

Mystical Intimacy

Mystical Intimacy

Entering into a conscious relationship with
your spirit and human nature



Linda L. Nardelli
And the Teachings of Masiandia





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Mystical Intimacy

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Welcome

*Be still and surrender
to the mystery you hear.
The great drumming of my heart,
wild like the forest –
welcomes you.*

*Un-tame your dance and
ease into your longing.
I am the child guiding
the offering and gratitude –
I welcome you.*

*Come into my embrace
and see forever and beyond.
I am the child that brings
hope and forgiveness –
I welcome you.*

The Unfolding Mystery

*M*ystical Intimacy was born out of my communication with Masiandia, a group of seven spirits that have been part of my life since 1999. Their channelled messages and my own life-experience interweave within the pages of this book, providing a voice to the relationship between spiritual consciousness and human nature. For me, connecting with spirit is a way of life that welcomes mystical companionship and belonging. When a person's ego partners with spirit, he or she merges higher-consciousness with physical reality. By joining our soul-essence with our human focus and intent, we bring to life the mystery of our sacred purpose.

For most in our world community, we have long forgotten the co-creative dance of soul and form; we have neglected our spirit-consciousness, focusing primarily on the reasoning mind. This book is an invitation to remember your true essence, an invocation of the profound nourishment that comes when you unite with your soul.

In these pages, I collaborate with Masiandia, the collective of spirits that I channel, whose purpose is to help us remember who we are. They endeavour to help us know, beyond all limitations, conditions and fear, that *the true nature of our purpose is joy*. Our joy is a state of complete presence, celebrating the fullness of who we are, body and soul. It is a way of being that welcomes everything, doesn't reject any aspect of our humanity and thus encompasses a fluid, forgiving and surrendered relationship with the world and ourselves.

Spirit dwells within the divine beauty of Earth, in the hearts of strangers, in the day-to-day unfolding of our lives and especially in the moments when our greatest fears demand that we show up and be more than we thought possible.

Masiandia shares their support to help us re-connect with our essence, and their communication has the quality of reaching beyond the

intellect, moving us into liberated perceptions of reality. I weave their message with personal narratives and stories of people who have touched my heart, to share the profundity of the spiritual journey and to support a deepening of readers' experience with spiritual guidance.

Renewed Vision

 hannelled messages have the power to draw us into an inner sanctuary of belonging, tethering us where we are, illuminating where we have been and offering us a renewed vision of ourselves. Amazing things happen when we let spirit guide us: we tap into a well of self-awareness and purpose, we discover a richness of creativity and reach beyond what we think we're capable of. We also assimilate spiritual understanding with more ease: spontaneously and effortlessly.

Often, we believe that there is so much work to do: that manifesting our true desires requires hard labour and reconstruction of the self. We forget that we are perfect in this moment – that who we are now leads to the next step. And that each step we take is not governed by our willpower, but by our willingness to follow guidance and find within our innate wisdom a way in which we can transform obstacles into allies.

When we acknowledge who we are, we have the ability to experience so much more than conditioned impressions of reality. We emerge as clear witnesses through eyes of curiosity and enthusiasm. And when this happens, the "hard" lessons in life become opportunities that expand our consciousness and enhance our sense of self-value. This allows us to experience life through liberating expressions, to explore, take risks and embrace our journey despite limitations. In this way, we become filled to overflowing with the beauty of our souls and can gift this abundance to the world.

Community Spirit

In the process of birthing *Mystical Intimacy*, a small community of friends coalesced to support me in studying the channelled messages. Their questions and insights helped me look at the channelled material from a different angle, and also inspired mutual exploration. In our book study circle, each of our inquiries, ideas, challenges and feelings strengthened a deeper understanding of Masiandia's teaching, while our intimate sharing encouraged mutual support and belief in one another. Sometimes what is a conditioned framework for one person simply doesn't exist for another; therefore, our shared discoveries fostered an opportunity for me to provide a more in-depth perspective on Masiandia's teachings.

This small group of friends compelled me to fulfil my calling in sharing Masiandia's teaching and my insights, as their spiritual inquiries served as a springboard from which I dove in deeper into exploring the teachings and my own storytelling. Sometimes I plunged in with confidence, inspired by the channelled messages, while at other times I was discouraged by the lessons that conflicted with my life. Still I persevered, to find within the pages of this book a voice of wisdom and truth, to share with the readers my knowledge and experience, faith and curiosity.

Writing is a joy, and it is also hard work, a reality I stumbled into when Masiandia asked me to join them on this project. Little did I realize that I would not only share their message, but also edit it to provide clear understanding in written form. Their message also carries energy, which does not always translate well into printed word. This led to developing a writing process akin to that of co-writing with a partner.

Through this partnership approach the spirits offered their message for each chapter, which I related to personally and with the reader in mind, as I made inquiries about psychological, spiritual and health related issues pertaining to the journey of mystical intimacy. With my questions and input, Masiandia would elaborate on a particular subject, and at times

I would disagree or insist on further details. Sometimes they would concede and at other times leave me in utter silence, leading me to realize that I was asking something of them that I needed to discover for myself. In the process, I developed a creative weaving of their messages with my own life-experience and understanding, for the purpose of lending guidance and insight to the reader.

Within these pages, Masiandia's teachings interrelate with examples of personal experiences and my clients' healing processes. My healing gift has been a profound blessing, affording me connections with people that are personal, real and heartfelt. I am honoured to share these connections with you, with names changed for privacy except where permission was given.

Energy-medicine

It is also meaningful to note that Masiandia provides their gift of communication not only through their message but also through energy. They interact with our physiology, our senses and with the underlying framework of our beliefs and thought patterns, to assist us in receiving their communication and in growing our understanding.

In private and group channelling sessions, participants are often aware of body sensations very similar to what is experienced in deep meditation, such as feeling light-headed while their bodies become heavy and expanded. One person described a sensation of spinning very fast. With hypnotherapy, she relaxed into the feeling and was brought into a deep trance to enhance her sense-perception and more easily absorb the channelled message.

If you experience altered sensations whilst reading Masiandia's messages, take a moment to observe the feelings in your body and notice your breathing. With trust and surrender, you can relax into the experience and find yourself connecting more and more to your own inner-resonance.

Breathing-in any unfamiliar sensations followed by focusing on the out-breath is deeply comforting.

In the Words of Masiandia

Masiandia: “We work with a channel who is aligned with our purpose to help people awaken to who they truly are. Linda, who we honour by her spirit name, Dofila, is committed to the healing path, and her longing to fulfil her karmic purpose drew us towards her. This connection brought into form the necessary life lessons she needed to learn to prepare herself for our partnership, for the work of channelled healing and for writing this book. We are truly blessed to be in partnership with her, and her willingness to evolve allows us to guide her to grow beyond her human conditioning, so that she can realize her true gifts. We have witnessed Dofila grow stronger and more flexible in relation to our teaching, and we have in turn been blessed by her in-depth commitment.

“We interact in a co-creative relationship with Dofila to learn from her soul-expression, as she endeavours to surrender to her life’s journey with love. We have chosen to work in this way, to share the responsibility of birthing the full essence of this book. The book is given to the reader from two joint perspectives – one in human form and the other in spirit.

“Our voice, our communication and our message is supported by Dofila’s ability to challenge us, work with us, guide us and in turn surrender to our guidance, our healing and our love. She has asked us to change our writing approach regarding some passages that were too esoteric and unrelated to human experience, and we have challenged her to believe in herself and step beyond her constrained perceptions. Together we are divinely appointed to give you this beautiful gift – this book.

“It is important to know that spirit guardians communicate much more than information. We embrace you. We love you when you forget that you are worthy of love. We are here to love you; that is our gift, and you don’t have to do

anything to deserve it. You don't have to do anything to prove yourselves. We are here to love equally your resistance, uncertainty and fear.

"Ultimately, we are here to establish a vibration of resonance to help you connect with your spirit and experience a more fulfilling relationship with your life. The vibration of resonance is a profound quality of belonging that moves you from within, that helps you embody your soul and live from a sacred code of honour, which is to travel within and without, to be both the container that houses your divinity and its expression. It is a journey of courage and deep repose, and the more that you journey inwards into the subconscious, into the realm of spirit, the unknown, you pass through the door that we hold open for you and thus share your essence with the world."



Healing into Consciousness

*There is a place for us to meet
to know one another anew,
re-create whole and unharmed
and make beauty the scars.*

The old finally at peace.

Will you meet me there?

Seeking Beauty and Wholeness

I've been drawn to the path of healing ever since I was a child. I sought beauty and wholeness; I wanted to make peace and for everyone to be okay. In fact, I did everything I could to make people feel better, but I did this at my expense; I became as small as I could to lessen the overwhelming situation my family was experiencing. But the more I disappeared, the more I suffered; the more I felt unloved and unwanted.

I could say that my parents were neglectful and taught me to disregard my needs, however it would be equally true to say that I chose to abandon myself to fit in and be as safe as possible in the turmoil of family life. Disappearing inside myself was my protection against feeling too much.

I was highly sensitive as a child and felt other people's suffering as though it was inside of me. My mother's pain became my own. My father's grief permeated my innocence with distrust and disappointment. My sister's anger bore into me like a thorn, and my grandparent's scorn was threatening. All their dreams and desires were haunting; I felt responsible for answering their prayers; I felt trapped. I took part in the same despair as the rest of my family. It was the common thread we all shared – the world of abandonment and wounding.

It's been my life long journey to let go of the hurt and reconnect with Source – a journey that I am privileged to share with others. I feel blessed to have stumbled upon the path of healing – the path that has led me into the arms of love and grace. There have been many times that I've resisted, but eventually surrendered because there is nothing more fulfilling than releasing the struggle. It feels enlivening and simultaneously peaceful.

Within the pages of this book, Masiandia teaches us how to open our senses so that we can surrender. They teach us how to be open by guiding us to feel more. To feel more means to witness feelings and allow them to

evolve. Feelings are a channel, like a river bed, through which our soul flows and awakens us to who we truly are.

By discovering how to navigate through our feelings, we connect with the deeper well of wisdom that lies within, and enjoy a profound sense of belonging that is beyond family, beyond the mind and beyond our collective agreement of reality. We, in essence, enter a renewed relationship with our souls.

Masiandia: *“Awakening is simple, dear ones – it is who you are! It is not some arbitrary destination that you must be worthy enough to achieve. It has nothing to do with accomplishment, but rather it’s about opening to the beauty and magnificence of your Divinity. You are so much more than humanity; you are body and soul, human and spirit interwoven. Awakening is falling in love with all of you and recognizing that all of you is sacred.*

“Your life with its many turbulences, the ups and the downs, the success and failures, is a perfect conduit for the emergence of Divinity, which is your wholeness and sense of interconnection with all that is.

“Your work on this planet is to fall in love with the Earth and all its inhabitants, which first begins by falling in love with yourself. It’s so much easier than it seems. Begin by growing your curiosity in regards to your life experiences. Marvel at the complexity of feelings and sensations that you are constantly experiencing. Cherish everything! Let surrender play a larger role in between your thoughts. Suspend your judgements and remain willing to see, sense, hear, smell, and know so much more than you think you know.”

Suspending the mind actually feels good, as it gives the mind the opportunity to rest. A restful mind is surrendered to the wisdom of our feelings. Our feelings, like our reactions and thoughts, serve as countless sources of information. But when we’re busy controlling our experience, how can we possibly connect with this sea of information? Any form

of contraction obstructs our sense perception, as well as our compassion for others and ourselves.

You may have heard the phrase, 'What you resist, persists!' Conversely what you welcome dissolves. Our openness and willingness is the fertilizer for healing and growth. Tension, dis-ease, limited beliefs... transform into new expressions. That is the path of healing into consciousness – into the intimate connection between spirit and matter.

Towards Healing and Awakening

I don't know that we ever truly choose to heal or awaken. I think it's more accurate to say that healing and spiritual emergence chooses us. For me, childhood trauma threw me onto a life-path that I would have otherwise not found. I discovered a great love for healing and a profound affinity towards the spiritual.

Everyone who embarks on the path of healing will experience an initial push, a motivating nudge towards *awakening*. Perhaps it is a strong catalyst, such as an illness or accident, or it can be a deep yearning from within for spiritual fulfillment. My understanding of awakening, based on Masiandia's teaching, is that it is a relinquishing of the holding patterns that cause disharmony, and a reconnection with who we truly are. It is a return to our inner-resonance, to what feels authentic and enlivening.

Awakening is a joyous surrender that exists for a passing moment or may linger, and it may be sustained for long periods of time. But the instance that we reach for it, we become attached to it, which contracts the natural flow of our energy. Like a tight muscle that impedes the fluid structure of the spine, attachment to awakening intensifies our resistance.

But nothing can remain inert, for energy seeks to fulfill itself and ultimately flow freely without obstruction. The energy of our essence cannot be fettered, therefore subtle or powerful catalysts evoke the necessary release required for rebalancing and reunification with spirit.

The art to healing then is to *allow* – to say *yes* to everything that shows up, even resistance, because when resistance is welcomed we feel good. When we feel good, we no longer need to resist. When we feel safe and wanted, there is nothing to hold on to and nothing to prove. The art of healing then requires letting go of having to heal by embracing the present tense of being *healed*. It's all about *being* what we seek now, which means no longer trying to suppress the part of us that we judge as imperfect.

Invoking Your Dreams

As Masiandia suggested earlier, awakening is not a set goal. Awakening is an ongoing spiritual practice and a way of life where every moment is an opportunity to explore life, not as a linear plan but rather as an invocation of our dreams.

Dreams are born out of conviction and willingness to evolve. They call for us to *surrender* to the process of becoming conscious, rather than endure the scrutiny of strategies and expectations. Dreams need to linger in the subconscious, in the deep treasure-trove of our yearning, before we grasp for the material outcome. To realize our dreams, we need to cultivate an intimate relationship with them, opening ourselves to the well-spring from which they arise.

When we hold our visions and simultaneously relinquish control of them, we are in essence positioning ourselves in a place of receptivity, which connects us with our spirit – a necessary step in the fulfilment of our dreams. To become responsive to our dreams, we must believe in what we long for and welcome the help of the unseen, which opens us to experiences we wouldn't have thought possible. By contrast, when we work overly hard towards our goals, we don't make room for surprises; we fill every space with expectation as if we're responsible for everything, when in fact our soul plays a much larger role here.

Being conscious of our soul strengthens our dreams, as it calls for us to

relinquish aspects of ourselves that do not serve who we truly are. We are compelled to move beyond limiting conditioning, such as the belief that we're not smart or worthy enough to achieve our dreams, or that our longing is irreverent. Our soul-consciousness moves us towards discovering our true potential, which helps us make discerning choices and enhances our emotional and mental well-being. This awakening consciousness is a call from within that beckons us to surrender into *trust*, which supports us to witness life with an open mind and heart and curiosity.

Through this surrender, we come to recognize that all life experiences – despite the challenges we perceive as setbacks, losses and health issues – are an opportunity to heal, grow and return to wholeness. By remaining willing participants in life, we are awakened to greater levels of understanding and deep fulfilment. For me, it is curiosity borne of surrender that ignites my sense of wonder – my intuition as a healer and as an artist. It kindles my desire to free my essence and give fully of myself.

A Call to Spirit

In my early twenties, it was my strong desire to free my essence that propelled me towards a spiritual journey through artistic expression. I believe that my art literally saved my life. The desire to paint forced me to believe in myself; it gave me a sense of purpose and life-direction. It was my initial forage into the healing journey that led to unearthing my buried feelings, and it also supported me in understanding my empathic sensitivity. Creating art served as a way to “see” myself. I couldn't conceal my psyche and still create beautiful paintings; I had no choice but to reveal myself to me, otherwise my art was lifeless and unfulfilling.

But what I saw in my art also disturbed me; it revealed a shadow aspect of myself I feared – a darkness in me that refused to go unseen. I drew children's faces with impressions of profound sorrow and hurt. One drawing showed a small girl holding a broken doll, her hand covering the

doll's mouth. I sensed that as a child I had felt stifled in some way, held back – frightened.

My art served as a force of healing by illuminating my inner child. It showed me how sensitive I am and revealed a truer expression of my purpose, which I both wanted yet resisted. I had suppressed myself for so long; how could I begin to understand or welcome what I feared?

With the help of a supportive friend, I found the courage to enter into therapy where I faced my fears and childhood traumas. Gradually I unlocked myself; I came out of hiding and reconciled with my past. I also accepted that I had an inherent ability to see beyond people's behaviour, thus freeing my empathic sensitivity.

Oftentimes, people's outward expression conceals an underlying flurry of discordant energy, controlled feelings, beliefs and conditioning. As a child I was frightened by the incongruence between a person's outer expression and my sense of his/her subtler energy. In reaction I protected myself by holding back and separating myself, and as a result, I starved for connection.

