

your

SPIRITUAL
SURVIVOR

guide

FOR THE NEW
MILLENNIUM



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Welcome	4
Chapter 1: What You Need to Know About 2012, 2013 & Beyond	5
Chapter 2: How to Master These Turbulent Times	14
Chapter 3: Enlightenment is Within Your Reach	21
Chapter 4: How to Create the Life Your Dream About	29
Chapter 5: The 6 Steps to Becoming a Modern Mystic (and Psychic)	35
Chapter 6: How You Can Help Clean Up the Planet	48
Chapter 7: How to Discover Your Life's Purpose	56
Chapter 8: Manifesting Miracles: How to Make it Happen	64

WELCOME

This ebook is a series of articles that I wrote in October and November 2012. They were written in response to people's growing anguish, fear and confusion about these changing times.

Lots of weird and wacky ideas about '2012,' 'The Great Shift' and 'The End Times' were circulating, and many people were desperate to find out what was really going on. They wanted fact separated from fiction, and they wanted to know what was in store for 2013, 2014 and beyond.

From this the popular and widely read 2012-2013 Blog Series was born. Once a week, I'd write a blog about what was really happening and how we could prepare ourselves for it. I also shared my insights as to how people can benefit from these times and take a leap in their development.

This must have hit the hearts and souls of many because this series was published on numerous websites and was read by thousands.

My aim for the blog series was simple: to empower people with the knowledge of the truth of what was happening and to show them how to navigate through it.

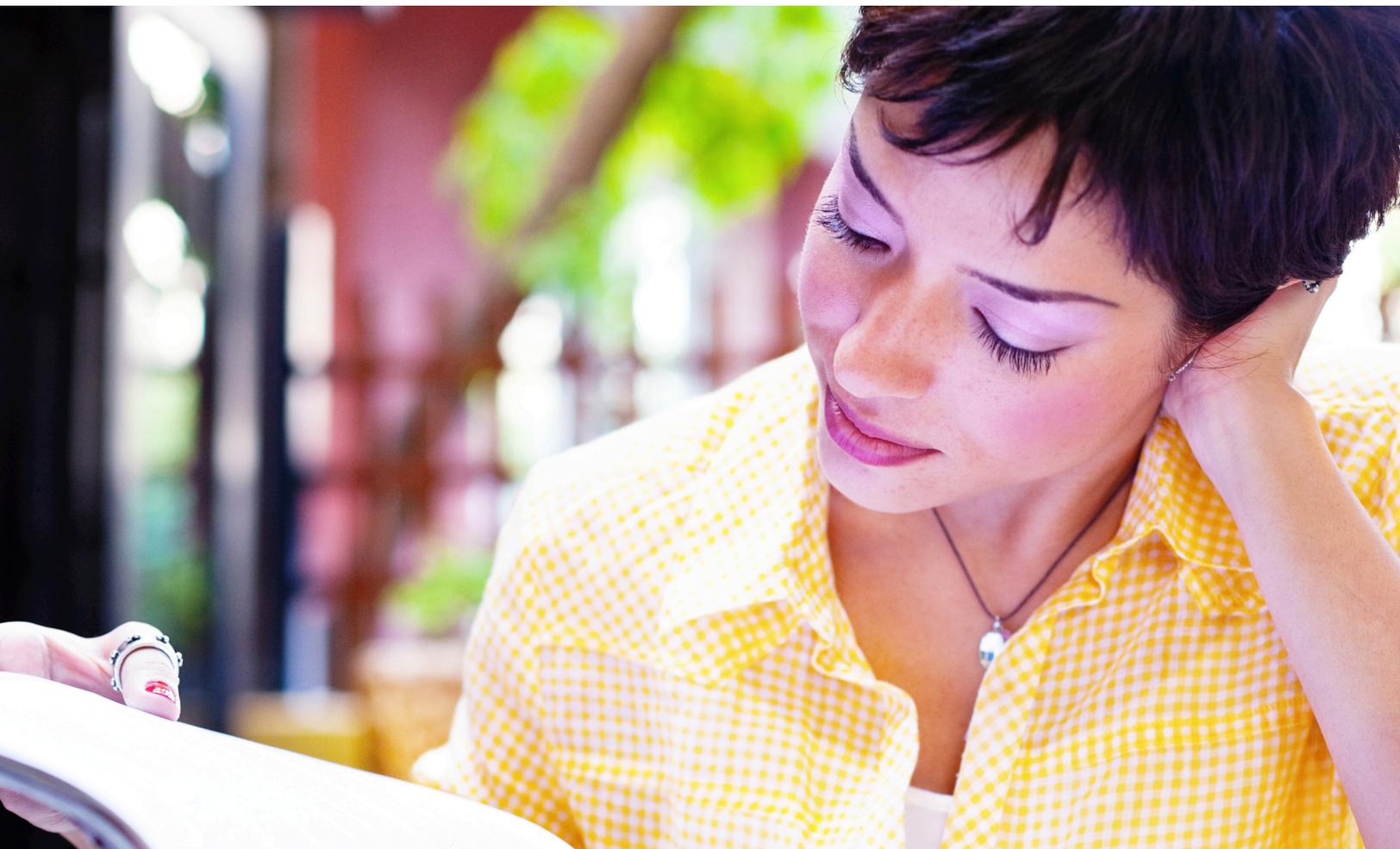
However, I also wanted people to know that these times offer us the opportunity to take a quantum leap in life. We are getting an 'energetic upgrade,' and this enables us to easily manifest our ideal lives, to discover our soul's purpose and to spiritually develop rapidly.

If you know what these times offer you and how you can avoid the pitfalls, you can smoothly and easily navigate your way through your energetic upgrade. This ebook will show you exactly how to do that.

in White Light + Love,
Belinda

Chapter 1:

WHAT YOU NEED TO
KNOW ABOUT 2012,
2013 & BEYOND



2012 is still a buzzword even today but it was in 2004 that the talk about it started to reach me. People who were coming to me for medical intuitive consultations started asking me about what was going to happen in the world in 2012, and how it would impact their lives.

Some people spoke about 2012 as being the beginning of a great shift in spiritual evolution, and some spoke about it being the gateway to the 'Golden Era.' Many more though, spoke about 2012 as being the onslaught of turbulent times, which would ultimately and unfortunately, sooner rather than later, be the end of the world.

I tried my best to listen and be open to other people's opinions, but the 'doom and gloom' talk about 2012 simply got under my skin.

I've always had a big BS radar when it comes to anything smacking of dogma, fanaticism or fatalism. This isn't only because I'm psychic and have seen a lot of fake and lofty spiritual silliness go down, it's also because I was brought up fearing the end of the world.

I was born into a Christian family, which attended a Salvation Army church, and I spent my early childhood years there. When I was nine years old my family, looking for another Christian approach to God, switched alliances and started attending a Pentecostal church.

In the Pentecostal church, they often talked about the 'end times.' When you've grown up being indoctrinated into the idea that the second coming of Christ could happen any minute, you don't take the end of world stuff so seriously anymore.

So, from 2004 through to 2006, I decided not to get involved in any of the controversy and hype surrounding 2012 and the turbulent times. Curiosity, though, eventually took hold of me. So one evening at the end of 2006, I found myself energetically cleansing my room, going into meditation and asking to be shown what 2012 was really all about.

And this is what I saw...



A GREAT SHIFT IN
CONSCIOUSNESS WILL
HAPPEN, BUT NOT
SUDDENLY AND
ABRUPTLY IN 2012.

The great shift had already begun in 2000, and the years 2013, 2014 and beyond are as significant as 2012.

“Ah! This makes total sense,” I thought. The changes have already begun, and I knew then that sudden and abrupt changes weren’t going to take place in 2012, like so many people feared. I knew that a gradual, steady shift would occur through 2012 and into the years after.

2012, 2013 & beyond will cause ‘turbulence’ in people’s lives unless they adapt and work with the shift in consciousness.

Although the shift had begun in 2000, I saw that it will slowly gain momentum from 2009 through 2019, and that those people who can’t let go of the old way of life and embrace the new will find the rapid speed of change and evolution on our planet distressing.

I saw that those people who are scared of change will cling to the 'old structures' and will rebel against the push to implement more spiritually and globally minded economic, political and environmental strategies.

This will cause a major division within humanity (and possibly war), as those preventing change will want to go to war with those that will embrace change.

That being said, though, I also saw that the people who will embrace the spiritual energy of the great shift will emanate such a profound energy of peace and harmony, that it will be possible to energetically diffuse the fear and hostility of their opposition, preventing war in the world.

