths, you are progressing forward perfectly. While you are breathing, stay with that thought “of being afraid to change for the better” for just a while so that I can tune into your energy field to see in which past life, this actually started.....Pause.....I see one of your ancestors, as far back as the 15<sup>th</sup> century and she is determined to dictate her own opinion onto the other members of the family. At that particular time you are her husband, your feminine side is quite developed and spiritually you are in tune with all of your feelings. This state of consciousness is precious to you, but the arrogance and determination of your wife; made you swear to yourself that you were going to become a macho man, once more, like the other men in that village and so you did. This life time all of that past grace and consciousness needs to be restored to the same potential as then. How do you feel about this revelation?

Mathew        You have just brought up the answer to my previous question, do I love Lisa and why I am so undecided?

I fell in love with Lisa, because I am to learn how to reach my soul and radiate out from my essence rather than my upbringing. Now I see why my soul is asking me to change and my old habits are refusing the change. I can relate to what you just said.

I remember an episode of some stranded sheep on the other side of the river being asked by the fairies’ wisdom to look at another possibility of crossing the river. I could see the fairies but the sheep did not listen and so ended up drowning.

I was the same, until a moment ago when you mentioned the past life and then all made sense. No more excuses, of what I need to become and do before committing to change and sticking to the decision. Ludicrous, hay?



Cynthia Not at all. It is rather normal that when we look at a situation deeply enough, all these memories surface. I feel you are very brave in wanting to clear this fear out, to the depth that we are adventuring. Do you need a break or can we continue?

Mathew Yes please let us continue. It is interesting that you mentioned that my feminine side was developed because this life time I have been so afraid to take this step into happiness, bliss and self acceptance of all that I represent.

Cynthia Yes your experiences will continue to materialize and the people capable of taking you through the change, YOU will fall in love with. As difficult as it may seem your soul is there to help you achieve such lessons of expansion.

Mathew Thank you that is brilliant.

Why then don't I want to take this step into happiness and bliss? I am still so afraid? I feel as if the whole world is squashing my head into a pulp.

Mentally Lisa is sending me all the energy I need in order to ring the curriers and ask them to come and pick up the boxes to go to New Zealand.

There is too much fear and I don't understand why?

At this moment there is too much fear, for me to accept the true love that I can be.

Cynthia It is OK for you to experience such fear that is why I need, to do an energy alignment, balance and integration, so that we then can proceed in going deeper.

With Mathew's permission I performed such task with ease. This method was given to me by the Angelic realm.....Silence.....

Then I asked, Mathew if the activation worked. How strong is the fear now?

Mathew I feel as if a great bundle of energy has shifted from my entire body. So I would say, from 0 to 10 it is a three.

Cynthia        I am pleased with your progress, so can we go further until the energy no longer exists. Are you ready to proceed?

Mathew        With a contented smile he replies. "Of course I would!!.....I also want to tell you about the other day when I was meditating. I asked this question "I wish I knew what I was learning, from this experience?" Then as I was meditating, the carriers came for the boxes to transport them overseas. I was still feeling this great fear inside of myself so I suggested that they pick up the parcels another day.

In the meantime the answer came to me.

The answer was about the various ladies that I loved and was about to marry, but never did. All of a sudden I could see that all the qualities that for so long had been dormant inside myself. Does quality, were actually present in the ladies, such as: - accuracy to detail, dynamic decisiveness and knowing exactly what their desirers were and how to materialize them into their lives. Deep down somewhere inside of me those qualities existed. What I need to do is awaken them once more to their fullest potential. It was an amazing revelation that gave me the confidence that change is possible.

Cynthia        You are a very old soul that this life time needs to redo what was lost in the 15<sup>th</sup> century. I am totally impressed with your ability to be willing to change and I am honoured that you have given me this opportunity to assist you in reaching such goal in a gentle way. Clearing out the past becomes beneficial to yourself and others, as you continue to integrate all your parts. Thank you for this opportunity.