Over time, I realized this empathy was a gift – and this revelation helped me feel calmer and less overwhelmed by the contradictions I experienced. I learned to *trust* my intuitive sense of what lay beneath people's communication and behaviour, which helped me refine an ability to see the hidden wisdom contained therein.

Though the subtle energies behind a person's expressions, physical symptoms and emotions hold the key to personal fulfilment, typically these energies remain closed, secreted away as people resist exploring the unconscious. But these energies will inevitably surge to the surface to be revealed and understood, drawing attention to what each of us needs for fulfilment. This need is natural; it is a call to spirit. Whether it is a prayer for abundance, health, joy, success, or a deep yearning to be met in ways that support our sense of value, our need is a call to the light of divinity. For me personally, in my early healing journey, it was a call I sent out in

my darkest hours. I prayed, I journaled and sought for deeper meaning. I called in spirit and made it my friend.



The Initiation

Longing for wholeness opens us to love and ultimately to spirit. We are beckoned by an inherent need for connection, and it is this need that opened me to channelling. I remember longing for a closer partnership with spirit, frustrated with the subtlety of their guidance. I could feel spirit around me, but I didn't understand what messages they had for me, so I prayed for an expanded awareness of their guidance. I prayed to free my consciousness through my art, to witness my alliance with spirit evolve.

In answer to my prayer, my art brought me into communication with my subconscious – an inception into altered creative-states beyond critical thought. The subconscious is a storehouse of metaphysical senses and knowledge, accessible through trance-induced states. In my art, I learned to surrender my logical mind into hypnotic states, and allow the paintings to reveal a deeper awareness into my feelings and essence. But I didn't set out to be a "channeller." I just wanted to "feel" the spirits in a more direct way and know that I wasn't alone.

The first channelling experience took place quite unexpectedly in 1999. I was climbing the flight of stairs to my second-storey apartment when I felt the presence of someone behind me. I turned to see who was there, and though I could distinctly feel a presence, the stairway was empty. This was not unfamiliar to me, as I was often "visited" in my studio. But this time something was different: I felt a clear, strong urge to write. In fact, I could swear that the spirit was telling me to go get paper and a pen. The sensation was so intense that I hurried without hesitation to comply.

Yet when I began to write the spirit's message, the process was very slow: one word, pause, another word, pause, until the full sentence emerged. As the week progressed, however, my ability strengthened, and by the following week I couldn't write fast enough. The words came through me like water spilling onto paper – fluid, clear and concise, interconnected with my unconscious understanding of vocabulary. It was almost as though the spirit was searching through me for better leverage to communicate with me, constructing words and sentences from my own understanding while simultaneously expanding me.

Channelling was an exhilarating process that I greeted with trust and willingness, and which influenced my professional life within two weeks of my initial experience. At the time I was in the second year of my counselling practice and working as an integrative bodyworker with intuitive energy healing. When I felt the presence of Jessier in one of my sessions, I didn't hesitate to ask my client for permission to channel for her. I believe that my willingness came from my familiarity with subtle energy-work and because channelling felt so natural to me.

While my client lay comfortably on the massage table receiving the energy healing, Jessier wanted to communicate with her directly. It's difficult to explain how I knew this, except to say that I felt a nudge from him, another sense of urgency as with the first time he communicated with me through my journal writing. My client was receptive to the message, as it opened her to a deeper understanding of herself and a profound sense of being loved by Source.

I think she was more excited about the experience than I was. I was in a state of shock, completely amazed and equally intimidated. Once she had left, my hands trembled as I changed the sheets on the massage table. I couldn't believe what had just happened, and I was frightened about how this was going to change my life. I had an indwelling sense of what was to come – an expansion of my sense of self and my work as a healer. While I was delighted and uplifted at the prospect of this change, I was

also uncomfortable with the unknown, which I had much to learn about, commencing with understanding why Jessier had chosen to work with me.

Jessier: "My dearest friend, I am so fortunate to be able to communicate with you. I have longed, as you have, to join together. Please do not be afraid. I am a passage for you, a guiding light towards your chosen path. I am truly your friend. You ask so many questions; please be still and relax your thoughts, let me guide you, let me show you the way.

"First I want to tell you that we have known each other since forever; we have been reaching towards one another since your incarnation, and now you are opened to me, and for that I am overjoyed.

"Your fear is understandable though truly not warranted, for you have already been initiated into channelling through your art, dear one, through your practice of 'getting out of the way' and letting the essence of a painting reveal itself. Through your art, your faith and trust was challenged and freed, allowing you to receive my presence without hesitating to understand what I was communicating.

"We have much work to do, beginning with you allowing me to love you. In time I will communicate to many others through you, but only when you are ready. There is no pressure and no expectation. There is only the beautiful flow of our connection that is growing stronger with each day."

*I*t was exciting for me to make the link between Jessier's message and my art. When he acknowledged the similarity between channelling and "letting my art reveal itself," I was elated with wonderment as I realized that in pursuing my art, I had been answering my deep-seated prayer for spiritual communication.

One of my first experiences of connecting with spirit in my art was during a time when I was doing drawings of children, part of a series on capturing the soulful essence of portraits. It came to me one day that the portraits were not only aspects of my own childhood, but also expressions of children from other lifetimes. This idea was confirmed in a reading with an intuitive who, without seeing my art, asked if I did drawings of children. She acknowledged that some of the children were linked to my past lives, and others were spirits in the afterlife who were drawn to me for help.

I didn't know how to help them until I found myself working on a drawing of a little girl who stood beside an angry-looking adolescent boy. I had a sense that this drawing reflected a lost and abused child, but I didn't understand the significance of the boy. It so affected me that I couldn't even look at the drawing for a number of weeks; it faced the wall until a clairvoyant friend told me what had happened to the girl. She saw details of the girl's molestation by the boy and her subsequent death, which provoked in me a deep desire to help heal the spirit of the girl.

After my friend's message I found the strength to pull the drawing away from the wall, confront it and help transform the dark energy. Facing the picture, I was guided to draw a wolf over the face of the boy to help protect the girl. I later learned that in Native Spirituality, the wolf symbolizes the protector of children along their passage into the afterlife. As the painting progressed, it was strange and amazing to see that without reworking the girl's facial features, her expression became calmer and finally joyous. Until I completed the artwork, the girl was a constant presence in my home, and I even dreamed about her and felt her spirit at a healing circle I attended. She remains with me to this day a loving memory.

The Emergence of Masiandia

As time went on, the communication with Jessier continued to bathe me in an incredible aura of love and guidance, which was breathtakingly meaningful. It answered so many of my prayers. It helped me understand where I had come from and why I had chosen to be a part of my family and traumatic childhood experiences. It served to open me to a deeper sense of heartfelt connections and spiritual fulfilment.

After a while though, I began to have difficulty following what Jessier was telling me, and I grew more and more frustrated with what seemed like contradictions. Jessier's communication suggested concepts like, *"You are not bound by time or space, thus must challenge your initial thought patterns and continuum beliefs and cease marking your life-path with past expectations and fear. You are a free agent and will discover a life much less travelled, but more meaningful to you than anything else has been. Follow our direction; it is the spark of your own magical delivery into an Earth-reality that is evolving quickly."*

I didn't understand what this meant, as I was interpreting Jessier's words through a naïve mental framework. Jessier then asked me to not follow the guidance in the way one would follow a parent. He told me that he and the rest of the team were not an authority over me, but my partners. But how was I supposed to work with that? I was so confused by this point. After all, I just needed to figure out some seemingly straightforward directions regarding my work, health and relationship. And what did Jessier mean by "the rest of the team"?

Jessier: "Please do not be alarmed. You are undergoing profound transformation and initiation into an expanded state wherein you can welcome the entirety of our purpose – the group being which I am a part of. Masiandia is the name you will grow to be very familiar and intimate with, a group of

spirits that belongs to your whole Entity. This is a magical interplay of karmic purpose which is here to partner with you, to help you live with greater levels of fulfilment and existential meaning."

At this point, about six months after I began channelling, I was in absolute turmoil between home and work issues and with trying to understand the channelled guidance. It was then that I met up with a close friend to help me decipher the messages. He sat quietly while I channelled for myself verbally for the first time, as the written form had become limiting. With his questions and input, I came to understand that Jessier was a spirit-member of a larger team, a group consisting of six spirits who Jessier referred to as Masiandia. Much later, a seventh member joined the team, adding her unique essence to the whole group-spirit.

But at the start of my relationship with Masiandia, I experienced difficulty: tension headaches, blurred vision, chest pains and confusion for about a week. By the time I met with my friend, I was a total mess. I understand now that for the first six months Jessier had been preparing me for the higher vibrational energy of the whole team. And while my first contact with Masiandia was daunting, it was equally exciting, and I quickly learned how to open myself "wider" to the higher vibrational energy streaming through me. I learned to strengthen my nervous system, to conduct and ground the high voltage of electrical current that Jessier's messages had initially carried through my body's circuitry, and to expand and encompass the whole of Masiandia.

Now, many years later, I am profoundly grateful to Masiandia for helping me grow my perception of reality. I have had to let go of so much that stood in the way of our work, yet never did their purpose override my own; our work together has always been both an extension of my prayers and a fulfilment of their purpose.

Co-Creative Dance

The beauty of connecting with spirit is that it is a co-creative dance that merges with the input of our personality. Our human self is a magnetically charged energy-field whose prayers draw in the guidance of spirit, and spirit is compelled to answer our prayers.

I have come to realize that our need to connect with spirit-guardians is also mutual; their purpose is interwoven with our lives, and together we serve a greater whole. Our need for guidance welcomes their offering and enriches their evolution, and together we form a mirror reflection of purposeful intention, reconciling need with support.

This symbiosis between Earth-reality and Source-energy is a beckoning that calls us back to our spirit. Our part and our gift in this union with spirit is absolute receptivity, as we join in a consummate partnership and expand our sense-perceptions to encompass the larger framework of our relatedness.

From my experience, connecting with spirit is much like listening-in for the subtlety of my inner thoughts, the place within that speaks on behalf of my emotions, dreams and deep-felt experience. The guidance of spirit is an unfolding of my inner resources that want to be born through me. It is a creative doorway leading towards the opening of my heart.

I receive so much more from the channelled communication when I am willing to grow from it. In fact, it is impossible to fully comprehend the guidance of spirit without expanding our consciousness and embodying it. We grow our consciousness when we transform old scripts, when we let go of beliefs and attitudes that separate us from Source.

In order for spirit to nurture and answer our prayers, it is our responsibility to believe in our prayers and plant the first seed of faith. It is up to us to cultivate an intimate relationship with our longing, to deepen our receptivity and thus receive the generous support of our spirits. In this

way, we create space for the guidance of spirit; we allow it to touch us like the sun that warms a blossoming flower.

But when we feel unworthy of its illumination, we deny and reject the guidance that is naturally there for us. With self-doubt, shame and the belief that we are alone, the light of divinity cannot reach us. Our capacity to receive guidance is determined by our willingness to surrender. By yielding to the ever-present support of spirit, we receive their help and raise the vibration of our human experience.

Masiandia: *“We respect your free will as you integrate spirit with human reality. The two together form an alliance that is similar to sperm fertilizing an egg, plants offering nourishing and medicinal properties to humankind or a mother’s breast milk that sustains her growing infant. These are symbiotic relationships between supply and need, two distinct elements mutually benefiting the other. Similarly, there is a natural reciprocity between your spirit-guides and you. Just as light illuminates the dark, spirit-guides shine the light of love upon you, and you in turn provide us with your willingness to co-create.*

“Our co-creative partnership supports higher purpose, elevating human and soul consciousness and Earth’s quantum vibration within the Universe. We do this together to serve the greater whole, to lessen suffering and awaken multidimensional awareness. This gives you the opportunity to raise the level of your magnetic frequency, which is your point of attraction, and which helps you manifest the life you long for by gaining a higher conscious awareness.

“With incarnation, you are here to see through the eyes of Divinity and recognize the beauty in all life, which replenishes the cells of your body. Your spirit-guides continuously love you, and since you are spirit in matter, it is your purpose and divine responsibility to shine the light of love upon yourself as well. Only in doing so can you recognize the quality of assurance that is being given to you at all times. Love is a gift; it is sweet freedom, which you fully receive when you remember who you are. You are interdependently connected to Source – you are one with God/ Goddess/ All That Is.

“However, when your mind is limited to familiar reality, it is unable to fathom greater possibilities; it becomes entangled in controlling life and fighting with the essence of who you really are. How can your spirit-guides help you discover your soul freedom through this limited perspective? It is not possible, because the human mind impedes the flow of spirit. Thus your guides can only help you as far as you will let them.

“We who are spirit cannot bypass your control, your ego-minds, and neither can you. All we can do is continue to love your present awareness to help you evolve, as must you. Love thy self!”

In relationship with spirit-guides we must allow their guidance, in its exalted offering, to pull us upwards towards a greater sense of self and possibility. But the moment we mull over the teachings through the lens of the intellect, we impede the flow of expanded consciousness, activating our unconscious patterns and fears. It is the awakened heart that no longer blocks spirit, that receives the support of Divinity, which is able to lift off from the limitations of three-dimensional existence.

Human consciousness alone cannot lift the veil of our controlling natures or our pain and distrust; this requires higher energy, like the germinating seed in the soil that needs to be touched by the Sun. Human beings need to be touched by the unseen realm of ascended love to receive the guidance and support of spirit.

The help of spirit transcends the ordinary; it bypasses our judgment and resistance as it beckons us to open, blossom and take it in. We become like dried earth that lets in the moisture of fresh rain, rather than try to be the rain that replenishes us. We are not alone after all; higher consciousness is always here to fill us with beauty and meaning. We don't have to do it alone.

Our need for fulfillment creates an opening that draws in a stream of spiritual support. It is up to us to draw from this source, to allow it into our being and connect to the guidance. We are responsible for connecting

with spirit. It is not up to spirit to connect with us; they simply exist in all time, as do their messages. As with the inhalation of oxygen, we are the ones who breathe it in more deeply or shorten our breath.



Stream of Spiritual Consciousness

Spiritual support is timeless and exists in partnership with our needs and soulful longing. It is a stream of consciousness that exists in the culmination of all time: past, present and future. It does not fit into our human linear-concept of past and future time; it exists in the present in a non-linear way. This means that a message given today has always existed. The reason that we are given a message at a particular time in our human-evolution is because we have tapped into that stream of higher-consciousness through our inquiries and with our desire to receive the guidance.

Masiandia: "The purpose of spiritual support is divine love: to assist you in creating peace on Earth by helping you live peacefully within your own lives and in relation to all that you experience. In this way, your lives become purposeful, interactive forces that serve to expand all of humanity's consciousness on Earth.

"Humanity's collective consciousness is a direct reflection of the expansion of individual-consciousness; therefore, as you expand personally, collective awareness also expands. The personal growth and soul evolution of each person on Earth determines mass-conscious evolution. This means that you impact all of humanity with your own beliefs and interactions with life. You do this in the present, as well as the past and future.

"We want you to understand that all timeframes coexist in the present. You are an adult, but you are also a child and an elder. You are still the child that you

were, and your childhood memories are still part of you. The future has memories too, and you know this through your longing for love. You already know your future heartbreaks, struggles, successes and happiness.

“The future is not predestined, however; your beliefs, thoughts, emotions and desires in the present are creating diverse probabilities of life choices, and you are also creating myriads of diverging probabilities in parallel lifetimes. Therefore, you are more than one present, more than one future, and as we shall see in a moment, more than one past.

“In your past you are what you remember. But isn’t it interesting how memories can change depending on how you experience your present. What you thought was so dark and shadowy in the past... one day you look back and see something shining there in the dark. It all changed, because what you do today can change your past.

So you see, the child that you were is still alive and very real in the present. Your compassion and understanding in the present can go back in time and rewrite the past, rewrite how it affected the very cells of your body and your soul’s vibration and create the peaceful life you are praying for.”

*W*hen I ponder this message about changing the past, I am reminded of my friend Brian’s encounter with his own past. In a meditative trance, he saw a young adolescent boy overshadowing his body, who he realized was himself from a time when he lived in Ontario. Simultaneously, the boy saw him and was frightened by the apparition of himself as a man. There was a moment’s hesitation between the two of them, and then they merged.

When Brian told me this story, he remarked on how difficult a time it was in Ontario. As he looked back on that period of his life he saw it as a “war” where he had to face two fronts, one at home with his family’s destructive behaviour and the other at school with bullying and being out of place. He only had energy to withstand one continued assault; he chose

to guard against what he thought was the greater negativity and held his ground at home.

As an adult sitting in his reading room in an altered state, Brian remembered that at a point of profound desperation, the boy he once was had projected his pain into the future, hoping to find a future self who would show him that life was worth living. Through his extensive reading of spiritual books as a boy, he had come to believe in the potential to communicate through time. The immensity of his emotional charge was a profound need that superseded all limitations and caused an opening in time, connecting him with his future.