2

THIS TURBULENCE
THAT MANY WILL
EXPERIENCE WILL
AFFECT NATURE.

**There will be increasingly more floods,
hurricanes, tsunamis and natural disasters.**

Seeing this did not surprise me. We are all aware of the problems with environmental pollution, greenhouses gases, the melting polar caps, droughts, famines and the like.

I saw that the 'turbulence' going on within people will create turbulence in the atmosphere. I knew then that we could remedy the situation by changing the way we are consuming, pillaging and abusing the earth's resources as well as dedicating ourselves to living a peaceful and harmonious life.

I clearly saw that we could quickly and easily put a stop to the turbulence by healing our own inner turbulence.

I also saw that:

3

SPIRITUALITY WILL
BECOME INCREASINGLY
POPULAR.

Many people will suddenly feel the need to heal themselves and let go of past pain.

This was music to my ears.

This was music to my ears. No longer would I be the youngest amongst my spiritual/therapist/healer friends. The young were also getting recruited, and being spiritual was going to become fashionable!

Jokes aside... I saw that suddenly many people would feel the need to 'work on their stuff' and heal their past. When I had this vision back in 2006, doing the inner work was not yet in vogue, but in recent years this has changed.

4

FINDING ONE'S TRUE
VOCATION, ONE'S SOUL
PURPOSE, WILL BECOME
INCREASINGLY
IMPORTANT.

Many people will make this their mission in life.

In the vision, I clearly saw that people would become increasingly discontented with the superficial and materialistic nature of everyday life. People would want to know 'why they are here,' and what their soul purpose is.

Many people will become committed to pursuing and expressing their life purpose no matter what, and I knew that this would possibly, in the short-term, lead to many marriage/family upheavals, often resulting in the parents separating.

Although this will be painful, I saw that those seeking to find their true vocation will find it, and they will then create new family structures – patchwork families and the like – that will be much more harmonious.

5

PSYCHIC ABILITY AND
INTUITION WILL ALSO
BECOME INCREASINGLY
POPULAR.

Many people will want to rediscover their 'mystic nature.'

I don't even need to mention how this bit of information pleased me!

Many people will start to sense that something within them is missing, is buried or has been forsaken, and they will want to re-connect with it. This inner longing will then lead them on a journey of finding and re-living their intuitive, feminine side.

I saw that this 'psychic revolution' would start with women, but that soon after, many men would also want to reclaim their mystic nature.

(In the past five years, I have taught Energy Field Diagnosis – how to read and diagnose somebody's Chakras and energy – to many people, and increasingly, many men are now also attending my workshops. I love seeing men at my workshops!)



THE 'CURTAIN'
BETWEEN THE EARTH
PLANE AND THE
SPIRITUAL WORLD WILL
DROP.

Suddenly many people will be aware of deceased loved ones, the spirit guides, angels and the like.

I saw that the barrier that had separated our life on earth from the existence of spirits in their realm will dissolve and that many people will again be able to see and communicate with spirits.

We were all once psychic. We've just forgotten how to be.

I'm absolutely thrilled that this curtain between the worlds will drop. Think about how healing and life-changing it will be for you and your friends and family when you're able to see and communicate with those you loved that have died. You will experience no more separation from them, no more fear of loss of them because they'll still be there! They'll still be an active part of your life.

(In the past few years, I've had many people tell me that suddenly they could see angels and auras and could communicate with their deceased loved ones. Wonderful, isn't it?)

7

MANY PEOPLE WILL
BEGIN TO BE ABLE TO
EASILY MANIFEST AND
MATERIALISE THAT
WHICH THEY ENVISION.

This part of my vision about 2012, 2013 and beyond excited me the most.

I have always loved the idea of being able to create my dream world through the power of my mind and have known ever since I could remember that it was possible.

Similar to the 'psychic revolution,' I mentioned previously, a 'manifestor revolution' would happen. People will awaken to the knowledge that they create their world and will set about to do this. The beauty, joy, abundance, creativity, peace and love that they create for themselves, will also benefit their friends, families and the world at large.

People will be able to materialise food for the hungry, resources for the poor, health for the sick and stability for the troubled. I saw that people, through the sheer power of their minds, would be able to clean up waterways, eradicate pollution, dissolve criminality and bring peace and harmony to the world.

It wasn't only possible but also highly probable that those who are already awakened would create peace on earth. Not necessarily by making this their goal, or their cause, but simply by living in alignment with themselves. This drenches the earth with light, transforming the suffering and bringing peace.

Right now you can bring light to the world by awakening to your manifestor skills. You can easily manifest your ideal world. It is within your power.

It is time for you to awaken to this power and use it.

What amazing times we live in! Isn't it exciting?

You do not need to fear these changing and turbulent times, but you do need to know how to navigate and master them.

In the next chapter, you'll learn exactly how to do that.

Chapter 2:

HOW TO MASTER
THESE TURBULENT
TIMES



We are living in the times of the Great Shift. Earth is undergoing a spiritual revolution, and this is happening whether we like or not, whether we believe in it or not. We can choose to resist the changes, but we can't prevent them from taking place.

This is like falling into a river rushing at great speed. If you want to survive, you've got two options: go against the current or with it.

Resisting and swimming against the current eventually leads to you exhausting yourself and probably drowning. This is akin to trying to swim against a rip in the ocean. I'm Australian, and one of the first things we learn about the ocean is, "If you get caught in a rip, even if it drags you all the way out to sea, don't swim against it. If you do, you'll most likely drown."

If you do your best to flow with the fast rushing water, you'll most probably feel afraid at first, and it will undoubtedly be uncomfortable navigating the rapids, but if you learn to work with the fast flowing current instead of struggling against it, you'll begin to flow with it.

You can liken the strong and fast flowing current to the great shift of consciousness happening right now. It's happening whether we like it or not. We have all 'fallen into the river' and are being thrown about and turned upside down by the rapids.

The way to 'save ourselves' and navigate through these turbulent times is to learn how to work with them.

Why are these times so turbulent?

The frequency, the energy or the 'vibration of the planet' is rising, and because we live on earth and are energetically connected to it through our energy fields, our vibrations are being raised too.

Having your vibrations raised simply means that you're taking a giant leap in your chakric development. (If you aren't familiar with the Chakras, I recommend that you take my [free online Chakra Course](#).) This is akin to having to graduate high school at 13 and starting University at 14.

This is a huge leap into a more mature, developed and spiritually elevated level of life that many of us don't yet feel prepared to undertake.

THE CHAKRIC LEAP

You've probably heard of the Chakras, and if you have, you know that there are seven. Correct? Well actually you have twelve, and the 'huge leap into a more developed way of life' that I just mentioned, has to do with these five other Chakras.

In 2005, I started to become aware of the fact that there are five higher Chakras in people's energy fields. I would see them when I was giving medical intuitive sessions. They were positioned like the seven lower Chakras – meaning Chakra 8 was located directly above Chakra 7, and Chakra 9 directly above Chakra 8, etc. – but they were much larger and much more luminous than the seven Chakras. They seemed very 'cosmic.'

It wasn't until 2007 that I started to observe them more keenly. I began reading people's five higher Chakras, and to my amazement, I realised that these Chakras contained people's soul blueprint information. That means that these higher Chakras show people what their life purpose is and how to go about living it.

I'd struck gold!. Ever since I can remember, I'd wondered what my life purpose was. I'd read numerous books about it, but these books either only theorised about it or gave vague directions on how to find it. But when I started interpreting the information in the five higher Chakras for others, people began discovering and then going on to live their life purposes!

Why healing the self is vital right now

What I also discovered was that if people weren't 'healed enough' – if they hadn't cleansed Chakras 1 – 5 and reprogrammed them with positive life-affirming beliefs (if they were still not able to let go of the past and create a new life) – they weren't able to access the information in these higher Chakras.

This is for two reasons:

Firstly, if you have limiting beliefs about yourself, you are unable to glimpse the magnificence of your real self, your soul self. In order to discover your life purpose and begin to live it, you need to be able to let go of your perceived limitations and step into your magnificence. Only then can your life purpose be revealed to you.

Secondly, if Chakras 1 – 5 are not cleansed and strong enough, the life force energy (chi, prana, kundalini) is unable to move from these Chakras into Chakra 6, which you need in order to see and communicate with your soul.