Cynthia        What I would like to do now so that the fear can be neutralized at zero point is; come over put my hands on your shoulders and allow the love of Source go through your body and reach the heart. If you give me permission, I will also give you a reading connected to the gifts that you brought here with you this life time. With that

information you will be able to manifest the money, health and job that can give you a life of Bliss.” How does that sound?

Mathew        Absolutely spectacular. Thank you.

Pause.....while the energy exchange and reading is being done.

Cynthia        I reported to Mathew what I discovered then I ask him. How do you feel now?

Mathew        Wonderful, the fear is completely gone. I want to add one more thing before we finish.

Cynthia        You make me laugh to see how expressive you are. Go ahead.

Mathew        To me Lisa represents the ultimate of internal beauty. She has a love that shines for miles on end. She can show me how to shine. How to be confident within myself. How to be consistent, how to love, how to forgive with kindness. How to bulldoze through all the mud, storm and adversaries of life. Now that I know the truth about my future I can commit to change and love Lisa without fear. I will cherish her vibration, be grateful to God every day for this gift belonging to the truth of my soul. We will make sure that we understand each other and most of all communicate immediately our feeling just as they are without fear. Thank you Cynthia for your patience.

Cynthia        I am so pleased that we were able to accomplish your goal of change plus later marry Lisa which together you are a tower of strength, wonderful and invincible. After this clearing, you can immediately make the commitment to reach Lisa and be finally together, body and soul.

Well my job is done you are now on the road to continuing your clearing, growing and most of all enjoying life to the fullest.

God bless you and help you make the necessary changes with ease so that your life will become part of your destiny.

## ANGELS

Angels are helpers.

We all seek help from someone.

Intimate help comes from our closest friend.

Sometime that friend can even be, spirits of people that have lived here before and want to share with us their skills and knowledge.

Angels can set up situations for us to learn from under our own conditions of what we can tolerate or handle.

Angels can be thought of as guides and they are there constantly guiding us towards the real goals established by us before coming to planet earth.

In the following pages I want to show you how I use my angels and how I talk to them on a continuous way.

## ANGELS.

I don't know how many people believe in Angels. All I know is that they do exist and that at this point in time, they also would like to express their opinion on this government election. So channelling is one of the ways that I use my personal angels. I give you word by word what they have to say regarding the Australian economy and the unemployment situation.

Angels        “We know how distressed the Australian people are? We do understand and hear you. It all leads to the conclusion that it must be the fault of the Labour government.

Believe us angels it has nothing to do with neither the Present government nor how Mr. Bob Hawke exercised its powers while in government. Bob Hawke did a splendid job considering the mess the Nation was in when he was elected in 1987. Just visualize for a moment the Hyatt hotel in Sydney as representing the

Australian government. See how beautiful the hotel is!! Then all of a sudden it catches fire and it is destroyed completely. This is a very significant example of how Australia was when the Labour government went into power the first time with Mr. Bob Hawke. Mr. Hawke steadily and gracefully rebuilt stone by stone the Hyatt Hotel better than before. What Australia needs now is the decorations, furnishings and good staff to run the Hyatt Hotel (= Australia) in order to start accumulating and showing a profit and a steady income. Remember this is how we angels, see the situation from a higher prospective.

Australia can now start showing the benefits from the reconstruction of this beautiful Nation. So us Angels in Heaven, ask you to examine your most inner voice before you cast your votes towards changing the Present government, this election.

By changing to another party we can see as being the same as resetting the Hyatt on fire before we actually make a profit on the building we have just finished reconstructing with Mr Bob Hawke. We know you humans have insurance policies that pay out money in a case of a fire. That to us is a very lazy way out of responsibility for what has been rebuilt. To claim insurance rather than enjoy the beauty of the proper management of the Hyatt is a waste of time. To see it expand and grow to its fullest potential and abundance is a more fulfilling way to govern your lives.

After the Labour Party is re-elected you will be able to reassess the situation to see whether another party will have the abilities to improve not destroy what has already been put into operation, by continually beatifying what already exists by adding more to it is an economical way to run a country. Please listen to your personal angels and most inner voice this coming election. We love you and look forward in actually speaking to you on a conscious level soon.”