In that present moment in the reading room, Brian recalled that the boy of his past had reached into the future and simultaneously the man he now was had reached back in time. In that shared moment, the man gave the boy hope and the promise that life would get better, but that he had to hold on. Without preconceived notions or grasping for understanding, Brian let himself be brought into a meaningful interaction with his past. He let himself be taken into the internal dialogue of timelessness.

Multi-faceted Existence

Being part of a greater wholeness connects us to the inner propulsion of life; it is the force that guides our spirits into consciousness. Masiandia asks us to expand our thoughts to consider the immeasurable quality of non-linear, multidimensional existence and look at our Universe as a direct reflection of our spirits. We are more than what we can comprehend. We are part of a unified system of energy that encompasses everything from the smallest particle to the whole of the cosmos.

Each of us is a meaningful element in the larger spectrum of existence. Each lifetime is the form, personality and expression of the embodiment of our soul. And the soul is a fragment of a larger host, the Oversoul, or

what some spiritual philosophies refer to as Spirit, and which Masiandia calls the *Entity*.

Masiandia: *“The Entity is an enormous force of cosmic energy that is too comprehensive for physical embodiment, therefore, it is tapered down into souls to sustain physical incarnation. The soul, which is a facet of your Entity, then branches out into a multitude of lifetimes.*

“Your soul incarnates within your lifetime to support your Entity’s purpose, which serves the whole of Divinity – the whole of the Universe that is often-times attributed to God, or the Creator. Why does the Creator need the Entity’s support? Because the Entity is a fragment of the Creator – it is an individuated expression of God/ Goddess/ All-That-Is.

“You are part of a magnificent web of multidimensional existence that encompasses so much more than words can describe or explain. What we can say is that ‘All That Is’ exists because of you, because you are a part of it, just as the various parts of your biological system function together to support the whole body.”

 Our Entity is the overseer of a multitude of souls, and the soul fragments into myriad lifetimes, past, present and future. The Entity is like the body that hosts all the organs. Without the organs, the body would not exist. Similarly, without our soul, our Entity would not exist. Our soul is part of what I call a family of souls that comprises the whole of the Entity, and this family of souls provides the Entity with the necessary means to carry out its contribution to the Universe and the Earth. We can lend support and communicate with other souls within our soul-family, because we are all interconnected within our whole Entity.

For me personally, knowing that I am affiliated with my soul-family helps me remember that I am part of something bigger than I – that I am truly supported – and that my lifetime, my soul-expression, serves a larger purpose. To me I am an expression of my soul, which fills my body

like a ray of light from the Sun that warms me and fills me with a deeper sense of meaning.

Masiandia: *“Your soul is the vital force in every cell of your body. It is the communication tool that you can utilize to better understand the perfection of your Entity, which is your expression of the whole of Divinity. This is precisely why you seek God; you seek to connect with who you are. You search for wholeness, that which belongs to a greater organism that is not separate or alone.*

“It is common to feel alone, hence you long for connection, yet many of you tend to separate yourselves from God by believing in death. When you believe in death, you resign yourself to living in the shadow of the fear of death, rather than live life fully. You disconnect from the Divine by adopting the misleading impression that your soul originated from a starting point, such as with the conception of an embryo. This misleading belief results in an attachment to time. It is important to not get caught up in time or linear details of time, and instead become a witness to life as a changing, fluid expression of your soul embodied in physical form.

“Your soul incarnates for the sole purpose of giving its higher vibration, its God-essence, to all life. And manifesting your purpose in physical form is all about belonging to a whole, to all that exists, because if your spirit-consciousness did not belong to all that exists, all that is would not exist.

“In truth, your soul had no beginning; it has always existed. All souls, or God for that matter, did not originate at any point in time. Divinity never began, it has always existed. You may ask, why does it exist? And we would ask you, why does the Sun exist? To give light to the world. Why does rain exist? To nourish the world. Why do you exist? To be what you are – life vitality.

“Consider life as an infinite circle with no beginning and no end, because a beginning could never have occurred without an ending. The tree could not be formed; its seed could not germinate without the decomposing of a dead tree, as it would not have the richness of the new soil to take shape in. So you see, new-life

is born out of the fertile matter of decay, and death is a continuation of life, woven together into a non-linear cycle.

“Reality is simply not as linear as it appears to be. But this does not make sense for the conscious mind that is rooted in the progression of time. We want to help you understand infinity, but how can we do this when your concept of time and existence is linear, indicating that you are born, you age and with age you die? But it is the body that dies, not the spirit, not your eternal self. And furthermore, it is your human perception of time that gives you the impression of death; to us there is no death; there is permanence of all time and all existence.

“There is no end. There is only continuous form. But how can we teach this to you within your linear concept? We cannot, because there is no beginning or end to our lesson; it is continuous. In your own divine time you will open yourselves to more expanded knowledge, and you will discover something that you do not know today but have always known in the eternity of your being.”

We are our own oral history. A living memoir of time. Time is downloaded into our bodies. We contain it. Not only time past and time future, but time without end. We think of ourselves as close and finite, when we are multiple and infinite.

*~ Jeanette Winterson, in *The Powerbook**

A Unified Whole

*I*t's exciting to think that all energy in the here and now coexists in a unified whole with all of our lifetimes. We are multiple and infinite; we are more than our human experience and more than our death. We are agents of life longing to remember our divine origins. As we remember, we step forth out of old restricting patterns into a new world; we embrace our sacredness and freely gift it to the world, for we have nothing to hide, nothing to withhold.

We are in essence generous beings, and when we remember this, we become a waterfall of abundance. We have so much more to offer of ourselves beyond the confines of our insecurities, shame and control. Our generosity is an act of gentleness towards all life that is most often overshadowed by fear of the future and reliving of the past. Who are we right now, but the colliding of past and future into the present? The present is infinite; it is the entrance to our innermost purpose, where we recognize our divinity and pass it on to the world.

With this divine recognition comes a deep desire to serve humanity, which is hindered by a lack of awareness of one another's needs. In addition, how can we be of service to each other if we do not know what we ourselves need? And how can we honour one another when we are defended against each other's inadequacies?

Masiandia asks us to welcome one another's life experiences, however different they may be, for our life experiences are parallel, a synergistic interplay of magnetic energy interconnected and whole. As a reflection of you, through my writing I am an expression of your longing. If in reading the pages of this book you become skeptical, you are a mirror of my self-doubt. When I am afraid, I feel your despair. When you are angry, you utter my frustration. When I struggle to understand Masiandia's guidance, my healing journey mirrors your own.

In the infinite circle of all life, our differences do not separate us; we are part of a greater existence where our dissimilarities form a tapestry of eternal divinity. Though we may not understand each other and inadvertently offend one another, may our differences reveal a unified language of forgiveness, acceptance and peace.



Journey into Trust

*The arms that hold this
precious soul
in body so small and tender
wish to give you the world.*

*The world as I know it with joy
and the fear of falling.*

*I worry sometimes
that I'll make mistakes.
I do not wish to harm you,
or trace an invisible scar
of innocence lost.*

*For a child,
I'd like to paint a world
full of wonder.
But sometimes life
isn't like that.*

The Healing Journey

The healing journey is a return to our inner-self, to the heart of our soulful body-awareness. The journey takes us into and through the inner landscape of our thoughts and feelings – to release our limited concepts of reality. Here we are awakened to the in-depth wisdom latent within our desires and our innocence. Compelled by our inner-consciousness, the healing journey reveals the wisdom that lies within our inner-child’s vulnerability – to connect us with the purpose of our soul, from which creativity is born. The healing journey is thus a way into creation, into restoring our sense of value.

For many of us, our innocence needs to be reborn into a new world of possibility and beauty, but we are frightened of entering the underworld of our feelings. We fear the unknown – the shadow side of our forgotten awareness. But this shadow side is equally liberating for it strengthens our partnership with soul; it connects us to our spirit’s divine blessings in a way that no amount of rational understanding can provide for us.

Still, when I first approached this chapter, I hesitated, as Masiandia urged me to speak of my own childhood, of past recollections that I find painful to share. Initially, I proceeded with trepidation, cautiously writing the first draft as though I was composing a book report, deliberate and matter of fact, retelling my childhood from a safe distance. Over a year later after numerous drafts, my friend Brian recognized that I had not given voice to what I really needed to express. He helped me “let go” of trying to understand my inner-child, to let it speak the truth beyond my rational mind. I had been holding her back because I was uncomfortable with what she had to say. To free my inner voice, I sought Masiandia’s guidance; I needed to know why they wanted me to write about my childhood.

Masiandia: “We want you to write about your childhood to ignite the spirit of the child you once were – the child you still are. You are all of your ages, the child,

adolescent, young woman and elder. You are multi-faceted. The child-within is interconnected with your whole purposeful essence. All children are born with a strong link to their souls, until their innocence is stifled by the miasms of Earth-illusions, family conditioning and limiting beliefs.

“On the quest for spiritual enlightenment, many people aspire to be mature and in control, focusing on the intellect rather than their childlike instincts. They forget that the message of their spirit expresses itself through the innocence of childhood remembering. We are referring to the instinctual qualities of early childhood experiences, closely knit with spirit, before the intellect becomes sharpened with pain. Most children are born with psychic, intuitive power, able to ‘feel’ at an instinctive level all that is occurring around them. Your childhood remembering is significant for it reveals your spirit’s innocence longing to grow in partnership with life, with integrity and truth, in a family heritage where truth was scarce.

“You might ask, ‘but why is it important to reveal the innocence of spirit?’ To support a truer vision of who you are – your beauty and the beauty of the reader. But over lifetimes, the essence of your souls has been overshadowed by trauma, and the innocence wounded. Through healing and re-establishing this innocence, your higher-vibrational being can fully manifest its purpose here on Earth. And by doing so, it reveals a larger scope of vision for all beings on Earth. We are asking you to free your past, to free the pasts of many others who are interwoven into the larger tapestry of all life. By freeing yourself, you give others permission to do the same. This is true for everyone; by healing yourself you help others heal because you give your essence to form.

“All physical form needs energy to thrive, and essence is fluid energy. In a state of balance, the physical body circulates this energy throughout the meridian system, providing the life-force needed for organ vitality and for the health of connective tissue. When you give your essence to form you raise the level of life-force in your body, and your physical field radiates a stronger life-pulse which naturally raises the energy in everyone around you.

“The way in which humanity gives soul-essence to form is by maintaining a

curiosity about life. This has far more benefits than all the energy practices you can do, such as chi-gong exercises. These exercises are only helpful when you cultivate a state of wonderment – when you see the world around you through the lens of interest, receptivity and openness. Otherwise, you shut out what you see around you, as well as your own essence. Curiosity is a way of life that welcomes all of your emotions and perceptions with acceptance and compassion. It is a way of exploring your life-experience with grace, surrender and willingness to evolve.

“Throughout this book we will continuously affirm the importance of being curious and willing to witness all of your life experiences. It is paramount that humanity establishes and maintains an intimate relationship with all feelings without censorship, as this serves to establish a healing rapport with the whole body, mind and soul. Feelings are the fundamental energy centres within your body/mind experience, which open the inner door to your souls. Yet most people exert so much effort to avoid feeling that they inadvertently hinder their capacity for soulful awareness and connectivity.

“Feelings are feared because they threaten to redefine your sense of identity, which is the ego-self that through painful life-experience has been distorted into a persona of self-protection, not a servant of spiritual devotion. Most of you do not know how to connect to your feelings, or express them without blame or shame. Our intention here is to alleviate the stronghold which your fear has had on the natural cycles of your feeling states, feelings that hold the key to sensing, knowing and relating to your physical-reality and spiritual wisdom.”

*I*n the desire to free my emotions and my innocence and honour Masiandia’s request, I have had to let go of the belief that it was wrong to examine the past. I grew up with my father telling me to not live in the past, that it no longer existed. While this spiritual philosophy can be helpful at times, it can be equally confusing and out of context with one’s present-day experience. I’ve listened to inspirational speakers advocate living in the moment and avoiding thoughts of the past or the future, so that one can live a happy and more fulfilling life. Many people interpret

this as evidence that one must be happy to be “spiritually enlightened,” to the point that they control their negative feelings. There is a common belief that it is wrong to be upset, to be angry or react.

But in fact, feelings are an intrinsic part of life, as they help us evaluate our experiences; they define our boundaries and what we need. Attempting to suppress our thoughts of the past or future leads to censoring our emotions, which diminishes our sensitivity as well as our sense of contentment. Living in the present moment is not about avoidance but rather surrendering into the moment, which means embracing the past and also imagining the future through the lens of curiosity. The secret then to spiritual fulfilment, for health and deep joy, is not to carry the past or worry about the future, but to accept it in the present with conscious awareness, willing to observe all our thoughts and feelings without judgment.

This reminds me of an audio recording I heard of an empowerment seminar, which told a story of a participant introducing herself at a workshop as a survivor of child abuse. The motivational speaker at this event interpreted this to mean that the woman was attached to the past, attached to being a victim. Maybe this is true, but perhaps the participant was being brave in disclosing the reason she was attending the group. It is assumed that we must look away from our past to live in the present. People believe that if they deny the past and move beyond it, the abuse will go away. But it doesn't, it continues, it shows up in our present relationships, at home, at work and in our bodies.

I want to look at the past with appreciation for the gift that it holds and how it can unfold naturally in our present lives. Like the petals of a flower blossoming, there is so much more to gain as the past opens up for us. In this way, we deepen our acceptance of the past with grace and courage. Further, we honour any discomfort and pain in the past as valuable and worthy of our attention and become aware of its deeper wisdom. I have grown to understand that to awaken to the fullness of the present,

it isn't enough to stop identifying with the past; we need to make peace with the past, shed light onto the areas of ourselves that we unconsciously believe are undeserving.

Masiandia: *"Our sweet Dofila (Linda), we are asking you to speak of the past to make way for the new: shed its faltering history to reveal an exalted presence. You, who have always known more, relinquish the masks of old and renew your journey – receive your wisdom. Be brave and take heart. Trust the voice of the child who is at times angry but also filled with love. You must allow the inner voice of the child you once were and still are to reveal the secret of your early childhood experiences, which is embedded in her ability to 'see' and 'know' so much more than you can as an adult.*

"As a child, you learned to look after your own emotional needs to protect yourself from disappointment and abandonment. Thus, during your early development you acquired a tendency to protect yourself from harm as a survival-response. Within all survival-responses is a paradox: the barriers that people erect to protect themselves later protect them from the very essence of their inner-wisdom, which longs to surrender into compassion and love.

"Throughout the healing journey, you must expand your consciousness to free yourself from conditioned responses and to encompass the higher vibration of who you truly are. Give yourself permission to feel more and intuitively connect with your inner-innocence, because this child-like aspect from your past is still deeply connected with your spirit and longs to be seen, loved and healed."

In seeing and feeling more, I offer my supporting hand and lift up the exiled fragments of myself, which dispels my father's belief that I should leave the past alone. As I contemplate my childhood memories, my body feels heavy, and my breath is shallow. I'm letting go of the belief that I don't have permission to talk about it.

When the past speaks, I hear a story that I have been telling for a very long time. It's the story of being alone. I can try to convince myself that it

isn't true, but the "feeling" remains because it is revealing something to me. It's not just an old script repeating itself. It's an old script repeating itself for a reason; it wants to be heard. In listening, I realize that there are aspects of myself that my inner-innocence has always known and yearns to awaken in me, including an emotional intelligence that is interconnected with my spirit and is highly intuitive.

My inner-self has longed to be freed from the need to shield itself from the misleading confusion of people's lies and oppressive rules, including the rules and conditioning I agreed to in my childhood. The layering of deceit and confusion many of us experience in our families sheaths itself around us as children, preventing us from remembering our karmic agreements, our spirit connection and the true purpose of our lives.

Masiandia: "We endeavour to support those who have been neglected and overshadowed by misconceptions to come to understand that it is highly necessary that they reacquaint themselves with their inner voice. Not the inner-child you may think she/he is supposed to be, but the child she/he is before all the illusions have settled in. Pay no mind to the agreements that you made as a child, just listen inwards to the voice of your innocence. Listen to his/her rage, hunger, pain, joy, silliness and desires, but mostly listen to his/her personal, intimate and receptive needs.

"Under the heavy weight of obligations, moral conduct, limiting rules, denial and self-neglect, who are you? Who are you really? You are a joyful, emotional, empowered being who is innocent and interconnected with the grace of your spirit. Let your child reveal your amazing innocence. Let it be the doorway to your spiritual wisdom."

Out of the Shadows

*M*y inner-child was quite tentative when I first connected with her for the pages of this chapter, but in a trance-experience I

discovered her innate awareness. Providing much-needed support, my friend Brian helped me to create a safe environment for her to come out of the shadows of her hiding place, to speak of the karmic bond between my mother and myself, a bond that was abandoned long before my mother's death. It has always been difficult telling people how my mother passed away, as it was not a natural death. She died in 1976, found strangled and beaten on the banks of the Esquimalt military base, on Vancouver Island in British Columbia. My family never learned who took her life.