Why Chakra 6 is the most important Chakra right now

You are only able to begin to discover your life purpose and start working with the five higher Chakras if your 3rd eye (Chakra 6) is open. We have physical eyes with which see

the physical world, and we have a 3rd eye with which to see the soul. Without being able to see or communicate with the soul, you can't discover your life purpose. You need an open and properly functioning Chakra 6 in order to begin 'soul-level work.'

These changing times are pushing us up into the higher Chakras so that we can begin to live our lives from the level of the soul. In order to do this, though, we need Chakras 1 – 5 to be healthy and strong enough so that the energy can easily rise to Chakra 6.

In the past, this ascension of energy was a gradual process, but now the energy is rising quickly to the higher Chakras, and people – to use the analogy I used previously – are being rushed through primary and high-school so that they can start university now.

It doesn't need to feel so rushed though.

Although your lower Chakras are working hard to clean and re-program you so that you can leap into the higher Chakras, it doesn't need to feel rushed or turbulent.

You can stay calm and centered during this process. And not only that, you can also enjoy the process. Riding the rapids is great fun once you know how!

HOW TO MASTER THESE TURBULENT TIMES

You can begin today by understanding that:

- * Change is upon you and resisting it will only weaken and exhaust you.
- * Your Chakras 1 – 5 are letting go of all the old ways of being that no longer serve you.
- * Although the river is fast flowing, it's leading to a 'higher' and more joyous way of life for you.

You can master these turbulent times by:

- * Aiding and supporting your Chakras in their re-programming process.
- * Getting grounded by practicing 'presence' and being in nature.
- * Meditating to stay centered and calm.

THE WHITE LIGHT

One of the best ways to re-program your Chakras and ground and support yourself is by regularly using the White Light. The White Light is a powerful yet gentle energy that transforms negative energy into positive energy. It is called the 'ultimate harmoniser' because it creates peace and harmony wherever it is present.

The White Light cleanses and balances all of your 12 Chakras, so it is the perfect support for helping your lower Chakras heal. Many people use the White Light as a stabilising support during these turbulent times. Not only does it support us to heal our physical and emotional ailments, it also grounds us in the here and now, enabling us to more easily deal with the rapid rate of change.

I have been using the White Light since 2005, and in this time, it has not only healed me of an array of problems – bad digestion, depression, fatigue, panic attacks – it has also kept me grounded, strengthened my psychic ability and showed me my life purpose. (In this e-book, I will also talk about how you can develop your psychic ability and find your life purpose!)

(In 2007, wanting as many people as possible to also experience powerful healings with the White Light, I began a free weekly White Light healing session. If you would like to read about it or join in on these weekly healing sessions, [please click here.](#))

Mastering these times is possible if we understand what's happening and how to work with them. Help your Chakras out with their chakric leap and enjoy the ride!

In the next chapter, you'll learn why becoming enlightened is not only possible for you, it's your destiny!

Chapter 3:

ENLIGHTENMENT IS
WITHIN YOUR REACH



I have always been fascinated with the lives of the saints and the visionaries. I remember sitting cross-legged in Sunday School, listening to our teacher read stories about the lives of Jesus, Moses, Mary and the 'Holy ones.'

I would sit mesmerized, clutching tufts of the rough orange carpet I sat upon, watching their lives play out in my child's mind.

I loved their adventures, their bravery, their challenges and visions. I loved that they overcame all odds to be one with God, and that for their faith they were rewarded with a life of eternal peace and bliss.

Oh how my little heart would beat to think that I too could live the life of a saint! That I too, could undertake an exciting journey and have my faith rewarded by reaching a state of eternal peace and joy.

Even back then I knew that inner peace and joy were the greatest rewards of all, and I couldn't wait to get started!

It was explained to me though, that no, I hadn't been born to live the life of a Holy one. I could find God in my heart but I wasn't destined to be 'enlightened.'

"Not many of us are," my Sunday school teacher told me. "This privilege is reserved for the saintly."

So at the age of 6, I gave up believing that I could experience this type of God-bliss in my life. Enlightenment was reserved for the saintly, and I was certainly no saint.

Enlightenment is the 'movement' of these times

During this period of the Great Shift, the 'energy of our planet is rising', and this is compelling us to evolve rapidly.

This rapid evolution is a giant chakric leap. Our energy is moving quickly into the higher Chakras, and we are feeling called to heal ourselves and find life direction.

Imagine the Chakras like a twelve story building. Each floor offers you a different and more elevated view of life. The higher the floor, the more expansive and panoramic the view is. The higher levels of the building offer you the most all-encompassing, spectacular view.

This is akin to your chakric development. The higher the Chakra you operate from, the closer you are to living from the soul level, for your soul sees life as an interconnected, spectacular totality.

2013, 2014 AND BEYOND ARE ALL ABOUT SOUL LEVEL LIVING

Mastering these times requires us to understand and support this giant chakric leap. You can do this by:

- * Aiding and supporting your Chakras in their reprogramming process
- * Getting grounded by practicing 'presence' and being in nature
- * Meditating to stay centered and calm

This list of 'how to master' these times gives you specific instructions on how to go about it. However, I could've simply written, 'Become enlightened,' because this is what soul-level living is. It is enlightenment.

I didn't write becoming enlightened though, because you'd probably think that was totally unrealistic for you, possibly even blasphemous. Most of us still think that enlightenment is a completely unobtainable goal.

Or maybe the whole enlightenment thing doesn't appeal to you because you think you need to meditate alone on a mountain for the next 20 years first. Either way, it often feels out of reach for most of us.



ENLIGHTENMENT SIMPLY
MEANS 'BEING HERE NOW'
AND SEEING LIFE FROM A
HIGHER FLOOR.

I'm Eckhart Tolle's greatest fan. His book, *The Power of Now* changed my life in millions of profound ways. I don't even know how or where to begin to tell you about it..

So to keep it short, it was understanding this statement that changed my life: "Living in the present moment is the key to life because the truth about life is, we only EVER have this moment."

Eckhart Tolle tells us that if we can access the present moment and live in it, the problems and worries we think we have will disappear. That's because our problems and worries are created when we live 'mentally' in the past and future. Without our past, we cease to be regretful, sad, displaced, guilty, unfulfilled or misunderstood, and without our future, we cease to be fearful, anxious and clingy.

The accumulation of time within us – past and future – is what causes us to suffer, and the way to remedy this is by observing the mind.

A mind left to its own devices – when it is left unobserved – runs riot by thinking, fearing, plotting and planning obsessively. It takes over and instead of being an intelligent tool we can use when we need it, it becomes a fearful and bullish boss, creating stress, havoc and fear for us.

Eckhart Tolle writes, "Whenever you watch the mind, you withdraw consciousness from mind forms (compulsion to think constantly about your past or your future), and you then become the watcher or witness of it." (*The Power of Now*, pg. 58)

"Consequently the watcher – (you observing your mind) – becomes stronger, and the mental formations – (mind's obsessive thoughts about past and future) – weaker." (*The Power of Now*, pg. 58).

When you start to do this, your life changes dramatically because you're no longer bombarded with negative thoughts about yourself and your life. It feels as if you're lifted out of a 'mental fog' of doom and gloom and can (finally) enjoy your life again.

Being enlightened is the state that spontaneously occurs when you no longer identify with your thoughts and are in the here and now. It is where we are all headed, and it is accessible to us now. It isn't reserved only for the saintly.

Even Eckhart Tolle states that is the case. I regularly listen to his audio CD, "The Art Of Presence," and in it he jokes about how spiritually-minded people often compete with each other for a place in the 'one-day-I'll-reach-enlightenment' queue.

He says, "There is no point in lining up for it because it is accessible to anyone at anytime. There is no ego in that."

Being 'present' keeps you grounded and helps you quickly move into the higher Chakras

One of the most important things you can do for yourself right now is to get a hold of a copy of *The Power Of Now*, and make it your bible.

Don't just read it. Study it. Absorb it. Meditate on it.

And most importantly, practice it.

I read this book every day for 2 years (that is not an exaggeration) until practicing presence – also called mindfulness – became a habit for me.

I'm not enlightened, but I'm not shy to say that that is what is happening for me. I'm becoming it. I'm reaching it. And so are you.

BEING MINDFUL GREATLY INCREASES THE WORK WITH THE WHITE LIGHT & CHAKRAS

Using the White Light and a daily Chakra cleanse are powerful ways to aid your enlightenment and the movement of energy into your higher Chakras, but if you also begin to observe your mind as well and keeping yourself anchored in the present moment, it will speed up the process.