## **TOWARDS WHOLENESS. THE SERPENT AND THE PROFESSOR.**

(Start with your strength, what ever it may be, then move into your weakness and build from there, this will bridge the gap between intellect and feeling, and then you can reach wholeness.)

How many more life times was I going to say I will get "around to it." Around to becoming whole.

The various excuses normally come up.

Very rarely the excuses lacked.

I was good at that.

My mind was well trained on the subject of excuses.

As a matter of fact Adam and Eve also chose the lazy and fearful way out in life.

Rather than getting straight back to God they ran away, and now thousand of years later we are still here exploring how to get back to paradise.

I am going to condemn myself for the above words.

In actual fact when it happened I was there in that beautiful place called paradise. All the souls lived with the power of the 5<sup>th</sup> Dimension and beyond. We were able to create just with our desire anything we wanted. I remember how it happened. How magical, peaceful loving life was.

That is the truth.

It is fine for you to judge my madness. It is acceptable that some people do not believe in re-incarnation, or in a higher dimensional possibility. We are infinite beings waiting to

recreate that magic that we once had and then lost. Many of us are dedicating time and actions in sharing with the world what we know.

I don't understand why we chose to destroy what we then had by disobeying God. We chose to listen to the serpent without even questioning God. And so we have done right through time. We really question the situation of WHY it is happening.

## THE INNER AND OUTER WORLD

The battle ground between good and evil  
resides within our personality make up.

It tears us apart, creates mountains,  
valleys and chasms  
between our intellect-made goals and  
our soul oriented goals.

The battle between  
good and evil will continue  
until it is accepted  
and becomes our reality.

When you give in to either good or evil,

you give up on life natural forces  
and thus misunderstand  
the nature, of the eternal struggle  
between these two qualities.

They are equal polarities  
that we as mortals  
are walking through.

Jumping from one to the other  
is healthy and choosing  
to understand both as equal  
forces is God's way.

As you understand the  
totality of this,  
life becomes wholesome.

We become complete human beings,  
connected to the heart of the  
Earth and the heart of the  
Divine.



A good book is  
the precious life-blood  
of a master spirit,  
embalmed and  
treasured upon a purpose  
of a life beyond life.

John Milton

### **A FRIEND**

Every morning I wish you were here  
To make my day so much more clear,  
Your eyes are mine and in them I shine.

Take me with you away from this  
sad sad path of mine.  
Take me into a world of fun  
and reality.  
That fun which is reality  
and truth for me.

Open your arms and doors for me.  
Let me go through to the world  
of your love and laughter.  
Take me away from this wicked  
world of mine.  
I am yours for the present time.

### **AN ANSWER FROM A FRIEND**

Into my arms I hold you  
and make you mine.  
The essence of life has  
become part of our body.  
We are one with the universe.  
You have risen out of despair.  
You have come forth like  
a flower in the wind.

Your hair caresses my mind,  
your wilderness embraces my body.  
I love you just as you are.  
Beautiful fieria like a ferocious  
stallion.

Go forth into the world  
show your beauty and love,  
touch people with your smile,  
be an example of your wisdom.  
Go princess,  
for I love you just as you are.

## SEX SEX SEX.

Open up your heart and let the flavour in.  
 Be brave and game, go with it all.  
 Can you see how desirable it all is?  
 How much your body is asking for it?  
 Let the fears go and follow your  
     body to the man that opens  
     the door, to the enchantment  
     of love and sex.

Be a tiger be a darer.  
 Confront the fear.  
 Confront the challenge.  
 Let the desire come inside and  
     be part of your heart.

There my dear relax  
     and see how easy it will be.  
 I'll be there to hold your hand  
 and together love will withstand  
     all the roughness of the sea  
     all the pain of love to be,  
     all the trauma of life itself,  
 let your hand in mine be still.  
 I will give you one more chance  
     of the love  
     you never had.

Let the pain go, hold me tight.  
 Until dawn it will be all right.  
     Come my dear do be near.  
     Have no fear of our love  
         that is so clear.  
     Come relax and let it be  
 that is how God wants us to LIVE

**SCENARIO OF AN EPISODE LIVED IN 1990 OF A PERSON IN DESPAIR.  
LOUISE DID NOT KNOW WHICH TO CHOOSE.  
THE CATHOLIC CHURCH OR HERSELF?**

Sex...I am still shaking and feeling quite tense and disoriented about, "what to choose?"