Prior to her murder, she had tried ending her own life countless times, as she wrestled with insecurity and abuse from her childhood. During this time, she also neglected her children. She left my two sisters and me alone at home to fend for ourselves and would arrive late at night in a drunken stupor, often carried in by a new man. In an effort to meet our needs my older sister, then age ten, would fry sliced potatoes, or we would just eat cereal, and we both changed our younger sister's diapers. Sometimes, we would close ourselves in our bedroom when we were afraid. By the time I was eight, I had witnessed my mother's struggle with manic depression and addiction to alcohol and prescription drugs, and I missed her. I missed what any child craves: love, affection, attention. But mostly I lost out on her finding herself, coming home to who she really was.

After her death, my sisters and I stayed in a short-term foster home until our grandmother arrived to fly us back to Montreal. We were originally from Montreal and had lived in Victoria for about two years, where my parents separated upon first arrival. We didn't know where our father lived at the time of our mother's death, as we had no contact with him. Unsettled and anxious, my grandparents, sisters and I blundered through the first few months in shock. My older sister and I lived with my mother's parents, while my younger sister was sent to live with my father's parents – a separation that was heartbreaking for me.

Our maternal grandmother never fully recovered from her daughter's death. Completely devastated, she did not attend or bring us to

our mother's funeral service, nor were family photographs sent back to Montreal. The only belongings that my sisters and I took from our old life were what we could carry in our suitcases. When asked why, my grandmother averted any questions about the past, and since she was in so much pain, our family learned to avoid the subject. Ten years after Mom's passing though, I returned to Victoria and researched her death extensively through a number of newspapers on microfilm. In one article, a reporter wrote, "Mrs. Frappier (my grandmother) did not attend the funeral because she wanted to remember her daughter alive." My grandmother's decision however did not support my grieving, though she could not have known this.

While I reconnect with these memories, I am aware that as a sensitive child, despite that we avoided talking about Mom, I intuitively knew that my grandmother's pain harboured profound regret and guilt, and that in not talking about it, nothing was healed. In fact, I did not find peace with my mother's death through communicating with my family, for Grandma was not the only one who resisted talking about her. My father also struggled with profound guilt, for our family blamed him for Mom's death.

Two years following her passing, he returned to his parents' home when my older sister and I were visiting. We didn't recognize him at first, and neither were we given the opportunity, as he was hastily whisked into a different room. We waited to see him, but we were not allowed until the following day. Just a day after he found out that our mother had been killed, he grappled with the news and tried to help us understand his absence, but I don't think he knew how to communicate his feelings or explain why he had left the family.

Over the years, I have pieced together our conversations and understand now that he and Mom had had a very turbulent disagreement concerning the custody of my sisters and me. I don't think either of them was prepared for parental responsibility. They were also both neglected children themselves, with past trauma and abandonment issues.

As I reflect on my parents' lives, I see the lack of emotional support given to them, as their own families treated them with disapproval and disdain. I have had to turn away from the judgmental criticism passed down by my grandparents to see my parents with my own eyes and to choose to forgive and accept them. However, forgiveness does not eclipse the emotional intelligence of the neglected child. It does not mend a karmic bond that has been broken. Recovering from the childhood pain requires so much more; it calls for forgiving the child's pain. We don't think of that usually – we don't think that the child's suffering needs forgiveness but rather that the neglectful adult needs to be forgiven. But how can we forgive anyone if we do not forgive ourselves for having had the experience? Most people who have endured childhood trauma blame themselves; they believe that there was and still is something gravely wrong with them. To forgive the child requires that we listen to the wisdom in its distress.

Something amazing occurs when we listen to the voice of the child: it awakens us to a world where the child is not just an innocent part of us that needs nurturing and play; it is also a part of us that is innately connected to the subconscious and highly intuitive. In listening to my child-within, I am made aware of its instinctual ability, which in my past I held at bay due to my fear of getting into trouble, or worse, of being utterly ignored.

In preparing to listen to my inner-child's experience, Masiandia helped me understand that it was by the age of two and a half that I started to become disoriented about reality. As a sensitive empath, I was like a sponge that absorbed the pain from my family, which overshadowed the clarity of my being. In order to write this chapter, I needed to shed this confusion.

Brian assisted me in holding a sacred space for the child to speak freely. My inner-self began by insisting that she didn't want to talk about the past, that she felt choked, and it was unfair, and why, why, why was I asking her to reveal her memories. In referring to my parents, she asked,

“How do I keep loving when there are so many lies?” ... “Linda wants to love, the spirits want to love, but I want to hide.” She went on to add, as she spoke directly to Brian, *“You love me too much. It’s very scary when you look at me with the truth. Linda loves me like you do, and I hate it.”* In the trance state, I began to cry. Through sobs, my inner-self continued, *“It’s easier when people lie: I can hide; I can go away. Linda doesn’t want me to go away, and you’re making me not go away.”*

Brian tried to console her; he told her that we didn’t want her to stand alone anymore, that we wanted her to come out to celebrate her, accept her and hold her in a circle of arms. He told her of a dream he had where a forest of animals tried to put out a great fire, passing water along from one animal to another. But by the time the water reached the fire, there was too little left to put out the flames, for it had spilled. Some of the animals were just too small to carry all that water. So all the animals had to cross the river. He asked her to be brave, to cross the river away from the burning forest. I could feel her listening to him, the child inside of me taking in his words, wanting to believe. All of a sudden I felt an inner shift, a sense of trust that all the animals were crossing together, and that the animals represented all of my family, and that it was okay for her to speak freely.

She continued slowly, *“I want Linda to write that I didn’t trust my parents. I didn’t trust what my dad said, because it didn’t match his feelings. And I didn’t trust my mom, because she was smaller than me.”* While she voiced her feelings, Brian continued to reassure her by speaking gently to her and showing great affection. The whole process awakened an unconscious part of me that had been struggling with confusion and distrust in people’s lack of congruency, a part of me that was equally afraid of the truth – afraid of love. For several years I had known that for my inner-child, love represented abandonment and neglect. Listening to the inner-child with Brian’s support gave me a deep sense of relief, for it allowed me to not

only “feel” her pain but also witness her innate wisdom. The following is an excerpt from this trance state that gave voice to her story.

“Mom didn’t try to live. She didn’t try to be happy. I don’t understand how someone could not even try. I wanted her to try to live. I didn’t even want her love; I just wanted her, not all of her indifference. Her body was so heavy with grief. I didn’t come into this body to take care of my mother’s pain. I came here to be supported by her: freed by her. It doesn’t matter that her spirit supports me now. That’s a different story. The story I am telling is the story of the little girl that wanted a mom. But I knew that my mom would not try living. I said goodbye to her long before she died. But had she tried to live, that would be a new story.

“I want to talk about that story. If she had tried to live, she would not have covered up who she really was; she would not have protected herself from my love. Had Mom tried to live, which is what she promised me before I came into her body, I would have had the love I needed to protect myself from harm, because she would have protected me.

“I understand that Linda is a healer who will weave together my story into a message that helps people heal, but healing is not erasing. Healing is not covering up the pain with enlightenment. Healing has nothing to do with accepting things the way they were. Healing is a magnifying glass that doesn’t overlook anything.

“When Mom was pregnant with my little sister, I knew that Rachel was the second coming of light. She was the gift that was to ignite in my mother the desire to live. Rachel was the spirit that came into Mom’s life to help her make better choices.

But Mom never received her. She blocked out her light right away, before Rachel was even born.

"I wasn't supposed to face this family pattern of not living fully on my own. I wasn't supposed to come into this body to be alone. That wasn't the agreement. Linda wants me to forgive, and yes, I can. Of course I can forgive, what else is there to do? Still, it wasn't the agreement."

Forgiveness, Restoring Self-trust

*M*y inner-self was adamant when she said, "*being alone wasn't the agreement.*" Her message invites me in and allows me to provide her with what she needs, companionship and support, which helps me connect with an innate sense of knowing how to care for my whole self. This strengthens my trust in Masiandia's guidance, in their asking me to speak about the abuse in my childhood.

When Masiandia initially encouraged me to speak of my childhood, I knew that they were referring to abuse that occurred when I was seven. They were guiding me to dispel the myth that abuse is a forbidden territory that should only be explored in the privacy of therapy. Abuse is a universal language; it belongs to all of us. It's part of our social system, which is imbalanced and corrupted by the wrong use of power, by neglect and fear.

As a child, I had to define my own value with no life-skills and no understanding of my boundaries, because the adults around me had no boundaries themselves. The abuse later resurfaced in my adult life, as it played such a huge role in issues with my health and relationships. And the process of healing the abuse helped me define my own natural limits and claim my sense of worth. By having the courage to face my past, I found strength in myself that I didn't know I had.

I don't remember the name of the man who abused me, but I know

that his friendship was important to me, because there was no one else to depend on. My mother had given him and his girlfriend the responsibility to take care of my sisters and me, as she had gone back to Montreal from Victoria to find us a home. I can't recall how long she was gone, except that when she returned, my older sister and I could no longer speak French, the language we grew up with. We could only understand French, as they had forbidden us to speak it. I don't recall either of them specifically, nor what we did while they lived in our home.

For years, I didn't remember much of what happened. When I looked back at this part of my childhood, I saw a dark shadow, I drew a blank memory and felt profoundly afraid. With therapy and channelled support, I discovered that as a child I didn't want the couple to move in and be our guardians. In haste and desperation to return to Montreal, my mother had overlooked our safety.

I have come to understand that her neglect not only confused me but also taught me to override my intuition. How could I trust myself if I couldn't trust her? How can any child learn to follow the guidance of his/her natural intuition if the adults around him/her ignore it? It's by restoring my self-trust that I discovered what happened in the past. Furthermore, the consequence of the abuse kept showing up in my adult life, and this became especially evident during a hypnotherapy class with my mentor, Mahmud Nestman. While studying age-regression, I had a resistance to doing the work, insisting that I didn't see the relevance in doing age-regression with clients. As I heard myself speak, I knew I was speaking with the voice of a very young child, which evolved into a class demonstration and breakthrough. The child speaking was very upset and self-critical, repeating over and over again that she had done something very bad. This is a common reaction for abused children: to feel responsible and ashamed.

In class, Mahmud and my classmates were gently supportive, and my inner-self disclosed as much information as I was ready to accept at

that time. Mahmud invited the “adult” me to enter into the past, to be a source of strength for my childhood feelings. He focused on establishing the safety needed to reassure me. The wounded part of me revealed that what had first appeared to be a game turned out to be a sexual expectation. As a child I was frightened and didn’t want to continue playing, and the man made fun of me. This was tremendously embarrassing, confusing and hurtful.

The session with Mahmud taught me that there is so much we can bring to the unconscious domain of our feelings. We can enter into the underworld with courage and trust, following the voice of our innocence as it reveals our innermost truth. For the writing of this chapter, I opened a door to my spirit and delved into the wisdom of my innocence. This helped me find clarity and profound acceptance for my past, as I continued to channel the voice of my inner-self. The following is the conclusion of the excerpt from the trance-state.

“Masiandia nudges me along gently, asking me to talk about what this chapter is really about – abuse. There is no one in this world who has not been abused or is not abused. I knew this coming into this life. I just didn’t realize that the oppression would be so confining. I do not want to talk about the abuse. I didn’t come here to experience that. I don’t care that my spirit accepted the responsibility of being in this body – that it chose to incarnate. I wanted to share that responsibility with my family – to be in harmony with the true purpose of incarnation, which is kinship, not abuse. Our purpose is to love one another and journey together in love, not cause suffering.

“I still want to share the responsibility for being part of humanity, not carry it on my own, so I will blame the man who pretended to be my friend. I don’t like that he lied to me, and I don’t have to. I knew all along that he wasn’t really my friend,

but I pretended, just like he did, because I was accustomed to lies. As well, the truth had become harder to sense [pause] so I believed him. There was no other way but into his abuse; there was no other choice. The energy-message I received from my mother influenced the story I played out with this man. I copied her. It was the only road there was, because I didn't know any other way. She did not feel loved and passed on this distortion to me, so I did not feel loved. She looked for love where it could not be found, and so did I."

There is something profoundly significant in the child saying that she blames the abuser – that she doesn't have to like his lies. I don't get the sense that she is passing the blame onto him for the abuse. She is not suggesting that he be punished, but rather acknowledging that his actions were heartless.

Still, it breaks my heart to hear her say she looked for love where it couldn't be found. I want to cradle her in safety and relinquish any part of me that may overrule her innocence. I want to honour her naked truth – her natural instincts, which is ultimately her inner knowing. I want to welcome my inner-child's deep feelings even as I dislike hearing her say that she did not like my mother. But if I let my discomfort rule me, I neglect her; I dismiss her just as my mother did when I tried to tell her about the abuse.

Masiandia: *"We invite you to love everything, even abuse, especially your revulsion to abuse. Love the child's pain, sorrow and power. Love your soul's evolution in all of its Earth experiences. The more you love everything, the more you can completely forgive yourselves for every life experience, however challenging they have been and still are.*

"Forgive yourselves for believing that you are victims of abuse, and instead be gentle with the deep wounds associated with abuse. Forgive yourselves for

believing that abuse is bad or wrong, and instead become gentle with the childhood wounds of both the victim and perpetrator. In this way, you can accept your fears with gentleness and compassion, and experience the present moment in all of its expressions – past, present and future – without the limited scope of your linear minds. Forgive yourselves now to enter into deep peace with your childhood and with your future.”



Forgiveness Is Not Tolerance

 In the journey of forgiveness I have experienced many setbacks and difficult life-experiences, and I've discovered that forgiveness is not the same as tolerance. Many times, spiritual philosophies can be confusing and difficult to put into practice. There was a time that my father tried to offer me such spiritual wisdom by advising me to forgive an ex-boyfriend who was at the time harassing and threatening to kill me. The police tried to intervene but could do very little because they required physical proof; emotional and mental violence were not considered dangerous. Police requirements have since changed so that threats alone are considered significant enough to press charges. But at the age of twenty, I didn't feel empowered, and I didn't know what to do. I tried to forgive my ex, who I'll refer to as Don, but his aggressive behaviour persisted. Even my grandmother, who had nurtured and guided me, tried to convince me that I should be nice to Don, because he was a "good man." I was especially confused when I tried to understand my father's spiritual insights about forgiveness. I felt uncertain of who I was and utterly ashamed of myself for the disdainful way Don treated me.

Fortunately, my roommate's mother helped me understand that I was not responsible for his actions. She explained that Don was answerable to his own behaviours and feelings, and that his treatment of me was not

my fault. I really needed to hear that, though it took several years for me to fully understand her, because I didn't know how to differentiate between my feelings and his. I was so sensitive that the feelings of others bombarded me; I absorbed them and became highly enmeshed with them. Her support started me on the journey of discerning my own feelings and appreciating their relevance. Before then, I assumed the responsibility of taking care of other people's feelings by blaming myself for their unhappiness. At this time, I realized on a deep sensory level, not just intellectually, that I deserved better and was worthy of respect. Only then could I let go of the confusion and shame that arose as a result of taking responsibility for others' behaviour.

When I look back at this time in my life, I see that my father and grandmother's advice on forgiving Don had very little to do with forgiveness; they were asking me to turn a blind eye and let myself be treated poorly because they didn't realize how abusive the situation actually was. They didn't want to admit that Don's behaviour was abusive, because they didn't want to see me as someone who was bullied. Such denial is not forgiveness. Forgiveness is not about being oblivious to someone's cruelty or bearing the hardship. In her book *The Diamond in Your Pocket*, Gangaji writes, "Horrible things are continually being done all over the world, in our own individual minds and in the collective mind. To forgive these horrors does not necessarily mean to forget." We can forgive and let go without indifference.

Many spiritual teachings suggest that forgiveness is letting go of resentment or anger or ceasing to demand retribution for a perceived violation. In that case, I forgave Don a long time ago, as well as the abuse that took place in my childhood. Someone asked me if Don or the childhood abuser even merited forgiveness. Perhaps not, but I merit being in a state of forgiveness, and from that place I want that for them, too. "Everyone has experienced the sweet release of forgiveness, as well as the hard coldness of not forgiving," writes Gangaji. "There is no need to forget or deny

the wrongs that have been done to you and by you, but you can let go of suffering over them." She also writes, "'Forgive them for they know not what they do' is the truth."

Along this journey to forgive and heal the past, I was especially determined to heal my relationship with my father, relentlessly dragging him through my therapy. I recall doing an exercise in a workshop where I answered a series of questions spontaneously. One of the questions was, "What brings you joy?" and I surprised myself by answering, "Loving my dad!" I have learned to have compassion for him, as I know that he was also deeply wounded. I know that if he could undo the abuse from my childhood, he would. I see the burden of his guilt and his love for me.