You will find that the blockages in your lower Chakras heal much quicker because 'being in the now' allows light in. It is the light that cleanses and strengthens them.

Starting to 'practice presence' can be very challenging. Constantly observing the mind can feel like a real chore at first. However when you begin to experience the joyful vitality, lightness and peace that comes from sticking it out, it quickly becomes absolutely worthwhile, and you begin seeing results!

Adding a presence practice to your, 'How to Master These Turbulent Times To Do List,' will accelerate and support your self-healing. It is the most effective way to be grounded amongst all the changes in these challenges times.

In the next chapter, you'll learn why re-discovering your childhood dreams creates the life of your dreams.

Chapter 4:

HOW TO CREATE THE
LIFE YOU DREAM
ABOUT



Have you always dreamt of living an extraordinary life? A life full of magic, wonder and beauty?

Of course you have. We all have.

Somewhere though, along the way, you stopped dreaming, didn't you? You stopped believing that your life could turn out the way you'd envisioned it.

Do you remember when this happened? When you gave up wishing upon a star?

I'd say it was when you were a child. That's when it happens to most of us...

The childlike spirit of the visionary

Children cohabit. They live in this world as well as another. That other world is a kaleidoscope of their visions: a world made up of their dreams, aspirations, distant past life memories, womb memories and connections to their angels, guides, deceased loved ones and the 'other side' that they recently emerged from.

This other world is half of them. To be precise, for very young children it is still most of them. Taking this world away from them is like severing a limb. It is that much a part of who they identify themselves as.

Their kaleidoscopic world is sacred to them, and to stay sane they retreat into it regularly.

This world of their visions is also where their souls reside. It's the place where they can go to communicate and be with their soul.

Being connected to and living with the soul is what I would call a chakric leap in our current development, and that leap is occurring for many of us right now. We are returning to our natural state of soul living. That means we are returning to being in direct and consistent communion with our inner being.

Children know all about soul-level living, but most of us adults have long lost the connection to it, and the key is in Chakra 6.

CHAKRA 6 AND OUR RESISTANCE TO DREAMING

In the previous articles, I've spoken about why supporting the lower Chakras is so important right now. In this time of the Great Shift, we need to cleanse and strengthen our Chakras so that the kundalini energy can easily rise to the higher Chakras.

I'll now tell you how you can begin to work with the higher Chakras and rediscover your mystic nature. This is necessary if we want to live the lives we dreamed for ourselves as children.

Although you don't need to consciously visualise the energy moving into Chakras 6, 7 and 8 – this happens automatically when Chakras 1–5 are cleansed and strengthened – most people have great resistance (subconscious resistance) to the rising of energy into Chakra 6, which is the very reason we don't have the lives we really want.

You've been told that dreaming is a waste of time

Ever since you were a small child, you've been taught to moderate or completely deny your visionary side. (Unless your parents brought you up differently. If so, that is wonderful!) You may have been permitted to keep the connection to the 'other world' when you were very small, but as you grew, society, schooling and conditioning took you further away from it.

Being able to think critically, being punctual, being able to form an argument and debate a topic took precedence, and the space for dreaming was lost.

(When my daughter was three years old she regularly slept in her ballet shoes. She had often been a ballerina that night and had wanted to take this dream with her into sleep. When she'd wake in the morning, she'd jump out of bed and begin to dance and twirl. She had kept the spirit of the ballerina alive within her. When was the last time you 'slept in your ballet slippers?')

Our right-brain imaginative, visionary side has been overtaken by our left-brain critical, rational, thinking side. Instead of a balance between the two being cultivated, the left brain is preferred, and thus dominates our lives, producing a general sense of fear and confusion when asked, "What do you really want?"

In our society, we highly regard our left-brain side. We applaud action, conquest, 'realistic thinking,' logic and judgement. We are obsessed with doing, making money, working, planning, organising and re-structuring.

This is society's ethos:

If you're out there making it happen, you're a champion. If you're in here dreaming about it, you're a loser.

We see envisioning or dreaming our lives into being as being either unnecessary, something to do very briefly, or as ineffective. Yet to have a balanced Chakra 6, you NEED to spend as much time dreaming as doing.

RECLAIMING YOUR RIGHT TO DREAM

As I mentioned in the last article, Chakra 6 is the most important Chakra right now. Chakra 6 is the Chakra which enables you to see and communicate with your soul.

Our (physical) eyes see our world, and our 3rd eye (Chakra 6) sees the soul.

You need its imaginary and visionary power to move you into a higher way of life, to envision your dream world and to create it in your mind.

Before this is possible, you need to give yourself permission to dream again. This may sound like a strange thing to do. However I've found that many people simply couldn't open up Chakra 6 because of their conditioned rejection of, and prejudice towards it.

The very first thing you need to do is to allow yourself to dream again

You just simply need to say yes. Yes, I am willing to open up again.

This is all that's needed to start the process.

With your permission, Chakra 6 will start to open and flourish. Combine that with the attention it receives from your daily Chakra cleanse and regular use of the White Light, and you are well on your way to communicating with your soul, reclaiming your mystic nature and discovering your life purpose!

The kaleidoscopic beauty of life

Spend the next couple of days 'dreaming' more. Find the time to sit and watch the birds, paint with your fingers and day-dream.

Allow yourself to step into the kaleidoscopic fertile plain of your inner world. Think about what you loved doing as a child. Tap into your dream world again and watch the images in your imagination play out for you.

What was your magic? What was your wonder?

How do you envision your life?

So start now by saying yes. Your dreams await.

In the next chapter, I'll share with you how you can begin to work with Chakra 6 to become psychic and see the world through the eyes of your soul.

Chapter 5:

THE 6 STEPS TO
BECOMING A MODERN
MYSTIC (AND PSYCHIC)



Do you know that you're a mystic? That you're psychic and can see energy fields, know people's thoughts and feelings and communicate with your deceased loved ones?

You are also able to see the auras of animals and plants, and heal yourself and others.

Just because you haven't been able to do this yet, doesn't mean you can't. You can. You just need to learn how.

We have lost our psychic ability

Within only a couple of days of being in Lajamanu, an Aboriginal community on the Northern Territory/Western Australian border, I heard people talking about seeing spirits and the dead.

My father, a flying doctor, worked in many remote Aboriginal communities in the Australian desert, and I was out there with him. One day a group of primary school children going for a walk in the bush abandoned their nature walk because they could see spirits hiding behind the trees.

The group had congregated outside the clinic and were chatting excitedly about what they'd seen, the clinic aid workers hurrying to join them, not wanting to miss the 'ghost gossip.'

I spent that afternoon listening to story after story about ghosts, ancestors, curses, spirits and witch doctors. (I was lucky to have found a particularly chatty Aboriginal aid worker. Most Aboriginal people would not 'open up' to a white fellow about these things.)

I was astounded that being psychic was normal here. Not only that, but from time to time other people would listen in on our conversation and offer stories. While I was in this community, many 'white fellows' told me how they never believed in spirits and psychic ability before, but quickly changed their mind once they came to Lajamanu!

I asked Nancy, the aid worker, if most Aboriginal people could see or sense spirits.

“Of course we can,” she replied, “because we still have the eyes to see. You white fellas have lost the eyes.”

You need to ‘find your eyes’

[In the last chapter](#), I spoke about how important it is to reclaim your inner visionary and dreamer. Without doing this, you will find it difficult to open up Chakra 6 and become psychic.

For so long, many of us have been conditioned to ignore our inner dreamer. To ignite the energy of Chakra 6, you need to embrace this part of yourself and give it attention because Chakra 6 is where our imagination lives, and it is through unlocking and strengthening our imagination that we begin to become psychic again.

But how do we do this? How do we re-awaken our 6th Chakra and return to our natural state of psychic ability?



INTEND TO BECOME PSYCHIC

This may sound obvious, but setting the intent to ‘become psychic’ will bring focus to your intention, allowing it to manifest quickly.

The thing many of us don’t realise is that we set intentions all the time, in every moment. We intend to be compassionate when we listen to somebody’s problems, engaging when we give a speech or focused when playing chess.

More often than not we're not aware what we are 'intending' at that moment. We are simply bringing a different energy, a different part of ourselves to certain tasks and situations in order to get them done well.

Becoming psychic is no different. To start, we simply need to set the intent to 'be psychic'

This makes it clear in your mind as well as in the mind of the Universe that this is what you will accomplish.