I have returned from the toilet in the last hour, from the sixth walk. You may not be aware of my stress because you are not here with me.

It feels like an earthquake inside my mind. My soul is peaceful, totally serene, because it knows all about sex, how to handle the problem and how to enjoy its contents.

As an emotional being I will express the fear on sex that has tormented me for many many years.

I will analyse the concepts of love, sex, intellect and feeling and come up with a suitable answer to my preoccupation.

The nightmare on sex started when I arrived in New York in 1990 and fell in love with Phillip.

My intellect was saying "Live it alone" My emotion and soul was saying "Go for it, give fully of yourself"

I was preoccupied with this last statement because to me it was a sin to make love to a married man.

At this point my inner voice said to continue writing without analysing my thoughts and impressions.

You never know this could turn out to be an experience of great interest and complexity to you and one day to society.

"How, what do you mean?" I said to the voice.

Just imagine the interest. Most people love sex, and want to know more. Keep expressing yourself.

My fear at this point, became my major obstacle.....It was the confusion....the lack of understanding about...how the man I just met could have such power over my body and soul to the point of losing my own identification. My own power, my own life style. My own integrity and belief in the Catholic Church.

I was ready to give all this up for the man I waited and suffered in silence for him to appear in my life.

Why is my intellect giving out information that is different from my deepest feeling?

Why is "my mother's voice inside myself insisting in wanting to be right and that I am wrong by loving this man?"

The feeling of wonder and beauty when he and I are together, is undiscrivable, we are destiny. I know and feel that.

But we have:-

- The wife of his that is suspicious and wants' to hold on to Phillip
- Then Phillip who desires to make love to his wife while thinking of me.
- My father who is pleading with me to listen to him even after I have expressed my opinion that I no longer am a child, and that I want to become responsible for the actions in my life.
- I know for a fact that this experience is going beyond my comprehension. All I can do at this point is live this experience to the fullest in order to know its complexity and truth then move on to my next experience.
- People continuously are ready to put their opinions into my life. What I then have, is, their reality rather than mine and that means it can be taken away.
- When I totally live the experience from a soul point of view, the mind may not understand but my soul carries out the logical behaviour according to the BEINGNESS of the SOUL.

The misunderstanding happens when the mind is not at the same level of development as the soul. That is when I see only the confusion and the horrible emotions experienced as were expressed earlier.

My soul is ready to embrace the energy of this man, it wants to be in its aura and presence, for better or for worse while ignoring social practices. The point is, I need to totally live through this experience without fear. I need to have and feel his love even while it frightens me immensely, because of being a catholic.

Now I am having a silent dialog with the people in the town of New York. I say. "I want you people out there to understand this point.....and to stop wanting to place your opinions onto my life. My desire is to become a spiritual adult by loving Phillip to the fullest potential.NOW rather than when he is single.

Mum...Please STOP putting your opinion onto me.  
Have some understanding for my soul. The souls agenda is always different from the rules and regulations that society and Religions invent. Please understand what I am going through right now. It is called destiny and the energy of the collective awareness of New York is different. Therefore I am faced with making this decision from my own view point.

## PASSION

After reading and accepting the words of the sex poem this is what happened, because two people are able to surrender to Divine love.

Ah what ecstasy my heart is feeling when his soft lips caress my entire body. I melt in his arms and the waves of the ocean sued the beauty of the fire within. We drink of this gentle passion that both of us are experiencing.

He speaks to me with a soft voice of fire, lifting the veil of sadness that was present a moment ago. His eyes a twirling with my hair, he notices the fragile hands that for him are life flying doves. He speaks again "your soul princess is golden light that cannot be described. I beg of you look at me, caress my face and lets make love"

His words are dancing in my mind, the resistance is diminishing. I reflect then answer a big "YES".

We give our souls to each other, experiencing the running fire within ourselves without judgment.

The light from heaven embraces us into a peace never felt before.