I once told him that I wouldn't exchange him for another father, no matter how challenging our relationship was. I just needed for him to hear me and help me heal. Since then, he told me that I taught him honesty and that my exploration of the truth was very meaningful to him. But it wasn't until his death that I truly felt his love for me. The night before he passed away, both of my sisters and I saw him in the hospital when he was still lucid and able to talk. He said the sweetest things like introducing us to the nurse as his angels. It was never like our dad to be affectionate, so the sweetness will remain with me forever.

When my father took his final breath, in that moment of his passing away I felt his essence expand into me. It's amazing how spirit releases so much energy as the body surrenders its life. It's truly magical. We don't think of the dying as having the power to touch us, but when I held my dad's hand before he left his body I felt his spirit become more expansive and move towards me, not away.

Living in Harmony with Your Soul

 asiandia teaches us to see the beauty in life, even in the shadows. It is with this guidance that I know the most important

commitment I have made in my life is to set my intention to heal, to awaken to beauty and to share it with others. Everything that has occurred in my life has supported my healing journey, like a strong wind pushing me forward. I moved along with the current but with reluctance, as I wanted to leave my past behind. But my past followed me, so I chose to welcome it. I brought it along to therapy sessions, I grieved, I grew, I healed, and I learned to value myself. I also discovered that the healing journey does not end miraculously at some point – it continues. It evolves and becomes a spiritual practice in honest self-inquiry and self-awareness.

Masiandia: *“When the healing journey becomes a spiritual practice, you discover the beauty of living in harmony with your soul. The healing journey transforms into a life-choice: choosing to live with conscious intent that then sustains your whole self. More often than not, most people enter the healing journey through strife and misery, physical and emotional pain, intent on ‘getting better’, until they realize that to heal is to return to spirit. Your spiritual practice is not about achieving optimal health; it is not the act of striving for perfection; you are already perfect. Spiritual practice is the patient daily meditation of remembering your perfection and self-worth and seeing your beauty.*

“It is by embracing yourself that you seed a new life for yourself and a new world for all of humanity. You create a sacred Earth – the Earth that you all want. Therefore, look for what is sacred in everything, and see the beauty even in the concrete cities, pollution, toxins and human behaviours that trigger you. It is important to return over and over again to the deeper realm of your spirit-values, rather than be distracted by the reactions that keep you hidden from the truth. You can see the haze of pollution on the horizon, and at the same time view small birds flying from branch to branch, and behold the distant seagull in the sky, and maybe you will feel your chest expand with the deep breath that comes with happiness. When you remember this, you awaken to beauty, and beauty manifests more beauty in this world.”

*There is no such thing as effortless beauty –
you should know that.*

*There's no effort which is not beautiful –
lifting a heavy stone or loving you.*

~ Jeanette Winterson



Healing, A Spiritual Practice

*A million miles I'll walk for you –
climb a mountain and
make my way to its highest point,
to connect with you.*

*I am the shadow to your light –
I see God in you,
and remain close to your heart.
I do everything for you.*

*I make a fool of me –
risk ridicule.
You're free to judge me,
and let me down.
I'm certain to disappoint you.
Anything, anything,
to connect with you.*

*I tender my frailties –
I wear them on my sleeve.
All my imperfections I give to you.
Anything to connect with you.*

*Raw and willing
Refined and sublime
Whole and abandoned
And free.*

Finding Source Within

The path of healing is a spiritual journey of reclaiming our sacredness. It is a journey of cultivating an intimate connection with our body/mind awareness, honouring the divine nature of our body, thoughts and feelings. Healing is an ecstatic expression of all our feelings that brings profound joy to the most intense emotions, because it is absolutely amazing to give ourselves permission to feel everything with consciousness. Delving into the expansiveness of our emotions with acceptance and care is a courageous act because it makes us so vulnerable.

Defenceless, we are accessible, open, allowing, curious, and we look at life-circumstances as opportunities for growth and exploration. To feel is to flow with the inner mystery of our souls and relate with the world in new ways that transcend the ordinary and encompass our truth. But we live in a society, within families, relationships and in work environments that frown upon emotional expression. Feelings have become buried and unknown to us, overshadowed by the rational mind. Prevailing judgments, opinions and social pressures, threatened by the unknown, distance the psyche from its inherent mystery.

In my life, I push against social convention and defy its rules; I embrace the path that is least followed and reconcile with my loneliness and fear, because I will not be forced into any shape that does not endeavour to help me grow. I want to see this world and my part in it through the lens of awareness. Being awake connects me with my inner-resonance, with what feels natural to me. Then I feel inspired, and I connect with my creative flow, breaking free from social stigmas that inhibit my true sense of self. By embracing an intimate connection with my inner-resonance, I am able to witness life with more acceptances, even when faced with challenging situations. I welcome life experiences, and I take in the guidance of spirit as I examine my thoughts and feelings.

Their guidance calls for an expansion of inner seeing, to suspend our

initial perceptions and surrender our will to a larger vision of peace. This vision necessitates deep respect for one another's differences, rather than continue to be threatened and afraid of change. They ask us to be the leaders of our own lives by celebrating the beauty in all life on Earth, not rejecting life through judgment. In this way we can model a new way of being for humanity, a way that honours the value of all things and welcomes the mystery of the Divine in all things.

Masiandia also says that when souls incarnate on Earth, there is an agreement made with the Earth; we choose to be part of its evolution, as it becomes part of our own. We serve the Earth with the courage to heal and transform the collective perception of reality, and in turn, the Earth provides us with the physical reality in which we can express ourselves and unfold our spiritual vision. This co-commitment with Earth calls for us to welcome our soul wisdom into every aspect of our life, so that we can expand our own consciousness and help raise Earth's physical vibration in the process.

I'm willing to sacrifice any aspect of my personality that does not serve this expanded purpose. My longing for spiritual intimacy runs deep. I want to see the grace of light upon all life, smell it and be washed clean. I want to feel it enter into my veins and dance along with its rhythms and hear the call of the wild mystery of my divinity. But this appetite sometimes seems too large in a world that demands we conform and belittle our natural sense of worthiness, thus my fear is equally sizeable. I sometimes become afraid and lose my way, shrink away from the edge of possibility – the edge of my dreams. In the ensuing darkness, I cannot see the path, distrust the way, stumble and fall. But I pick myself up again, drawing inspiration from Georgia O'Keeffe's quote: "I've been absolutely terrified every moment of my life – and I've never let it keep me from doing a single thing I wanted to do." Sometimes, I have let my fear stop me to the point of not knowing what I want, but not for long, for my creative

desire propels me forward, as it wants to give freely of my most tender trust and commitment to the truth.

We all succumb to fears now and then, and it is not by overriding these fears that we tap into courage. Courage comes from “loving” our fear, from welcoming and accepting its presence in our lives. In this way, we cease viewing it as an opponent; we stop giving it so much power over us and come to recognize that our personal power is greater than fear. We have the power to heal it.

My sister cares for her fear of performing the piano publicly, not by pushing her fear aside but by connecting with her personal power; her love of music. The joy that she feels in sharing her gift doesn’t override the fear; it nurtures it. For many of us, fear represents a part of us that is malnourished, and that needs our love so that it can ease into trust and receptivity. Loving our fear inspires us toward the courage and the willingness to grow and create, because we’re no longer treating it as an obstacle. Instead we are allowing fear to pull us back into our feeling body, to the place where we hold the key to expressing our desires, our passion and life-purpose.

Healing the Collective Imbalance

In this chapter, Masiandia brings to light our responsibility as a community to grow our love, and how to heal abuse in the world. We enrich Earth-reality with love and courage, and ultimately with our willingness to be completely present and accountable for our actions. In their message, Masiandia examines the misuse of power rooted in Earth’s heritage and in our family conditioning and cultures, to expand our awareness of how we all contribute to abuse in the world and in how we can alleviate unkindness and indifference.

Abuse is an energy system that is woven into the grid patterns of Earth-reality, within the foundational energy of Earth. It is shaped out of

the control, manipulation, criticism and disempowerment that societies at large are responsible for, of which we are all part. Through judgment of self and others we propagate the energy of abuse in this world, and we need to become highly conscious of our conditioned reactions so that we can lessen its negative impact. With commitment and self-responsibility, we not only refuse to continue being a participant in conditions that maintain judgment and neglect, we clear our fields of depleting energy and pass on a heightened vibration to those near and far as well as to Earth itself.

Masiandia: *“Each and every one of you is needed on this wondrous and beautiful planet. Let yourselves immerse your spirit-consciousness into your daily lives; live as though you have full permission to be powerful, influential, dynamic and authentic. You do have full permission. In fact, we challenge you to step into a greater aspect of yourself, to be all that you can be. We invite you. Earth invites you. To do so is your incarnated birthright and an expression of divine law. Come join us, surrender your passion, let us guide you, let us help you heal the pain ... the fear. Let us free you.*

“We are the river of higher-consciousness that is always present, always beckoning you towards your true nature. You are the human embodiment of spiritual purpose and love. You possess an inherent ability to return to your inner beauty, and you have the power to heal yourselves, which in turn heals the world. You have the power to free yourselves from past trauma and break the patterns of abuse in the world. You have the power to stop passing on the effects of trauma to your children, spouse, friends, family, co-workers and even strangers and to instead choose love. By becoming aware of your behaviour, beliefs and attitudes, you treat the world with care and attentive presence. It is important to ‘choose’ not to disempower yourself and others with judgments and control.

“Please be reassured that we are not blaming you for the abuse in the world; we are opening your eyes so that you can become aware of your responsibility to heal abuse. Even if you think that you are exempt, you are not; you are

intrinsically part of abuse simply because you are part of the Earth. You are all part of the Earth, and since there is abuse on this planet, you are all co-creators of abuse.

“You are part of the Earth’s energy-patterns, just as leaves are part of a tree, or droplets of water make the whole of the ocean. You all co-create abuse in this world, because you contribute to the underlying problem causing the abuse – you abuse yourselves and each other each time you cast judgments. Hence, it is highly important that you observe your judgments with acceptance and forgiveness. In this way, you embody acceptance and forgiveness, not judgment, and you change the quantum vibration of your droplet of energy in the vastness of all life.”

When I first channelled this message I was profoundly impacted. Masiandia’s words smashed into me like a fist hitting my chest. I staggered and resisted, but I also believed them. It was just hard to digest, as an immense sense of responsibility overwhelmed me. I let the words sink in, touch me, push me, grow me, and began to receive the life experiences that I needed to heal my own internal abuse. I was given an audio recording of Byron Katie’s book, *Loving What Is*, and was reminded that it’s okay to judge both ourselves and others, because we judge, we just do. By trying not to judge, we make judging “wrong” and compound our self-judgment. Katie says that our thoughts are just what they are; they are innocent and not personal. She says, “They are like the breeze or the leaves on the trees or the raindrops falling. Thoughts arise like that, and we can make friends with them.” And she asks, “Would you argue with a raindrop?”

Masiandia once told participants in a support group that enlightened people also judge, and they feel fear and sorrow. They also feel anger. The difference is that they laugh at themselves, they take themselves lightly and engage with the energy of their judgment to transform it, and are themselves transformed. When we fully engage with our judgments, we come to understand what causes separation, fear, pain and self-protection,

and we embrace our needs, as well as change. When we allow ourselves to greet all of our experiences with acceptance and care, we let ourselves move out of the familiar territory of our habitual mindset. We are so much closer to our strength when we are open to our feelings, because it takes courage to be receptive.

Shifting from Fear into Harmony

Masiandia: "Ruled by the physical and mental bodies, many of you are afraid of experiencing your feelings. You are governed by belief systems that camouflage the feeling body with distortions and addictions, and these mask awareness of your true needs. These distortions also impede your ego's natural propensity to serve your higher self. Your ego is designed to serve the human/soul relationship, not suffer abuse and be bound by fear. But because of the collective imbalance, the ego is out of harmony with its intended purpose.

"When you are aligned with your soul-purpose, willing to engage with your true feelings, you are detached from mass-conscious dualities and embrace all life. You negate nothing in your life or in the lives of others. In this state of balance, your ego serves your soul with ease and trust, and you feel profound compassion towards yourself and others. Because of this, you only follow universal law, which is to live with utmost integrity and love."

The healing journey calls for us to awaken to the depth of our true feelings, so that we can come out of the shadows of pain into the light of our divinity. The Universe awaits our delivery from our own self-imposed exile, and the first step is always ours to take. We can call upon the Universe's partnership and draw nourishment from knowing that we are not alone. The love our guides have for us is constant; it is an imminent part of divine wholeness. As we are nurtured by cosmic radiance, we are also nourished by Earth, the divine manifestation of the great mother. A

continuous flow of energy surrounds us; a sea of vibration envelops us to lend support, and it is our choice to receive it.

But we often neglect to recognize the support that is in our life. This is illustrated in my friend's recount of the felling of a tree that had stood outside his reading room. The tree had offered shade and privacy for several years, and not until it was removed did my friend realize the peacefulness it had provided. With the spirit of the tree released, he felt the emptiness and knew that without his conscious awareness, the tree had been a kind and gentle presence. Not only had it shadowed the south-facing room, it had also given him a profound sense of protection and safety. I wonder how much of my surroundings I've been missing, what subtle sweetness I am not allowing in or honouring and what am I not feeling. As I notice this I soften, I thank the spirit of my home for supporting me and providing me with a sacred environment for growth. I breathe deeper and become quiet inside.

Masiandia: "Your incarnated-life, your human experience, mirrors your soul's ability to explore all that this Earth-plane provides. Through Earthly expressions of emotional, mental, physical and spiritual development, your soul evolves its ability to embody truth. Truth is the essence of simplicity, beauty, returning to love, shedding the masks of complacency and fear, and opening to the support and resources that life on Earth bestows on you. Truth is not control of your feelings. By fully experiencing your feelings, the body/soul can finally rest in its purpose and gather the energy to sustain itself. When you support yourselves, you let Earth's resources in, and you also allow spirit to support you; you receive our care, our insight and guidance. The Universe is a constant support network of energy possibilities.

"If you try to sustain the social framework you have inherited by denying your own needs, you become like the mother who cannot nourish her child because she herself is undernourished, the father who cannot provide for his family because he is afraid of responsibility, and the doctor unable to diagnose and heal

an ailment because he is unwilling to step outside the framework of his medical training and take into account the subtle energies of the body.

“You must completely dissolve these attachments to societal conditioning in order to support integration, balance and fluidity, and to sustain your fundamental needs. The mother must develop personal rituals that support her need for nourishment. The father must learn self-discipline and overcome his fear of failure by honouring his effort and courage. The doctor must consider other solutions that may not be supported by his prior research and training. He must surrender his will to the will of the patient, which would expand his knowledge base far beyond the thought processes he is conditioned to rely on.

“Societal rules, morals and beliefs must be challenged within yourself, not abetted by the expectation of external gratification or approval. You must dissolve the attachments to such co-dependencies, which trigger your fears and emotional needs, and instead gather your own personal resources and focus on establishing a closer relationship with your self-worth. Otherwise, these external attachments will continue to deepen the pain and dissatisfaction imbedded in the belief that you are unworthy.”

*I*n the shadow of shame, we neglect to see our beauty and our divinity; we protect ourselves against the painful forces of our own disapproval. But who told us that we are unworthy? Where does this concept come from? We learned to dishonour our worthiness due to social conditioning. We learned to shame one another and ourselves, and we pass this on to our children as it was passed down unto us through abuse, betrayal, neglect, hurt. These wounds bleed into fear, which inevitably develops into self-protection, separation and forgetting that we are all part of The Great Divine.

We have forgotten that we are sacred because our Oversoul, or Entity as Masiandia calls it, fragments when it incarnates within Earth's dense physical matter. The Entity's multidimensional consciousness cannot incarnate as a whole without interfering with the human nervous system. As mentioned in chapter one, our lifetime is the embodiment of an

individuated soul, which serves the Entity's purpose. Earth reality then provides the soul with manifested experience, which on the one hand limits the full reconnaissance of its holy existence, though in turn, the soul is enriched with a material form that supports its expression.

Masiandia: "Earth is comprised of layers of energy frequencies; magnetic fields; past, present and future timelines; all interwoven into the holographic reality that you call physical matter. It is a vibrational interplay of thought and form interconnected through the lens of magnetic energy, which takes shape three-dimensionally. This Earth, as you know it, is physically dense and vibrationally slower than your spirit-consciousness, and while it may seem inhibiting, it is in fact a reality in which you can worship your soul's divinity in all of its expressions. Earth is thus a temple for felt-sense experiences that enables the embodiment of your soul and its imprinting of higher vibrational knowledge into Earth-reality, which supports both the Earth and your soul's evolution.

"This magnetic planet unites yin and yang dualities, feminine and masculine polarities, that allows your soul to engage in a reflection of its divinity. Earth is a conduit for transformation supporting your soul's evolution, providing it with a mirror for self-realization so that it can 'experience' itself in everything, expanding its ability to tap into infinite possibilities.