You can write your intent and hang it somewhere where you'll look at it everyday. Or you can pin it to your vision board.

You can affirm it to yourself throughout the day, or you can chant it as a mantra when you meditate.

It doesn't matter how you 'set your intent' and remind yourself of it, but it does matter that you do it.

Setting the intent to 'be psychic' is the springboard for diving into the depths of your powerful psychic abilities, and you need to be committed to taking the dive.



SINK INTO THE SILENCE

Now that you have set the intent and the Universe knows what you have set out to accomplish, you can help bring this intent to fruition by sinking into the stillness.

In order to see and sense energy fields or perceive spirits that live in another vibrational dimension (angels, spirit guides and the like), you need to quiet your noisy mind. You aren't the only one with a noisy mind! We all have one.

A noisy mind and psychic ability are mutually exclusive, which means you cannot access information and receive impressions when your mind is bombarding you with thoughts.

To be receptive to energy and other vibrational dimensions you need to have a clear mind.

You need to work with a clear slate; this is the only way you will be able to discern whether what you're seeing is generated by your noisy mind or is really genuine information about someone or something else.

Meditation is the best way to clear your mind. Meditation clears your mind of thoughts and opens you up to being receptive.

Every single gifted psychic I've spoken to or read about practices meditation. I meditate every day and sink shortly into silence before every consultation session.

Meditating may sound boring or like a chore at first, but the good news is that it's actually not either of these things.

I look forward to my meditation. Sure, some days I resist sitting down to it, but I'm always grateful that I do because it makes me feel beautiful, peaceful and focused. And it can be that for you too!

You can achieve this state with any practice you chose. The practice I work with – the Chakra Cleanse Meditation ([link to store here](#)) – allows you to see results very quickly, which gives you ample fuel to want to do your meditation. You actually begin to look forward to it, because you notice your life changing, and what's better than that?

So give it a go and see for yourself...

3

HEIGHTEN YOUR SENSES

We not only need a clear mind to become psychic, we also need heightened senses.

Through your senses, you receive psychic impressions and information. It is the way we see, sense and interpret energy.

Being psychic not only means being able to see, it also means being able to sense, hear, touch, taste and know. It is a full-bodied, sensory experience.

When I read a person's energy field, I am bombarded with impressions about them. I receive visual images, audio messages, feelings and emotions, physical senses in my body and sometimes even scents.

(I have a very acute sense of smell and often derive my information from it. I remember reading one man via phone who'd been out drinking the night before. As soon as he picked up the phone to take my call, I could smell the alcohol on his breath. He'd also quickly puffed on a cigarette beforehand in an attempt to calm his nerves, and I said to him – jokingly – “You're not in great shape this morning, are you? Too much to drink the previous night and a nervous fag before the session?” He roared with laughter at this, and we had a great call.)

By becoming more aware of your senses, you can begin to become more psychic right away, and you can start now by spending more time being aware of how you receive impressions and information about the world.

Exercise 1 – How do I perceive the world?

We all perceive the world differently. Some of us are very visual, and some of us are primarily auditory. Some of us are very kinetic, which means we 'feel' a lot, and some of us have an acute sense of smell.

More often than not, our predominant way of perceiving the world is a mixture of two senses.

You can begin to become more psychic by becoming aware of what senses you use to perceive the world. Once you know what your dominant senses are, spend time observing the world through your not-so-dominant senses.

E.g. If you are a very visual person, spend time 'sensing' the world around you; even close your eyes. If you are a very kinetic person, spend time 'hearing' the world around you.

When you become aware of your senses and engage them in this way, you notice so much more about life. Not only that, but they also become well-tuned antennae, able to pick up the most subtle of vibrations.

Once you have practiced Exercise 1 for some time, you can move on to Exercise 2.

Exercise 2 – What information am I picking up?

Take an object and place it in your hand. It can be alive or inanimate. Then observe it using your five senses.

Ask yourself these questions:

- * What do I see?
- * What can I smell?
- * How does it feel?
- * How does it taste? (But please don't taste anything poisonous or crawly!)
- * What can I hear?

Take your time doing this and trying this out with different objects and things. This is a sure way to build your sensory-psychic muscles.

Once you have practiced this for some time (a couple of days if done a few times a day; a couple of weeks, if not practiced so regularly), you can move on to step 4.

4

BE AWARE OF WHAT AND HOW YOU 'SEE' IN MEDITATION

This step requires you to be aware of what you see and sense when you meditate.

In Step 3, you heighten and attune your senses so that you are able to pick up more. Now you can use your newly-acquired antennas to pick up subtle vibrations in meditation.

You can practice any type of meditation you choose, but make sure it always begins with a relaxation. Also meditate with your eyes closed because this step requires you to use your 3rd eye.

Once you have meditated, sit in the silence with closed eyes and use your senses to pick up what is happening around as well as within you.

Use the sense questions from Step 3/Exercise 2 and see what you can see, sense, hear, touch, smell and taste while you sit quietly in a meditative state.



WORK DIRECTLY ON CHAKRA 6

NOTE: Chakras 1 – 5 need to be stable and balanced before one attempts to work directly on Chakra 6. If you are feeling ‘emotionally unstable’; suffer mood swings, are going through a difficult life phase, or are depressed, I do NOT recommend that you begin working directly with Chakra 6.

Before you can begin Chakra 6 work, you need to get Chakras 1 – 5 balanced. [Click here](#) to access the free 7 Day Chakra Course, which teaches you how to do this.

After you have spent some time building you psychic muscles through engaging your senses, you are ready to work with Chakra 6 directly.

Chakra 6, also commonly called the 3rd eye, is located at the centre of your forehead and its job is to strengthen your intuition, enable you to dream and envision as well as to ‘plug you into’ other vibrational dimensions (angels, spirit guides, and the like).

Its job is to get your psychic juices flowing.

You can begin to work directly on Chakra 6 by drawing your awareness to your brow. When you draw your attention to your brow and hold the point of focus on it, Chakra 6 starts to open up.

When you concentrate on your brow point, your 6th Chakra immediately begins to spin faster, and this opens up the Chakra. When the Chakra opens, it takes in more light, which is also called energy, from the Universe, which balances and cleanses the Chakra.

The way to most easily open up Chakra 6 is by concentrating on the brow-point during or after your meditation. Simply hold your focus on your brow and breathe gently and calmly.

This is all you need to do! Make this a regular practice and watch yourself open up psychically. I know this sounds simple but the great things in life are simple. Try it out for a couple of weeks and watch what starts to happen!



START SHARING YOUR IMPRESSIONS

This final step requires you to try out your newly acquired psychic muscles on friends and family. This way, you can get feedback about the accuracy of the impressions you receive.

There is a downside to this though: you know you're friends and family, so it's hard to know whether you are picking up real information or just recycling what you already know about them.

So try to find a family member or friend (or friend of a friend) that you don't know well, and tell them you are 'practicing' your psychic prowess. (I hope you have open-minded people in your life!)

Start by sinking into the silence and clearing your mind. Then, set the intention to 'see and sense' their energy field. (Remember, the information and impressions will likely come through all of your senses).

The thing to do next is to see and sense their energy field. What do you pick up about them?

Don't worry if you can't actually see their energy field – most people can't – just run with whatever impressions you are receiving about them.

Then, share these impressions with your guinea pig. (Your eager recipient!) It doesn't matter if you only get a flash of a feeling, like anger or sadness, or an image, or a few words. Share them anyway.

You are just starting out, so make it clear to yourself as well as to your friend that that is the case. That way, you both won't have unrealistic expectations about what you're doing.

Starting out this way is the best way I know of. Yes, it feels like jumping in the deep-end without a bathing suit on, but sharing your impressions grows psychic muscles and confidence VERY quickly. Don't just try it out on one person, try it out on many!

If you really want to become psychic again (remember, you always were), print this chapter out and use it as a reference. If you adhere to the 6 steps in the way that I've laid them out, you will unlock your natural psychic gifts.

I have been teaching these 6 steps for many years now, and even the most resistant and self-professed 'psychic dummy' has been able to become more psychic by following them.

People say to me all the time "you could never make me psychic!" I have a great track record, so if you don't want to become psychic, don't follow the 6 steps!

In the next chapter, I'll share with you how you can help clean up the planet. Energetically!

Chapter 6:

HOW YOU CAN HELP
CLEAN UP THE
PLANET



Did you know that pollution on our planet is not only caused by greenhouse gases, littering and chemical waste but also by our negative thoughts?