The trumpets are playing and the ecstasy rising to such heights of no return to this mortal world of ours. It is an experience that wants to be experienced over and over again while increasing the essence higher and higher so then it can be shared with the rest of the world, because its beauty is so sacred and special. That the deep penetration into ascension of the all that we are is total ecstasy. Connected to the Divine light of heaven that can come here on earth and be part of our existence.

Let us breath of this life that is available for us all to experience.

### **HIS REALITY VERSES HER REALITY.**

It was time to put their first child to bed. The clock struck nine. They look at each other and know the beauty of synchronicity. Both raise at the same time pick the child up and together walk to her bedroom. Hug, change her clothes, put her best pyjama on then lay her silently down on the bed.

Her room is covered with toys; they know each toy has its secret story. Tonight it is the tiger's turn. It is fun to let the black tiger tell the child the story of the jungle. Each enjoys this game of love, make belief and high imagination. It keeps the three of them close in love. The tiger speaks and the child intensely listens, until she falls asleep. The parents love her so much. She is their first creation.

The day to day routines in this household are precise. The three wakes at 7am have breakfast, he reads the newspaper and she feeds the child then he separates until the evening. His lips are longing for hers moment after moment. During the day his thoughts are bolted to his desire to be near her. Both bodies are young and virile, and intermingle with great attribute to the tingles of the vibration both experience constantly.

The soul, the mind, the body. Yes, in the body he is in tune. He experiences the same intense feelings, as she does and loves the ecstasy and explosion that constantly happens. Then comes the soul and the mind, and here is where he differs.



He comes from a mind's point of view. She feels from her soul, speaks from her soul and acts from her soul. Here is he, finding himself thinking from his mind, acting from his mind, being his mind. That is how he was brought up. He is aware of how different the energies are, they are of a different formation and texture, and they resonate from two different notes. He knows that both are beautiful beings when separate, both beautiful in their own vibration. When put together as a unit, the realities are different. It becomes "*his reality verses her reality*". How then can these two beautiful human beings be connected into one unit of synchronised reality? By both taking the time to accept each other as they are. Where can both of them start from?

They love each other, there is no doubt of that. They knew each other for years before actually marrying. Love is definitely holding them together. Love is guiding him and her further. They want to synchronise more, only the acceptance is difficult. All these years both had been waiting for each other to become one unit while remaining separate individuals. The unit was called WE. For some reason that remained obscure to him - probably it was somehow related to this tragedy of being so different. How can they overcome this barrier, they were asking?

How can both of them achieve the deep respect for each other without stepping on each other's boundaries or overwhelming each other's personalities? His mind without a question must love her soul. Her soul admires his mind.

The temptation of domination, control and change is strong in both of them. Each thinks that they can introduce their own personal realities to each other. It is obvious that the conversations bounce from mental to feelings.

Physically it is apparent there is synchronicity between them.

Obviously they are in tune with each other's vibes on sex. She feels and knows what to do to arouse him, how to do it, and how to enjoy that vibrant pulsation. In such moments the undercurrent of *'The mind versus the soul'* is forgotten.

His desire is to receive the great revelation of why they are constantly arguing. He wants to be together and life has put them together and staying together is desirable. Why then all the sorrow and pain between them. She had always regretted those battlements, which most likely had enabled him first to survive and later to live; but deeply inside himself, he detested them as well. What to do?

He decides to start finding out all about himself first, why he is closed in accepting a different way of being?

He finds out about his mind, how it thinks, what the process is and why. He loves his mind and to him it means power, achievement, education and most of all money by having a good job.

She needs to believe more that the feelings and voices are from the essence of her soul. Therefore it is valid to act from this pure feeling, because its essence actually is different from the mind.

After a while they discover the different flavours of their personal realities.

They talk about that and promise to each other to accept each other's personal realities. Only to come to the realisation that there is one reality that both have in common. That is the fears and prejudices acquired in their childhood. He looks at these and keeps them well in mind when temptation comes along and he wants to pick at her personal reality, by attacking her.