"In order for you to step into the depths of infinite possibility, which is ultimately an abundance of energy-vitality and connection to source, it is necessary that you surrender your rational mind and welcome a more expanded perception of reality. Look beyond the wall of fear and doubt, judgment and conditioned responses to life, so that you can break free from limited choices and choose to value yourself.

"Ultimately, we invite you to let God love you because you are worthy of love. In fact, your body is a holy, divine sanctuary for truth. We know that this is difficult for many of you to grasp, because the lineage of human development is rooted in criticism and shame. Generations have been damaged by abuse and continue to be. The more you scar your successive generations with abuse, the

more it weakens your genetic lineage. You are not singular and isolated; you are part of a greater whole. All of your actions are part of a larger synergy of souls interwoven together, working to release locked energy. So you see, abusing yourself affects everyone, and abusing someone else affects you; it weakens your organs, your overall biology, your brain function and your emotional well-being."



Innocence and Vulnerability

Masiandia: *"Children are particularly vulnerable to abuse, as they are less able to defend themselves. It's not in their nature to do so at this stage of their being, as they are part of love. They give their energy to adults, offering healing towards adults' unacknowledged wounds. But when grownups shut themselves off, denying their own feelings, they lose connection with childhood innocence. When this occurs, they resist the feelings of children, become hardened to the sensitivity that children personify.*

"Children are in the feeling body more than they are in the physical body. Their needs, emotions, innocence, and playfulness are denied by the adult voice of reason, which inevitably forces them to shut down their spirits. Through criticism, judgment, neglect and disempowerment, children are susceptible to emotional, mental and spiritual damage."

*W*e sacrifice our future by neglecting the innocence of children, and so doubt the possibility of our dreams by denying the essence of our own innocence. When we give up the responsibility to make room for all our emotions, all our felt-experiences, we neglect to secure our needs and inevitably become hardened to vulnerability. We are being asked to awaken, to welcome the voice of our innocence and the innocence of children, to love and cherish the beauty in this world, in one another and in ourselves.

Often this can be very challenging. There is a tendency for us to withhold affection, as well as reserve our trust and acceptance, the moment that someone's behaviour triggers us. We either try to control them or ourselves. Because we are threatened and afraid of being hurt, we discriminate against others, inadvertently causing separation and misunderstanding.

But what if we knew that we have the power to enliven our lives and the lives of others? What if we could lift one another to higher states of belonging and peace, and heal abuse ... with our empathy? We could become great – we could be the heroes of our own resourcefulness – and draw strength from our willingness to free our love. Then we would be equally aware of how our actions can cause so much suffering. We would be conscientious of how our thoughts, judgments and expectations affect others, as well as ourselves.

Many years ago, in my mid-twenties, I discovered that my repressed emotions impeded the flow of my love and overshadowed the support I could have given my friend Kim. I neglected to care for Kim's emotions after she received news of someone's suicide. I had argued that he had the right to take his life – that it was his free will. Naturally, Kim felt hurt and unsupported. My response to her sorrow was so thoughtless, but I didn't recognize this until about a year later, after I had begun to grieve my mother's death in therapy. When I understood what I had done, I called Kim to apologize and reach out with compassion, which was thankfully received.

Over the course of my therapy, I came to realize that after my mother's passing I had become hardened towards death and resistant to grieving. I had forestalled my own grieving in hopes of alleviating my grandmother's suffering. As a child, I would wake in the middle of the night and see her sitting at the kitchen table sobbing, and decided early in life to hide my feelings out of fear that they would overwhelm her, much as her sorrow overwhelmed me.

But grieving death and loss cannot be escaped through rationalization. Understanding this gave me insight in the first year of my counselling

practice, helping me support my client Sarah in her grief. She came into my session room in tears, sobbing uncontrollably for the death of her cat. I reflected her pain with compassion, even though part of me initially thought that it was excessive. I couldn't relate to her tears, and as I observed my disconnection, I recognized the old pattern of indifference I had developed towards death. I softened within myself and held a sacred space for Sarah's sorrow, calling in the grace of spirit for help. It is only with the willingness to witness life without judgment that we enter into harmony with what wants to happen naturally in each moment of our lives. Listening to Sarah opened me to her and to myself.

A few years later, it was my turn to cry over the loss of a cat; my housemate's two cats that she took with her when she moved away. Those cats had been my companions, and I had grown close to them. Interestingly, the day of the move, both cats bounced up the stairs to my room and spent the whole afternoon with me before their departure. I sobbed for days in a way that shook me deeply; it dissolved the entire holding on to grief that I had stored from my mother's death.

Balancing Power Struggles

We have all garnered ways of coping with distress and deflecting what makes us feel uncomfortable, to the point of abandoning each other's inner child and the innocence of children. This is especially significant when it comes to youth, for their vulnerability is even more susceptible; their need for our support and love is crucial. By opening our eyes, we really see them, we see their joys, their gifts, and we welcome them. In this way we welcome all innocence, and we heal the negligence and abuse that causes so much suffering in this world. We begin by opening our eyes to our own experience, and we suspend judgment to encompass greater levels of compassion for one another.

Masiandia: *“We want you to open your eyes and recognize that despondency, anguish and suffering happen every single day at the hands of neglect and abuse. For children, it could be from a school bully, an older brother, a cousin, an aunt or even a grandmother who sometimes says cruel things. Though it is unintentional, the harm is done. Why would an adult want to hurt a child? Why would a child want to hurt another child? To attain power ... due to feeling powerless. People feel powerless because they have been disempowered through shame and betrayal in a world that admires strength and shuns weakness, which perpetuate the roles of oppressor and victim.*

“This wide gulf between dominance and servitude represents a false interpretation of power, an acceptance of the pretence that force is stronger and better, while frailty is ridiculed or ignored. Because of this, so many people are denied their rightful value, which develops into the fear of one’s own soulful empowerment. Because of this misapprehension of power, the mind takes control of the senses, positioning itself in an authoritative role. Thus, the innocence of a child, or the childlike quality of an adult is admired even less; it is the disciplined and logical mind that is revered and rewarded.

“Some children, who are incessantly shunned and ridiculed, later become adults who experience a lack of power with people their own age but have authority over children because children are unguarded, fragile and dependent on them. But these wounded adults are threatened by a child’s needs – they control children so that they don’t have to feel their own resonating need for love. Unable to acknowledge and value their own needs, they are triggered by a child’s vulnerability because it reveals their emotional nakedness. Disarmed and ashamed, they retaliate, forcing their will upon the child.

“Children are abused because in your world, innocence and vulnerability are not honoured. The gentle quality of a child’s spirit and playfulness is not admired. They are told how to play, how to learn, how to study – but they are not heard. For the most part, a child’s voice is denied, which contributes to the abuse of children because denial doesn’t empower them. Without self-empowerment, children cannot draw to them compassionate love, respect and safety. It is love

and acceptance that empowers them, and that returns them to a deep sense of peace, strengthening their connection to their soul.

“You may ask, ‘how do we give the gift of compassionate, unconditional love?’ Desire it! Be it! Love is not some sort of accomplishment that you achieve with effort, and it is not enlightenment. It is a gift. It is not something you do to prove your worthiness or your devotion – it is who you are. Be in love with your child. Be in love with the child that resides within you. And how do you give unconditional love to this inner innocence? See beyond your reactions, after all they are just reactions, and beyond them is a deep longing to connect, to love.

“So how do you love? Feel your longing for love to realize its manifestation within you. But many of you ask, ‘how do we feel that deep-seated longing?’ Let go of the protected heart. Release your self-defence. Your feelings are too powerful to remain harnessed. Constant repression of self inevitably wreaks havoc in your lives, leading to a creative imbalance, poverty, pain and illness. Free your emotions by embracing them. They are beautiful: complex and incredible expressions of your spirit.

“We ask you to feel more so that you become an open vessel that welcomes spirit in your lives. In this way, your deep feelings become woven into higher-vibrational energies, which then ripple out into the world, creating a whole spectrum of pure divinity. By tapping into the wellspring of your deep feeling, you empower your inner-innocence and all innocence in the world; you give the children of the world compassionate love, respect and safety. When children are empowered, they are not abused because their magnetic fields are aligned to complementary energies; their sense of self-value is naturally reflected in their encounters.

“Still, the task of helping children believe in themselves has been greatly misunderstood and misused. For instance, there are many parents who aspire to empower their children by giving them too much freedom, but do not teach them healthy boundaries. They shelter their children from the consequences of their actions by letting them do whatever they want to do, which does not empower them.

“Even children who live in secure homes where their physical needs are met and there is no fighting or abuse are still not empowered if they are not heard or seen. When children are not acknowledged for who they really are, they are expected to conform to moulds of their parents’ creation, hence they develop ways to adapt to the constant repression of their energies: ways that betray their true identities – their souls. We are here to challenge and thus free the patterns of abuse that betray the heart of all of your innocence and beauty.”

Patience, Acceptance and Loving Kindness

If we as adults weren’t repressing our inner child, we wouldn’t pass on to our children the pattern of disempowerment. Hence, we need to empower ourselves to give children a chance to be who they really are. We need to honour our own feelings and needs, so that we can be honest with our children, to empower them and help them value themselves. We also must do the hard work of letting go of our children’s dislike of us, to cease taking it personally. The same goes for self-judgment and the disapproval of others; we need to observe the disapproval objectively, with patience, acceptance and loving kindness.

A few years ago I witnessed my dear friend, Kelly, maintain a loving yet firm presence with her young daughter, who was insisting on staying at the park when it was time to leave. Kenzie, about three years old at the time, affirmed her right to stay; she flailed her arms up in the air, kicked out her heels and yelled harsh words, tears welling up in her eyes. She told her mom that she hated her, and Kelly responded gently by saying, “Oh, that’s okay, sweetheart, I still love you.”

This went on for at least 15 minutes, as Kelly walked back to the parking lot with her son and me, while Kenzie lagged behind, slowly inching her way, rebellious and unhappy. All the time Kelly did not make her wrong; she didn’t judge her. I was relieved that Kelly didn’t stay behind to justify herself by explaining why we had to go; she didn’t cajole her

daughter into submitting, and there was no criticism, anger or manipulation. Kelly's message was clear and unwavering; it was time to leave, dinner was waiting.

Defiance and resistance are transformed into trust when we have the freedom to express our least likable characteristics and know that we can still be loved. This is conveyed so beautifully in Gordon Neufeld's book, *Hold On to Your Kids*. He writes, "Unconditional parental love is the indispensable nutrient for the child's healthy emotional growth. The first task is to create space in the child's heart for the certainty that she is precisely the person the parents want and love. She does not have to do anything or be any different to earn that love" ... "The child can be ornery, unpleasant, whiny, uncooperative, and plain rude, and the parent still lets her feel loved."

Without emotional support, we try to fit in and become sculpted by society's expectations and acceptable moulds. Shame and ridicule teach us to become defended against our natural feelings. In his parenting course, *Helping Your Children Grow*, Neufeld says that repeated disapproval causes a child to learn to defend himself against vulnerability by tuning out perceptions that lead to sensitive feelings. When this happens, the mind cannot move the child to maturity. He explains that the heart is a very vulnerable place, and a child's mind protects the heart against vulnerability that is too much to bear. Neufeld writes, "If you lose the ability to feel sad about the things that do not work in your lives, you also lose the ability to feel fulfilled by the things that do work." When we shut out emotions that frighten us, we shut down the channel, not the emotions, like the tree that draws away from brackish water, withdrawing its roots and never getting the nourishment it needs.

When children are kept from the light, a prison of darkness surrounds them, attracting lower vibrational energy. Without healthy self-empowerment, children do not value themselves enough to secure good boundaries, their natural talents do not develop and they struggle throughout

life for a sense of self-confidence and self-worth. They internalize the lack of support by believing that they are unworthy. When we learn to value ourselves, we are empowered, and in this way we empower children by helping them recognize their inherent potential and worthiness.

We all need heart connection and to rest in the certainty that we are protected and cared for. We need to be liberated from having to work so hard for love, to be supported, welcomed and accepted for who we really are. And we need to see in ourselves, our children and others, the depth of inner innocence that is inherently part of all our emotions. Motivated by deep feelings, we are propelled forward on our spiritual journeys; we embrace all of our experiences with profound acceptance, and we return to love.

*If
you were to love me right now
what would it look like?*

*Would you see me in your image?
Moulding, scolding
your needs unaware of me,
folding and unfolding
this image that is not I.*

*Would you see me drift away?
Slowly at first.
Miles away to know myself.
Sinking sadly into me –
a river running through
always to you.
A river sometimes black.
Would you see the river clear?*

*If you were to love me right now
Would you see me as I am?*



Relinquishing Control

Masiandia: *“The feeling body is the doorway to your soul, which frightens most of you immensely because the soul is a free agent that threatens to break down social structures. So many of you long for your soul essence, yet are simultaneously terrified of it, as you don’t want to relinquish the dominion of the rational mind. Please understand that control is a defence against feeling powerless, therefore, the tendency to control others and yourselves, as well as situations, is a false means to gain power.*

“Your societies are based on a fundamental construct wherein power means control, which perpetuates the duality of victim and abuser. When there is a struggle for control, then there is an underlying fear of losing control, based on the belief that power is scarce. Those who try to control themselves and others are disempowered and contribute to mass-conscious disharmony.

“Power is not about coercing or forcing others to do what you want them to do. Power is love, compassion, trust and growth; it is the essence of a seed rooting itself, an infant’s birth and a mother’s breathing and forceful pushing during the birthing. Power is discipline when motivated by inspiration. Power is commitment, the hard work of believing.

“We know that some of you are angry with regards to the abuse that children suffer, and you are afraid. Your reactions, disgust and judgments are understandable, for it is something you wish did not exist in the world. However, remaining in judgment only contributes to that which you wish did not exist, for you are perpetuating abuse with your judgments.

“Please, take the time to understand that there are people who are lost in the shadows of your societies, who are disconnected from their soul-essence and hence powerless. These are men and women who were abandoned as children by societies that deny the embodiment of feeling and innocence. They feel betrayed by the rules and morals of society, because they have not been protected from unjust acts of neglect and abuse in their own childhoods. They have become doorways to fear, self-punishment and hate. Imagine that you are the lost man, the

boy whose mother never found him, the person who never got a glimmer of hope. What is left? Hunger, rage, confusion, anguish."

What do we do in a land of confusion and anguish? Our definition of innocence is so narrow. We don't realize that in trying to protect innocence we become monsters; we become controllers. By judging others, we become just like them. We need to see that we are not different from one another; we are the same, a mirror of each other. In one another is the reflection of our shadow and light. Sting depicts this boldly in his song, *Tomorrow We'll See*, with lyrics portraying a prostitute telling the listener, "Don't judge me/ You could be me in another life/ in another set of circumstances."

If we hold fast to the notion that we are better than others, we cross over a threshold into arrogance, overshadowing others with our self-importance. After all, the prostitute could be an angel; perhaps she's a saint. Maybe she's bringing solace to another human being who would otherwise feel desperately alone. On a soul level, a profound healing could be taking place between a prostitute and her client that our rational minds cannot begin to fathom. When we become so caught up in being perfect as defined by social norms, we expect others to be impeccable; we don't notice the purity of God in all life.

Masiandia: *"You all judge, so go ahead and judge, just pay close attention to how it creates separation in your life. Notice how it perpetuates blame and defiance. People tend to cast blame onto others or themselves to try to alleviate suffering. They maintain the tyranny of self-defence and criticism, rather than share the healing gift of compassion, as a way to avoid change.*

"Through self-observation, you have the power to evolve, to let go of judgment and release your defended self, so that you can be at peace with who you are and with the world. Peace is born out of the undefended self, when you no longer have the need to fight against your inner critic. When you are no longer guarded

against feelings, yours and others', then you are free of blame and censorship, free to express and truly enjoy who you are.

"In letting go of the need to defend yourself against judgment, you inevitably heal the wound of abuse in this world because you nurture innocence. Acceptance and compassion transforms the lower frequency of abuse into higher vibrational energy, gently sculpting it into a new life-affirming shape. With an undefended and nurturing presence, you accept your part in the polarity between oppression and suffering, no longer identifying with one or the other.

When you no longer have a need to justify your beliefs or your right to exist – you relinquish the role of attacker or victim. You are then whole, no longer tormented by what someone said or did, or for injustices in the world. You no longer need to be right or conversely collapse into helplessness, or fight back to gain some level of power. Instead, you 'remember' who you are and honour your part in the full spectrum of human experience.

"It is necessary that you realize that injustice, exploitation and oppression are part of the social structure and lineage of human incarnation, and that you cannot get rid of these because the act of trying to annihilate abuse is abusive. Any form of control is abusive because it causes separation; it discriminates between right and wrong, rather than supports unity. We are asking you to view abuse in a whole new way, a way that sees it as a signal. Just as your body uses pain signals to communicate danger, abuse gives voice to the wound in your society – it is a messenger.