Yes, you did read that last sentence correctly; our negative thoughts also contribute to pollution on our planet. This is called 'psychic pollution.'

This fact has been proven: what we think and feel has a direct impact on the world around us.

Dr Masaru Emoto, a Japanese author and scientist, proved this by using water. If you are not familiar with his work, his studies have shown that how we think about and treat water affects its cleanliness as well as its molecular structure.

Over the course of several years, he undertook numerous studies in which he had people treat water in certain ways. He had monks bless highly contaminated water, and he also had people deliberately mistreat water by telling it that they hate it and want to kill it.

His studies proved, through molecular photography and numerous case studies, that thinking loving and kind thoughts towards water keeps it clean and pure, while thinking negative, hateful and unkind thoughts quickly contaminates it.

This applies not only to water but to all of the elements on our planet, as well as to animals and the rest of nature. (If you want to delve deeper into this subject, which I highly recommend you do, check out the film "What The Bleep Do We Know").

Knowing that we have the power to either pollute or purify the planet, which do you now choose to do?

How do we create psychic pollution?

By thinking negative, hateful and unkind thoughts.

These thoughts linger in the environment and combine with other such energies, creating the pollution ring we now have. However, the obvious solution to this problem: ceasing to think these type of thoughts, is not so simple.

It's not that the solution in itself isn't simple. It is. The solution, as Eckhart Tolle says in one of his live lectures, is to cease creating 'inner pollution.'

Are you polluting the planet or cleaning up the mess? You are responsible for your inner space; nobody else is, just as you are responsible for the planet. As within, so without: If humans clear inner pollution, then they will also cease to create outer pollution.

Unfortunately, most people don't find it so simple to stop the inner pollution.

How do we clear inner pollution?

By being diligent in our practice of mindfulness or presence, as Eckhart Tolle calls it. Being in the here and now takes us out of the trap of the mind, and stops us from creating negative energy.

There are other important things you can do too.

PRACTICE FORGIVENESS

Many spiritual teachers recommend that we actively practice forgiveness.

This simply means to 'let go' of feelings of being wronged, hurt or betrayed by others. We don't allow negative feelings to fester, harden and metastasize within us.

Many people reject the notion of forgiveness because they think it means to forget how we were wronged or to passively put up with being mistreated. This isn't what forgiveness means.

Forgiveness means choosing to not pollute your inner world by holding on to grudges, pain or painful stories. Forgiveness towards others, as well as towards yourself, keeps your energy field clean and harmonious.

Do you want peace?

Forgiveness offers it. Do you want happiness, a quiet mind,
certainty of purpose,
and a sense of worth and beauty that transcends the world?

Do you want a quietness that cannot be disturbed,
a gentleness that can never be hurt,
a deep abiding comfort,

and a rest so perfect it can never be upset?

All this forgiveness offers you.

- *A Course in Miracles*



BE GRATEFUL

You probably already heard this. Being grateful for what you have keeps your inner world clean and draws more of what you love to you.

This is the case because whatever we concentrate on, we magnify. Feeling love in your heart for the goodness that is already in your life will not only keep your inner world clean, it will also draw more goodness into your life and into the lives of others with whom you share space.

Wayne Dyer says:

Being in a state of gratitude actually creates magnetism, and of course, a magnet draws things to itself.

By giving authentic thanks for all the good you no have, as well as the challenges, through this magnetism, you'll start the flow of more good into your life.

Every successful person I know is grateful for everything he or she has.

- *The Power of Intention*

GIVE WHEN YOU NEED TO
RECEIVE

A while ago, I watched an episode of Oprah's Super Soul Sunday, which featured author Gabrielle Bernstein. Oprah asked her what she did when she was feeling down, and Gabrielle said something very interesting.

She said (and I'm paraphrasing), "When I'm down and need to receive, I give, and it works every time." Unfortunately, Oprah moved on to another question and Gabrielle didn't elaborate on why giving when you need to receive works, but I think I know why.

If you feel down, and you give something to someone else (a hug, a present, words of encouragement, a shoulder to cry on), you affirm your own abundance to the Universe.

Not only does this open your heart and allow love to flow to another person (this alone raises your vibrations quickly and helps you feel good), it also keeps the flow of love returning to you.

Practicing 'loving' is a sure way to keep your inner world clean and look after the planet.

"If you give your life as a wholehearted response to love, then love will wholeheartedly respond to you."

- Marianne Williamson

"The love we give away is the only love we keep."

- Elbert Hubbard

KEEP YOUR CHAKRAS FIT AND HEALTHY

The quickest and most effective way to keep your inner world clean is by regularly keeping your Chakras clean.

Throughout this eBook, I've talked about the importance of Chakra health. It is VITAL to keep our energy fields and Chakras fit and healthy.

If you have already read the free online Chakra Course but haven't started practicing the [Daily Chakra Cleanse](#), I recommend that you start now. You will be amazed at how quickly and beautifully your life will change once you commit to this practice.

SPEND TIME IN NATURE

When I feel down or out of balance, I go to the sea. As soon as I glimpse the ocean and my feet feel sand beneath them, my mood lifts and I start to feel lighter.

It is as if the sea cleanses me of whatever negative emotions were making my energy murky at the time.

Most people experience something similar with nature. Take time out to walk in your local park, or run in the woods, or spend time at the sea.

Nature keeps our inner world clean, and helps us clean up the planet.

THE WHITE LIGHT

On the other hand, nature also needs our support to become cleaner. Unfortunately, nature is not only polluted, it is also, like I mentioned previously, psychically polluted by our negative thoughts and feelings.

Cleaning up our own inner pollution as well as living 'green' - recycling, eating organic, reducing waste - aren't the only ways we can help clean the planet. We can also help by sending nature [White Light](#).

The White Light is a transformational and purifying energy. Every week, I send the White Light to many cities as well as oceans, forests and mountain ranges in the world. As of yet, there haven't been any studies conducted to test the effects of this work, but many people have reported positive changes.

You can also help out by putting the nature in your local area on my [White Light list](#). It doesn't matter whether it is the small stream that runs along the side of your property, the lone tree in your inner-city street, or the scattering of stars that you see from your apartment balcony, all of it needs our support and can be cleansed.

Thank you for helping clean up the planet!

In the next chapter, you'll learn how to discover your life's purpose!

Chapter 7:

HOW TO DISCOVER
YOUR LIFE'S PURPOSE



For most of my life, I've searched for the meaning of my existence.

Throughout my childhood and early teens, I often lay awake late into the night, thinking and wondering about my purpose.

When I reached my late teens, I discovered self-help books and devoured everything on the subject. I couldn't get enough... because it wasn't enough...

With each book, there was that initial excitement: "Maybe this is the one that will tell me how to find my purpose," but they never did, and the excitement would quickly turn to frustration. While everyone agreed that finding our life purpose was essential, no one seemed able to give me specific guidelines on how to do this.

These authors spoke of pursuing my passions, following my bliss or asking myself what I was here to do, but this didn't help.

There were lots of things I was passionate about and loved doing, and trying to ask myself which of those things it was confused me; 'following my bliss' was altogether vague. It felt like jumping off a bus in the middle of a city while hoping to find that amazing restaurant your friends keep talking about.

There had to be a more effective way.

I couldn't stop thinking, "Wouldn't it be wonderful if there was a 'Book of Life' that told me exactly what I'm here to do."

One humid August evening, after reading yet another book about life purpose that failed to give me specific instructions for discovering it (I'm sure you've noticed by now that I'm a 'how to' person), I decided to vent my frustration to the Universe.

After throwing the book on the floor and grabbing my writing pad and pen from my desk, I wrote, "Why can't someone simply show me what my life purpose is? Why all this guess work? Isn't this all supposed to be easy?"

Well it didn't take long for my questions to be answered, but before I tell you about the remarkable way it happened and how I discovered and started to live my life purpose, I'd like share something with you.

I ALWAYS KNEW WE HAVE A LIFE PURPOSE

Ever since I can remember, I have been able to see each person's 'unique light.' It's a unique combination and formation of colours and shapes in a person's aura.

When I was young, I used to 'aura stare' a lot. I loved looking at the different colours and formations of people's auras. Sometimes, if somebody's unique aura light fascinated me, I'd watch it for many minutes. (When you were a child it wasn't rude to stare. I still wish it were that way!)

Most people had somewhat dulled unique aura lights. I mean, most people's auras weren't bright and luminous. They mostly seemed dull, like a dimmed light bulb.