Knowing and understanding the differences this woman whom he

loves, seems more attractive and so beautiful inside and out. It helps him achieve step by step, without condemnation and judgement the crossroad he finds himself at, many times, during their marriage. That crossroad called bitching and picking at each others personal realities while destroying their most intimate space within each personal reality. Wanting to control the other person's reality. Continuing to deny its existence by making the other person wrong, in order to be right.

This conflicting life style is demoralizing, tiring and cannot continue to exist. How to integrate is the big question? How can the ecstasy of unity be achieved?

The love both have for each other is not sufficient, to stop the arguments. More information is needed; they wonder what the formula for total happiness is?

They pray and meditate. Wait for an answer to their prayers. Days and months go by. Then one day out of the blue, as both are having dinner at a French restaurant, she hears the answer. She feels chills in her body. She feels the connection within herself, and she hears the voice of her angels speaking to her.

She speaks. Her eyes are wide open, they sparkle and he knows it means good news connected with excitement.

He asks? "What is it?"

She speaks one syllable at a time "Ah.....ghmmm...hmm"

"What did you find out?" He is irritated and impatient.

The conversation stops. Her soul no longer wants to speak. Oh, he gets so irate when this happens. His respect for her reality at times like this becomes zero, and his logical mind loses the ability to be assertive.

He become aggressive and wants to control the situation. This time he

chooses to make an effort by being patient, so asks once more, “how can my mind change about accepting your personal reality more openly?”

She starts again, this time the words are more fluent.

“Darling our prayers have been answered.”

“I am hearing what my angels are whispering, and I want to channel it to you.”

“We will become a unit while staying individuals at any time and any place, when we will understand that by acknowledging each other, then expressing our feelings or thoughts, as they happen in the moment, that in fact is what will help us, stop arguing.”

“It will also give us a bigger picture of what freedom is about”.

“Wow” he replied. “Do you mean to say that rather than attack you verbally and emotionally I will need to make an effort to express myself, with more feeling from the heart?”

“Yes that is what the angels are saying,”

“That is going to be very difficult for me to do.”

The angles want to continue by giving you an example.

“Very well continue.”

“Example, when your mind has the thought of how to murder her during one of your heated up confrontations. What you can do is to listen to the feeling within yourself. When the feeling is different from the thought leave the thought of murdering her, alone, go on to the next thought and repeat the process, then the next thought and so on, until the thought and feeling MATCH, then you can act upon the thought of the moment. When the THOUGHT is of giving her flowers and the feeling is one of excitement, please give her the flowers. And when the feeling is of hate, at that instant give her no flowers.”

“I understand the example, although it is outragesly weird what your angels are saying. To me it is called dropping the control and manipulation urges that I get involved in. Easier said than done”

“Listen sweet heart they want to say more.”

“There will come a day when your feelings will be numb and non existent. On that day it will be very clear that fear or confusion has blocked the feeling and the mind itself is running wild. On such an occasion the ego is running the show?” she paused and then went on.

“What my angels are suggesting is to look at the different expressions of our realities. To look at the reaction of the body, the language of the soul, and the words of the mind. See and feel the response, from a feeling point of view. The angels also say, first understand the difference between these parts, discover their individual colour. Then when we become fully acquainted with the power of each colour, see how all the colours can be co-ordinated, and blended within one another into a harmony. Thus creating a picture of beauty and pleasing to all the senses.” she stopped, he looked at her as if for the first time he was actually seeing her soul. He was seeing through her eyes, the magic of life. The eyes had become two diamonds of light, which sparkled and were talking to his soul. “Carry on my dear” he said.

“So let us take into account the main three colours of the mind, the soul, the body. We then can include all the other complementing colours of the emotion, the etheric body, the astral and the cosmos. When fully in tune and aware of these vibrations and their existence, the kaleidoscope of colours that life can create will complete the picture.”

“Can you see my dear,” she carried on  
 “Our job together, is going to be a constant symphony of coloured notes that resonate from our two personal realities and now also our child’s reality.

As a WE unit our life will become Divine Love.

Our daughter is the creation from our two personal identities. Her reality will become apparent to us later as she grows up.

We may be blessed with the third reality which is a body child.