"But so many of you are afraid of making a mistake, of being wrong, or seen as foolish or weak, that you inadvertently ignore abuse; you tolerate disrespect and unreasonable expectations, or you are indignant and righteous, defended against beliefs contrary to your own. To compensate for this, the human mind becomes trapped in logic, justifying or condemning abuse, thus perpetuating the victim/perpetrator roles.

"But whether abuse is inflicted upon you or you are the offender, it is the same energy-frequency that contributes to physical, mental and emotional suffering in the world. Whether you are the controller or whether you are controlled

– it’s the same thing. If you are the controller, something is controlling you. Perhaps it is deep shame from an abusive past, a sense of powerlessness, or fear of change and abandonment that is then projected onto others. To stop the cycle of victim/perpetrator, you must cease defending or rationalizing your feelings, and instead recognize that whatever side of the conflict you are on, you are part of the same problem. You are reinforcing duality by either choosing to uphold one side of the battlefield or the other; you are not at the centre of peace. True liberation does not come from separation, but from beholding the spiritual union between consciousness and form.

“Your contribution to peace, balance and wholeness comes from complete accountability, from being a compassionate witness, ‘seeing’ that you hold the power to channel your soul-essence, that you are not a victim, not oppressed, not alone, not insignificant, and not powerless! You are immeasurably infinite and part of something so much bigger than all the suffering that holds you back from truly loving this world and you in it.



The “Feeling” Approach

We transform unconscious patterns by becoming conscious of them, by accepting them, so that we can understand how these patterns have shaped us. We become more conscious through the practice of connecting deeply with what we feel, though initially many of us tend to think our way through feeling, which inevitably impedes the flow of transformation. To feel is to suspend the mind long enough to not understand what we’re feeling at all, but rather enter into a deepening of the feeling, which is a state of expansion and release.

Masiandia endeavours to help us recognize just how important the practice of feeling really is. *“Feel more,”* they say, over and over again. But many people are afraid of feeling more, stating that they will become

more enraged or depressed, and more afraid. But what they don't realize is that by feeling more, the feelings change. Feeling our emotions creates a shift of consciousness. When we "feel" into reactions, we recognize what is being triggered, and we connect with what is opening in us, rather than remain stuck in the initial emotional reaction.

Without self-awareness, the energy behind emotions is projected onto outside circumstances, which leaves its mark on everything we touch. Lessening this damaging influence calls for us to connect with our repressed feelings and discover something remarkable about ourselves, which is the exiled and abandoned parts of us that hold so much grace and freedom, and wisdom. These imprisoned shapes of our beauty and power are hidden aspects within us constantly calling out towards the light.

An illustration of the transformational power of becoming consciously aware of and accepting one's feelings brings me to my client Nancy, who first came to me broken and ashamed of herself. Nancy had woven her self-value into her dream of the perfect marriage, but she was now alone, struggling with a sick child and no child-support. Shortly after her separation, her daughter was diagnosed with Progressive Epilepsy, and Nancy's only support, her mother, passed away not long after. Challenged by these three circumstances, she was devastated, overwhelmed and afraid.

The sessions focused on helping her move through her feeling-states with empathy, so that she could explore the depths of her grief without collapsing in despair. She needed to be understood, and she also needed to awaken to her divine will – to her inner strength. By completely connecting with her grief, Nancy uncovered a core belief that had kept her feeling small and insignificant. She came to realize that she blamed herself for failing to live her dream, a belief that robbed her of her personal power. She was able to let go of her self-judgements and regrets, and discover that no matter what occurred in her life, she had courage, faith and a growing self-respect. She came to realize that the situations in her life,

especially her daughter's health concerns, were forces of nature urging her to be powerful, which is what she and her daughter needed. She saw that she was a resilient and devoted mother and that there was support for her, support that she hadn't let herself receive because of her shame.

As we see the broken and misshapen parts of us, we come to appreciate that there is nothing flawed about us, and instead there is a natural longing from within for love and courage. By welcoming our shadow, we honour who we truly are and become receptive to our spirit guides and angels, who shower us with love as we step into our willingness to accept every part of ourselves with absolute reverence. In this way, we embrace our healing journeys and begin to make discerning and positive choices.

To illustrate this, in their following message Masiandia explores a scenario in which a mother has been pushed to the edge of her unconscious trigger point. Through this example, they show us how rather than reacting to external situations, we can make more discerning choices by being attentive to the underlying framework associated with the reaction.

Masiandia: "We want to walk you through an illustration of a mother with her son, who has reached her breaking point due to his disobedience. He is not responding to her, and the situation has gotten out of control. Can you imagine that? You may not be a parent, but most likely you can relate with her frustration. In this situation, her frustration has become so great that she almost hits her child.

"Just before she is about to strike him, she stops long enough to observe her reaction. She feels powerless because she cannot control him. She wants to be heard, she wants to be respected, and she also wants to be seen and loved. But he cannot give her that attention for he is competing for the same thing, jousting for what he needs. They both have an identical need to be seen and heard, which seeks fulfilment. As an adult, she must become aware of her feelings to stop projecting her needs onto her child. By opening her eyes and her inner senses and feeling

her emotional experiences, she can begin to heal and make better choices for both of them.

“The initial contact with these feelings is painful, and often people don’t take the time to go through this process of self-inquiry, which is why they disconnect and distract themselves instead of delving deeper into their honest experience. It is important to focus inwardly on the subject of your emotional triggers, for it is by going within that you discover the roots of your beliefs. In this way, you free yourself to better manifest who you really are. You are not your belief systems. You are not your shame, or your discomfort. You are beings of pure love and devotion to life.

“In this story, the mother chooses to not react violently, she instead calms her reaction and discovers her feelings. In doing so, she realizes that she falsely believes she is unworthy of love. It is no wonder that you resist your feeling body, for to feel is to be in direct contact with false beliefs – beliefs that do not serve your soul or your personality. How can these beliefs be challenged if you avoid them, and how can they be transformed into a clear reflection of your true essence if you neglect to recognize where your reactions stem from?

“It is only by uncovering these false beliefs through a deep exploration of your feelings, that you can choose the life you really desire. How can you choose to manifest love, happiness and a sense of purposefulness if the underlying law of attraction in your life is tied to the belief that you cannot have what you want? This belief contributes to the scarcity of your self-power. By choosing to believe that life does not support you, you are left in a very dark and lonely place, starving for nourishment – starving for love.

“We see a worldwide humanity starving for love, which contributes to poverty and starvation in the world. When does it stop? When does the abuse stop? Please stop now. Feel yourselves. Feel every part of your lives and your interactions with other human beings, and discover who you really are, which has nothing to do with self-deprecation or fear of loss. The Universe is abundant with purposeful belonging, vitality and love.”

To feel is to free ourselves from deception and to open to the higher source of resonance and truth. To feel is the hero's journey to the underworld, to drink from the river of remembrance rather than go to the well of forgetting. My heart yearns to draw wisdom from this river – from the holy sanctum of my own divinity – and receive the immense gift that is here for me. And for me, it is a call to step off the edge, in courage and readiness to welcome the Divine in all things and surrender my love.

Masiandia: *“You cultivate a loving relationship with all life by feeling your emotions and by not getting caught up in your rational mind. When you refuse to experience your feelings, your ego-persona conjures up stories, identifying with self-defences, actions and reactions to ensure its survival, unless and until you are willing to let go and return to your deeper truth.*

“There is no separation between your ego and your spirit. They are two sides of one coin. Your ego is a tool, a necessary physiological, psychological, cognitive faculty that is meant to serve the higher purpose of your spirit. But the ego is out of balance when it doesn't know what its purpose is, when it doesn't realize its role in life, which is to serve spirit.

“In service, your ego consciously chooses to follow a higher vibration of intelligence with love, compassion and forgiveness, while maintaining your security and well-being. The ego must evolve like all of life on Earth, by discovering the rich resources found in all of your feeling states. It must cease overriding anger, shame, sadness, hurt and fear to tap into a deep reserve of inner wisdom. Then it can transform limitations into creative solutions, as it interconnects with your soul.

“Compassionate acceptance of your feelings cultivates a deep and rich connection with soul; it links intellectual knowledge with spiritual wisdom that supports you in being true to yourself. You must come to understand that your feelings are the entrance to your soul-consciousness, always ready to divulge a more authentic expression of who you are.”



Longing, Our Soul Connection

*Far in the distant horizon, a dark silhouette
gazes across the great expanse – seeing nothing but you.
An ocean of light blinds him and he looks away.
When he looks back, you are gone.*

*He travels far and wide – over years and valleys
in search of you.
When he reaches the horizon where you had once stood,
he looks back across the ocean – still looking for you.*

*He sees into the distance a figure looking back.
He sees himself, a dark shape in the past blinded by light
He sees a man searching for love.*

*Now he recognizes you –
still so bright that it blinds him
until he closes his eyes.
The distance disappears, and he finds you.*

Engaging Wholeheartedly with Life

Longing is often associated with dissatisfaction, with something that we don't have and never will, or that we have yet to attain. But in its true essence, longing is so much more. It is a call from within that moves us beyond the collective unconscious, beyond the echoes of the past or the fear of the future. When we connect with the true essence of our longing, we become mesmerized by its feeling-quality, rather than preoccupied with trying to manifest it.

It is by connecting with the feeling-quality of desires that we cease being distracted by the effort or struggle to achieve what we want, and align with possibilities that support its manifestation. We are meant to embody an intimate relationship with desires, not externalize them. Only in this way can life meet our longing. By no longer projecting perceived ideas and expectation onto life, we allow our longing to guide us back to our true self – to the propelling force at the heart of desire, which we embody through feelings.

By feeling into our longing we welcome it and step out of mental structures that impede the natural evolution of our creative purpose. We never cease to evolve, and like the infant that comes into the world breaking free from the fetal membrane, we must step beyond the deceptions of our veiled selves to become co-creators with our multidimensional souls. This takes patience, persistence and willingness to feel everything in order to renew ourselves.

“The human perception of reality needs constant reminding of a greater embodiment of expanded reality, a reality that is flexible and fluid and free of discrimination,” explains Masiandia. They ask us to welcome everything, leave nothing behind, whether we deem it “good” or “bad.” We are asked to feel it all, because when our feelings are explored, they change into fluid expressions that support our fundamental needs. Frustration and discontentment, for instance, transform into curiosity that then kindles

inspiration, and inspiration acts as a strong magnetic pulse that allows the abundance of life to flow into our lives. The same is true for other emotions such as fear, shame and grief, which also transform into expanded expressions that induce healing and change.

Feeling into our longing has the power to help us slow down and truly connect with our essence. Masiandia has said countless times, *“Longing is not found outside of you – it is within you. It is the natural foundation for manifesting the life you want and must be felt internally to realize its potential.”* Longing is an essential state without which we would have no fuel to power our intentions.

“When you really want something, it’s because the desire originated in the soul of the universe,” writes Paulo Coelho in *The Alchemist*. And as Masiandia says, we would not yearn for something if it could not be fulfilled. Our yearning becomes metamorphic, like the iridescent nacre inside an oyster shell that transforms an irritant piece of sand into a natural pearl. The oyster secretes a smooth, crystalline substance around the sand that over time becomes completely encased by a silky coating, resulting in a lustrous gem. As in the metaphor of the pearl, our longing is an iridescent layering that has the power to change reality, to transform obstacles into something beautiful. When we embrace our longing, we no longer search for anything, we cease struggling with reality and we behold the wonders in life. In this way, our longing is fulfilled by simply sensing into it, not by justifying it or by trying to bring it to completion.

Feeling into our longing is a way in which we reflect our light, a way of returning to our inner source and acting from it. We do this by taking the “want” out of desire so that we can connect with the rich and meaningful support of our soul. In this way, longing is no longer related to something we have yet to attain, but rather is a way of “seeing” what is possible now. Longing does not project the past onto the present or the future; it connects us to a much freer way of being, beyond our habitual perception of reality. Ultimately, connecting with our longing calls for us to stop

saying “no” to the emergence of our dreams and finally saying “yes” to playing in life’s possibilities.

Masiandia: “When you connect inwardly with your longing, you dissolve all the limiting beliefs that prevent you from enjoying and celebrating life. You enter into a soulful encounter with life where your goals become guideposts, not destinations, and you embrace your fears with acceptance and gentleness, as well as celebrate your dreams. To dream, to fully dream, is not lofty or impossible when it is rooted in your present life. It is fantasy that impedes your life’s purpose, not your dreams. To fantasize about the life you think you want without consideration of your current circumstances only serves to cause disappointment and defeat, but joining the present with your longing allows you to uncover the path that is always changing and divinely aligned with your purpose.

“The next time you say something like, ‘I have a long way to go for my healing, success and love,’ please stop! Come back to the beauty and perfection of your life with all of its challenges, hardships and bountiful joys. Your Earthly life is not all that it seems; you are indeed so much more than your physical experience. You are a magical being, and returning to the depth of your longing brings you back in touch with yourself. This is how you ‘create’ the life that best serves you.”

Beyond Ancestral Lineage – Transcending Time

Masiandia: “Engaging with your longing fills you with vibrational support and strengthens your magnetic core. Naturally, your magnetic energy must be strong to make manifest your dreams. However, many of you resist feeling your longing, weakening your magnetic core, because you don’t value yourselves. The reason that you have difficulty in valuing yourselves is that there are unbalanced grid-patterns within the Earth plane, which naturally affect you. These grid-patterns are layers of ancestral lineage that influence who you think you are, overshadowing your higher-self.

“Your sense of identity is initially shaped out of the cellular imprint of your karmic relationship with physical incarnation, which defines your family, and your physiology, as well as the time and space you are born in. Connecting with your longing is a way in which you transcend the time and space of your birth and unravel the ancestral influences that shape your sense of self. In this way, you inevitably help heal Earth’s energy-grids by releasing the way in which they affect you.

“A predominant grid-pattern that causes so much upheaval is humanity’s mass-conscious perception of time, in which past, present and the future is delineated in a sequence of order. As we mentioned before, time is not linear; the past and the future are here now, therefore, time is whole, it is vast and all encompassing. From your human perspective, however, the past is tangible and not changeable. You regard your history as something that is inflexible, but we know that the past has changed, and it doesn’t exist the same way that it is remembered.

“The past actually exists only in the present, therefore, it is influenced by present perception. This means that you can change your past based on your present thoughts and feelings. You can literally change the message that the cells in your body received in the womb and completely alter the framework of your physical nature. How? With the expansion of your perception of reality: by encompassing a larger sense of who you truly are.

“You must look beyond the lens of your history to cease repeating past tendencies and beliefs passed down through generations. When you are no longer confined to the linear perspective, your desires and your natural gifts and talents define your present life, not your past or your ancestors’ past. You are free to ‘see’ the present through an engaged perception of reality, which nourishes the past and the development of your authentic expression.

We want this freedom for you, to see you opened to the divine in you; receptive and willing to flourish in whatever you do, wherever you are. We want you to be shaped by your lineage only as it serves your soul, only as it encompasses divinity, giving your essence a form in which to express itself. In this way, your DNA, your sacred biology, is activated by an expanded sense of the present, not

by your lineage. Be conscious – be awake to you, otherwise you become a mere reflection of your ancestors, repeating the same story over lifetimes.

Your lineage is only a reflection of your soul at birth; it is not the full expression of your soul-purpose or its evolution. This means that while you are woven into your family's genealogy at birth, you only maintain that ancestral enmeshment until you grow beyond it. This growth is initiated by the desire to know oneself, and it starts with self-awareness. The soul chooses its family lineage based on agreements made between family members. The influence of family lineage pertains only to the conception that links both parents' genealogies into the fertilized egg and developing fetus, until birth. From birth onward, the soul is 'free' to move past its initial soul-in-body contract.

"The soul incarnates within families, demographics and timeframes that pertain to the soul's purpose, which serves to integrate karmic relationships, shared lessons and growth. Once the soul has incarnated within its intended blueprint, it must grow beyond karmic family ties to express the whole vibration of its purpose. This doesn't mean that family ties have no bearing on your life path. Quite the contrary, the family you are born into provides your body and mind with the necessary energy dynamic – the framework that links your spirit with life. It serves to anchor your spirit into human embodiment, supporting all that you are here to learn and share in order to evolve. Still, you are not your family's dependant, nor are you its keeper.

"The purpose of your soul encompasses so much more than your family of origin will allow. You must relinquish your dependency on the lineage and personality that your soul chose to embody at birth, because your soul must evolve into a larger expression of its beauty and belonging. This means that you are not here to 'repeat' family patterns with addiction, or carry on genetic illnesses, or perpetuate conditioned responses to stress such as with constant worry, negligence and even violent outbreaks. You are here to grow beyond these conditions and behaviours, to evolve not only your own soul but also your family lineage, in order to cease passing on to newer generations the unbalanced and afflicted energies of your genetic imprint."