One day, though, an author came to my primary school to read to us, and for the first time in my life, I experienced an aura on full wattage!

His aura was luminous and golden, and I noticed that as he read from his book, his aura grew more luminous and more golden.

I remember asking myself, "Why is his aura on full power?", and as soon as I asked this question I immediately knew the answer: He had discovered his own unique light, and because of this, was living a marvelous life!

It was then I realised that most people have dimmed auras because they haven't discovered their unique lights.

Now back to the part where I tell you about how my questions were answered, and how I discovered and started to live my life purpose...

MY UNIQUE LIGHT

In 2007, a couple of months after I'd written an angry note to the Universe, I experienced a mini-awakening.

I was sitting in meditation, breathing and watching my thoughts, when suddenly a bright white light came down from the ceiling into my energy field.

I saw it go into all of my twelve Chakras (this was the first time I realised we had twelve Chakras, not only seven), and start to unblock the obstructions within them. At that

moment, I also became aware of my own unique light, and I witnessed how the energy of the White Light intensified it.

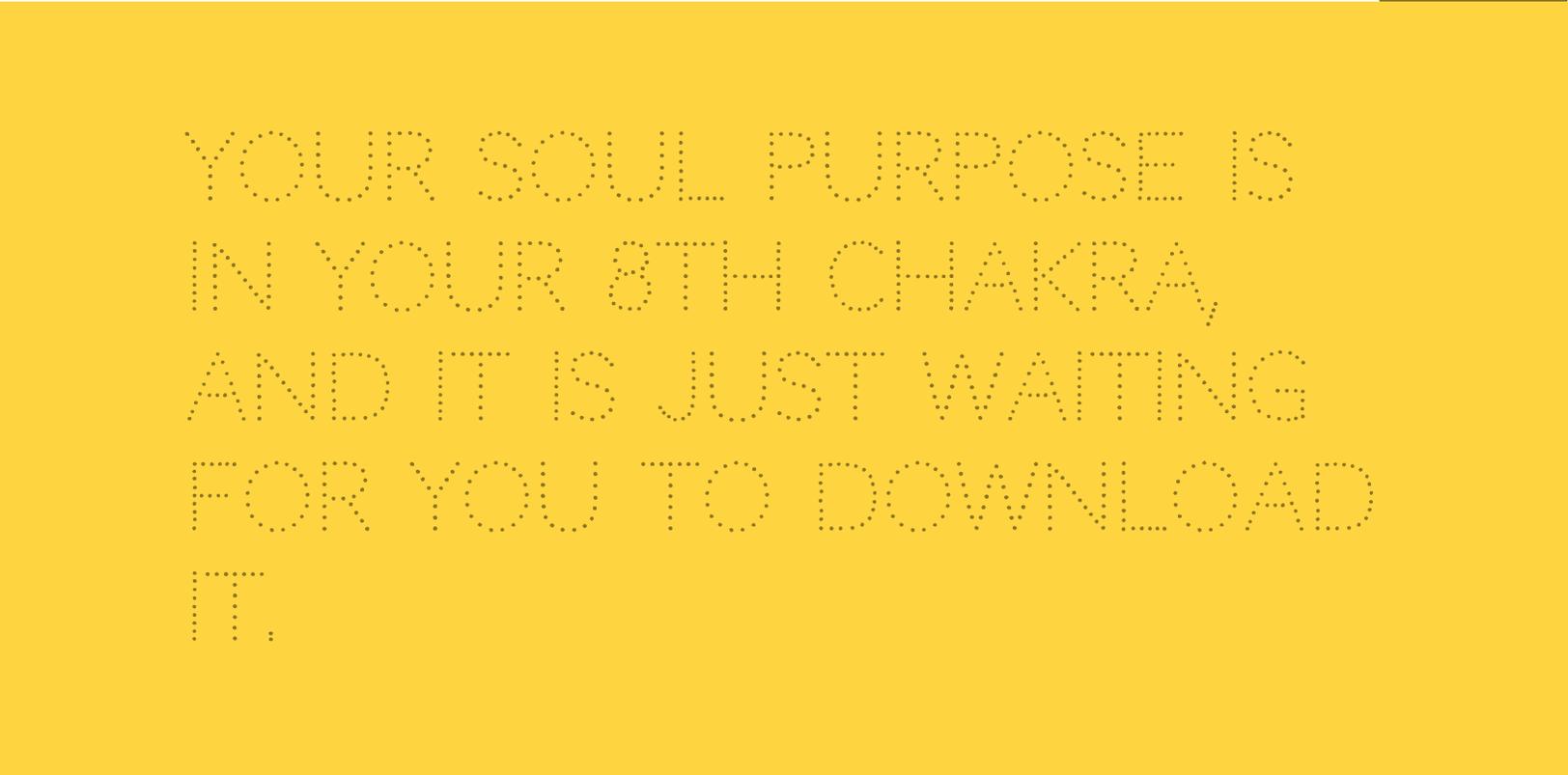
I watched my unique light grow and become more luminous (just like the author's), and at that moment I knew that the White Light could show me exactly what my life purpose was and how I could live it.

And this is exactly what happened.

After working with the White Light over the course of several months, I found out what I was 'here to do,' and I mean that literally.

I was shown – through thoughts, visions, directions and guidance – in amazingly precise detail what my life purpose was. I also discovered that our life purpose is our soul purpose. Meaning, in order to discover and live your life's purpose, you need to get to know your soul.

It was also made clear to me that gaining access to Chakra 8 is how we could know exactly what our soul purpose was. I learnt that 'downloading' the information from Chakra 8 was the most effective way to do this.



YOUR SOUL PURPOSE IS
IN YOUR 8TH CHAKRA,
AND IT IS JUST WAITING
FOR YOU TO DOWNLOAD
IT.

Your Soul Purpose is in your 8th Chakra, and it is just waiting for you to download it! As soon as I learnt the truth, I began downloading the information about people's soul purpose for them.

In the beginning, I would send them White Light as well as share with them what I could 'read' about their Chakra 8, but in time, I realised that telling them what I saw wasn't the most effective way to help.

They needed to be able to access this information for themselves.

So, I set about finding a way to help people quickly 'raise their vibrations,' so that they could have direct access to Chakra 8 and their life purpose.

THE SCHOOL OF THE MODERN MYSTIC

Finding a way for people to access the information in Chakra 8 quickly became an obsession. I knew I had stumbled upon something remarkable because my life had completely transformed since discovering my life purpose.

Not only had that constant inner-niggling feeling of, 'I was destined for something else, but I can't find it,' completely disappeared, but acting upon my newly discovered life purpose – teaching, healing with the White Light and writing (before then, I'd only been giving medical intuitive consultations) – quickly created more abundance in my life.

And of course, joy!

So, I set out to find a way to show people, step by step, how to access Chakra 8 and download its information.

What was born from this undertaking was The School of the Modern Mystic. Our online school is dedicated to helping 'modern mystics' develop their inherent psychic and healing powers as well as excel at living and expressing their divine 'unique lights.'

It is much like Harry Potter's Hogwarts without the toads, broomsticks and Death Eaters, and with much more 'modernness.' After all, we love technology, hip hop (without the 'bitches and hoes' references) and very high heels.

The first course we offer is called, 'The Journey into White – Discovering Your Life's Purpose,' and it teaches you how to easily discover and live your soul purpose.

BUT WHAT CAN I DO
RIGHT NOW?

If you are chomping at the bit to get started and can't possibly wait until the next course begins, you can begin to use the White Light to access Chakra 8.

Simply [sign up](#) for the free White Light healings each week – they occur every Monday evening at 9pm, in your timezone. (Everybody receives the White Light at 9pm on Monday

at their time.) In the field called, 'Your Healing Wish,' tell me that you want to get started on accessing Chakra 8.

When I read your wish, I infuse it with White Light, so together we activate your intent. This then creates a succession of events and circumstances that begin to show up in your life, showing you what your life purpose is.

Not only that, the White Light will help you quickly 'raise your vibrations' so that you can begin to work at this elevated level. (To access Chakra 8, you need Chakras 1-7 to be working properly.)

So you don't need to wait. You can start now.

In the next chapter, you'll learn how begin to manifest miracles!

Chapter 8:

MANIFESTING
MIRACLES: HOW TO
MAKE IT HAPPEN



In 2005 I witnessed a miracle. I saw an Indian master materialise a ring out of thin air.