Our family will then be complete as a triangle of love.

My darling are you interested in starting with the information we have received from my angels and see how we can begin to respect our two realities.” she concluded.

At this point he suggested to go home and make love by joining their two powerful spheres in harmony with their bodies, then they knew that life would take over the mind and soul and ask them to face the necessary elimination of those concepts that do not make up the overall space of God’s true love.

## TRUE LOVE

The beauty of her face was definitely imprinted in my mind.  
Her hair was golden/brown with red highlights, and soft curls at the end of the strand.  
Her eyes, how can I describe her eyes?  
Diamonds, pearls or may be musk. I fell in love with her external beauty, that was different from the beauty of her soul.  
Her soul was dark, living just a glimpse to the external beauty that was the truth to her internal soul. I wanted to help her reach that beauty. We made love, passionate love. That was insufficient. No angel like me had a chance to open the door to her soul. I was stunned by the rejection. She opened the window to her soul just a little, now and then. She was so afraid.  
“That is not good enough” I thought to myself. I have better marry her.  
Obviously she wants more from me in order to become susceptible to my pure love and appreciation to her external beauty.

We courted for a while as we started planning for the wedding and ceremony procedures. In such occasions we were happy, but there was something missing. The energies created rejection.  
What is it?

I look into her eyes that reflect the love in my heart.  
Their splendor and clearness make me desire to become part of her mystery.  
She looks at me in such a dreamy state, absent from my touch.  
She dreams of that life that is part of her intimate self.  
Her secret self and I see that she wants to manifest does dreams externally.  
She has no idea how. “I am here my love for you, together we will live life.”  
No contribution from her part come, to her lips. Silence is present.

I understand the “I am” and what spirit means by “I will”. It is when I can hold my intention for long enough for it to happen, without letting my mind wonder off.

Holding my mind still and focused, while experiencing that stillness of the soul. I want to do this since energy is an amazing phenomenon. I can experience power of energy each moment I live. “Why is she not responding.”

Now I am thinking of her and the wedding dress. The energy is of sadness, there is something that does not come natural. “The love for me.” Deep down I know she is indifferent. The sparkle of her soul is missing.

What can I do? I am madly in love with her external beauty. I know she has potential, to become that beauty also from within. Each one of us has that potential. If only she would say “Let your love Jim Miller transform my soul into a higher vibration.” Instead she is so closed, rigid and composed. I know that; with my energy she would start opening up and blossoming, to her fullest potential. I wrote this poem for her just after the engagement.

When you my darling live for something or someone  
 then you create a division.  
 As you live like a flower,  
 releasing your fragrance, your essence,  
 then you will be living  
 according to your inner purpose.  
 Then you will be at your centre.

I feel I have so much to offer her. The wedding is just one of the many beautiful gifts I am able to give her. I need to find out what it is that is not matching. There is something I am not understanding!!!

Three days have gone by and finally I am able to get a glimpse into the metaphor. A small insight this morning arrived into my mind, as I was driving back to the shop with the daily newspapers I had picked up from the major town three kilometres away. Us shop keepers are treated fairly badly by the



bigger store holders. They give very little service to us. I enjoy being of service to the people with my small shop that will eventually be our shop. Oh, yes, about the insight!!! I am rather alarmed, by the revelation. How can I express it in words? I will try.

There is a part of me inside myself which is very dominant; it wants to tell everyone what to do. Apparently according to the insight she does not like this part of mine. Now on the other hand my inner self is aware of her negative streak, of being reserved expressing her feelings.

“What are we going to do?” I said to the voice that was giving me the insight.

“I feel it is time you two confronted your problem” the voice answered.

“Very funny, how?” I said.

“Well it is up to you two” it replied and then went away.

I was left all alone to work out our differences. She appeared on the doorstep of the shop just as I was about to ring her.

“Hi my darling did you come to give me a big kiss.”

“No I just wanted to know how the wedding preparations were proceeding.”

We hug and embrace there is no emotions. I let that energy of intolerance flow through us. She is responding a little, something must have moved between us. May be it is called awareness of each others state of mind. She has picked up intuitively the change for I have kept the revelation of this mornings insight a secret from her. Eventually I will reveal this to her, but much later. We kissed once more. As we kissed I saw the full understanding to the meaning of the insight.