The reality of what is and is not possible in life is defined by what the members of a group – a family – agree upon and maintain, explains Caroline Myss in *Leaving the Wounded Relationship Tribe*: “While the tribal mentality has definite benefits in terms of establishing common ground and ensuring group survival, it is not a conscious agreement.” She suggests that at a certain stage we must challenge the tribal mind to evolve our consciousness, both personally and collectively.

We do this by diving into our soul-purpose, which supports us in cultivating an intimate relationship with our longing. Then we’re not actually “challenging” anything; we’re stepping into a more expansive reality that encompasses so much more than the collective limitation. By connecting with our longing, we cease to over-identify with our lineage; we move past the patterns that we inherit and break the chains that bind us to out-moded beliefs. When we embrace our soul presence, we communicate and interact in more meaningful ways and make choices that support who we are meant to be.

As this natural evolution unfolds, we move beyond the limitations of our family dynamics and return to love. In love, we gently pry ourselves apart from messages that we received growing up: messages that do not support us to be who we really are. Had I remained ingrained in the limitations of my family heritage, I would not have honoured my healing purpose or dedicated my life to art; I would not have chosen to write this book. The patterns of my lineage are rooted in the belief that we cannot have what we want. My father did not pursue his musical talents; my mother was a healer with no desire to live; and my grandmother drowned her sensitivity in alcohol.

In my early adolescence, my grandparents who I lived with suggested that I become a secretary, as they believed that artists earn a poor living. They did not acknowledge my love for art or encourage me to pursue it. Close to my thirteenth birthday, I asked my grandfather for an artist’s paint set. He refused, stating that he had given his daughter, from his first

marriage, a paint-set many years before, which had been left in the back of her bedroom and had been a waste of money. Had he not noticed that I was constantly creating with fabric, clay and pencil drawing, and that I had expressed my desire to be an artist?

A year later, after I had moved in with my father, I took my own active step in honouring my longing; I bought a second-hand paint set from a friend and painted everything in sight from pieces of wood, tin cans and plates right up to the kitchen cupboard doors, with my dad's encouragement. Several years later I went to art school, though without the financial or emotional support of my family. They just didn't get it; no one in my family had been to college, especially not for fine arts. I persevered, but not without self-doubt and fear. In some ways I had no choice, or perhaps the longing to follow my artistic vision was greater than anything else.



Healing Your Ancestors

Some inherited traits grant us inborn talents, abilities and virtues, while others lead to addiction, genetic predisposition to disease and psychological struggles that influence our present day relationship with our bodies, minds and spirits. These predisposed traits are made manifest and maintained by the beliefs and attitudes that our families still have towards life.

We inherit our family's dispositions by virtue of our genealogy, but we needn't stay stagnant in this inheritance. We can transform the challenges we inherit into fodder for self-awareness to enhance our life-experience. We can't escape our genetics, but we can have an empowered relationship with it, rather than be victimized and wounded by it.

By transforming the patterns of our lineage, we become the healers of all our ancestors; we release those who have gone before us, as well as

the children yet to come. We release conditioned responses and limiting beliefs that inhibit all of us from receiving the gifts inherent in the lineage that we inherit, gifts that are meant to serve our soul-purpose, not hinder it.

Personally, I inherited a disposition towards depression. My mother had tried to take her own life many times before she was murdered. She coped with life challenges and the pain that resurfaced from her childhood by collapsing into profound insecurity and addiction. I remember her neglect, not her love, but when my dad told me that she was also a healer, I saw myself in her, her in me; I saw the way in which her depressive tendencies are held within my own. I think of her when the shadow of melancholy sits at the end of my bed; I call to her spirit; I endeavour to remember that I am more than her legacy, and I am freeing the healer that she is inside of me.

She is more than a memory, more than my mother; she is a tidal wave of beauty moving through me, a reflection of my own purpose. In her pain and our shared history, I can see suffering or I can see the spirit of our karmic relationship and let it take root in my being, let it show me the way to a more life-affirming journey, one that completely frees the healer that she was and that I am.

Masiandia says that our souls choose to incarnate within particular ancestral patterns to work through unresolved karma and master life lessons. These lessons serve to bring forth our longing, open us to the spirit in everything and evoke our soul-purpose. Therefore, our souls are born into life circumstances that best serve our purpose, and from there we must evolve.

Freeing the Past

 Discovering the voice of our longing beckons us to relinquish control and allows life to reveal its beauty, which requires

non-judgemental witnessing. By observing life-experiences with compassion and curiosity, we become consciously aware of the lineage we inherited. We become aware of what defines our sense of self and ultimately discover the freedom of who we really are.

In a process of self-observation, my client Craig courageously set aside his armour and healed the past by releasing his attachment to anger. He had struggled so much in life to maintain his sense of identity, forming an ego-persona that would defend him at the least provocation. He yearned for contentment and peace, and he wanted a relationship, but his anger separated him from the people he loved.

Through exploring his deeper feelings, he understood that due to having been painfully criticized and ridiculed as a child, he developed a tough exterior to offset the shame he felt. His ego-persona served him fairly well for the first part of his life, as it helped him identify with being strong and capable of handling adversity. However, bulldozing his way through challenges hindered the intimacy he longed for and warded off the support he needed to feel loved. His persona manifested the same life experience he had as a child – the feeling of being unsupported, let down, abandoned and betrayed. Yet no matter how much he understood this cognitively, he still reacted angrily as the result of feeling unloved and ashamed.

It can be tremendously challenging to acknowledge ego-personas, since oftentimes we are unaware of them, as they become such an intricate part of who we think we are. Craig became aware of his false identity when he entered “the dark night of the soul,” provoked by deep feelings of internal pain that manifested physically and emotionally. In session, he recalled past memories associated with the way in which his father had treated him. He explored the patterns of anger in his family and got in touch with physical, emotional and mental abuse he endured as a result of his father’s rage.

Craig’s ego-personality couldn’t protect him from this pain; he had to

call in the wisdom of his spirit and face what he feared, so that he could release the memories. As Craig observed and willingly felt this pain, he discovered a deep core of shame that was not only about his past, but which was also associated with his father's past. With Masiandia's support and hypnotherapy, Craig realized that his father had been ritually abused, and that Craig had carried his father's shame, anguish and dread for many years.

When Craig focused inwardly, he entered into the realm of his feelings and received the support he needed to release his defended persona. That is where healing takes place, through the willingness to feel and move beyond the hindrance of self-protection. For Craig, facing his shame was intense, yet feeling and being vulnerable enabled him to open to and receive the love of his spirit.

Through this process, Craig recognized that feeling pain within his emotional body only seems overwhelming initially, but in truth it is not. Experiencing our feelings is not what causes pain; it releases pain. Pain is actually caused by resisting, by restricting our breath and intuitive life-force, which then triggers reactive thoughts. Therefore, healing requires deep breathing and a gentle surrender into the feeling state. And it is through feeling that we connect with our longing – with our purpose.

Re-Writing the Old Script

Masiandia: "As you connect with your longing, you welcome your soul, which is highly fulfilling yet simultaneously challenging, because it is a state of surrender that refuses to conform to the conventions of society. To feel into your longing opens you to expanded reality beyond the known, which naturally brings up many fears and self-doubts and the tendency to slide back into old frameworks.

"It's instinctive to try to protect yourself against what you fear, even though it keeps you from living fully. However, your greatest joy lies in being willing to stop being small, stop being right or wrong and to finally just be honest. In

that way, life has a way of showing you that you're not alone; your needs are not invalid and your desires are beautiful.

“Ultimately, it is the willingness to be honest with your feelings and experiences that strengthens your sense of authentic expression, which helps you reframe your perceptions of reality and thus rewrite old family scripts. Through this process of self-awareness you strengthen your core-value and define for yourself who you are and what you want out of life. You also grow your empathy and compassion towards yourself and others – you encounter life with the willingness to meet each challenge with the heart of forgiveness. Being authentic is empowering for it returns you to your whole sense of self, supporting you in discovering what wants to unfold naturally in every moment of your life. It frees you to be the creator of your own life – your dreams – and ultimately it aligns to your soul-purpose.

“We know that it takes courage to re-write your script, because you don't really know what it is that you're creating. The unknown beckons you, and in truth you don't realize its full potential. Further, it can seem absolutely outrageous to detach from your heritage, because when your behaviour differs from your family's behaviour, you challenge their expectations.

“You may get pulled back into old habits when a family member tries to persuade you to be the person she/he is familiar with. As you remain clear in your intention and maintain a strong connection to who you are, this family member will most likely object, because unconsciously he/she knows that you have abandoned the old script and thus feels left behind. Can you imagine the strings attached to these scripts and all the people that may not want you to change in order to preserve the life that they know?

“We understand that it can be very challenging when the people you love hang on to the old script. Their perception of your shared reality is attached to your lineage; it is attached to where you think you come from: where many of you still think you belong. Yet it is an illusion, for in order to be 'yourself' you must entrust your present life with your spirit's full potential. You do this by

connecting to your longing, which releases the old script because you are no longer in the past.

“And then something miraculous happens in the present; you become more connected to your family, more forgiving, more understanding, compassionate and willing to let them be as they are and love them as they are, because you are whole and in love with yourself. It becomes easier to love others when you are connected to who you really are. You naturally connect to who you really are when you feel loved, and you feel loved when you welcome your longing. Only then can there be no resistance, no defence and no suffering.”

In love, we create a meaningful relationship with ourselves that imparts life-affirming messages to the cells of our body, to our genealogy, which is then passed on to our family. In this manner, we engage with others and ourselves in a whole new way, an approach that honours everyone’s essential worthiness and purpose. We ultimately need to cultivate an intimate relationship with our own authentic selves to appreciate others, which begins by recognizing our own sense of worth.

It is by caring for our deepest longing that we create respectful and loving relationships with ourselves and thus with others. It leads to a natural redefining of the role that others play in our lives, because we no longer need them to maintain the old role. When we are connected to our own longing, to our soul’s purpose, we don’t require our family’s limitations to define our sense of reality, and we don’t need to struggle with any particular issue or person in order to free ourselves. Since we no longer need others to act as the catalysts for our growth, we release them from that role. We cease projecting our hurt and blame onto them. We see them in a different light, not defined by our reactions.

Ultimately, it is by re-evaluating our own perception and attitudes towards others that we can transform our relationships. This is evident in the story of Tina who, in the effort to heal and strengthen her sense of confidence, chose to stop wrestling with her mother’s criticism. Tina

redefined the role that her mother played in her life by learning to see her in a new way, a way that was no longer attached to the resentment that had afflicted their relationship. Prior to this new approach, Tina had defended herself against her mother's negativity, remaining stuck in the past, continuously repeating the same scenarios, until she understood that her mother's criticism was a way of connecting, and that the more that Tina distanced herself, the more her mother found fault in her.

Carol, Tina's mother, was lonely and afraid of being abandoned. She resisted feeling unloved by projecting her need to be loved onto her daughter, thus blamed Tina when Tina failed to act in ways that reassured her. For the longest time Tina got hooked into Carol's script because it was painful to be criticized. It triggered her own fear of abandonment. She participated in Carol's story by judging Carol, re-enacting the same pattern of blame and finding fault in others. But judging Carol only served to propagate the disconnection, not only with Carol but also with herself. When Tina accepted her mother just the way she is, without the need to change her or herself, she helped create a mutually caring and compassionate relationship. Carol is still at times critical, yet Tina is less affected, less overwhelmed and defended because she doesn't need to define her sense of self-value by Carol's expectations.

The Ego – An Intermediary Instrument

Masiandia: *"The soul is here to evolve through a co-creative relationship with change. However, the ego-mind works hard to maintain security. Thus, when you endeavour to make changes the ego can have a hard time maintaining faith, as it identifies with familiarity. However, without the ego you would step off cliffs because your spirit does not know physical limitation. You would go mad because you would not be shielded by the ego's assimilation of energy impulses from your physical environment. Even your soul's all-encompassing potential would be overwhelming without the ego to maintain your security, because your*

own soul-vibration activates change at a pace too challenging to accommodate physically."

The ego has received a lot of negative attention in many spiritual schools of thought. It is believed to be the culprit for human dysfunctions, a false persona hindering the true self. I came across a message that supports a more compassionate understanding of the ego in *Spirit Wisdom*, an Alexander book channelled by Ramón Stevens. Alexander refers to the ego as the creator of our reality and says that the ego stands as the intermediary between our higher purpose and the beliefs we develop from childbirth. He says that the ego receives streams of information from our physical experiences, nervous system and senses, as well as from our higher self, future occurrences in our lives and through telepathic communication with others. And he suggests that without the ego, the streams of information would flood our mind and body to full intensity, causing a vibrational cacophony, disabling our ability to function. The ego acts as a processor of experiences and assimilates appropriate levels of information based on the threshold sustainable by the mind, body and nervous system.

But in a world culture that is defined by fear of abandonment, loss and failure, the ego's natural and healthy functioning is impeded. As Alexander explains, it is corrupted into maintaining a low-grade panic at all times. Therefore, the body is kept in constant survival mode, fuelling reactions and depleting one's health and well-being. Survival responses do not allow the body to restore, replenish, and repair or thrive, and they restrict the flow of one's spirit. When the ego is threatened, it blocks out conscious awareness, decreasing the mind's ability to absorb information by weakening the intensity of the feeling. When our feelings are suppressed, our connection to Source is lessened, perpetuating separation and anxiety, which manifests as physical and emotional pain.

Sometimes, we even personalize the pain, believing for instance, that

if we were rejected as a child then we were not deserving of love, or that we did something wrong to merit rejection. Throughout life, these beliefs shape our interactions with others and with ourselves. Whatever these beliefs are, adopting them is the ego's way of trying to preserve our survival by protecting us from more harm. If a person believes that she is a failure, then she won't try to accomplish what she longs for because she might fail. By avoiding failure she is protecting herself from the possibility of failure. The ego negates positive affirmation in fear of not succeeding, thus it disbelieves the affirmation to protect against possible defeat.

Most of our present pain is rooted in the past. When we believe we are unworthy, we fear abandonment, thus we feel abandoned in the present because fear brings up the old feeling. When we try to annihilate the ego in the effort to move beyond habitual patterns, this only serves to threaten it even more. The ego actually needs to be accepted, like all parts of us. Imagine getting rid of your arm when it hurts: trying to get rid of the ego is no different. By empathizing with its attachment to familiarity, we support a healthy ego, a conscious mind that observes life without judgment.

Masiandia: *"The ego is a necessary tool that needs to move beyond repetitious frameworks in order to find balance and thus transform conditioned responses into fulfilling reality. What is important here is to pay close attention to your attachment to habitual perceptions, question your thoughts and explore other potential ideas, so that you can connect with your soulful belonging.*

"We understand just how challenging this can be, for the ego, in its attachment to familiarity, rejects the higher frequencies of the mystery of the soul. Longing is all about embodying the unknown, so it's no wonder that the ego is in conflict: the unknown cannot be controlled; it cannot be defined by rules. How can the ego protect you when it does not know what to expect? So by default it hangs on to the known for safety.

"Connecting with your longing speaks of feeling at home with your whole self, feeling like you belong and that you are blessed and worthy, not afraid,

worried, caught up in everything you think you're supposed to achieve and protect. But if you have experienced trauma at some point in your life, possibly abuse and abandonment, the ego does not recognize your worthiness, thus it rejects your soul. It puts up barriers that push against the higher-consciousness of your divinity, disallowing the beauty of ascension to touch you, having adopted the belief that you don't deserve it. Thus, self-inquiry through non-judgemental observation acts as a loving catalyst for healing and growth, as it returns you to your longing in a gentle and life-affirming way."

There is nothing in the world more healing and transformative than becoming an empathic witness for all of our life experiences, and personally, when I witness my life through the lens of compassion I accept my reactions. I may become aware of anxiety rising in my body; I observe the disquiet and notice that my breath is shallow, and instantly my body breathes in more deeply. It may be self-criticism that knocks at my door when I try too hard to master life, rather than let life guide me. With compassionate observation, the restlessness gives way to trust.

In one of my workshops a participant, Jessica, discovered that everything she needs to know in life can be brought to the surface of her consciousness in a gentle and loving way. After the workshop she said to me, "I grasp now the amazing power and potential I have inside me, and that I need to develop respect for my healing-process to realize that power and potential." Like so many of us, Jessica had believed that there was something wrong with her, which prevented her from gathering the energy needed for healing. Our culture tends to value achievement over self-realization, therefore Jessica judged herself harshly for her health-issues and for not having a clear sense of direction in her life. In the workshop, she came to understand that she needed to cease pushing herself towards an ideal goal, and instead become a loving witness – to care for herself with a deep sense of respect in her natural pace for healing.

So many of us live under the pressure to perform and with a sense of