It wasn't trickery or a hoax. Right in front of me, I saw a ring drop down from the sky into his palm. This ring not only happened to fit my fingers (I have very small fingers and often have to get rings resized), it was set with a precious stone, whose properties were exactly what I needed at that time.

The Indian master told me that when I had absorbed the qualities of the gemstone, it would de-materialise, and one day I awoke with no ring on my finger. It was nowhere to be found.

Just in case you are still think this all sounds suspicious... I also saw this very same man materialise other pieces of jewelry, materialise 'holy,' perfume-scented ash from his fingertips and make an egg in his belly and cough it up. How do you get ash to pour out of your fingertips? How do you cough up a golden egg?

Although his ability to materialise was amazing, he isn't the only one who can do it. Joseph Pierce Farrell, an American businessman, could one day suddenly, with his hands alone, mend broken bones, reconstruct disfigured noses, faces and limbs as well as shrink tumours.

His inspirational book, *Manifesting Michelangelo*, chronicles his life journey as well as the spontaneous manifestation of his profound healing gifts.

And how could I talk about manifesting miracles without mentioning Dynamo, Magician Impossible? All I'm going to say about him is this, "Can someone please explain to me how he does it?"

Manifesting miracles and materialising is a higher Chakra attribute

In the chapters of this ebook, I've talked about why it's important to know about the Chakras and how they work. The change we're all collectively feeling at the moment has to do with our chakric development.

These times are causing our 'vibrations to raise,' as our energy is quickly moving up into our higher Chakras, and although for some people this may feel turbulent, it's also very exciting because we are all getting an energetic upgrade!

We are all moving up the ladder of ascension; 2013, 2014 and beyond will offer us a fabulous opportunity to take a quantum leap in our spiritual development and start living from the higher Chakras, which means that soon many more people will be able to manifest miracles.

Pause for a moment and think about this: Soon, just like the Indian master, Joseph Pierce Farrell and Dynamo, you'll be able to manifest miracles and materialise what you want into your life.

So now, I'm going to show you how you can prepare yourself for making miracles happen.



CHAKRAS 8 - 12: THE PATHWAY TO MANIFESTING MIRACLES

Before I give you step by step instructions, you need to understand what each of the higher five Chakras do.

These five are decidedly different from the lower seven Chakras and are connected to living from the level of the soul. Some people find this difficult to grasp, so I'm going to simplify it as much as possible.

Chakra 8

Within this Chakra lies your soul blueprint; your 'Book of Life,' which tells you all about your unique talents and abilities as well as your soul purpose.

When you gain access to this Chakra – you can only gain access to it when Chakras 1–7 are balanced and strong – you begin to 'download' your 'Book of Life.'

This book not only gives you detailed information about your life purpose but also shows you how to start living it. (Accessing your 'Book of Life' in Chakra 8 is a course we offer through our online [School of the Modern Mystic](#)).

Chakra 9

Once you have gained access to Chakra 8 and read the 'Book of Life,' you are then able to journey into Chakra 9, and it is here that you 'activate' your unique talents and abilities and begin to express them.

It is here – in the 9th – that you begin to live out these talents.

Accessing Chakra 9 not only enables you to express your unique talents and abilities, it also gives you access to 'soul-like' gifts. You begin to materialise (materialisation is only a quickened version of manifesting, meaning it happens immediately or much quicker), teleport, become telepathic, heal, influence the elements, astral travel and the like.

Dynamo – Magician Impossible is a perfect example of a very well functioning 9th Chakra. Don't google him yet though; wait until you read the rest of this article.

Chakra 10

When you have begun to live your life purpose, express your talents and your soul gifts, you can begin to access Chakra 10.

In this Chakra, you further the expression of your talents as well as begin to merge your masculine and feminine aspects.

Each of us are made up of masculine and feminine aspects, and this does not pertain to the gender you are. Being a woman does not necessarily mean that you have more feminine energy or that it is more balanced than a man.

(For the purpose of this article, I am going to keep my discussion about the masculine and feminine energy short, but if you would like to read more about this I recommend the book, *Divine Magic: The Seven Sacred Steps of Manifestation*, by Doreen Virtue. It is the elaboration of *The Kybalion*, a book at the turn of the 20th century, which we have a book review of on our site [here](#).)

The basis of all of creation is the co-operation and mergence of the masculine and feminine aspects. Put another way, to create anything in the cosmos you need to synergize the masculine and feminine.

In Chakra 10, these aspects merge within us, and we become master creators.

If all of this sounds somewhat confusing to you, I understand. It is confusing. All you need to know about Chakra 10 is that when we access it, we become exceptionally powerful creators, and that whatever we hold in our minds almost automatically materialises.

As far as I know, there are only a few individuals on the planet at this time that operate from this high level. Soon, though, there will be many.

Chakra 11 & 12

I have to be honest with you, what these Chakras do is still beyond me.

Although I have been studying and observing them since 2007, I have only so far grasped a somewhat 'superficial' meaning of them.

When I journey into my higher Chakras or observe them in others, I find it difficult to access their information. This is not only because I am not yet 'spiritually developed' enough to gain access to them, it is also because these Chakras are so close to God, so close to the Cosmos, that my human mind cannot grasp their limitlessness and grandeur.

Although I am not yet clear on exactly what lessons and gifts we can acquire in them, I do know that they are the embodiment of unconditional love, and that when we begin to work with them, we become pure, blissful, unconditional love.

We become God and start 'godding.' What can be better than that?

How to make miracles happen.

You knew I was going to say this...



TAKE A CHAKRIC LEAP

The quickest and easiest way to prepare yourself for manifesting miracle masterhood is by working with your Chakras.

If you work directly with each Chakra – like in the [Chakra cleanse meditation](#) – your energy can rapidly move up into the higher Chakras because you have created a secure and strong foundation within the lower Chakras.

I know there is discipline involved – you need to do this everyday.

But great discipline yields great results.

Some time ago, I watched an episode of Wellness Warrior TV, in which a friend of mine, Jessica Ainscough, talked about the discipline of sticking to Gerson Therapy. If you haven't heard about Jessica or about her amazing cancer survival story, I recommend that you check her out.

The discipline and endurance it takes to do this therapy is phenomenal. (Daily she drank 16 fresh juices, gave herself 5 coffee enemas, ate, meditated and went to bed at specific times etc.)

The Chakra cleanse meditation isn't as difficult to do – whew! – but you do need to do it regularly.

Although I too have days where I find it hard to do, I never skimp on doing my Chakra practice.

The Chakra cleanse meditation is so powerful. It has healed my chronic digestive problems, headaches, and menstrual difficulties; it has made me slim, healthy and abundant as well as unleashed my creativity, therefore I know not continuing my practice would be simply foolish.

2

WORK WITH THE WHITE LIGHT

And of course, I was going to say this too.

I'll keep it short and sweet for you. The [White Light](#) brings your energy up into your higher Chakras so that you can become psychic, discover and live your life purpose, and tap into and use your 'soul gifts.'

Manifesting miracles will easily happen for you once you are using and working with Chakras 9, 10, 11 & 12.

3

YOU'VE GOTTA BELIEVE IT TO BECOME IT

We all need a nudge and push when it comes to our belief systems, as we tend to stay within the perspectives we're used to, ideas we're comfortable with.

So seeing or reading about someone capable of achieving or accomplishing apparent miracles instills a new belief within us that maybe we can do it too.

If I had never witnessed the Indian master materialise jewelry, I would have doubted it was possible. But by witnessing it, my belief button was pushed, the neural pathways in my brain fired in a new pattern and I knew it was possible.

This experience catapulted me forward on my healing path. Soon after this experience, I started doing healing work with people.

Through working with the White Light, I've been blessed to be able to heal an array of physical ailments for people (backs and spine problems, tinnitus, migraines, bad knees & hips, menstrual difficulties etc.), as well as emotional problems (depression, anorexia, mood swings, etc.).

Of course, I don't take credit for this – the person must want to change, and the White Light is the healing force of change – but I do take credit for the fact that I stepped up and challenged myself to go beyond what I thought possible for me.

As my belief in myself and my abilities has grown, so have the numbers of people that seek me out and work with me.

This is the key to manifesting miracles: You have to know you can.

But the way to know you can is by 'inspiring' yourself with the stories of others that can too. This will instill belief within you, and before you know it, you will be a miracle worker too.

Make it a regular practice to read about the lives of miracle workers and people you admire. I do this, and it keeps me on track with my manifesting miracle worker path.

Wishing you success in manifesting miracles.

in White Light + Love,
Belinda