This time she was accepting my energy and the window to her soul was opening slowly. She was no longer afraid to look at the reflection of her own beauty through the beauty of my SOUL.

Previously she had been afraid to look at my consciousness. She was focusing on her external beauty as a reality, of who she was.

By marrying me? Would not have changed her rejection.

By making love? That was a form of insecure reality.

How then was I to help her reach her own beauty? I needed to open my own eyes to the truth of the matter, by giving her space to grow and change. I needed to stop being so dominant. My intentions were pure. I could see her potential; only concentrating on my development and loving myself first was going to achieve more than the actual demanding of her to give more.

We kissed again and I actually saw the window to her soul open a little. The pain inside her heart area was atrocious. Something very significant must have happened when she was little, that made her go externally for her own beauty. This probably was the secret she was withholding from me.

“Let me take her on a great holiday before the final plans.” I thought to myself.

I feel so much for her. The desire to make love to her was overbearingly beautiful. Why do I feel so much? The energy inside myself is electrifying.

“I must wake up from this dream.” I said to myself.

It was not a dream, she was standing right next to me. My mind was a total blank, only my body and soul were going at 100 miles per hr. I just wanted to be near her, feel her aura, feel her face nest to mine. Forget the world existed, forget the shop, and remain in this state of ecstasy for ever. What beauty, what enchantment now how to transmit the same vibration to her body and soul?

## PREGNANT

I am pregnant and I want to understand the feelings of my husband towards the child and me.

The child is growing. My tummy is expanding. I am feeling the pain inside. It is hurting me under the rib cage. The shape of the tummy is round and small. It is reaching a tender shape where my husband can notice that part of him is in me. Yet deep down inside myself I know it is not his child. It was conceived out of rape.

A moment of despair. A moment of weakness where the strength of that strange man, with his power and sexual energy raped me. He was able to create weakness within myself.

It was a sexual fight between my integrity and the weakness of my body. The body was reacting to his seduction. My mind was giving out signals of energy to the body to struggle and fight for my integrity and moral codes. My body gave in. My morals were weaker than the sensations the body was experiencing.

Rape happened. Was it rape?

What can I say? To me it was rape, perhaps there is a bigger picture to life that I am in the dark about.

What can I do now? I bare his child. There is little to say and do, the only thing silently carry the cross of an illegitimate child.

In the eyes of society and the law this child has a father. My husband that loves me very much, and is loving towards the child. He knows not the truth. The withheld is mine, and silently I will bare this cross.

He feels the tummy and my heart breaks. It bleeds with sorrow. I take his hand and put it on my chest to ease the pain. He is kind and gentle. He loves me.

The child feels this pain and makes it hers. She kicks again and the pain under the rib becomes even more acute.

Seven months pregnant. The sun is shining on the windowsill, of my humble home. I sit and enjoy the warm rays of this winter sun. The thought of how wrong this pregnancy is crosses my mind. How can I survive the feeling that is connected to the pain of the heart?

Rape, rape, keeps echoing in my mind. I have no energy to go on. Tears, connected with the desire of terminating the pregnancy. In my mind there is no way out. Tears once more. Each kick brings a deeper reminder of the truth. How it has to be withheld.

Then a thought to console my pain crosses my mind. "I wonder how many more women got raped by the young Nazi soldiers, may be I am not alone. I will never know!!!!

Meanwhile the beautiful baby girl inside her tummy is psychically saying "Mum please keep me, it is ok, I love you mum, I want to live, let me live, my time is right, and the father is ok."

The mother hears not these words, the pain of the shame is too strong and atrocious. She keeps on crying and wanting the child dead.

Then an angel places his hands on her back sending the most loving and caring energy that was possible. Both the baby and the mother feel this warm glow invade their bodies and peace once more fills their wounded hearts.

## **THE END**

THE NEXT BOOK OF THE OPEN WINDOW TO MY SOUL YOU ARE NOT ALONE WILL BE OUT SOON.